

COMMON P. G. ENTRANCE TEST – 2023 (CPET-2023)

Test Booklet No. : 008

Subject Code : 48

Hall Ticket No. :

Subject : YOGA AND NATUROPATHY

TEST BOOKLET

Time Allowed : 60 Minutes

Full Marks : 80

: INSTRUCTIONS TO CANDIDATES :

1. The Test Booklet contains 16 pages including the cover page and 80 (Question No. 1 to 80) multiple choice questions.
2. DO NOT break the seal of the Test Booklet until the invigilator instructs to do so.
3. The candidates must check discrepancy, if any (like up-printed or torn or missing pages or missing questions) in the Test Booklet immediately after breaking the seal of the Test Booklet. If detected, the invigilator may be requested to replace the same.
4. Candidates are required to fill up and darken the Hall Ticket No, Test Booklet Serial No. and OMR Answer Sheet Serial No. in attendance sheet carefully. Wrongly filled in OMR Answer Sheet is liable for rejection.
5. Each question has four choices / answers marked (A), (B), (C), (D). Candidate has to select the most appropriate choice / answer to each question and darken the oval completely against the question number provided in the OMR Answer Sheet.
6. Indicate only one choice / answer from the options provided by darkening the appropriate oval in the OMR Answer Sheet. More than one response to a question shall be treated as a wrong answer.
7. Use only **Black Ball Point Pen** for darkening the oval for answering.
8. All the questions are compulsory and they carry equal marks. The total marks scored by a candidate depends on the number of correct choices / answers darkened in the OMR Answer Sheet. There will be no negative marking for wrong answers.
9. No candidate shall be allowed to leave the Examination Hall / Room till all OMR Answer Sheets have been collected by the invigilator.
10. On completion of the entrance test, the original OMR Answer Sheet be handed over to the invigilator. Candidates are allowed to take the second copy of the OMR Answer Sheet along with the used Test Booklet for reference.
11. Candidates are not allowed to carry any personal belongings including electronic devices such as scientific calculator, cell phones, headphones, ear buds, or any other type of devices that allow communication of any kind inside the Examination Room / Hall.
12. The candidates are advised not to scribble or make any mark on the OMR Answer Sheet except marking the answers at the appropriate places and filling up the details required. Rough work, if any, may be done in the blank sheet(s) provided at the end of the Test Booklet.
13. Any malpractice / use of unfair means will lead to your disqualification from the entrance test / admission process and may also lead to appropriate legal action as deemed fit.

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

PN – 48/7

(Turn over)

SEAL

800

Test Booklet No.

Roll Number

80

TEST BOOKLET

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1. Yoga means :

(A) Just an exercise	(B) A way to distract oneself
(C) An escape from reality	(D) A process for elevating oneself
2. Which pranayama is all about imitating the sound of the sea or waves ?

(A) Kapalbhathi	(B) Sritali
(C) Ujjayi	(D) Dirgaya pranayama
3. Yoga means maintaining the evenness of mind which is known as _____ for the efficient performance of work.

(A) Karmasu kausalam	(B) Samatvam
(C) Purushartha	(D) Dukhasamyoga viyoga
4. Which is the Sanskrit root (verb form) for the etymological derivation of the word "Yoga" ?

(A) Yug	(B) Yuge
(C) Yuj	(D) Yuje
5. Definition of Yoga according to Kathopanishad is :

(A) Control on mind	(B) Control on sense organs, mind and intellect
(C) Control on sense organs and intellect	(D) Control on body and mind
6. Who compiled 'Yoga Sutra' ?

