

UGC NET 2019

Test Time	9:30 AM - 12:30 PM
Test Date	26/06/2019
Subject	100 Yoga

Section : PART I General Aptitude

Q.1 The major characteristic of correlation analysis is to seek out

- (1) Differences among variables
- (2) Variations among variables
- (3) Association among variables
- (4) Regression among variables

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027711

Option 1 ID : 646350108771

Option 2 ID : 646350108772

Option 3 ID : 646350108773

Option 4 ID : 646350108774

Status : Answered

Chosen Option : 3

Q.2 From the list given below identify those which are called 'Non-probability sampling procedures' :

- (i) Simple random sampling
- (ii) Dimensional sampling
- (iii) Snowball sampling
- (iv) Cluster sampling
- (v) Quota sampling
- (vi) Stratified sampling

Choose the correct option

- (1) (i), (ii) and (iii)
- (2) (ii), (iv) and (v)
- (3) (i), (iii) and (iv)
- (4) (ii), (iii) and (v)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027710

Option 1 ID : **646350108767**
Option 2 ID : **646350108768**
Option 3 ID : **646350108769**
Option 4 ID : **646350108770**
Status : **Answered**
Chosen Option : **3**

Q.3 Which of the following is an example of a maximum performance test?

- (1) Personality tests
- (2) Projective personality tests
- (3) Aptitude tests
- (4) Interest and attitude scales

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**
Question ID : **64635027706**
Option 1 ID : **646350108751**
Option 2 ID : **646350108752**
Option 3 ID : **646350108753**
Option 4 ID : **646350108754**
Status : **Answered**
Chosen Option : **2**

Q.4 The conceptual framework in which a research is conducted is called a

- (1) Synopsis of research
- (2) Research design
- (3) Research hypothesis
- (4) Research paradigm

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**
Question ID : **64635027708**
Option 1 ID : **646350108759**
Option 2 ID : **646350108760**
Option 3 ID : **646350108761**
Option 4 ID : **646350108762**
Status : **Answered**
Chosen Option : **4**

Q.5 The time-frame in which a study explores a situation or problem is also called the

- (1) reference period
- (2) age
- (3) longitudinal
- (4) retrospective time

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027712

Option 1 ID : 646350108775

Option 2 ID : 646350108776

Option 3 ID : 646350108777

Option 4 ID : 646350108778

Status : Answered

Chosen Option : 2

Q.6 Which of the strategies in the list given below will be associated with direct teaching?

- (i) Providing examples and explanation
- (ii) Promoting inquiry
- (iii) Focussing on concepts
- (iv) Giving review and recapitulation
- (v) Offering practice and feedback
- (vi) Problem raising and problem-solving

Choose the correct answer from the options given below :

- (1) (i), (ii) and (iii)
- (2) (ii), (iii) and (iv)
- (3) (i), (iv) and (v)
- (4) (iv), (v) and (vi)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027704

Option 1 ID : 646350108743

Option 2 ID : 646350108744

Option 3 ID : 646350108745

Option 4 ID : 646350108746

Status : Answered

Chosen Option : 3

Q.7 Which of the learner characteristics will influence his/her perspective in a course of study?

- (i) Learner's commitment
- (ii) Parents interest in the learner
- (iii) Prior knowledge of the learner
- (iv) Skill of the learner in the concerned area
- (v) Family size of the learner
- (vi) Socio-economic background of the family to which the learner belongs

Choose the correct answer from the options given below :

- (1) (i), (iii) and (iv)
- (2) (i), (ii) and (iii)
- (3) (iii), (iv) and (v)
- (4) (iv), (v) and (vi)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027703

Option 1 ID : 646350108739

Option 2 ID : 646350108740

Option 3 ID : 646350108741

Option 4 ID : 646350108742

Status : Answered

Chosen Option : 1

Q.8 A shift in attitude in respondents between two points during data collection is called

- (1) Reactive effect
- (2) Maturation effect
- (3) Regression effect
- (4) Conditioning effect

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027709

Option 1 ID : 646350108763

Option 2 ID : 646350108764

Option 3 ID : 646350108765

Option 4 ID : 646350108766

Status : Answered

Chosen Option : 4

Q.9 From the list given below identify those questions which are called process rather than content based questions?

- (i) Convergent questions
- (ii) Divergent questions
- (iii) Fact based questions
- (iv) Concept based questions
- (v) Open questions
- (vi) Closed questions.

Choose the correct answer from the options given below :

- (1) (i), (ii) and (iii)
- (2) (ii), (iii) and (iv)
- (3) (iv), (v) and (vi)
- (4) (ii), (iv) and (v)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027707

Option 1 ID : 646350108755

Option 2 ID : 646350108756

Option 3 ID : 646350108757

Option 4 ID : 646350108758

Status : Answered

Chosen Option : 2

Q.10 The performance of a student is compared with another student in which type of testing?

- (1) Criterion referenced testing
- (2) Diagnostic testing
- (3) Summative testing
- (4) Norm-referenced testing

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **64635027705**

Option 1 ID : **646350108747**

Option 2 ID : **646350108748**

Option 3 ID : **646350108749**

Option 4 ID : **646350108750**

Status : **Answered**

Chosen Option : 1

Comprehension:

Geography seeks to understand the physical and human organization of the surface of the Earth. In the field of geography, inter-related themes are frequently seen. These are scale, pattern and process. Scale is defined as the level of structure or organisation at which a phenomenon is studied. Pattern is defined as the variation observed in a phenomenon studied at a particular scale. The third theme, process, further connects the first two. Process is defined as the description of how the factors that affect a phenomenon act to produce a pattern at a particular scale. For instance, when a passenger on an aircraft looks out of the window, the view changes according to the scale. At the global scale when the aircraft maintains its height, he can see the chunks of clouds in all their pattern, the sun or the moon, as per the time. When the aircraft loses a little height, passengers can see the land and water masses in their different colours and the shape of land masses. At the continental scale, the passengers can see the shapes of the land features and how they are distributed. The pattern emerges as the variation of land and water and the proportion of each. Looking carefully, passengers can note how each land mass aligns with the others and how each mountain bears the signs of the process through which it emerged.

The processes in a geography change in a regular and repetitive manner. One instance of this is the annual solar cycle of the sun and the earth. Most systems in nature display time cycles that are organised in a rhythm of their own. As these time cycles and natural processes are always active, the environment of the earth is always in a state of dynamism. This environmental change is not only the result of natural process but also the result of human activity. Physical geography works towards understanding the interaction between man and nature and also the results of this interaction in order to manage global climate change better.

SubQuestion No : 11

Q.11 The time cycles of the system of nature follow their own

- (1) Path
- (2) Rhythm
- (3) Process
- (4) Cycle

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **64635027716**

Option 1 ID : **646350108787**

Option 2 ID : **646350108788**

Option 3 ID : **646350108789**

Option 4 ID : **646350108790**

Status : **Answered**

Chosen Option : 2

Comprehension:

Geography seeks to understand the physical and human organization of the surface of the Earth. In the field of geography, inter-related themes are frequently seen. These are scale, pattern and process. Scale is defined as the level of structure on organisation at which a phenomenon is studied. Pattern is defined as the variation observed in a phenomenon studied at a particular scale. The third theme, process, further connects the first two. Process is defined as the description of how the factors that affect a phenomenon act to produce a pattern at a particular scale. For instance, when a passenger on an aircraft looks out of the window, the view changes according to the scale. At the global scale when the aircraft maintains its height, he can see the chunks of clouds in all their pattern, the sun or the moon, as per the time. When the aircraft loses a little height, passengers can see the land and water masses in their different colours and the shape of land masses. At the continental scale, the passengers can see the shapes of the land features and how they are distributed. The pattern emerges as the variation of land and water and the proportion of each. Looking carefully, passengers can note how each land mass aligns with the others and how each mountain bears the signs of the process through which it emerged.

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SubQuestion No : 12

Q.12 The alignment of landmass with other elements can be seen by a passenger on a flight on a

- (1) Global scale (2) Continental scale
(3) Local scale (4) Time scale

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027718

Option 1 ID : 646350108795

Option 2 ID : 646350108796

Option 3 ID : 646350108797

Option 4 ID : 646350108798

Status : Answered

Chosen Option : 1

Comprehension:

Geography seeks to understand the physical and human organization of the surface of the Earth. In the field of geography, inter-related themes are frequently seen. These are scale, pattern and process. Scale is defined as the level of structure on organisation at which a phenomenon is studied. Pattern is defined as the variation observed in a phenomenon studied at a particular scale. The third theme, process, further connects the first two. Process is defined as the description of how the factors that affect a phenomenon act to produce a pattern at a particular scale. For instance, when a passenger on an aircraft looks out of the window, the view changes according to the scale. At the global scale when the aircraft maintains its height, he can see the chunks of clouds in all their pattern, the sun or the moon, as per the time. When the aircraft loses a little height, passengers can see the land and water masses in their different colours and the shape of land masses. At the continental scale, the passengers can see the shapes of the land features and how they are distributed. The pattern emerges as the variation of land and water and the proportion of each. Looking carefully, passengers can note how each land mass aligns with the others and how each mountain bears the signs of the process through which it emerged.

