

COMMON P. G. ENTRANCE TEST – 2020

Test Booklet No. :

**DEPT. OF HIGHER EDUCATION, GOVT. OF ODISHA
TEST BOOKLET**

Subject Code **60**

Subject **YOGA & NATUROPATHY**

Time Allowed : 90 Minutes

Full Marks : 70

: INSTRUCTIONS TO CANDIDATES :

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS TEST BOOKLET **DOES NOT** HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
2. You have to enter your **Hall Ticket No.** on the Test Booklet in the Box provided alongside. **DO NOT** write *anything else* on the Test Booklet.
3. **YOU ARE REQUIRED TO FILL UP & DARKEN HALL TICKET NO. & TEST BOOKLET NO. IN THE ANSWER SHEET AS WELL AS FILL UP TEST BOOKLET SERIAL NO. & ANSWER SHEET SERIAL NO. IN THE ATTENDANCE SHEET CAREFULLY. WRONGLY FILLED UP ANSWER SHEETS ARE LIABLE FOR REJECTION AT THE RISK OF THE CANDIDATE.**
4. **This Test Booklet contains 70 items (questions). Each item (question) comprises four responses (answers). You have to select the correct response (answer) which you want to mark (darken) on the Answer Sheet. In case, you feel that there is more than one correct response (answer), you should mark (darken) the response (answer) which you consider the best. In any case, choose ONLY ONE response (answer) for each item (question).**
5. You have to mark (darken) all your responses (answers) **ONLY** on the **separate Answer Sheet** provided by using **BALL POINT PEN (BLUE OR BLACK)**. See instructions in the Answer Sheet.
6. All items (questions) carry equal marks. All items (questions) are compulsory. Your total marks will depend only on the number of correct responses (answers) marked by you in the Answer Sheet. **There is no negative marking.**
7. **After you have completed filling in all your responses (answers) on the Answer Sheet and after conclusion of the examination, you should hand over to the Invigilator the Answer Sheet issued to you. You are allowed to take with you the candidate's copy / second page of the Answer Sheet along with the Test Booklet, after completion of the examination, for your reference.**
8. Sheets for rough work are appended in the Test Booklet at the end.

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

1. How many mahābhūtas are there?
 - (A) 9
 - (B) 5
 - (C) 7
 - (D) 10
2. Number of lungs present in human body are :
 - (A) 2
 - (B) 1
 - (C) 3
 - (D) 4
3. Total numbers of bones of human body are :
 - (A) 306
 - (B) 206
 - (C) 270
 - (D) 207
4. Number of chambers of human heart are :
 - (A) 4
 - (B) 6
 - (C) 2
 - (D) 3
5. The basic structural and functional unit of human body is :
 - (A) Cell
 - (B) Tissue
 - (C) Organ
 - (D) System

6. The oxygenated blood generally flows through :
- (A) Vein
 - (B) Artery
 - (C) Both artery and vein
 - (D) Lymphatic vessels
7. Branches of Yoga as mentioned by Maharshi Patanjali are :
- (A) 6
 - (B) 5
 - (C) 8
 - (D) 10
8. How many chapters are there in Bhagabat Gitā :
- (A) 16
 - (B) 18
 - (C) 20
 - (D) 21
9. Liver comes under which system of Human body ?
- (A) Respiratory
 - (B) Digestive
 - (C) Excretory
 - (D) Circulatory
10. Brain and spinal cord are included under which system of Human body ?
- (A) Reproductive
 - (B) Endocrine
 - (C) Nervous
 - (D) Circulatory

11. Which organ acts as a pump for circulation of blood in human body ?

- (A) Lungs
- (B) Liver
- (C) Heart
- (D) Spleen

12. The most important organ of excretory system of human body :

- (A) Liver
- (B) Pancreas
- (C) Kidney
- (D) Stomach

13. The normal pulse rate of human body is :

- (A) 72/ min
- (B) 65/min
- (C) 80/min
- (D) 75/min

14. The normal blood pressure of human body is :

- (A) 120/ 80 mmHg
- (B) 130/90 mmHg
- (C) 110/70 mmHg
- (D) 130/80 mmHg

15. Who codified Astanga Yoga ?

- (A) Maharshi Balmiki
- (B) Maharshi Vyasadev
- (C) Maharshi Patanjali
- (D) Swami Svatmarama

