

1	Select the proper prefix for ‘ advantage’					
	a) non	b) un	c) dis	d) ir	c	dis
2	The idiom ‘ man of letters’ means					
	a) Scholar	b) proof reader	c) postman	d) story teller	a	Scholar
3	Pick out the best one which can complete the given statement: The doctor warns him that unless he gives up smoking_____					
	a)he will not suffer	b) he will suffer	c) he will not recover	d) he will recover	c	he will not recover
4	Choose the one which can be substituted for ‘ Life history of a person written by another’					
	a) Biography	b) Autobiography	c) Bibliography	d) Memoir	a	Biography
5	Choose the odd from the group					
	a) Earth	b) Mercury	c) Venus	d) Moon	d	Moon
6	Housefly: Insect:: Cow:?					
	a) Reptile	b) Herbivore	c) Carnivore	d) Mammal	d	Mammal
7	When was the Pradhan Mantri Ujjwala Yojana launched in India?					
	a) 2014	b) 2016	c) 2016	d) 2018	c	2016
8	Which company launched Vaccine Covishield?					
	a) BHEL	b) SunPharma	c) Sirum Institute of India	d) Bharat Biotech	c	Sirum Institute of India
9	Which Country is hosting the 2022 Asian Games?					
	a) Japan	b) South Korea	c) India	d) China	d	China
10	National Song (Vande Mataram) was first sung on					
	a)1896 session of INC	b) 1912 session of INC	c) 1927 session of INC	d) 1947 on eve of Independence	a	1896 session of INC
11	Who was the first woman Chief Justice of High Court in India?					
	a) Miss M. Fathima Beevi	b) Miss Anna Chandi	c) Anna Georga Malhotra	d) Miss Leila Seth	d	Miss Leila Seth
12	The study of day-to-day variations in weather is called					
	a) Climat ology	b) Meteorology	c) Cyclogensis	d) None	b	Meteorology
13	5, 9, 16, 29, 54, 103,_____					
	a) 102	b) 294	c) 203	d) 200	d	200
14	aB, bB, cD, dD _____					
	a) eF	b) gH	c) fG	d) eF	d	eF
15	CGKOS, AEIMQ, EIMQ____,					
	a) W	b) X	c) V	d) U	d	U

16	Which day is celebrated as International Day of Yoga?					
	a) June 20	b) June 21	c) June 22	d) June 23	b	June 21
17	Who compiled Yoga Sutra?					
	a) Patanjali	b) Gheranda	c) Svatmarama	d) None of the above	a	Patanjali
18	In case of back pain which asana should be avoided?					
	a) Forward Bending Asana	b) Back Bending Asana	C) Lying Asana	d) Sitting Asana	a	Forward Bending Asana
19	How many limbs are mentioned in Siddha Siddhant Paddhati?					
	a) 07	b) 08	c) 04	d) 03	b	08
20	Who has advocated "Arya Ashtangika Marga"?					
	a) Kapil	b) Buddha	c) Patanjali	d) Vashistha	b	Buddha
21	Which of the following is not mentioned as benefit of paschimottan asana according to Hatha Yoga pradeepika?					
	a) Reduce hyper activity	b) Reduce fat on belly	c) Prana enters in Sushumna	d) Increase gastric fire	a	Reduce hyper activity
22	Which Yogic practices are beneficial for patient of hyperacidity?					
	a) Sheetkari	b) Kapalbhathi	c) Ujjayi	d) Nadisodhna	d	Nadisodhna
23	Yoga sutra has _____ parts.					
	a) Three	b) Two	c) Four	d) Five	c	Four
24	The first part of Yoga sutra deals with _____					
	a) Samadhi	b) Niyama	c) Asana	d) Yama	a	Samadhi
25	Kaivalyapada means _____					
	a) Purification	b) Sthiti	c) Liberation	d) Peace of mind	c	Liberation
26	Yoga sutra is the _____					
	a) Oldest book	b) Interpretation	c) Modern book	d) New version of book	a	Oldest book
27	Which One is 8 Fold method in Yoga					
	a) Vikalpa	b) Samadhi	c) Vritti	d) Vinaya	b	Samadhi
28	Cardiac clock is located in which part of brain					
	a) Cereberum	b) Cerebellum	c) Hypothalamus	d) Medulla oblongata	b	Cerebellum
29	Which structure of the living cell is called suicidal body					
	a) Centrosome	b) Ribosome	c) Lyzosome	d) Golgi apparatus	c	Lyzosome
30	If an individual eat 20gm fat, how much energy he will get?					
	a) 100Kcal	b) 140Kcal	c) 180Kcal	d) 200Kcal	c	180Kcal
31	A Diabetes patient should avoid intake of					
	a) Mango Fruit Juice	b) Cucumber	C) Cabbage	d) Spinach	a	Mango Fruit Juice
32	The following is not a source of vitamin C					
	a) Milk	b) Amla	c) Lemon	d) Green chilli	a	Milk

		(gooseberry)				
33	Select out the odd one_____					
	a) DPT- Vaccine	b) DOTS- TB	C) AB+- Universal donor	d) Adrenalin- hormone	c	AB+- Universal donor
34	Which of the following is not a hereditary disease?					
	a) Haemophilia	b) Hypertrichosis	c)Encephalitis	d)Thalassemia	b	Hypertrichos is
35	Skull consists of_____					
	a)14 bones	b) 22 bones	c) 12 bones	d) 8 bones	b	22 bones
36	Widal test is performed					
	a) To identify the typhoid	b) To identify the AIDS	c) To identify the causes of Diarrhoea	d) To identify the causes of Dysentary	a	To identify the typhoid
37	Ascorbic acid is_____					
	a) Protein	b) Vitamin	c) Enzyme	d) Lipid	b	Vitamin
38	The gastric juice is produced by					
	a) Liver	b) Pancreas	c) Stomach	d) Intestine	c	Stomach
39	Through which mode athlete loose high amount of water during training?					
	a) Urinal	b) Breath	c) Sweat	d) Stool	c	Sweat
40	How many types of kriya practices?					
	a) 4	b) 5	c) 6	d) 7	c	6
41	Which one is not a kriya?					
	a) Neti	b) Gaj Karani	c) Pranayama	d) Tratak	c	Pranayama
42	Which blood group is universal receiver?					
	a) A+ve	b) AB+ve	c) B+ve	d) O	b	AB+ve
43	Retention of breath is called.					
	a) Ajana	b) Anhata	c) Kumbhak	d) Dhauti	c	Kumbhak
44	Out of the following which one is not part of Ashtanga Yoga?					
	a) Yama	b) Niyama	c) Dhouti	d) Pranayama	c	Dhouti
45	Which one is a practice of Yama?					
	a) Swachhta	b) Withdrawal of Jealous	c) Souch	d) Sleep	b	Withdrawal of Jealous
46	How many limbs of Ashtanga Yoga ?					
	a) 6	b) 7	c) 8	d) 9	c	8
47	Which one is Bandha?					
	a) Hari Bandha	b) Jalandhar Bandha	c) Yoga Bandha	d) Sutra Bandha	b	Jalandhar Bandha
48	A disease associated with respiratory tract is known as					
	a) Diabetes	b) Obesity	c) Asthma	d) Migraine	c	Asthma
49	Mudra is Practice in which we maintain					
	a) Breath	b) Thought	c) Mindfulness	d) Finger Posture	d	Finger Posture
50	Which of the following factor does not cause obesity?					

	a) Genetic	b) Frequency of Eating	c) Psychological Factor	d) None of these	d	None of These
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