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SubQuestion No : 13

Q.13 Physical geography studies the results of the interaction between man and nature in order to

- (1) understand global climate change
(2) study the impact of man's activities on nature
(3) address the issue of global climate change
(4) reduce man-animal conflict

Options 1. 1

2. 2

- 3. 3
- 4. 4

Question Type : **MCQ**
Question ID : **64635027717**
Option 1 ID : **646350108791**
Option 2 ID : **646350108792**
Option 3 ID : **646350108793**
Option 4 ID : **646350108794**
Status : **Answered**
Chosen Option : **1**

Comprehension:

Geography seeks to understand the physical and human organization of the surface of the Earth. In the field of geography, inter-related themes are frequently seen. These are scale, pattern and process. Scale is defined as the level of structure or organisation at which a phenomenon is studied. Pattern is defined as the variation observed in a phenomenon studied at a particular scale. The third theme, process, further connects the first two. Process is defined as the description of how the factors that affect a phenomenon act to produce a pattern at a particular scale. For instance, when a passenger on an aircraft looks out of the window, the view changes according to the scale. At the global scale when the aircraft maintains its height, he can see the chunks of clouds in all their pattern, the sun or the moon, as per the time. When the aircraft loses a little height, passengers can see the land and water masses in their different colours and the shape of land masses. At the continental scale, the passengers can see the shapes of the land features and how they are distributed. The pattern emerges as the variation of land and water and the proportion of each. Looking carefully, passengers can note how each land mass aligns with the others and how each mountain bears the signs of the process through which it emerged.

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SubQuestion No : 14

Q.14

In geography, pattern studies the variation observed in a phenomenon at

- (1) a particular scale
- (2) any scale
- (3) every scale
- (4) most scales

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**
Question ID : **64635027714**
Option 1 ID : **646350108779**
Option 2 ID : **646350108780**
Option 3 ID : **646350108781**
Option 4 ID : **646350108782**
Status : **Answered**
Chosen Option : **1**

Comprehension:

Geography seeks to understand the physical and human organization of the surface of the Earth. In the field of geography, inter-related themes are frequently seen. These are scale, pattern and process. Scale is defined as the level of structure or organisation at which a phenomenon is studied. Pattern is defined as the variation observed in a phenomenon studied at a particular scale. The third theme, process, further connects the first two. Process is defined as the description of how the factors that affect a phenomenon act to produce a pattern at a particular scale. For instance, when a passenger on an aircraft looks out of the window, the view changes according to the scale. At the global scale when the aircraft maintains its height, he can see the chunks of clouds in all their pattern, the sun or the moon, as per the time. When the aircraft loses a little height, passengers can see the land and water masses in their different colours and the shape of land masses. At the continental scale, the passengers can see the shapes of the land features and how they are distributed. The pattern emerges as the variation of land and water and the proportion of each. Looking carefully, passengers can note how each land mass aligns with the others and how each mountain bears the signs of the process through which it emerged.

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SubQuestion No : 15

Q.15 The view seen by a passenger looking out of the window of an aircraft will be affected by the

- | | |
|-------------|-------------|
| (1) Process | (2) Pattern |
| (3) Scale | (4) Rhythm |

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **64635027715**

Option 1 ID : **646350108783**

Option 2 ID : **646350108784**

Option 3 ID : **646350108785**

Option 4 ID : **646350108786**

Status : **Answered**

Chosen Option : **2**

Q.16 If REASON is coded as 5 and GOVERNMENT as 9, then what is the code for ACCIDENT?

- | | |
|-------|-------|
| (1) 6 | (2) 7 |
| (3) 8 | (4) 9 |

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **64635027724**

Option 1 ID : **646350108819**

Option 2 ID : **646350108820**

Option 3 ID : **646350108821**

Option 4 ID : **646350108822**

Status : **Answered**

Chosen Option : **3**

Q.17 A communication process can be considered complete when

- (1) The sender transmits the message
- (2) The message enters the channel
- (3) The message leaves the channel
- (4) The receiver understands the message

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027722

Option 1 ID : 646350108811

Option 2 ID : 646350108812

Option 3 ID : 646350108813

Option 4 ID : 646350108814

Status : Answered

Chosen Option : 4

Q.18 When subject and predicate of both the premises are the same but they differ in quality only, it is known as

(1) Contradictories

(2) Contraries

(3) Subaltern

(4) Super altern

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027731

Option 1 ID : 646350108847

Option 2 ID : 646350108848

Option 3 ID : 646350108849

Option 4 ID : 646350108850

Status : Answered

Chosen Option : 4

Q.19 If proposition 'All republics are grateful' is taken to be true then which of the following propositions can be false?

(i) Republics are not grateful

(ii) Some republics are not grateful

(iii) No republics are grateful

(iv) Some republics are grateful

Select the correct answer from the options given below :

(1) (i) only

(2) (ii) only

(3) (i), (ii) and (iii)

(4) (ii) and (iii)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027729

Option 1 ID : 646350108839

Option 2 ID : 646350108840

Option 3 ID : 646350108841

Option 4 ID : 646350108842

Status : Answered

Chosen Option : 1

Q.20

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Given below are two premises with four conclusions drawn from them. Which of the following conclusions could be validly drawn from the premises?

Premises:

- (i) Some bags are tables
- (ii) All bags are chairs.

Conclusions :

- (a) Some tables are chairs
- (b) No chair is table
- (c) Some chairs are bags
- (d) Some bags are not tables

Select the correct answer from the options given below :

- (1) (a) and (c)
- (2) (b), (c) and (d)
- (3) (a) and (d)
- (4) (b) only

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027730

Option 1 ID : 646350108843

Option 2 ID : 646350108844

Option 3 ID : 646350108845

Option 4 ID : 646350108846

Status : Answered

Chosen Option : 4

Q.21 Mass media do not have pre-determined functions for everyone and people use them the way they like. This is suggestive of the fact that,

- (1) Audiences are active
- (2) Content is of little significance
- (3) Content lacks plurality
- (4) Audiences are homogeneous

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027719

Option 1 ID : 646350108799

Option 2 ID : 646350108800

Option 3 ID : 646350108801

Option 4 ID : 646350108802

Status : Answered

Chosen Option : 4

Q.22 Which of the following fractions is the result of the sum of an integer and its reciprocal?

- (1) $\frac{15}{8}$
- (2) $\frac{26}{5}$
- (3) $\frac{36}{7}$
- (4) $\frac{37}{5}$

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027725

Option 1 ID : 646350108823

Option 2 ID : 646350108824

Option 3 ID : 646350108825

Option 4 ID : **646350108826**
Status : **Answered**
Chosen Option : **4**

Q.23 The average of 35 raw scores is 18. The average of first seventeen of them is 14 and that of last seventeen is 20. Find the eighteenth raw score.

- | | |
|--------|--------|
| (1) 42 | (2) 46 |
| (3) 52 | (4) 56 |

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027726**
Option 1 ID : **646350108827**
Option 2 ID : **646350108828**
Option 3 ID : **646350108829**
Option 4 ID : **646350108830**
Status : **Answered**
Chosen Option : **1**

Q.24 Sanjay sold an article at a loss of 25%. If the selling price had been increased by Rs. 175, there would have been a gain of 10%. What was the cost price of the article?

- | | |
|-------------|-------------|
| (1) Rs. 350 | (2) Rs. 400 |
| (3) Rs. 500 | (4) Rs. 750 |

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027728**
Option 1 ID : **646350108835**
Option 2 ID : **646350108836**
Option 3 ID : **646350108837**
Option 4 ID : **646350108838**
Status : **Answered**
Chosen Option : **2**

Q.25 A customer writes to a bank, 'Kindly send me a statement of my transactions in my savings bank account 'A' during the last three months'. In terms of communication it will be called

- | | |
|------------|--------------|
| (1) Input | (2) Message |
| (3) Output | (4) Feedback |

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027723**
Option 1 ID : **646350108815**
Option 2 ID : **646350108816**
Option 3 ID : **646350108817**
Option 4 ID : **646350108818**
Status : **Answered**
Chosen Option : **3**

Q.26

The proposition 'No red is black' is equivalent to which of the following propositions?

- (i) No black is red
- (ii) All red are black
- (iii) Some red are not black
- (iv) Red is not black

Select the correct answer from the options given below :

- (1) (i), (ii), (iii) and (iv)
- (2) (iii) only
- (3) (i) and (iv)
- (4) (iv) only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ

Question ID : 64635027733

Option 1 ID : 646350108855

Option 2 ID : 646350108856

Option 3 ID : 646350108857

Option 4 ID : 646350108858

Status : Answered

Chosen Option : 3

Q.27 In the context of communication, usual sequence is

- (1) Language → Communication → Society → Civilization
- (2) Communication → Society → Language → Civilization
- (3) Communication → Language → Society → Civilization
- (4) Language → Society → Communication → Civilization

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ

Question ID : 64635027720

Option 1 ID : 646350108803

Option 2 ID : 646350108804

Option 3 ID : 646350108805

Option 4 ID : 646350108806

Status : Answered

Chosen Option : 4

Q.28 Match Set 'A' with Set 'B'.

