

This booklet consists of 100 questions and 12 printed pages.

RGUCET/2023/PGD/08

Series

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**RGUCET 2023**  
**POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYTE)**

**Full Marks: 100**

**Time: 2 Hours**

Roll No.

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Day and Date of Examination :

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Signature of Invigilator(s) :

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Signature of Candidate :

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*General Instructions:*

***PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE MAKING ANY ENTRY.***

1. DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE TOLD TO DO SO.
2. Candidate must write his/her Roll Number on the space provided.
3. This Test Booklet contains 100 Multiple Choice Questions (MCQs). Each question carries 1 mark. There shall be negative marking of 0.25 against each wrong attempt.
4. Please check the Test Booklet to verify that the total pages and total number of questions contained in the test booklet are the same as those printed on the top of the first page. Also check whether the questions are in sequential order or not.
5. Candidates are not permitted to enter into the examination hall 15 minutes after the commencement of the entrance test or leave the examination hall before 30 minutes of end of examination.
6. Making any identification mark in the OMR Answer Sheet or writing Roll Number anywhere other than the specified places will lead to disqualification of the candidate.
7. Candidates shall maintain silence inside and outside the examination hall. If candidate(s) is/are found violating the instructions mentioned herein or announced in the examination hall, they will be summarily disqualified from the entrance test.
8. In case of any dispute, the decision of the Entrance Test Committee, RGU shall be final and binding.
9. The OMR Answer Sheet consists of two copies, the Original copy and the Student's copy.

1	In which city Patanjali Yog Pith is situated?					
	a) Bhopal	b) Rishikesh	c) Haridwar	d) Ujjain	c	Haridwar
2	Who is the first woman president of the India?					
	a) Smt. Indira Gandhi	b) Smt. Pratibha Patil	c) Smt. Sarojini Naidu	d) Smt Sushma Swaraj	b	Smt. Pratibha Patil
3	Which Indian has not won the Oscar award?					
	a) Anurag Kashyap	b) A. R. Rahman	c) Bhanu Athaiya	d) MM Keeravani	a	Anurag Kashyap
4	Who is known as the 'Father of the Indian Nuclear Programme'?					
	a) Dr. Homi J. Bhabha	b) Dr. CV Raman	c) Dr. APJ Abdul Kalam	d) Dr. Krishnaswamy Kasturirangan	a	Dr. Homi J. Bhabha
5	Who is the Chief of Defence Staff of India?					Lt Gen Anil Chauhan
	a) Lt Gen Anil Chauhan	b) General Bipin Rawat	c) General Manoj Pande	d) General Bikram Singh	a	
6	Where is the headquarters of the Reserve Bank of India located?					
	a) Delhi	b) Guwahati	c) Mumbai	d) Lucknow	c	Mumbai
7	In which year WHO was established?					
	a) 1945	b) 1947	c) 1948	d) 1950	c	1948
8	Which is the most spoken language in the world?					
	a) Hindi	b) French	c) Mandarin	d) English	c	Mandarin
9	The outermost layer of Human Skin called as.					
	a) Periosteum	b) Epidermis	c) Tendon	d) Myocardium	b	Epidermis

10	Person who does not believe in the existence of God					
	a) Theist	b) Heretic	c) Atheist	d) Fanatic	c	Atheist

11	The idiom 'man of letters' means					
	a) Scholar	b) proof reader	c) postman	d) story teller	a	Scholar

12	Who is the present chairman of ISRO?					
	a) A. S. Kiran Kumar	b) G. Madhavan Nair	c) APJ Abdul Kalam	d) S. Somanath	d	S. Somanath

13	They _____ her and trusted her for years					
	a) know	b) had known	c) knew	d) known	c	knew
14	If A is equal to B and B is equal to C, _____ A is equal to C.					
	a) than	b) then	c) so	d) none of the above	b	then

