

Test Booklet No. \_\_\_\_\_

**This booklet consists of 100 questions and 12 printed pages.**

RGUCET/2024/\_\_\_/\_\_\_

Series

NIL

**RGUCET 2024**  
**Common Entrance Test, 2024**

**POST GRADUATE DIPLOMA (YOGA THERAPY EDUCATION)**

**Full Marks: 100**

**Time: 2 Hours**

Roll No.

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Day and Date of Examination: \_\_\_\_\_

Signature of Invigilator(s) \_\_\_\_\_

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) from the concerned subject. 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 after the commencement of the entrance test or leave the examination hall within one hour thirty minutes.
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 candidates 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 shall be final and binding.
9. The OMR Answer Sheet consists of two copies, the Original copy and the Student's copy.

1	Which country recently hosted the 2023 FIFA Women's World Cup?				c
	a) France	b) United States	c) Australia	d) Canada	Australia
2	In which sport did Emma Raducanu win her first Grand Slam title in 2021?				a
	a) Tennis	b) Golf	c) Swimming	d) Athletics	Tennis
3	Which institution approved the '6G Vision Framework'?				c
	a) NAASCOM	b) NITI Aayog	c) ITU	d) IMF	ITU
4	What is nephrotic syndrome, recently mentioned in the news?				b
	a) A skin disorder	b) A kidney disorder causing excessive protein in urine	c) A respiratory condition	d) A neurological disorder	A kidney disorder causing excessive protein in urine
5	Which of the following country won the women's FIFA World Cup title in 2023?				b
	a) Japan	b) Spain	c) Germany	d) England	Spain
6	Which country won the Men's Junior Asia Cup (Hockey) 2023 title?				a
	a) India	b) Pakistan	c) South Korea	d) Malaysia	India
7	What does DRDO stand for?				d
	a) Defense Research and Deployment Organization	b) Department of Research and Development Operations	c) Directorate of Research and Defense Operations	d) Defense Research and Development Organization	Defense Research and Development Organization
8	A number is greater than 3 but less than 8. Also, it is greater than 6 but less than 10. The number is?				(b)
	a) 5	b) 6	c) 7	d) 8	7
9	If PIG is coded as 1697, then what will be the code for GOAT?				(b)
	a) 715122	b) 715120	c) 715123	d) 715121	715120
10	A father is 30 years older than his son. He will be three times as old as his son after 5 years. What is the father's present age?				(d)
	a) 30	b) 35	c) 40	d) 45	45
11	Choose the word which is least like the others word in a group?				(c)
	a) Moon	b) Sun	c) Universe	d) Star	Universe
12	$5^2 + 10^2 - 10^2$				(a)
	a) 25	b) 50	a) 100	b) 200	a) 25
13	A shopkeeper marks his goods 30% above his cost price, but offer a discount of 10% at time of sell. What will be his profit?				(a)
	a) 17	b) 18	b) 20	d) 21	17
14	Who was the first woman Prime Minister of India?				a
	a) Indira	b) Sonia	c) Pratibha	d) Mamata	Indira Gandhi