A (Media)

B (Transmission/Communication)

- | | |
|-----------------|----------------------------------|
| (a) Audio | (i) Bandwidth |
| (b) Advertising | (ii) Linear communication |
| (c) Internet | (iii) Non personal Communication |
| (d) Newspaper | (iv) Frequency modulation |

Choose the correct answer from the options given below :

- | | | | |
|-----------|-------|-------|-------|
| (a) | (b) | (c) | (d) |
| (1) (iii) | (iv) | (ii) | (i) |
| (2) (i) | (ii) | (iii) | (iv) |
| (3) (iv) | (iii) | (i) | (ii) |
| (4) (ii) | (i) | (iv) | (iii) |

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ

Question ID : 64635027721

Option 1 ID : 646350108807

Option 2 ID : 646350108808

Option 3 ID : 646350108809

Option 4 ID : 646350108810

Status : Answered

Chosen Option : 3

Q.29 Identify the reasoning in the following argument:

'Pre-active stage of classroom teaching is important just as pre-learning preparation stage of communication'

(1) Hypothetical

(2) Deductive

(3) Inductive

(4) Analogical

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027732

Option 1 ID : 646350108851

Option 2 ID : 646350108852

Option 3 ID : 646350108853

Option 4 ID : 646350108854

Status : Answered

Chosen Option : 4

Q.30 A train leaves Agra at 5 a.m and reaches Delhi at 9 a.m. Another train leaves Delhi at 7 a.m and reaches Agra at 10:30 a.m. At what time do the two trains cross each other?

(1) 6:36 a.m

(2) 6:56 a.m

(3) 7 a.m

(4) 7:56 a.m

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027727

Option 1 ID : 646350108831

Option 2 ID : 646350108832

Option 3 ID : 646350108833

Option 4 ID : 646350108834

Status : Answered

Chosen Option : 4

Comprehension:

Consider the following table that shows expenditures of a company (in lakh rupees) per annum over the given years. Answer the questions based on the data contained in the table :

Year	Item of expenditure				
	Salary	Transport	Bonus	Interest on Loans	Taxes
2008	150	90	2.00	20.0	80
2009	180	100	2.50	30.5	95
2010	200	110	2.75	35.5	105
2011	240	115	3.00	40.0	85
2012	250	125	3.25	42.5	100

SubQuestion No : 31**Q.31** The approximate ratio between the total expenditure of the company in the year 2008 and the total expenditure of the company in the year 2009 is

(1) 57 : 75

(2) 52 : 68

(3) 57 : 68

(4) 68 : 57

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027739

Option 1 ID : 646350108875

Option 2 ID : 646350108876

Option 3 ID : 646350108877

Option 4 ID : 646350108878

Status : Answered

Chosen Option : 1

Comprehension:

Consider the following table that shows expenditures of a company (in lakh rupees) per annum over the given years. Answer the questions based on the data contained in the table :

Item of expenditure					
Year	Salary	Transport	Bonus	Interest on Loans	Taxes
2008	150	90	2.00	20.0	80
2009	180	100	2.50	30.5	95
2010	200	110	2.75	35.5	105
2011	240	115	3.00	40.0	85
2012	250	125	3.25	42.5	100

SubQuestion No : 32

Q.32 The approximate ratio between the total expenditure on taxes for all the years and the total expenditure on transport for all the years is

- (1) 31 : 40 (2) 25 : 36
(3) 27 : 30 (4) 31 : 36

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027738

Option 1 ID : 646350108871

Option 2 ID : 646350108872

Option 3 ID : 646350108873

Option 4 ID : 646350108874

Status : Answered

Chosen Option : 2

Comprehension:

Consider the following table that shows expenditures of a company (in lakh rupees) per annum over the given years. Answer the questions based on the data contained in the table :

Item of expenditure					
Year	Salary	Transport	Bonus	Interest on Loans	Taxes
2008	150	90	2.00	20.0	80
2009	180	100	2.50	30.5	95
2010	200	110	2.75	35.5	105
2011	240	115	3.00	40.0	85
2012	250	125	3.25	42.5	100

SubQuestion No : 33

Q.33 Total expenditure of all the items in 2008 was approximately what percent of the total expenditure in 2012?

- (1) 66% (2) 69%
(3) 72% (4) 75%

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027737

Option 1 ID : 646350108867

Option 2 ID : 646350108868

Option 3 ID : 646350108869

Option 4 ID : 646350108870

Status : Answered

Chosen Option : 2

Comprehension:

Consider the following table that shows expenditures of a company (in lakh rupees) per annum over the given years. Answer the questions based on the data contained in the table :

Item of expenditure					
Year	Salary	Transport	Bonus	Interest on Loans	Taxes
2008	150	90	2.00	20.0	80
2009	180	100	2.50	30.5	95
2010	200	110	2.75	35.5	105
2011	240	115	3.00	40.0	85
2012	250	125	3.25	42.5	100

SubQuestion No : 34

Q.34 The total amount of bonus paid by the company during the given period is approximately what percent of the total amount of salary paid during this period?

- (1) 0.9% (2) 1.3%
(3) 1.6% (4) 2.0%

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027736

Option 1 ID : 646350108863

Option 2 ID : 646350108864

Option 3 ID : 646350108865

Option 4 ID : 646350108866

Status : Answered

Chosen Option : 2

Comprehension:

Consider the following table that shows expenditures of a company (in lakh rupees) per annum over the given years. Answer the questions based on the data contained in the table :

Item of expenditure					
Year	Salary	Transport	Bonus	Interest on Loans	Taxes
2008	150	90	2.00	20.0	80
2009	180	100	2.50	30.5	95
2010	200	110	2.75	35.5	105
2011	240	115	3.00	40.0	85
2012	250	125	3.25	42.5	100

SubQuestion No : 35

Q.35 What is the average amount of interest per year which the company had to pay (in Rupees) during this period?

- (1) 30.5 Lakh (2) 32.7 Lakh
(3) 33.7 Lakh (4) 35.5 Lakh

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027735

Option 1 ID : 646350108859

Option 2 ID : 646350108860

Option 3 ID : **646350108861**
Option 4 ID : **646350108862**
Status : **Answered**
Chosen Option : **2**

- Q.36** SMTP is an acronym for
- | | |
|------------------------------------|-------------------------------------|
| (1) Simple Mail Transport Protocol | (2) Simple Mail Terminal Protocol |
| (3) Simple Mail Transfer Protocol | (4) Simple Mail Transition Protocol |

Options 1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027742**
Option 1 ID : **646350108887**
Option 2 ID : **646350108888**
Option 3 ID : **646350108889**
Option 4 ID : **646350108890**
Status : **Answered**
Chosen Option : **1**

- Q.37** Which of the following file format is not a video file format?

- | | |
|----------|-----------|
| (1) .AVI | (2) .MOV |
| (3) .MP4 | (4) .JPEG |

Options 1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027743**
Option 1 ID : **646350108891**
Option 2 ID : **646350108892**
Option 3 ID : **646350108893**
Option 4 ID : **646350108894**
Status : **Answered**
Chosen Option : **3**

- Q.38** For the day to day administration of University, which of the following bodies is responsible?

- | |
|---------------------------------|
| (1) Senate |
| (2) Syndicate/Executive council |
| (3) Student council |
| (4) Academic council |

Options 1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027751**
Option 1 ID : **646350108923**
Option 2 ID : **646350108924**
Option 3 ID : **646350108925**
Option 4 ID : **646350108926**
Status : **Answered**
Chosen Option : **4**

Q.39 Which of the following is a non-conventional learning programme in higher education?

- (1) Swayam
- (2) Face-to-face teaching-learning
- (3) Tutorial class
- (4) Seminar

Options

- 1. 1
- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **64635027750**

Option 1 ID : **646350108919**

Option 2 ID : **646350108920**

Option 3 ID : **646350108921**

Option 4 ID : **646350108922**

Status : **Answered**

Chosen Option : **1**

Q.40 Which of the following is an online store house of all academic awards like certificates, diplomas, degrees, marksheets etc?

- (1) SWAYAM
- (2) National Digital Library
- (3) National Academic Library
- (4) National Academic Depository

Options

- 1. 1
- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **64635027744**

Option 1 ID : **646350108895**

Option 2 ID : **646350108896**

Option 3 ID : **646350108897**

Option 4 ID : **646350108898**

Status : **Answered**

Chosen Option : **2**

Q.41 Statement I : Earthquake 'A' is 5 on Richter scale and Earthquake 'B' is 8 on the same scale. Earthquake 'B' has 1000 times the wave amplitude compared to 'A'.