(A) Patanjali	(B) Gheranda
(C) Svatmarama	(D) None of them
7. The purpose of Yoga as taught by the ancients is to attain :

(A) Perfect health	(B) Peace of mind
(C) Stress relief	(D) Enlightenment or self-realization

8. Who compiled 'Hathayoga Pradipika' ?
(A) Patanjali (B) Gheranda
(C) Svatmarama (D) None of them
9. "Samadosha Samagnishcha Samadhatu Malakriya" are the characteristic features of 'Swasthya', according to which acharya of Ayurveda ?
(A) Acharya Charaka (B) Acharya Sushruta
(C) Acharya Kashyapa (D) Acharya Vagbhatta
10. The most important Yoga practice for the management of sinusitis is :
(A) Neti (B) Basti
(C) Vamana Dhauti (D) Nauli
11. What was the theme of International Day of Yoga, 2022 ?
(A) Yoga for Humanity (B) Yoga for Harmony
(C) Yoga for Health (D) Yoga for Heart ?
12. Who are the main custodians of associated knowledge and skills of Yoga ?
(A) AYUSH ministry (B) State Governments
(C) Common man (D) Yoga gurus
13. According to the citation of UN body, Yoga techniques are designed to help the individuals :
(A) To attain self – realization
(B) For a state of liberation
(C) To enjoy the worldly pleasures
(D) To overcome any kind of suffering
14. What is the right meaning of "Yogah Karmasu Kaushalam" ?
(A) Perfect action (B) Clevered action
(C) Skilled action (D) Selfless action

15. What is meaning of Moksha ?
(A) Sense of duty (B) Enjoyments
(C) Material needs (D) Spiritual realization
16. Nephron is the structural and functional unit of _____.
(A) Kidney (B) Lungs
(C) Heart (D) Stomach
17. Arteries in our body carry _____ blood except pulmonary arteries.
(A) Deoxygenated blood
(B) Oxygenated blood
(C) Both oxygenated and deoxygenated blood
(D) None of the above
18. Which of the following is a Satvik diet ?
(A) Purely oily food
(B) Purely stale and junk food
(C) Balanced, wholesome with necessary nutrition supplements
(D) Excess salty food
19. One of the three classical texts of Hatha Yoga is :
(A) Patanjali Yoga Sutra (B) Bhagawad Gita
(C) Gheranda Samhita (D) Yoga Vasishtha
20. How many types of blood cells are there ?
(A) 3 (B) 5
(C) 7 (D) 9
21. Insulin is secreted from :
(A) Thyroid gland (B) Adrenal gland
(C) Pituitary gland (D) None of these

22. The secretion of endocrine glands is called :
(A) Blood (B) Plasma
(C) Enzyme (D) Hormone
23. How many lobes are present in right lung ?
(A) 02 (B) 04
(C) 03 (D) 05
24. Number of chapters in Bhagawad Gita are :
(A) 20 (B) 17
(C) 18 (D) 19
25. The component of Diet is :
(A) Carbohydrate (B) Fat
(C) Protein (D) All of these
26. The best way to achieve all the four aims of life is the practice of :
(A) Karma Yoga (B) Ashtanga Yoga
(C) Jnana Yoga (D) Bhakti Yoga
27. Which structure attaches a muscle to a bone ?
(A) A tendon
(B) A fasciculus
(C) A sarcomere
(D) An internal intercostal muscle
28. What is the cytoplasm of a skeletal muscle cell called ?
(A) Sarcolemma (B) Sarcomere
(C) Sarcoplasm (D) Fasciculus
29. Brain, nerves and spinal cord are a part of :
(A) Digestive system (B) Circulatory system
(C) Excretory system (D) Nervous system

30. What is the meaning of Astha Kumbhak ?
- (A) Eight asanas
 - (B) Eight mudras
 - (C) Eight pranayamas
 - (D) All of these
31. The name of the Guru of Swami Vivekanand is :
- (A) Sri Aurobindo
 - (B) Sri Maa
 - (C) Guru Gorakhnath
 - (D) Ramakrishna Paramahansa
32. According to Maharishi Patanjali, the number of Chitta vrittis are :
- (A) Five
 - (B) Six
 - (C) Four
 - (D) Three
33. Which asana increases digestion after a meal ?
- (A) Trikonasana
 - (B) Vajrasana
 - (C) Hastasana
 - (D) Ardha-matsyendrasana .
34. Concept of "Sthitaprajna" is described in :
- (A) Bhagawad Gita
 - (B) Patanjali Yoga Sutra
 - (C) Hatha Yoga Pradipika
 - (D) Charaka Samhita
35. How many chakras are there in the human body ?
- (A) 12
 - (B) 7
 - (C) 114
 - (D) 100