16. How many chakras are there in human body as per Yoga & Ayurveda ?
- (A) 7
 - (B) 6
 - (C) 9
 - (D) 5
17. How many koshas present in human body as per Yoga & Ayurveda ?
- (A) 4
 - (B) 5
 - (C) 6
 - (D) 3
18. How many doshas present in human body as per Yoga & Ayurveda ?
- (A) Tridosha
 - (B) Saptadosha
 - (C) Panchadosha
 - (D) Astadosha
19. How many dhatus present in human body as per Yoga & Ayurveda ?
- (A) Saptadhatu
 - (B) Astadhatu
 - (C) Panchadhatu
 - (D) Tridhatu
20. How many gunas are present in human body as per Yoga & Ayurveda ?
- (A) Triguna
 - (B) Panchaguna
 - (C) Sadguna
 - (D) Astaguna

21. How many tattwas are present in human body as per Yoga & Ayurveda ?

- (A) 21 (B) 20
(C) 24 (D) 16

22. Number of Karmendriyas are :

- (A) 4 (B) 5
(C) 7 (D) 9

23. Number of Jnanendriyas are :

- (A) 4 (B) 5
(C) 7 (D) 9

24. How many Vedas are there ?

- (A) 3 (B) 4
(C) 6 (D) 7

25. Number of major Upanishads are :

- (A) 10 (B) 8
(C) 9 (D) 15

26. Bhagabat Gita describes the following yogic paths are :

- (A) Karma, Raja, Jnana and Bhakti yoga
(B) Karma, Jnana and Bhakti yoga
(C) Karma, Bhakti and Dhyana yoga
(D) Karma, Jnana and Dhyana yoga

27. Number of incarnations of Lord Visnu are :

- (A) 9 (B) 7
(C) 10 (D) 12

28. Number of Siddhis are :

- (A) 7 (B) 9
(C) 10 (D) 8

29. Number of Nidhis are :
- (A) 7 (B) 9
(C) 6 (D) 8
30. Which are known as “Shrutis”, the revealed wisdom ?
- (A) Puranas
(B) Upanishads
(C) Vedas
(D) All of these
31. Which deity is associated with the science of medicine, Ayurveda ?
- (A) Lord Shiva
(B) Lord Brahma
(C) Lord Dhanwantari
(D) Lord Ganesh
32. Who is known as Yogeswar ?
- (A) Lord Krishna
(B) Lord Rama
(C) Lord Shiva
(D) Lord Brahma
33. Number of Tanmatras(subtle elements) are :
- (A) 3 (B) 6
(C) 9 (D) 5
34. Number of Ubhayendriya (both sensory and motor) are :
- (A) 4 (B) 10
(C) 7 (D) 5
35. Number of Jnānendriyas(sense organs) are :
- (A) 3 (B) 2
(C) 4 (D) 5

36. The science of medicine that deals with herbomineral drugs is :
- (A) Allopathy
 - (B) Homeopathy
 - (C) Ayurveda
 - (D) Naturopathy
37. The science that treats and prevents diseases not by medicines but by mahabhutas and diet :
- (A) Ayurveda
 - (B) Naturopathy
 - (C) Siddha
 - (D) Unani
38. Number of kidney present in human body are / is :
- (A) 2
 - (B) 1
 - (C) 3
 - (D) 4
39. The number of Purushārthas are :
- (A) 3
 - (B) 5
 - (C) 4
 - (D) 7
40. Trividha-nādi includes :
- (A) Ida, Pingala, Susumna
 - (B) Ida, Pingala, Pusa
 - (C) Ida, Gandhari, Susumna
 - (D) Pingala, Susumna, Saraswati
41. The first book to mention yoga :
- (A) Puranas
 - (B) Ramayana
 - (C) Vedas
 - (D) Mahabharata