Statement II : The energy released in 'B' is three times that of 'A'

Choose the correct option :

- (1) Statement I is correct and Statement II is incorrect
- (2) Statement I and II are correct
- (3) Statement II is correct and I is incorrect
- (4) Statement I and II are incorrect

Options

- 1. 1
- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **64635027748**

Option 1 ID : **646350108911**

Option 2 ID : **646350108912**

Option 3 ID : **646350108913**

Option 4 ID : **646350108914**

Status : **Answered**

Chosen Option : **4**

Q.42 In large parts of Eastern India, the ground water is contaminated by

- | | |
|-------------|------------|
| (1) Arsenic | (2) Lead |
| (3) Mercury | (4) Nickel |

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **64635027749**

Option 1 ID : **646350108915**

Option 2 ID : **646350108916**

Option 3 ID : **646350108917**

Option 4 ID : **646350108918**

Status : **Answered**

Chosen Option : **1**

Q.43 The main aim of the faculty recharge scheme of UGC was to

- (1) Address the shortage of faculty in higher education institution
(2) Upgrade the teaching skills of the faculty
(3) Upgrade the research infrastructure for the faculty in colleges and universities
(4) Strengthen the academia – industry linkage

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **64635027753**

Option 1 ID : **646350108931**

Option 2 ID : **646350108932**

Option 3 ID : **646350108933**

Option 4 ID : **646350108934**

Status : **Answered**

Chosen Option : **3**

Q.44 Which of the following statements represent the main functions of UGC?

- (i) Recognition of institutions
(ii) Maintenance of quality and standards
(iii) Appointment of Vice Chancellor
(iv) Giving grants to institutions
(v) Making state governments responsible for educational development

Choose the correct answer from the options given below :

- (1) (i), (ii) and (iii)
(2) (i), (iii) and (iv)
(3) (i), (ii) and (iv)
(4) (ii), (iii) and (v)

Options 1. 1

2. 2
3. 3

4. 4

Question Type : MCQ

Question ID : 64635027752

Option 1 ID : 646350108927

Option 2 ID : 646350108928

Option 3 ID : 646350108929

Option 4 ID : 646350108930

Status : Answered

Chosen Option : 3

Q.45 A computer has main memory of 960 KBytes. What is the exact number of bytes contained in this memory?

(1) 960×8 (2) 960×1000 (3) 960×1024 (4) $960 \times 1024 \times 1024$

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027740

Option 1 ID : 646350108879

Option 2 ID : 646350108880

Option 3 ID : 646350108881

Option 4 ID : 646350108882

Status : Answered

Chosen Option : 3

Q.46 The convenient place to store contact information for quick retrieval in e-mail is

(1) Address box

(2) Message box

(3) Address book

(4) Message book

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027741

Option 1 ID : 646350108883

Option 2 ID : 646350108884

Option 3 ID : 646350108885

Option 4 ID : 646350108886

Status : Answered

Chosen Option : 2

Q.47 Name the scheme which facilitates academic and research collaboration between Indian Institution and the best institution in the world

(1) ICSSR – IMPRESS

(2) Staff Development Scheme

(3) SPARC

(4) Institutional Development Scheme

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027754

Option 1 ID : 646350108935

Option 2 ID : 646350108936

Option 3 ID : 646350108937

Option 4 ID : **646350108938**
Status : **Answered**
Chosen Option : **4**

Q.48 Montreal protocol aims at

- (1) Reduction in emissions of green house gases
- (2) Phasing out ozone depleting substances
- (3) Prohibiting transboundary movement of hazardous waste
- (4) Enhancing cooperation among UN member states for peaceful uses of nuclear energy

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**
Question ID : **64635027745**
Option 1 ID : **646350108899**
Option 2 ID : **646350108900**
Option 3 ID : **646350108901**
Option 4 ID : **646350108902**
Status : **Answered**
Chosen Option : **1**

Q.49 Taj Mahal is mainly threatened by the deleterious effects of

- (1) Sulphur dioxide
- (2) Chlorine
- (3) Oxygen
- (4) Hydrogen

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**
Question ID : **64635027747**
Option 1 ID : **646350108907**
Option 2 ID : **646350108908**
Option 3 ID : **646350108909**
Option 4 ID : **646350108910**
Status : **Answered**
Chosen Option : **2**

Q.50 Efficiency of electrical power generation is least amongst the following sources of energy in case of

- (1) Solar
- (2) Wind
- (3) Geothermal
- (4) Nuclear

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**
Question ID : **64635027746**
Option 1 ID : **646350108903**
Option 2 ID : **646350108904**
Option 3 ID : **646350108905**
Option 4 ID : **646350108906**
Status : **Answered**
Chosen Option : **3**

Section : PART II Yoga

Q.1

As per yoga sutra by exercising effective and absolute control over which of the following elements the body of a yogi is effulged with divine light?

1. *Saman vayu*
2. *Udan vayu*
3. *Pran vayu*
4. *Apan vayu*

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027777

Option 1 ID : 646350109027

Option 2 ID : 646350109028

Option 3 ID : 646350109029

Option 4 ID : 646350109030

Status : Answered

Chosen Option : 3

Q.2

Match List-I with List-II according to Tattariyopnishad :

List-I (Tattvas)	List-II (Parts)
(a) <i>Shraddha</i>	(i) Tail
(b) <i>Rit</i>	(ii) Head
(c) <i>Satya</i>	(iii) Right wing
(d) <i>Maha</i>	(iv) Left wing

Choose the correct option from those given below :

1. (a)–(i); (b)–(ii); (c)–(iii); (d)–(iv)
2. (a)–(iv); (b)–(iii); (c)–(ii); (d)–(i)
3. (a)–(iii); (b)–(i); (c)–(iv); (d)–(ii)
4. (a)–(ii); (b)–(iii); (c)–(iv); (d)–(i)

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027835

Option 1 ID : 646350109259

Option 2 ID : 646350109260

Option 3 ID : 646350109261

Option 4 ID : 646350109262

Status : Answered

Chosen Option : 4

Q.3

According to *Gherandasamhita* which *Shatkarmas* give *divya drishti*?

- (a) *Neti*
- (b) *Trataka*
- (c) *Kapalbhati*
- (d) *Lauliki*

Choose the correct option :

- 1. (a) and (c)
- 2. (b) and (c)
- 3. (b) and (d)
- 4. (a) and (b)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027819

Option 1 ID : 646350109195

Option 2 ID : 646350109196

Option 3 ID : 646350109197

Option 4 ID : 646350109198

Status : Answered

Chosen Option : 3

Q.4

The head of God is compared with whom in *Mundakopanishad*?

- 1. Agni
- 2. Ved
- 3. Knowledge
- 4. Intellect

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027758

Option 1 ID : 646350108951

Option 2 ID : 646350108952

Option 3 ID : 646350108953

Option 4 ID : 646350108954

Status : Answered

Chosen Option : 1

Q.5

Arrange the following yogis in the ascending order of their birth :

- (a) Swami Vivekananda
- (b) Maharshi Dayanand Saraswati
- (c) Maharshi Mahesh Yogi
- (d) Swami Shivanand

Choose the correct option :

- 1. (a)–(b)–(d)–(c)
- 2. (d)–(c)–(a)–(b)
- 3. (b)–(a)–(c)–(d)
- 4. (a)–(d)–(b)–(c)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027827

Option 1 ID : 646350109227

Option 2 ID : 646350109228

Option 3 ID : 646350109229

Option 4 ID : 646350109230

Status : Answered

Chosen Option : 1

Q.6

According to yoga sutra in which of the following states the one is enlightened with his/her previous birth?

- 1. *Ahimsa*
- 2. *Astheya*
- 3. *Aparigraha*
- 4. *Swadhyaya*

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027775

Option 1 ID : 646350109019

Option 2 ID : 646350109020

Option 3 ID : 646350109021

Option 4 ID : 646350109022

Status : Answered

Chosen Option : 4

Q.7

Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R) :

Assertion (A) : Photosensitive pigments are found in cones of eye.

Reason (R) : The sensations of different colours are not produced by various combinations of three types of cones and their photo pigments.

In the context of the above two statements, choose the correct option :

1. Both (A) and (R) are true and (R) is the correct explanation of (A)
2. Both (A) and (R) are true, but (R) is not the correct explanation of (A)
3. (A) is true, but (R) is false
4. (A) is false, but (R) is true

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027823

Option 1 ID : 646350109211

Option 2 ID : 646350109212

Option 3 ID : 646350109213

Option 4 ID : 646350109214

Status : Answered

Chosen Option : 2

Q.8

According to *Yogaraaj Upanishad*, the sixth plexus is

1. Ajna plexus
2. Bhru plexus
3. Brahma plexus
4. Taluka plexus

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027769

Option 1 ID : 646350108995

Option 2 ID : 646350108996

Option 3 ID : 646350108997

Option 4 ID : 646350108998

Status : Answered

Chosen Option : 1

Q.9

In which chapter of *Shwetashwatar Upanishad* the nature and glory of God is NOT described?