15	You will kill yourself if you _____ stop smoking.					
	a) aren't	b) didn't	c) don't	d) weren't	c	don't
16	If I _____ a bird I could fly home.					
	a) were	b) will be	c) would be	d) be	a	were
17	The action of looking within or into one's own mind					
	a) Introspection	b) Introvert	c) Examination	d) Observation	a	Introspection
18	Antonyms of Traitor is					
	a) Migrant	b) Member	c) Patriot	d) Officer	c	Patriot
19	Which state/UT has announced to set up the 'Education Service Selection Commission'?				C	Uttar Pradesh

	a) Gujarat	b) Rajasthan	c) Uttar Pradesh	d) Odisha		
20	Which city is the host of the 'G20 Foreign Ministers Meeting (FMM)'?				C	New Delhi
	a) Mumbai	b) Chennai	c) New Delhi	d) Ahmedabad		
21	The Statehood Day of Manipur, Meghalaya and Tripura are celebrated on which day?				B	January 21
	a) January 18	b) January 21	c) January 24	d) January 27		
22	Who was the ninth Guru of the Sikh religion?				A	Guru Tegh Bahadur
	a) Guru Tegh Bahadur	b) Guru Nanak	c) Guru Har Gobind	d) Guru Ram Das		
23	What is the value of the square root of 16?				b	4
	a) 2	b) 4	c) 8	d) 16		
24	A and B are brothers. C and D are sisters. A's son is D's brother. How is B related to C?				c	Uncle
	a) Father	b) Brother	c) Uncle	d) Grandfather		
25	Which of the following is not a prime number?				c	25
	a) 7	b) 17	c) 25	d) 23		
26	Yoga is derived from which word?				a	Yuj
	a) Yuj	b) Sum	c) Samadhi	d) Tyag		
27	Who wrote the book Yog Sutra?				c	Patanjali
	a) Hari Das	b) Ram Das	c) Patanjali	d) Swatmarama		
28	What is the second pose in Surya Namaskara ?				d	Hastottansana
	a) Padahast	b) Namaskarasana	c) Parvatasana	d) Hastottansana		

	asana					
29	Asana useful in diabetes is				a	Ardha Matsyendraasana
	a) Ardha Matsyendraasana	b) Virasana	c) Siddhasana	d) Balasana		
30	Which of the following nadis corresponds to the state of equilibrium?				a	Sushumna
	a) Sushumna	b) Saraswati	c) Pingala	d) Ida		
31	Nadi Sodhan Pranayama is also known as				c	Anulom-Vilom
	a) Kapalbhathi	b) Bhramari	c) Anulom-Vilom	d) Sitkari		
32	In how many categories food has been divided in yoga?				b	3
	a) 2	b) 3	c) 5	d) 6		
33	Which of the following is beneficial for reducing excess fats from the body?				d	Agnisara
	a) Meditation	b) Trataka	c) Purak	d) Agnisara		
34	Chakrasana is beneficial for				d	Back Pain
	a) Anxiety	b) Stress	c) High Blood Pressure	d) Back Pain		
35	Karma yoga is a branch of yoga based on the teaching of which text?				c	Bhagavad Gita
	a) Ashtavakra Samhita	b) Hatha Yoga Pradipika	c) Bhagavad Gita	d) Vedas		
36	Name the asana in which the waist and arms look like a cobra?				b	Bhujangasana
	a) Vakrasana	b) Bhujangasana	c) Ardha Chakrasana	d) Halasana		

37	The other name of Yogic Enema is?				d	Basti
	a) Trataka	b) Dhouti	c) Nauli	d) Basti		
38	The word "Nadi" is derived from the word "Nad" which means				c	To flow
	a) To carry	b) To blow	c) To flow	d) To Run		
39	Which of the following kriyas is good for cleansing the eyes?				c	Trataka
	a) Neti	b) Dhauti	c) Trataka	d) Nauli		
40	Yoga is derived from sanskrit word, which means?				c	Union
	a) Breaking into Pieces	b) Diffusion	c) Union	d) Rectification		
41	What is the final stage of Asthang Yoga?				d	Samadhi
	a) Niyama	b) Pratyahara	c) Dhyan	d) Samadhi		
42	During pranayama practice, breath should be				d	Slow and Sallow
	a) Slow and Rappid	b) Slow	c) Fast and Sallow	d) Slow and Sallow		
43	Which one is not a part of Sukshma Vyayama?				a	Tongue
	a) Tongue	b) Shoulder	c) Ankle	d) Knee		
44	Which Asana is good for the thyroid gland?				c	Halasana
	a) Veerasana	b) Dhanurasana	c) Halasana	d) Matsyendrasana		
45	Raja Yoga is the yoga of controlling our:					