36. Which is not a Mahabhuta ?
 (A) Earth (B) Water
 (C) Sunlight (D) Air
37. Which of the following is not one of the Antahkaraana ?
 (A) Jnana (B) Buddhi
 (C) Chitta (D) Manas
38. Blood in our body is the manifestation of which pancha mahabhuta ?
 (A) Agni (B) Vayu
 (C) Prithvi (D) Jala
39. Which part of the autonomic nervous system, when activated is responsible for the body's "fight or flight" reaction ?
 (A) Brain system
 (B) Limbic system
 (C) Sympathetic nervous system
 (D) Parasympathetic nervous system
40. By mastering which practice one floats like a lotus leaf on the water ?
 (A) Nadi sodhana (B) Sitali
 (C) Bhastrika (D) Plavini
41. How many koshas or layers of existence do humans have as per the yogic system ?
 (A) 03 (B) 04
 (C) 05 (D) 02
42. Which one comes under Antaranga Yoga ?
 (A) Asana (B) Pratyahara
 (C) Dharana (D) Niyama

43. The word "Nadi" is derived from the word "Nad" meaning :
- (A) To carry (B) To blow
(C) To run (D) To flow
44. Where is Ajna Chakra located ?
- (A) Tongue (B) Eyebrow centre
(C) Chest (D) Legs
45. Sarvangasana is good for complications of which gland ?
- (A) Ovary (B) Adrenal
(C) Pancreas (D) Thyroid
46. Which is not one of the three Gunas ?
- (A) Rajas (B) Ekagra
(C) Sattva (D) Tamas
47. The basis of 'Pancha Kosha' is derived from :
- (A) Kena Upanishad
(B) Taittiriya Upnishad
(C) Isha Upanishad
(D) Prashna Upanishad
48. Which of the following is related to Chitta-prasad nam ?
- (A) Samapatti (B) Maitri
(C) Vairagya (D) Abhyasa
49. Which of the following is one of the reasons for the failure in Hatha yoga Sadhana ?
- (A) Courage (B) Absolute faith
(C) Perseverence (D) Over eating

50. Which of the following is not one of the main four Vedas ?
- (A) Dhanurveda
 - (B) Samaveda
 - (C) Atharvaveda
 - (D) Rigveda
51. Which type of blood is carried by arteries in our body ?
- (A) Carbonated blood
 - (B) Both oxygenated and deoxygenated blood
 - (C) Oxygenated blood
 - (D) Deoxygenated blood
52. What is the intense longing for attaining liberation known as ?
- (A) Vairagya
 - (B) Moksha
 - (C) Viveka
 - (D) Mumukshutva
53. Which one of the following attributes satisfies the criteria of Sattvik Food ?
- (A) Spicy, hot, bitter, sour and pungent
 - (B) Pure, essential, natural, vital, energy containing
 - (C) Unnatural, overcooked, stale, left over and processed food
 - (D) None of these
54. The other name of Yogic Enema is :
- (A) Dhauti
 - (B) Trataka
 - (C) Nauli
 - (D) Basti
55. What was the theme for International Day of Yoga – 2022 ?
- (A) Yoga for Humanity
 - (B) Yoga for Harmony and Peace
 - (C) Yoga for Health
 - (D) Yoga for heart