1. Second chapter
2. Fourth chapter
3. Fifth chapter
4. Sixth chapter

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027771

Option 1 ID : 646350109003

Option 2 ID : 646350109004

Option 3 ID : 646350109005

Option 4 ID : 646350109006

Status : Answered

Chosen Option : 4

Q.10 According to Baudha philosophy 'Samyak Vyayam' means :

1. *Vak shuddhi*
2. *Karma shuddhi*
3. *Aajivika shuddhi*
4. *Vichara shuddhi*

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027759

Option 1 ID : 646350108955

Option 2 ID : 646350108956

Option 3 ID : 646350108957

Option 4 ID : 646350108958

Status : Answered

Chosen Option : 4

Q.11 As per *Patanjali* yoga sutra which of the following is a means to acquire the knowledge of micro, hasslefree and distantly located elements?

1. *Vishayawati pravritti*
2. *Jyotishmati pravritti*
3. *Samskar sakshatkarnat*
4. *Bandhkaran shaithilyat*

Options 1. 1

2. 2
3. 3

4. 4

Question Type : MCQ

Question ID : 64635027778

Option 1 ID : 646350109031

Option 2 ID : 646350109032

Option 3 ID : 646350109033

Option 4 ID : 646350109034

Status : Answered

Chosen Option : 3

Q.12 According to *Trishikhibrahmanopanishad* main nadis emanating from kanda are what in number?

1. Ten
2. Fifteen
3. Seventy-two hundred
4. Four

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027767

Option 1 ID : 646350108987

Option 2 ID : 646350108988

Option 3 ID : 646350108989

Option 4 ID : 646350108990

Status : Answered

Chosen Option : 3

Q.13 The question of Rishi Satyakama is related to which subject according to *Prashnopanishad* ?

1. Ved
2. Prana
3. Pranav
4. Creation

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027765

Option 1 ID : 646350108979

Option 2 ID : 646350108980

Option 3 ID : 646350108981

Option 4 ID : 646350108982

Status : Answered

Chosen Option : 4

Q.14

Which of the following are *upavikshepa*?

- (a) *Dvesha*
- (b) *Dukha*
- (c) *Anavasthitatva*
- (d) *Angamejayatva*

Choose the correct option :

- 1. (b) and (d)
- 2. (a) and (b)
- 3. (b) and (c)
- 4. (a) and (c)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027814

Option 1 ID : 646350109175

Option 2 ID : 646350109176

Option 3 ID : 646350109177

Option 4 ID : 646350109178

Status : Answered

Chosen Option : 2

Q.15

Who of the following propounded the hierarchy model of personality?

- 1. Maslow
- 2. Jung
- 3. Adler
- 4. Gregor

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027790

Option 1 ID : 646350109079

Option 2 ID : 646350109080

Option 3 ID : 646350109081

Option 4 ID : 646350109082

Status : Answered

Chosen Option : 1

Q.16

Who is the father of psychoanalytical theory of personality?

1. Freud
2. Adler
3. Jung
4. Hippocrates

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027792

Option 1 ID : 646350109087

Option 2 ID : 646350109088

Option 3 ID : 646350109089

Option 4 ID : 646350109090

Status : Answered

Chosen Option : 4

Q.17

Match List-I with List-II :

List-I	List-II
(a) <i>Pratibha</i>	(i) To see subtle image
(b) <i>Shravan</i>	(ii) Subtle knowledge of things
(c) <i>Adarsh</i>	(iii) To smell subtle odour
(d) <i>Varta</i>	(iv) To hear subtle sound

Choose the correct option from those given below :

1. (a)–(i); (b)–(ii); (c)–(iii); (d)–(iv)
2. (a)–(iii); (b)–(i); (c)–(iv); (d)–(ii)
3. (a)–(ii); (b)–(iv); (c)–(i); (d)–(iii)
4. (a)–(iv); (b)–(iii); (c)–(ii); (d)–(i)

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027838

Option 1 ID : 646350109271

Option 2 ID : 646350109272

Option 3 ID : 646350109273

Option 4 ID : 646350109274

Status : Answered

Chosen Option : 3

Q.18

In constipation which Asanas are contraindicated?

- (a) *Trikonasana*
- (b) *Kukkutasana*
- (c) *Padahastasana*
- (d) *Sarvangasana*

Choose the correct option :

- 1. (a) and (b)
- 2. (a) and (c)
- 3. (b) and (c)
- 4. (b) and (d)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027817

Option 1 ID : 646350109187

Option 2 ID : 646350109188

Option 3 ID : 646350109189

Option 4 ID : 646350109190

Status : Answered

Chosen Option : 1

Q.19

Match List-I with List-II :

List-I (Panchamahabhoot)	List-II (Aradhya Dev)
(a) <i>Prithvi</i>	(i) <i>Bhagwan Rudra</i>
(b) <i>Jal</i>	(ii) <i>Vishwatomukh</i>
(c) <i>Agni</i>	(iii) <i>Chaturbhuj Narayan</i>
(d) <i>Vayu</i>	(iv) <i>Sadashiv</i>
(e) <i>Akash</i>	(v) <i>Chaturbhuj Chaturmukh Brahma</i>

Choose the correct option from those given below :

- 1. (a)–(i); (b)–(ii); (c)–(iii); (d)–(v); (e)–(iv)
- 2. (a)–(v); (b)–(iii); (c)–(i); (d)–(ii); (e)–(iv)
- 3. (a)–(ii); (b)–(iv); (c)–(v); (d)–(i); (e)–(iii)
- 4. (a)–(iv); (b)–(ii); (c)–(v); (d)–(iii); (e)–(i)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : **64635027836**
Option 1 ID : **646350109263**
Option 2 ID : **646350109264**
Option 3 ID : **646350109265**
Option 4 ID : **646350109266**
Status : **Answered**
Chosen Option : **2**

Q.20 According to *Taittiriyaopanishad*, the correct sequence of the origin of Panchamahabhoot is

1. *Akash, Agni, Prithvi, Jala, Vayu*
2. *Agni, Vayu, Akash, Jala, Prithvi*
3. *Vayu, Agni, Jala, Akash, Prithvi*
4. *Akash, Vayu, Agni, Jala, Prithvi*

Options 1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027829**
Option 1 ID : **646350109235**
Option 2 ID : **646350109236**
Option 3 ID : **646350109237**
Option 4 ID : **646350109238**
Status : **Answered**
Chosen Option : **2**

Q.21 Which of the following muscles are primarily affected during the practices of Uddiyan Bandha?

1. Abdominal muscles
2. Chest muscles
3. Throat muscles
4. Muscles of the back region

Options 1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027800**
Option 1 ID : **646350109119**
Option 2 ID : **646350109120**
Option 3 ID : **646350109121**
Option 4 ID : **646350109122**
Status : **Answered**
Chosen Option : **1**

Q.22

Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R) :

Assertion (A) : Siddhis are hindrances to the attainment of Samadhi.

Reason (R) : A yogi ought not be inclined to attachment towards the fulfillment of desire leaving his Sadhana even after having been invited by the deity.

In the context of the above two statements, choose the correct option :

1. Both (A) and (R) are true and (R) is the correct explanation of (A)
2. Both (A) and (R) are true, but (R) is not the correct explanation of (A)
3. (A) is true, but (R) is false
4. (A) is false, but (R) is true

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027821

Option 1 ID : 646350109203

Option 2 ID : 646350109204

Option 3 ID : 646350109205

Option 4 ID : 646350109206

Status : Answered

Chosen Option : 2

Q.23

As per *Gherandasamhita* 'Kundalini Jagran' is possible through which of the following Asanas?

1. *Bhujangasana*
2. *Paschimottanasana*
3. *Dhanurasana*
4. *Matsyasana*

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027788

Option 1 ID : 646350109071

Option 2 ID : 646350109072

Option 3 ID : 646350109073

Option 4 ID : 646350109074

Status : Answered

Chosen Option : 4

Q.24

As per the *Bhagavadgita*, place the following processes in sequence in the order of their superiority :

- (a) Practices
- (b) Sagacity
- (c) Meditation of God
- (d) Detachment from the outcome of deeds

Choose the correct option :

- 1. (a)–(c)–(b)–(d)
- 2. (a)–(b)–(c)–(d)
- 3. (a)–(d)–(b)–(c)
- 4. (b)–(c)–(d)–(a)

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ

Question ID : 64635027830

Option 1 ID : 646350109239

Option 2 ID : 646350109240

Option 3 ID : 646350109241

Option 4 ID : 646350109242

Status : Answered

Chosen Option : 1

Q.25

Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R) :

Assertion (A) : Narada is a Bhakti yogi who advocates extreme devotion which leads to self-realization.

Reason (R) : Kabira, Meerabai, Tulsidas and Suradas practiced Bhakti yoga.