	Gandhi	Gandhi	Patil	Banerjee	
15	Which city is known as the "Silicon Valley of India"?				b
	a)Mumbai	b) Bengaluru	c)Hyderabad	d)Pune	Bengaluru
16	Who is often credited as the "Father of Modern Yoga"?				d
	a)B.K.S. Iyengar	b) Swami Vivekananda	c)Paramahansa Yogananda	d) Sri Krishnamacharya	Sri Krishnamacharya
17	Which institution conducted the maiden flight trial of the Sea-based endo-atmospheric interceptor missile?				b
	a) ISRO	b) DRDO	c) HAL	d) BHEL	DRDO
18	What is the Sanskrit term for the physical postures or poses practiced in yoga?				b
	a)Pranayama	b)Asana	c)Dhyana	d)Samadhi	Asana
19	Who composed the Indian national anthem, "Jana Gana Mana"?				a
	a)Rabindranath Tagore	b)Bankim Chandra Chattopadhyay	c)Sarojini Naidu	d) Subramania Bharati	Rabindranath Tagore
20	Which Indian Prime Minister proposed the idea of celebrating International Day of Yoga during his speech at the United Nations General Assembly?				d
	a)Atal Bihari Vajpayee	b)Indira Gandhi	c)Jawaharlal Nehru	d)Narendra Modi	Narendra Modi
21	Yoga means -				d
	a)Just an exercise	b)a way to distract oneself	c) an escape from reality	d)a process of elevating oneself	a process of elevating oneself
22	The Sanskrit word 'Veda' is derived from the root word 'Vid' which means				c
	a)ToUnderstand	b)To See	c)To know	d)To Hear	To know
23	Every Yoga teacher must start the practice session with				b
	a) Pranayama	b) Asana	c) Kriya	d) Silence	Asana
24	The purpose of Yoga as taught by the ancients is to attain:				d
	a) Perfect health	b) Peace of mind	c) Stress relief	d) Enlightenment or Self-realization.	Enlightenment or Self-realization.
25	Which of the following is/are true? Statement: Guidelines for the practice of meditation are..... A. Select a peaceful, quiet and peaceful place for the practice of meditation. B. Allow eyes to close gently so that inner awareness of self can enter. C. Seat anywhere then close eyes gently and practice for meditation D. External command is needed for a good meditation				a
	a) A & B are true	b) C & D are true	c) Only A is true	d) Only B is true	A & B are true
26	Which of the following is/are true? Statement: While doing yoga practice which kind of blood is carried by Arteries in our body				d

	<p>A. Both Oxygenated and deoxygenated blood</p> <p>B. Deoxygenated blood</p> <p>C. Carbonated Blood</p> <p>D. Oxygenated blood</p>				
	a) A is true	b) B& D are true	c) Only B is true	d) Only D is true	Only D is true
27	<p>Which of the following is/are true?</p> <p>What are the five elements in yoga?</p> <p>A. Earth, Water, Fire, Air, Akash</p> <p>B. Earth, Water, Fire, Air, Wood</p> <p>C. Earth, Space, Fire, Air, Akash</p> <p>D. Earth, Space, Fire, Air, Akash</p>				c
	a) A & B are true	b) C & D are true	c) Only A is true	d) Only B is true	Only A is true
28	<p>A: Assertion: Concentration is good for meditation.</p> <p>B: Justification: Concentrate on breathing, on a color and on a picture is good practice of meditation.</p> <p>In light of the above statements, choose the most appropriate answer from the options given below;</p>				a
	a) Both A and B are correct and B is the correct explanation of A.	b) Both A and B are correct and B is not the correct explanation of A.	c) Option A is correct but B is not correct	d) Option A is not correct but B is correct	Both A and B are correct and B is the correct explanation of A.
29	<p>Question here for assertion and justification</p> <p>A: Assertion–Breath Control is an important part in Hatayoga</p> <p>B: Justification–Breath Control influencesMind.</p> <p>In light of the above statements, choose the most appropriate answer from the options given below;</p>				b
	a) Both A and B are correct and B is the correct explanation of A.	b) Both A and B are correct and B is not the correct explanation of A.	c) Option A is correct but B is not correct	d) Option A is not correct but B is correct	Both A and B are correct and B is not the correct explanation of A.
30	<p>A: Assertion - Counter pose of Sarvangasana is Matsyasana.</p> <p>B: Justification - In shoulder stand the neck is contracted, so a counter movement like fish pose will extend the neck muscles.</p> <p>In light of the above statements, choose the most appropriate answer from the options given below;</p>				a
	a) Both A and B are correct and B is the correct explanation of A.	b) Both A and B are correct and B is not the correct explanation of A.	c) Option A is correct but B is not correct	d) Option A is not correct but B is correct	Both A and B are correct and B is the correct explanation of A..
31	<p>Match the following types of research:</p>				b