56. Which of the following nadis corresponds to the state of equilibrium ?
(A) Ida (B) Saraswati
(C) Sushumna (D) Pingala
57. Who mentioned Ayurveda as fifth Veda ?
(A) Drudhabala (B) Kashyapa
(C) Charaka (D) Harita
58. The longest and heaviest bone of the body is :
(A) Femur (B) Fibula
(C) Tibia (D) Ilium
59. In which text, four types of persons are mentioned as Aarta, Jijnasu, Artharthi and Jnani ?
(A) Ramayana
(B) Brahmasutra
(C) Kathopanishad
(D) Bhagawad Gita
60. Which cereal contains maximum fibre content ?
(A) Rice (B) Wheat
(C) Bajra (D) Ragi or finger millet
61. Tricuspid valve is found between :
(A) Left auricle and left ventricle
(B) Right auricle and right ventricle
(C) Right auricle and pulmonary artery
(D) Left auricle and pulmonary artery
62. Progesterone hormone is secreted by which gland ?
(A) Ovary
(B) Adrenal gland
(C) Kidneys
(D) Parathyroid gland

63. Circadian clock is located in which part of the brain ?
- (A) Cerebrum
 - (B) Cerebellum
 - (C) Hypothalamus
 - (D) Medulla Oblongata
64. Learning of a specific Yoga practice by a student depends upon :
- (A) Concentration of the instructor
 - (B) Power of the instructor
 - (C) Clear instruction of the instructor
 - (D) Self confidence of the instructor
65. Practice of withdrawing senses from contact with external objects is called as :
- (A) Yama
 - (B) Niyama
 - (C) Pranayama
 - (D) Pratyahara
66. Aparigraha is included under :
- (A) Niyama
 - (B) Yama
 - (C) Antaranga Yoga
 - (D) Samadhi
67. How many Divyangas performed Yoga protocol during 2nd International Day of Yoga ?
- (A) 100
 - (B) 160
 - (C) 150
 - (D) 200

68. The body system responsible for structural support and movement is the :
- (A) Cardio-vascular system
 - (B) Exocrine system
 - (C) Muscular system
 - (D) Skeletal system
69. Adenosine Triphosphate (ATP) is an important molecule because it :
- (A) It is the result of catabolism
 - (B) Release energy in uncontrolled bursts
 - (C) Stores energy for use by body cells
 - (D) All of these
70. The structural area where two bones meet is known as :
- (A) Junction
 - (B) Joint
 - (C) Exocrine gland
 - (D) Lymph node
71. The thoracic cavity contains which organs ?
- (A) Brain
 - (B) Heart and Lungs
 - (C) Kidneys
 - (D) Pelvis
72. The process responsible for maintaining a balanced state within the body is known as :
- (A) Enuresis
 - (B) Cytosis
 - (C) Homeostasis
 - (D) Mitosis

73. Which of the following practices leads to immortality, according to Ishavasyopanishad ?
- (A) Vairagya
 - (B) Viveka
 - (C) Vidya
 - (D) Vishaya
74. In which 'bhava', the surrendering attitude of the servant to his master is involved ?
- (A) Madhurya bhava
 - (B) Dasya bhava
 - (C) Sakhya bhava
 - (D) Santa bhava
75. Alternate nostril breathing is also called as :
- (A) Sitali pranayama
 - (B) Bhramari pranayama
 - (C) Nadisodhana pranayama
 - (D) None of these
76. What is the main therapeutic benefit of Kapalabhati practice ?
- (A) To remove kapha disorders
 - (B) To remove pitta disorders
 - (C) To remove vatta disorders
 - (D) To remove vatta – pitta disorders
77. 'Vibhuti' is the Sanskrit word for :
- (A) Achievements
 - (B) Force
 - (C) Work
 - (D) Power

78. According to _____, "Yoga is the process of calming down the mind".
- (A) Patanjali Yoga Darshana
 - (B) Hatha yoga
 - (C) Yoga Vasishtha
 - (D) Gheranda Samhita
79. Which of the following koshas is shaped by thoughts, emotions, memories, habits and desire ?
- (A) Annamaya
 - (B) Pranamaya
 - (C) Manomaya
 - (D) Vijnanamaya
80. The science that treats and prevents diseases not by medicines but by mahabhutas and diet is :
- (A) Ayurveda
 - (B) Siddha
 - (C) Naturopathy
 - (D) Unani



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