42. The number of vertebrae present in the spinal cord are :
- (A) 32 (B) 33
(C) 29 (D) 35
43. The function of Jatharagni is :
- (A) Digestion
(B) Respiration
(C) Circulation
(D) Reproduction
44. Kundalini shakti resides in :
- (A) Mulādhāra chakra
(B) Navi
(C) Nadi
(D) Nasagra
45. The structural and functional unit of excretory system is :
- (A) Neuron
(B) Nephron
(C) Both (A) and (B)
(D) None of these
46. The structural and functional unit of nervous system is :
- (A) Neuron
(B) Nephron
(C) Both (A) and (B)
(D) None of these
47. Which organ is called as power house of cell ?
- (A) Nucleus
(B) Mitochondria
(C) Ribosomes
(D) Lysosomes

48. The normal body temperature of human body is :
- (A) 98.4 degree F
 - (B) 97 degree F
 - (C) 95 degree F
 - (D) 99 degree F
49. The number of chromosomes of human being are :
- (A) 23 pairs
 - (B) 25 pairs
 - (C) 22 pairs
 - (D) 24 pairs
50. The blood cells that carry oxygen and carbon dioxide is :
- (A) RBC
 - (B) WBC
 - (C) Platelets
 - (D) All of these
51. The blood cells that helps in body immunity :
- (A) RBC
 - (B) WBC
 - (C) Platelets
 - (D) All of these
52. The process of regulation of prana through breath control is called :
- (A) Pranayaama
 - (B) Mudra
 - (C) Meditation
 - (D) Relaxation

53. As per Ayurveda the essence of all the dhātus of human body is called as :

- (A) Teja (B) Birjya
(C) Oja (D) Bala

54. Which day is celebrated as International Yoga Day ?

- (A) 21st June
(B) 20th August
(C) 25st December
(D) 22nd July

55. Bhagabat Gita is a part of :

- (A) Ramayana
(B) Mahabharata
(C) Bhagavata
(D) None of these

56. Kriyayoga includes :

- (A) Tapa
(B) Svadhyaya
(C) Iswarapranidhana
(D) All of these

57. Prasthānatrayee is :

- (A) Upanishad
(B) Brahmasutra
(C) Bhagavad Gita
(D) All of these

58. No. of branches of Ayurveda are :

- (A) 6 (B) 7
(C) 8 (D) 5

59. No. of Yamas mentioned in Patanjali Yogasutra are :
- (A) 6 (B) 4
(C) 3 (D) 5
60. No. of Niyamas mentioned in Patanjali Yogasutra are :
- (A) 6
(B) 8
(C) 7
(D) 5
61. No. of Pādas of Patanjali Yogasutra are :
- (A) 6 (B) 4
(C) 3 (D) 5
62. Jainism and Budhism are included under :
- (A) Nastika darshana
(B) Astika darsana
(C) Both (A) and (B)
(D) None of these
63. Yoga and Vedanta are included under :
- (A) Nastika darshana
(B) Astika darsana
(C) Both (A) and (B)
(D) None of these
64. Which of the following substances is found in greater quantity in exhaled air ?
- (A) Carbon dioxide
(B) Carbon monoxide
(C) Nitrogen
(D) Oxygen

65. Which of the following allows gas exchange in the lungs ?
(A) Alveoli (B) Bronchi
(C) Bronchioles (D) Capillaries
66. Which of the following is the master gland of the endocrine system ?
(A) Adrenal (B) Pineal
(C) Pituitary (D) Thyroid
67. Transcendental Meditation was propagated by :
(A) Swami Ram Dev
(B) Maharshi Dayanand
(C) Swami Shivananda
(D) Maharshi Mahesh Yogi
68. Integral yoga is the concept of :
(A) Swami Vivekananda
(B) Maharshi Dayanand
(C) Swami Shivananda
(D) Sri Aurobindo
69. Which is the Sanskrit root (verb form) for the etymological derivation of the word "Yoga" ?
(A) Yug (B) Yuge
(C) Yuj (D) Yuje
70. The Yoga class usually begin with a ?
(A) A Prayer (B) Suryanamaskar
(C) Yogic Sukshma Vyayama (D) Yogasana



SPACE FOR ROUGH WORK