	A. Karma Yoga		i. Devotion	
	B. Bhakti Yoga		ii. Work	
	C. Jnana Yoga		iii. Ethical Preparation	
	D. Yama		iv. Wisdom	
	a) A-ii, B-iv, C-i, D-iii	b) A-ii, B-i, C-iv, D-iii	c) A-i, B-ii, C-iii, D-iv	d) A-iii, B-ii, C-i, D-iv
32	Match the following pairs:			
	A. Dhyana means		i. Concentration	c
	B. Yama means		ii. Abstention	
	C. Vairagya means		iii. Passionlessness	
	D. Pranayama means		iv. Regulation of breath	
	a) A-ii, B-iv, C-i, D-iii	b) A-i, B-ii, C-iv, D-iii	c) A-i, B-ii, C-iii, D-iv	d) A-iii, B-ii, C-i, D-iv
33	Match the following pairs:			
	A. atman		i. legal and moral treatises	D
	B. Samkhya		ii. spirit and matter	
	C. The Laws of Manu		iii. one's eternal soul or self	
	D. Shankara		iv. Advaita Vedanta	
	a) A-ii, B-iv, C-i, D-iii	b) A-i, B-ii, C-iv, D-iii	c) A-i, B-ii, C-iii, D-iv	d) A-iii, B-ii, C-i, D-iv
34	Asana means -----			
	a) Posture	b) sleep	c) play	d) breath
35	Yoga is a methodical effort to attain-----			
	a) Perfection	b) union	c) Enjoyment	d) Discipline
36	The practice of yoga is meant for-----			
	a) Physical freedom	b) spiritual freedom	c) courage	d) pleasure
37	What is the primary goal of yoga according to traditional teachings?			
	a) Physical fitness	b) Mental relaxation	c) Spiritual enlightenment	d) Weight loss
38	Which of the following is not a component of classical yoga?			
	a) Asanas (postures)	b) Pranayama (breath control)	c) Meditation	d) Weightlifting
39	Who is considered the founder of modern yoga?			
	a) Patanjali	b) Swami Vivekananda	c) B.K.S. Iyengar	d) Bikram Choudhury
40	What is the meaning of the term "yoga" in Sanskrit?			
	a) Physical exercise	b) Union or connection	c) Meditation	d) Stretching
41	Which type of yoga primarily focuses on physical postures and alignment?			
	a) Bhakti Yoga	b) Hatha Yoga	c) Jnana Yoga	d) Karma Yoga

42	In yoga philosophy, what is the purpose of practicing asanas (postures)?				c
	a) To build muscle strength	b) To increase flexibility	c) To prepare the body for meditation	d) To lose weight	To prepare the body for meditation
43	What is the role of meditation in yoga practice?				c
	a) It is the only aspect of yoga	b) It helps achieve physical fitness	c) It calms the mind and enhances self-awareness	d) It is optional and not necessary for yoga	It calms the mind and enhances self-awareness
44	Which of the following statements is a misconception about yoga?				c
	a) Yoga is only for flexible people	b) Yoga is a religion	c) Yoga is only about physical exercises	d) Yoga cannot be practiced by children	Yoga is only about physical exercises
45	What is the purpose of pranayama (breath control) in yoga?				b
	a) To increase lung capacity	b) To calm the mind and control energy	c) To improve digestion	d) To increase heart rate	To calm the mind and control energy
46	Which aspect of yoga emphasizes selfless action and service to others?				c
	a) Bhakti Yoga	b) Jnana Yoga	c) Karma Yoga	d) Raja Yoga	Karma Yoga
47	Which type of yoga focuses on devotion and love for the divine?				b
	a) Hatha Yoga	b) Bhakti Yoga	c) Kundalini Yoga	d) Ashtanga Yoga	Bhakti Yoga
48	What is the misconception about yoga's impact on spirituality?				a
	a) Yoga guarantees spiritual enlightenment	b) Yoga requires conversion to a specific religion	c) Yoga is incompatible with religious beliefs	d) Yoga has no spiritual benefits	Yoga guarantees spiritual enlightenment
49	What is the misconception about meditation in yoga?				b
	a) Meditation is easy and always brings immediate results	b) Meditation requires complete silence and isolation	c) Meditation is only for spiritual gurus	d) Meditation is a waste of time	Meditation is easy and always brings immediate Results.
50	What is the purpose of chanting in yoga practice?				b