In the context of the above two statements, choose the correct option :

- 1. Both (A) and (R) are true and (R) is the correct explanation of (A)
- 2. Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- 3. (A) is true, but (R) is false
- 4. (A) is false, but (R) is true

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ

Question ID : 64635027820

Option 1 ID : 646350109199

Option 2 ID : 646350109200

Option 3 ID : 646350109201

Option 4 ID : 646350109202

Status : Answered

Chosen Option : 2

Q.26

Which is the right sequence of *Chitta Parinamas* as per yoga sutra?

1. Nirodha, Ekagrata and Samadhi
2. Samadhi, Nirodha and Ekagrata
3. Ekagrata, Samadhi and Nirodha
4. Nirodha, Samadhi and Ekagrata

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027772

Option 1 ID : 646350109007

Option 2 ID : 646350109008

Option 3 ID : 646350109009

Option 4 ID : 646350109010

Status : Answered

Chosen Option : 3

Q.27

According to *Hathpradipika* through the practice of which of the following Mudras the fear of *Mahaklesh* and *Mrityu* is allayed?

1. *Maha mudra*
2. *Mahavedha mudra*
3. *Mahabandha mudra*
4. *Khechari mudra*

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027779

Option 1 ID : 646350109035

Option 2 ID : 646350109036

Option 3 ID : 646350109037

Option 4 ID : 646350109038

Status : Answered

Chosen Option : 3

Q.28

How many types of *Sahit Kumbhak* are mentioned in *Yoga Kundali Upanishad* ?

1. Two
2. Four
3. Six
4. Eight

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027768

Option 1 ID : 646350108991

Option 2 ID : 646350108992

Option 3 ID : 646350108993

Option 4 ID : 646350108994

Status : Answered

Chosen Option : 2

Q.29

Atma is a concept of

1. Vedanta darshan
2. Samkhya darshan
3. Nyaya darshan
4. Yoga darshan

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027760

Option 1 ID : 646350108959

Option 2 ID : 646350108960

Option 3 ID : 646350108961

Option 4 ID : 646350108962

Status : Answered

Chosen Option : 4

Q.30

Which of the following are *Klesha*?

- (a) *Smita*
- (b) *Asmita*
- (c) *Dukha*
- (d) *Ragh*

Choose the correct option :

1. (b) and (d)
2. (a) and (b)
3. (a) and (c)
4. (b) and (c)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027805
Option 1 ID : 646350109139
Option 2 ID : 646350109140
Option 3 ID : 646350109141
Option 4 ID : 646350109142
Status : Answered
Chosen Option : 3

Q.31

Which of the following Asanas are described in *Shiv Samhita*?

- (a) *Siddhasana*
- (b) *Padmasana*
- (c) *Swastikasana*
- (d) *Bhadrasana*

Choose the correct option :

- 1. (b), (c) and (d)
- 2. (a), (b) and (c)
- 3. (d), (a) and (b)
- 4. (c), (a) and (d)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ
Question ID : 64635027808
Option 1 ID : 646350109151
Option 2 ID : 646350109152
Option 3 ID : 646350109153
Option 4 ID : 646350109154
Status : Answered
Chosen Option : 1

Q.32

*“Nasato vidyate bhavo nabhavo vidyate satah
Ubhayor api dristo antstwanayostatwa-darsibhih.”*

According to the *Gita* the sloke tells the eternity of what?

- 1. Prakriti
- 2. Atma
- 3. Body
- 4. God

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ
Question ID : 64635027764
Option 1 ID : 646350108975
Option 2 ID : 646350108976

Option 3 ID : **646350108977**
Option 4 ID : **646350108978**
Status : **Answered**
Chosen Option : **1**

Q.33 During Mitahara, how much part of stomach should be left empty by a yoga practitioner?

1. One-third part
2. One-fourth part
3. Half part
4. Two-third part

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027793**
Option 1 ID : **646350109091**
Option 2 ID : **646350109092**
Option 3 ID : **646350109093**
Option 4 ID : **646350109094**
Status : **Answered**
Chosen Option : **1**

Q.34 Name the disease which can be treated directly by yoga practices is

1. ischemic heart disease
2. hernia
3. diabetes mellitus type-I
4. allergic rhinitis

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027795**
Option 1 ID : **646350109099**
Option 2 ID : **646350109100**
Option 3 ID : **646350109101**
Option 4 ID : **646350109102**
Status : **Answered**
Chosen Option : **4**

Q.35

Phobia is a disorder of which type?

1. General anxiety disorder
2. Excess or lack of sleep
3. Digestive disorder
4. Physical disorder

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027791

Option 1 ID : 646350109083

Option 2 ID : 646350109084

Option 3 ID : 646350109085

Option 4 ID : 646350109086

Status : Answered

Chosen Option : 1

Q.36

Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R) :

Assertion (A) : Vyadhi manifests along with chitta vikshepa.

Reason (R) : Chitta vikshepa leads to variation in tridosha.

In the context of the above two statements, choose the correct option :

1. Both (A) and (R) are true and related
2. Both (A) and (R) are not true and not related
3. (A) is not true but (R) is true
4. (A) is true but (R) is not true

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027822

Option 1 ID : 646350109207

Option 2 ID : 646350109208

Option 3 ID : 646350109209

Option 4 ID : 646350109210

Status : Answered

Chosen Option : 3

Q.37

Name the 'parva' of *Mahabharat* in which Vishnusahasranam is mentioned.

1. Bhishma parva
2. Adi parva
3. Shanti parva
4. Drona parva

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027757

Option 1 ID : 646350108947

Option 2 ID : 646350108948

Option 3 ID : 646350108949

Option 4 ID : 646350108950

Status : Answered

Chosen Option : 4

Q.38

How many types of Pranayamas are mentioned in Siddhasiddhanta paddhati?

1. Nine
2. Four
3. Eight
4. Six

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027782

Option 1 ID : 646350109047

Option 2 ID : 646350109048

Option 3 ID : 646350109049

Option 4 ID : 646350109050

Status : Answered

Chosen Option : 3

Q.39

What is the characteristic feature of Laya according to *Hathpradipika*?

1. attachment to the material object
2. deep identification with the material object
3. engrossment in the material object
4. forgetfulness of the material object

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027780

Option 1 ID : 646350109039

Option 2 ID : 646350109040

Option 3 ID : 646350109041

Option 4 ID : 646350109042

Status : Answered

Chosen Option : 2

Q.40 Which of the following is the sixth stage of knowledge according to *Yogavasistha*?

1. Tanumanasa
2. Asansakti
3. Turyaga
4. Padartha bhavana

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027762

Option 1 ID : 646350108967

Option 2 ID : 646350108968

Option 3 ID : 646350108969

Option 4 ID : 646350108970

Status : Answered

Chosen Option : 3

Q.41 Arrange the following in proper sequence based of Ashtangik Marg in Buddhist philosophy :

- (a) Samyak karmant
- (b) Samyak vak
- (c) Samyak drishti
- (d) Samyak samkalpa

Choose the correct option :

1. (a)–(b)–(c)–(d)
2. (b)–(c)–(d)–(a)
3. (c)–(d)–(b)–(a)
4. (d)–(a)–(b)–(c)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027828

Option 1 ID : 646350109231

Option 2 ID : 646350109232

Option 3 ID : 646350109233

Option 4 ID : 646350109234

Status : Answered

Chosen Option : 2

Q.42

Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R) :

Assertion (A) : The method of teaching meditation requires creating an atmosphere of tranquility leading to meditative mood.

Reason (R) : All yogic practices contribute to the building up of the meditative mood.

In the context of the above two statements, choose the correct option :

1. Both (A) and (R) are true and (R) is the correct explanation of (A)
2. Both (A) and (R) are true, but (R) is not the correct explanation of (A)
3. (A) is true, but (R) is false
4. (A) is false, but (R) is true

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027825

Option 1 ID : 646350109219

Option 2 ID : 646350109220

Option 3 ID : 646350109221

Option 4 ID : 646350109222

Status : Answered

Chosen Option : 1

Q.43

Which of the following texts mentions Nine-Kumbhaka?

1. *Hathpradipika*
2. *Gherandasamhita*
3. *Hathratnavali*
4. *Shivasamhita*

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027783

Option 1 ID : 646350109051

Option 2 ID : 646350109052

Option 3 ID : 646350109053

Option 4 ID : 646350109054

Status : Answered

Chosen Option : 1

Q.44

Which of the following yogic practices do NOT affect positively in depression?

- (a) *Bastrika pranayama*
- (b) *Shavasana*
- (c) *Kapalabhati*
- (d) *Bhramari pranayama*

Choose the correct option :

- 1. (b) and (d)
- 2. (b) and (c)
- 3. (a) and (d)
- 4. (a) and (c)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027818

Option 1 ID : 646350109191

Option 2 ID : 646350109192

Option 3 ID : 646350109193

Option 4 ID : 646350109194

Status : Answered

Chosen Option : 4

Q.45

According to *Patanjal* yoga sutra which of the following is eliminated due to the practice of Ektattva?