	a) Sense Organs	b) Mind	c) Organs of Action	d) Our Emotions	b	Mind
46	Which practices are beneficial for hypertension and cardiac problems?				d	Meditation
	a) Yama	b) Bhastika	c) Kriya	d) Meditation		
47	Which one is a Bandha in yoga?				c	Jalandhar Bandha
	a) Eye Bandha	b) Dhanur Bandha	c) Jalandhar Bandha	d) Chakra Bandha		
48	Locking of energy in yoga is called.				b	Bandha
	a) Mudra	b) Bandha	c) Kriya	d) Suddhi		
49	Which mudra in yoga is called student mudra?				a	Gyan Mudra
	a) Gyan Mudra	b) Apan Mudra	c) Jana Mudra	d) Laya Mudra		
50	When a practitioner do all bandha, it is called				d	Maha Bandha
	a) Mul Bandha	b) Uddiyan Bandha	c) Hira Bandha	d) Maha Bandha		
51	Jal neti is cleanliness of				c	Nostril
	a) Intestine	b) Rectum	c) Nostril	d) Stomach		
52	Voluntary vomiting is known as				b	Dhouti
	a) Neti	b) Dhouti	c) Basti	d) Nauli		
53	Which Pranayama is done for coolness of body?				d	Sitkari
	a) Ujjai	b) Suryabhedhi	c) Bhastika	d) Sitkari		
54	Which Pranayama is beneficial in cough?				b	Suryabhedhi
	a) Ujjai	b) Suryabhedhi	c) Sitali	d) Sitkari		
55	Which asana is a cultural asana?					

	a) Padmasana	b) Savasana	c) Tadasana	d) Vajrasana	c	Tadasana
56	Which of the following nutrients is responsible for providing energy to the body?				b	Carbohydrates
	a) Protein	b) Carbohydrates	c) Fat	d) Vitamins		
57	Which of the following is a lifestyle disease?				d	Diabetes
	a) Malaria	b) Cholera	c) Tuberculosis	d) Diabetes		
58	Which of the following is a good source of Vitamin D?				a	Milk
	a) Milk	b) eggs	c) Oranges	d) Peanut		
59	Which of the following is a risk factor for developing osteoporosis?				c	Smoking
	a) Consuming a diet high in calcium	b) Regular exercise	c) Smoking	d) Consuming a diet high in saturated fat		
60	Which of the following is a risk factor for developing prostate cancer?				d	Being older than 50 years of age
	a) Engaging in regular physical activity	b) Consuming a diet high in fruits and vegetables	c) Maintaining a healthy weight	d) Being older than 50 years of age		
61	Which of the following nutrients is the rich source of energy for the body?				c	Fat
	a) Protein	b) Carbohydrates	c) Fat	d) Vitamins		
62	Which of the following is a good source of complex carbohydrates?				c	Brown
	a) White	b) Potato	c) Brown rice	d) Ice		



	bread			cream		rice
63	Which of the following nutrients is important for maintaining strong bones?				c	Calcium
	a)Vitamin	b)Iron	c)Calcium	d)Vitamin D		
64	Which of the following nutrients is important for maintaining healthy vision?				c	Vitamin A
	a)Iron	b)Vitamin C	c)Vitamin A	d)Vitamin B12		
65	Which of the following is a lifestyle disease that affects the respiratory system?				b	Asthma
	a)Cardiovascular disease	b)Asthma	c)Cancer	d)Diabetes		
66	Which of the following is a common lifestyle disease in industrialized countries?				b	Tuberculosis
	a)Malaria	b)Tuberculosis	c)Cholera	d)yellow fever		
67	Which of the following is a lifestyle disease that affects the reproductive system?				c	Chronic stress
	a)Breast cancer	b)Asthma	c)Chronic stress	d)Diabetes		
68	Which of the following is a lifestyle disease that affects the musculoskeletal system?				b	Arthritis
	a)Diabetes	b)Arthritis	c)Asthma	d)Cancer		
69	Which of the following is a lifestyle disease that affects the nervous system?				d	Multiple sclerosis
	a)Stroke	b)Osteoporosis	c)COPD	d)Multiple sclerosis		
70	Which of the following lifestyle factors can increase the risk of developing					

	hypertension?				b	Chronic stress
	a) Eating a diet high in dietary fibre	b) Chronic stress	c) Getting enough sleep	d) Asthma		
71	Which of the following is a lifestyle disease that affects the cardiovascular system?				c	Hypertension
	a) Arthritis	b) Cancer	c) Hypertension	d) Asthma		
72	Which of the following is a lifestyle disease that affects the endocrine system?				b	Diabetes
	a) COPD	b) Diabetes	c) Cancer	d) Maintaining a healthy weight		
73	Which of the following is a lifestyle disease that affects the lymphatic system?				c	Leukemia
	a) Multiple sclerosis	b) Osteoporosis	c) Leukemia	d) COPD		
74	Which Disease caused by the deficiency of haemoglobin?				b	Anaemia
	a) Malaria	b) Anaemia	c) Rabies	d) Cholera		
75	What is the energy need of a sedentary 43-year-old woman who weighs 63 kg?				d	1800 kcal/day
	a) 1250 kcal/day	b) 1350 kcal/day	c) 1525 kcal/day	d) 1800 kcal/day		
76	Which of the following nutrients is important for maintaining healthy joints?				a	Omega-3 fatty acids
	a) Omega-3	b) Vitamin C	c) Calcium	d) Iron		