	a) To show off vocal skills	b) To connect with divine vibrations	c) To distract from physical discomfort	d) To compete with other practitioners	To connect with divine Vibrations.
51	What is the misconception about yoga's physical benefits?				a
	a) Yoga can cure all physical ailments	b) Yoga is only for young and fit individuals	c) Yoga cannot improve strength or endurance	d) Yoga is primarily for weight loss	Yoga can cure all physical ailments
52	Which aspect of yoga involves self-inquiry and the pursuit of knowledge?				b
	a) Bhakti Yoga	b) Jnana Yoga	c) Kundalini Yoga	d) Vinyasa Yoga	Jnana Yoga
53	What is the purpose of using yoga props such as blocks and straps?				b
	a) To make poses more challenging	b) To support alignment and deepen stretches	c) To increase the speed of practice	d) To replace the need for physical effort	To support alignment and deepen stretches
54	What is the primary goal of yoga?				b
	a) Physical perfection	b) Spiritual enlightenment	c) Mental clarity	d) Social connection	Spiritual enlightenment
55	Which of the following is NOT a component of yoga practice?				d
	a) Asanas	b) Pranayama	c) Meditation	d) Weightlifting	Weightlifting
56	Which ancient Indian text extensively discusses the practice of yoga?				b
	a) Ramayana	b) Vedas	c) Mahabharat	d) Puranas	Vedas
57	<p>Given below are two statements: one is labelled as A: Assertion and the other is labelled as B: Justification</p> <p>A: Yoga can only be practiced under the guidance of a certified instructor.</p> <p>B: While instruction can be beneficial, yoga can also be practiced individually or in group settings without formal supervision.</p> <p>In the light of the above statements. choose the correct answer from the options given below</p>				d
	a) Both the assertion and justification are true, and the justification explains the assertion	b) Both the assertion and justification are true, but the justification does not explain the	c) The assertion is true, but the justification is false	d) The assertion is false	The assertion is false

		assertion			
58	In yoga philosophy, what does "union" or "to yoke" signify?				a
	a)Connection with a higher power	b)Physical strength	c)Mental clarity	d)Breathing techniques	Connection with a higher power
59	Which of the following is NOT a benefit of practicing yoga?				b
	a)Improved flexibility	b)Increased stress levels	c)Enhanced mental focus	d)Better posture	Increased stress levels
60	<p>Given below are two statements: one is labelled as A: Assertion and the other is labelled as B: Justification</p> <p>A: The primary goal of yoga is to attain physical perfection.</p> <p>B: Yoga seeks to integrate physical, mental, and spiritual aspects, prioritizing holistic well-being over physical excellence.</p> <p>In the light of the above statements. choose the correct answer from the options given below</p>				d
	a) Both the assertion and justification are true, and the justification explains the assertion	b) Both the assertion and justification are true, but the justification does not explain the assertion	c) The assertion is true, but the justification is false	d) The assertion is false	The assertion is false
61	What is the traditional greeting often used in yoga classes?				b
	a)Aloha	b)Namaste	c)Shalom	d)Hola	Namaste
62	Which ancient sage is credited with compiling the Yoga Sutras?				a
	a)Patanjali	b)Vyasa	c)Adi Shankaracharya	d)Swami Vivekananda	Patanjali
63	What is the term for the energy centers believed to exist within the body in yoga philosophy?				a
	a)Chakras	b)Meridians	c)Nadis	d) Prana	Chakras
64	Which of the following is NOT a pranayama technique?				c
	a)Ujjayi	b)Kapalabhati	c)Surya Namaskar	d)Anulom Vilom	Surya Namaskar
65	What is the purpose of the final relaxation posture in yoga practice?				c
	a)To induce sleep	b) To cool down the body	c)To integrate the benefits of the practice	d)To increase heart rate	To integrate the benefits of the practice
66	What is the significance of the "Om" symbol in yoga?				b
	a)It is a mantra for physical strength	b) It represents universal consciousness	c)It signifies the end of a yoga session	d)It is a greeting used in yoga classes	It represents universal consciousness
67	<p>Given below are two statements: one is labelled as A: Assertion and the other is labelled as B: Justification</p> <p>A: The practice of yoga originated in ancient Greece.</p>				d