- 1. Vikshepa
- 2. Klesha
- 3. Dukha
- 4. Mrityubhaya

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027774

Option 1 ID : 646350109015

Option 2 ID : 646350109016

Option 3 ID : 646350109017

Option 4 ID : 646350109018

Status : Answered

Chosen Option : 3

Q.46

Chaturyoga (Mantra, Laya, Hatha and Raj) is described in :

- (a) *Trishikhibrahman Upanishad*
- (b) *Yogatatwa Upanishad*
- (c) *Yogaraaj Upanishad*
- (d) *Naadbindu Upanishad*

Choose the correct option :

- 1. (a) and (d)
- 2. (b) and (d)
- 3. (c) and (d)
- 4. (b) and (c)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027804

Option 1 ID : 646350109135

Option 2 ID : 646350109136

Option 3 ID : 646350109137

Option 4 ID : 646350109138

Status : Answered

Chosen Option : 2

Q.47 According to *Dhayanbindu Upanishad* which of the varnas and gunas exist in Akaar of Omkar?

- 1. Shweta varna and Satoguna
- 2. Peet varna and Rajoguna
- 3. Krishna varna and Tamoguna
- 4. Tamra varna and Rajoguna

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027770

Option 1 ID : 646350108999

Option 2 ID : 646350109000

Option 3 ID : 646350109001

Option 4 ID : 646350109002

Status : Answered

Chosen Option : 4

Q.48

Which one of the following has been referred to as a remedy in '*Prachchhardanvidharnabhyam Va Pranasya*' sutra by Maharshi Patanjali?

1. Stability of Chitta
2. Purification of Chitta suddhi
3. Samadhi
4. Attainment/realisation of God

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027776

Option 1 ID : 646350109023

Option 2 ID : 646350109024

Option 3 ID : 646350109025

Option 4 ID : 646350109026

Status : Answered

Chosen Option : 2

Q.49 Gluconeogenesis is the process of formation of glucose from

- (a) carbohydrates
- (b) amino acids
- (c) fatty acids
- (d) vitamins

Choose the correct option :

1. (b) and (d)
2. (a) and (b)
3. (a) and (c)
4. (b) and (c)

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027809

Option 1 ID : 646350109155

Option 2 ID : 646350109156

Option 3 ID : 646350109157

Option 4 ID : 646350109158

Status : Answered

Chosen Option : 2

Q.50

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According to *Hath pradipika* which food items are apathya for a yoga practitioner?

- (a) *Tila*
- (b) *Yava*
- (c) *Sarshap*
- (d) *Shunthi*

Choose the correct option :

- 1. (a) and (c)
- 2. (b) and (d)
- 3. (c) and (d)
- 4. (b) and (c)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027816

Option 1 ID : 646350109183

Option 2 ID : 646350109184

Option 3 ID : 646350109185

Option 4 ID : 646350109186

Status : Answered

Chosen Option : 1

Q.51

Which of the following are wrist bones?

- (a) Incus
- (b) Lunate
- (c) Capitate
- (d) Stapes

Choose the correct option :

- 1. (a) and (d)
- 2. (a) and (b)
- 3. (c) and (d)
- 4. (b) and (c)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027811

Option 1 ID : 646350109163

Option 2 ID : 646350109164

Option 3 ID : 646350109165

Option 4 ID : 646350109166

Status : Answered

Chosen Option : 3

Q.52

Which of the following are micronutrients?

- (a) Fats
- (b) Vitamins
- (c) Minerals
- (d) Proteins

Choose the correct option :

- 1. (b) and (c)
- 2. (a) and (b)
- 3. (a) and (c)
- 4. (c) and (d)

Options 1. 1
2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027813

Option 1 ID : 646350109171

Option 2 ID : 646350109172

Option 3 ID : 646350109173

Option 4 ID : 646350109174

Status : Answered

Chosen Option : 4

Q.53

Which is the richest source of protein in the following options?

- 1. soya bean
- 2. green gram
- 3. red gram
- 4. bengal gram

Options 1. 1
2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027789

Option 1 ID : 646350109075

Option 2 ID : 646350109076

Option 3 ID : 646350109077

Option 4 ID : 646350109078

Status : Answered

Chosen Option : 1

Q.54

Match List-I with List-II :

List-I	List-II
(a) <i>Tato dwandwanabhighatah</i>	(i) <i>Pranayama</i>
(b) <i>Dharanasu cha योग्याता मानसाह</i>	(ii) <i>Yama</i>
(c) <i>Tatah paramavashyatendriyanam</i>	(iii) <i>Niyama</i>
(d) <i>Santoshadanuttamsukhalabhah</i>	(iv) <i>Asana</i>
(e) <i>Asteyapratishthayam sarvaratnopasthanam</i>	(v) <i>Pratyahar</i>

Choose the correct option from those given below :

- (a)–(i); (b)–(ii); (c)–(iii); (d)–(iv); (e)–(v)
- (a)–(ii); (b)–(i); (c)–(iv); (d)–(v); (e)–(iii)
- (a)–(iii); (b)–(ii); (c)–(i); (d)–(iv); (e)–(v)
- (a)–(iv); (b)–(i); (c)–(v); (d)–(iii); (e)–(ii)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027837

Option 1 ID : 646350109267

Option 2 ID : 646350109268

Option 3 ID : 646350109269

Option 4 ID : 646350109270

Status : Answered

Chosen Option : 3

Q.55

As per *Gherandasamhita* Bahiskrit dhauti is a type of

- mool shodhana*
- dantadhauti*
- antadhauti*
- hriddhahauti*

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027786

Option 1 ID : 646350109063

Option 2 ID : 646350109064

Option 3 ID : 646350109065

Option 4 ID : **646350109066**
 Status : **Answered**
 Chosen Option : **2**

Q.56

Match List-I with List-II :

List-I (Bone)	List-II (Location)
(a) Malleus	(i) Wrist
(b) Maxilla	(ii) Upper jaw
(c) Scaphoid	(iii) Ear
(d) Sternum	(iv) Chest

Choose the correct option from those given below :

- (a)–(i); (b)–(ii); (c)–(iv); (d)–(iii)
- (a)–(ii); (b)–(iii); (c)–(iv); (d)–(i)
- (a)–(iii); (b)–(ii); (c)–(i); (d)–(iv)
- (a)–(ii); (b)–(iv); (c)–(iii); (d)–(i)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **64635027839**Option 1 ID : **646350109275**Option 2 ID : **646350109276**Option 3 ID : **646350109277**Option 4 ID : **646350109278**Status : **Answered**Chosen Option : **3**

Q.57

Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R) :

Assertion (A) : Food predominant in Amla and Lavan rasa is Vata-shamaka.

Reason (R) : Amla and Lavana rasa-predominant food is apathya for individuals suffering from Vataja disorders.

In the context of the above two statements, choose the correct option :

- Both (A) and (R) are true and (R) is the correct explanation of (A)
- Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- (A) is true, but (R) is false
- (A) is false, but (R) is true

Options 1. 1

2. 2

3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027824**
Option 1 ID : **646350109215**
Option 2 ID : **646350109216**
Option 3 ID : **646350109217**
Option 4 ID : **646350109218**
Status : **Answered**
Chosen Option : **1**

Q.58

“Dukha-dourmanasya-angmejayatwa shwash-prashwas vikshepsahabhuwah.”

This *Patanjali yoga* sutra tells about the symptoms of

1. vital body
2. physical body
3. astral body
4. subtle body

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027796**
Option 1 ID : **646350109103**
Option 2 ID : **646350109104**
Option 3 ID : **646350109105**
Option 4 ID : **646350109106**
Status : **Answered**
Chosen Option : **1**

Q.59

Following are the instructions for practice of Pranayama for Nadishodhan in *Yogatatwopanishad* :

- (a) Daily four times
- (b) Daily three times
- (c) Till three months
- (d) Till four months

Choose the correct option :

1. (a) and (c)
2. (a) and (d)
3. (b) and (d)
4. (b) and (c)

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027803**
Option 1 ID : **646350109131**
Option 2 ID : **646350109132**
Option 3 ID : **646350109133**
Option 4 ID : **646350109134**
Status : **Answered**

Chosen Option : 3

Q.60

Arrange the following stages of Klesha in sequential order :

- (a) *Tanu*
- (b) *Udara*
- (c) *Prasupta*
- (d) *Vichchhinna*

Choose the correct option :

- 1. (b)–(a)–(c)–(d)
- 2. (b)–(c)–(d)–(a)
- 3. (a)–(c)–(b)–(d)
- 4. (c)–(a)–(d)–(b)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027832

Option 1 ID : 646350109247

Option 2 ID : 646350109248

Option 3 ID : 646350109249

Option 4 ID : 646350109250

Status : Answered

Chosen Option : 3

Q.61

What is the first thing you do to conduct yoga class?