77	<b>Which of the following diseases is caused by protein deficiency?</b>				b	Kwashi orkor
	a) Anaemia	b) Kwashiorkor	c)Hypothyroidism	d)All of the above		
78	<b>Which of the following vitamins is also known as ascorbic acid?</b>				C	vitamin C
	a)vitamin A	b)vitamin B	c)vitamin C	d)vitamin E		
79	<b>Xerophthalmia caused due to the deficiency of _____.</b>				a	vitamin A
	a)vitamin A	b)vitamin B	c)vitamin C	d)vitamin E		
80	<b>Amoxicillin, Doxycycline Azithromycin, and Penicillin are some examples of _____.</b>				C	Antibiotics
	a)Bacteria	b)Pathogens	c)Antibiotics	d) Vaccinations		
81	Which of the following organs is known as the “graveyard” of RBCs?				A	Spleen
	a) Spleen	b) Kidney	c) Liver	d) Gall bladder		
82	The basic functional unit of a human kidney is known as				A	Nephron
	a) Nephron	b) Pyramid	c) Henle’s loop nephron	d) Nephridia		
83	Which of the following joints is immovable?				A	Fibrous joint
	a) Fibrous joint	b) Synovial joint	c) Cartilaginous joints	d) Ball and Socket joint		
84	Intercostal muscles are attached with				B	Ribs
	a) Diaphragm	b) Ribs	c) Thigh	d) Abdomen		
85	Which of the following is a part of the hindbrain?				C	Cerebellum

	a) Hypothalamus	b) Spinal cord	c) Cerebellum	d) Corpus callosum		
86	Which of the following parts of the brain controls body temperature and hunger?				D	Hypothalamus
	a) Thalamus	b) Pons	c) Cerebellum	d) Hypothalamus		
87	Which cells in the blood do not have a nucleus?				C	Erythrocyte
	a) Lymphocyte	b) Monocyte	c) Erythrocyte	d) Basophil		
88	Which of the following allows air to pass into the lungs?				A	Trachea
	a) Trachea	b) Pancreas	c) Esophagus	d) Aorta		
89	In which of the following positions does a patient lie face down?				B	Prone
	a) Supine	b) Prone	c) Lateral	d) Erect		
90	Which one is not part of 'Law of Learning'?				D	Law of Rationality
	a) Law of Readiness	b) Law of Effect	c) Law of Exercise	d) Law of Rationality		
91	A deltoid ridge is present in				A	Humerus
	a) Humerus	b) Femur	c) Radius	d) Ulna		
92	Which of the following controls body temperature, sleep, and appetite?				C	Hypothalamus
	a) Adrenal glands	b) Thalamus	c) Hypothalamus	d) Thyroid gland		

93	Saliva contains an enzyme that acts upon which of the following nutrients?				A	Starches
	a) Starches	b) Vitamins	c) Minerals	d) Proteins		
94	Which of the following is the master gland of the endocrine system?				D	Pituitary
	a) Thyroid	b) Pineal	c) Adrenal	d) Pituitary		
95	The general meaning of "corpus" is best described by which of the following?				A	Body
	a) Body	b) Abdomen	c) Chest	d) Head		
96	Which of the following allows gas exchange in the lungs?				B	Alveoli
	a) Bronchi	b) Alveoli	c) Bronchioles	d) Capillaries		
97	Adipose tissue is made of which of the following?				C	Fat cells
	a) Muscles	b) Skin	c) Fat cells	d) Tendons		
98	Which of the following terms is used to describe a lateral curvature of the spine?				B	Scoliosis
	a) Kyphosis	b) Scoliosis	c) Lordosis	d) Osteoporosis		
99	"K" is the chemical symbol for which of the following substances?				A	Potassium
	a) Potassium	b) Calcium	c) Iron	d) Barium		
100	Which of the following is the largest gland in human body?				A	Liver
	a) Liver	b) Pancreases	c) Kidneys	d) Thymus		

**SPACE FOR ROUGH WORK**