	<p>B: Historical records trace the origins of yoga back to ancient India, with references found in texts like the Vedas and Upanishads.</p> <p>In the light of the above statements. choose the correct answer from the options given below</p>												
	a) Both the assertion and justification are true, and the justification explains the assertion	b) Both the assertion and justification are true, but the justification does not explain the assertion	c) The assertion is true, but the justification is false	d) The assertion is false	The assertion is false								
68	<p>Given below are two statements: one is labelled as A: Assertion and the other is labelled as B: Justification</p> <p>A: The term "asana" refers to meditation techniques in yoga.</p> <p>B: Asanas are specific physical postures practiced to enhance physical health and mental well-being.</p> <p>In the light of the above statements. choose the correct answer from the options given below</p>				d								
	a) Both the assertion and justification are true, and the justification explains the assertion	b) Both the assertion and justification are true, but the justification does not explain the assertion	c) The assertion is true, but the justification is false	d) The assertion is false	The assertion is false								
69	What is the traditional language in which yoga texts are written?				c								
	a)Latin	b)Greek	c)Sanskrit	d)Hebrew	Sanskrit								
70	What is the term for the cleansing technique in yoga involving the nasal passages?				c								
	a) Shavasana	b) Nauli	c) Neti	d) Dhyana	Neti								
71	Oldest text book of yoga				(b)								
	a) Raja yoga	b) Yoga sutra	c) Yogasamhitha	d)Karma yoga	Yoga sutra								
72	<p>Questions here for matching pairs:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">A Cobra Pose</td> <td style="width: 50%;">i Eye</td> </tr> <tr> <td>B Yogic Enema</td> <td>ii Bhujangasana</td> </tr> <tr> <td>C Tratak</td> <td>iii Breathing Practice</td> </tr> <tr> <td>D Pranayama</td> <td>iv Basti</td> </tr> </table>				A Cobra Pose	i Eye	B Yogic Enema	ii Bhujangasana	C Tratak	iii Breathing Practice	D Pranayama	iv Basti	(a)
A Cobra Pose	i Eye												
B Yogic Enema	ii Bhujangasana												
C Tratak	iii Breathing Practice												
D Pranayama	iv Basti												
	a) A-II, B-IV, C-I, D-III	b) A-II, B-IV, C-III, D-I	c) A-I, B-III, C-II, D-IV	d) A-III, B-IV, C-II, D-I	A-II, B-IV, C-I, D-III								
73	Question here for True False statements:				(c)								

	The second part of yoga sutra explains A Sadhanapada B Cittapada C Namapada D none the above				
	a) B only	b) A & B	c) A only	d) D	A only
74	Question here for assertion and justification A: Assertion Kumbhak is retention of breath R: Justification In purak yogi exhale the breath				(b)
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Both (A) and (R) are true R is not the true explanation of A
75	Meditation is a necessary condition of				(b)
	a) Yoga	b) Dhyana	c) Yama	d) Asana	Dhyana
76	The aim of yoga is separation between				(c)
	a) God and soul	b) Body and mind	c) Purusha and pkriti	d) Purusha and chitta	Purusha and pkriti
77	Questions here for matching pairs:				(d)
	A Yama		i Cleanliness of Stomach		
	B Dhauti		ii Raja Yoga		
	C Meditation		iii Ahimsa		
	D Nauli		iv Cleanliness of Intestine		
	a) A-II, B-IV, C-I, D-III	b) A-II, B-IV, C-III, D-I	c) A-I, B-III, C-II, D-IV	d) A-III, B-I, C-II, D-IV	A-III, B-I, C-II, D-IV
78	Question here for True False statements: The practice of yoga is meant for A Physical freedom B Spiritual freedom C Courage D Pleasure				(a)
	a) B only	b) A & B	c) A only	d) D Only	B only
79	Question here for assertion and justification A: Assertion Hatha yoga is for physical and mental well being R: Justification Asana is one of the integral part of hatha yoga and help to enhance the physical health				(a)
	a) Both (A) and (R) are true R	b) Both (A) and (R) are	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Both (A) and (R) are true R is

	is the true explanation of A	true R is not the true explanation of A			the true explanation of A
80	The metaphysics of yoga derived from				(b)
	a) Nyaya	b) Samkhya	c) Raja Yoga	d) Hatha Yoga	Samkhya
81	Jnana Yoga is related to				(c)
	a) Bhakthi	b) Devotion	c) Wisdom	d) Work	Wisdom
82	Question here for matching pairs:				(a)
	A Second pose in Surya Namaskara		i Neti		
	B First step of Ashtanga Yoga		ii Hastottansana		
	C Shatkarma		iii Anulom-Vilom		
	D Nadi Sodhan Pranayama		iv Yama		
	a) A-II, B-IV, C-I, D-III	b) A-II, B-IV, C-III, D-I	c) A-I, B-III, C-II, D-IV	d) A-III, B-I, C-II, D-IV	A-II, B-IV, C-I, D-III
83	Question here for True False statements: Devotion is related with which yoga? A Karma Yoga B Raja Yoga C Hatha Yoga D Bhakti Yoga				(c)
	a) A only	b) A & B	c) D only	d) C only	D only
84	Question here for assertion and justification A: Assertion Tratak helps in cleanliness of eye B: Justification Bandha is part of hatha yoga, which help to retain pranic energy				(b)
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Both (A) and (R) are true R is not the true explanation of A
85	Which of the following nadis corresponds to the state of equilibrium?				(a)
	a) Sushumna	b) Saraswati	c) Pingala	d) Ida	Sushumna
86	Karma yoga is a branch of yoga based on the teaching of which text?				(c)
	a) Ashtavakra Samhita	b) Hatha Yoga Pradipika	c) Bhagavad Gita	d) Vedas	Bhagavad Gita
87	Mudra is Practice in which we maintain				d
	a) Breath	b) Thought	c) Mindfulness	d) Finger Posture	Finger Posture
88	How many limbs of Ashtanga Yoga ?				c
	a) 6	b) 7	c) 8	d) 9	8
89	Ascorbic acid is _____				b

	a) Protein	b) Vitamin	c) Enzyme	d) Lipid	Vitamin
90	Which structure of the living cell is called suicidal body				c
	a) Centrosome	b) Ribosome	c) Lysosome	d) Golgi apparatus	Lysosome
91	Kaivalyapada means _____				c
	a) Purification	b) Sthiti	c) Liberation	d) Peace of mind	Liberation
92	Which of the following is not a hereditary disease?				b
	a) Haemophilia	b) Hypertrichosis	c) Encephalitis	d) Thalassemia	Hypertrichosis
93	Which one is not a kriya?				c
	a) Neti	b) Gaj Karani	c) Pranayama	d) Tratak	Pranayama
94	Widal test is performed				a
	a) To identify the typhoid	b) To identify the AIDS	c) To identify the causes of Diarrhoea	d) To identify the causes of Dysentery	To identify the typhoid
95	The gastric juice is produced by				c
	a) Liver	b) Pancreas	c) Stomach	d) Intestine	Stomach
96	Out of the following which one is not part of Ashtanga Yoga?				c
	a) Yama	b) Niyama	c) Dhouti	d) Pranayama	Dhouti
97	Cardiac clock is located in which part of brain				b
	a) Cerebrum	b) Cerebellum	c) Hypothalamus	d) Medulla oblongata	Cerebellum
98	If an individual eat 20gm fat, how much energy he will get?				c
	a) 100Kcal	b) 140Kcal	c) 180Kcal	d) 200Kcal	180Kcal
99	Which One is 8 Fold method in Yoga				b
	a) Vikalpa	b) Samadhi	c) Vritti	d) Vinaya	Samadhi
100	In case of back pain which asana should be avoided?				a
	a) Forward Bending Asana	b) Back Bending Asana	c) Lying Asana	d) Sitting Asana	Forward Bending Asana