- 1. Introduction
- 2. Demonstration
- 3. Setting of the atmosphere
- 4. Analysing the practices

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027797

Option 1 ID : 646350109107

Option 2 ID : 646350109108

Option 3 ID : 646350109109

Option 4 ID : 646350109110

Status : Answered

Chosen Option : 1

Q.62 As per the *Bhagavadgita* how many reasons are there for *sarvakarmasiddhi*?

1. Eight
2. Six
3. Five
4. Three

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027763

Option 1 ID : 646350108971

Option 2 ID : 646350108972

Option 3 ID : 646350108973

Option 4 ID : 646350108974

Status : Answered

Chosen Option : 2

Q.63 According to '*Bhagvadgita*' the order of materials used in the seating arrangements for meditation is

1. leather, cloth, kushagrass
2. cloth, leather, kushagrass
3. leather, kushagrass, cloth
4. kushagrass, leather, cloth

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027798

Option 1 ID : 646350109111

Option 2 ID : 646350109112

Option 3 ID : 646350109113

Option 4 ID : 646350109114

Status : Answered

Chosen Option : 4

Q.64 Food with manda and guru qualities is contraindicated for individuals of which prakriti?

1. *Vataja prakriti*
2. *Pittaja prakriti*
3. *Kaphaja prakriti*
4. *Vataja-pittaja prakriti*

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027794

Option 1 ID : **646350109095**
Option 2 ID : **646350109096**
Option 3 ID : **646350109097**
Option 4 ID : **646350109098**
Status : **Answered**
Chosen Option : **4**

Q.65 Which of the following Asanas is NOT mentioned in Siddhasiddhanta Paddhati?

1. *Swastikasana*
2. *Ugrasana*
3. *Siddhasana*
4. *Padmasana*

Options 1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027785**
Option 1 ID : **646350109059**
Option 2 ID : **646350109060**
Option 3 ID : **646350109061**
Option 4 ID : **646350109062**
Status : **Answered**
Chosen Option : **2**

Q.66 Arrange the following in sequential order :

- (a) Ureter
- (b) Kidney
- (c) Urinary bladder
- (d) Urethra

Choose the correct option :

1. (b)–(a)–(c)–(d)
2. (a)–(b)–(d)–(c)
3. (b)–(a)–(d)–(c)
4. (b)–(c)–(a)–(d)

Options 1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027833**
Option 1 ID : **646350109251**
Option 2 ID : **646350109252**
Option 3 ID : **646350109253**
Option 4 ID : **646350109254**
Status : **Answered**

Chosen Option : 2

Q.67

Match List-I with List-II :

List-I (Disease)	List-II (Contraindicated yogic practice)
(a) Peptic ulcer	(i) Kapalabhati
(b) Disc prolapse	(ii) Shashankasana
(c) Depression	(iii) Vastra dhauti
(d) Hypertension	(iv) Shavasana

Choose the correct option from those given below :

- (a)-(iii); (b)-(ii); (c)-(iv); (d)-(i)
- (a)-(iii); (b)-(i); (c)-(ii); (d)-(iv)
- (a)-(ii); (b)-(iii); (c)-(iv); (d)-(i)
- (a)-(i); (b)-(ii); (c)-(iv); (d)-(iii)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027841

Option 1 ID : 646350109283

Option 2 ID : 646350109284

Option 3 ID : 646350109285

Option 4 ID : 646350109286

Status : Answered

Chosen Option : 1

Q.68

Sarvanga-shodhana can be done by which kriyas?

- dhauti and basti*
- basti and neti*
- bhastrakarma and nauli*
- basti and bhastrakarma*

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027784

Option 1 ID : 646350109055

Option 2 ID : 646350109056

Option 3 ID : 646350109057

Option 4 ID : 646350109058

Status : **Answered**
Chosen Option : **3**

Q.69

Which rasa is prescribed in *Gherandasamhita* for *dantamooldhauti* ?

1. *Neem rasa*
2. *Khadir rasa*
3. *Babool rasa*
4. *Tikta rasa*

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **64635027787**Option 1 ID : **646350109067**Option 2 ID : **646350109068**Option 3 ID : **646350109069**Option 4 ID : **646350109070**Status : **Answered**Chosen Option : **3**

Q.70

As per the *Bhagavadgita* 'Sarvabhoothiteratah' has been said to be the characteristic of which of the following yogas?

1. Samkhya yoga
2. Jnana yoga
3. Bhakti yoga
4. Karma yoga

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **64635027761**Option 1 ID : **646350108963**Option 2 ID : **646350108964**Option 3 ID : **646350108965**Option 4 ID : **646350108966**Status : **Answered**Chosen Option : **3**

Q.71

The meaning of the word 'Yoga' according to *Srimadbhagavadgita* are

- (a) *Samadhi*
- (b) *Karmasukaushalam*
- (c) *Jivaparamatma yoga*
- (d) *Samatva bhava*

Choose the correct option :

- 1. (a) and (d)
- 2. (b) and (d)
- 3. (a) and (b)
- 4. (c) and (b)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027801

Option 1 ID : 646350109123

Option 2 ID : 646350109124

Option 3 ID : 646350109125

Option 4 ID : 646350109126

Status : Answered

Chosen Option : 4

Q.72

As per *Gherandasamhita* types of *Nadi Shuddhi* are :

- (a) *Samanu*
- (b) *Nirmanu*
- (c) *Sagarbha*
- (d) *Nigarbha*

Choose the correct option :

- 1. (a) and (b)
- 2. (b) and (c)
- 3. (a) and (c)
- 4. (b) and (d)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027807

Option 1 ID : 646350109147

Option 2 ID : 646350109148

Option 3 ID : 646350109149

Option 4 ID : 646350109150

Status : Answered

Chosen Option : 3

Q.73 According to *Hathpradipika* which one of the following has been referred to as *Kulwadhū*?

1. *Khecharimudra*
2. *Shambhavi mudra*
3. *Mahamudra*
4. *Shaktichalini mudra*

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **64635027781**

Option 1 ID : **646350109043**

Option 2 ID : **646350109044**

Option 3 ID : **646350109045**

Option 4 ID : **646350109046**

Status : **Answered**

Chosen Option : **1**

Q.74 Which of the following Asanas are NOT mentioned in *Shiv Samhita*?

- (a) *Siddhasana*
- (b) *Ugrasana*
- (c) *Bhadrasana*
- (d) *Muktasana*

Choose the correct option :

1. (a) and (b)
2. (b) and (c)
3. (c) and (d)
4. (a) and (d)

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **64635027806**

Option 1 ID : **646350109143**

Option 2 ID : **646350109144**

Option 3 ID : **646350109145**

Option 4 ID : **646350109146**

Status : **Answered**

Chosen Option : **2**

Q.75

The main sources of vitamin C are

- (a) fresh fruits
- (b) liver
- (c) green leafy vegetables
- (d) egg yolk

Choose the correct option :

- 1. (b) and (d)
- 2. (a) and (c)
- 3. (a) and (b)
- 4. (c) and (d)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027810

Option 1 ID : 646350109159

Option 2 ID : 646350109160

Option 3 ID : 646350109161

Option 4 ID : 646350109162

Status : Answered

Chosen Option : 2

Q.76

Theory of Kshanikvad is associated with which philosophy?

- 1. Jain
- 2. Bauddha
- 3. Samkhya
- 4. Charvaka

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027755

Option 1 ID : 646350108939

Option 2 ID : 646350108940

Option 3 ID : 646350108941

Option 4 ID : 646350108942

Status : Answered

Chosen Option : 1

Q.77

Which of the following Abhyasas is NOT a balancing posture?

1. *Vrikshasana*
2. *Tadasana*
3. *Garudasana*
4. *Ekpadaskandhasana*

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027799

Option 1 ID : 646350109115

Option 2 ID : 646350109116

Option 3 ID : 646350109117

Option 4 ID : 646350109118

Status : Answered

Chosen Option : 3

Q.78

According to *Trishikhibrahmanopanishad* the ascending order of Niyamas is

- (a) *Tapa*
- (b) *Samtosh*
- (c) *Daan*
- (d) *Hariaradhana*
- (e) *Astikya*

Choose the correct option :

1. (a)–(b)–(c)–(d)–(e)
2. (a)–(b)–(e)–(c)–(d)
3. (b)–(a)–(c)–(d)–(e)
4. (b)–(c)–(e)–(a)–(d)

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027831

Option 1 ID : 646350109243

Option 2 ID : 646350109244

Option 3 ID : 646350109245

Option 4 ID : 646350109246

Status : Answered

Chosen Option : 3

Q.79

Match List-I with List-II :

List-I	List-II
(a) Yogic sukshma vyayam	(i) Maharshi Mahesh Yogi
(b) Transcendental Meditation	(ii) Devsanskriti Vishwavidyalaya
(c) Savita ki Dhyana-dharana	(iii) Swami Dharendra Brahmachari
(d) Cyclic dhyana	(iv) S. Vyasa
(e) Yoga nidra	(v) Bihar School of Yoga

Choose the correct option from those given below :

- (a)-(i); (b)-(ii); (c)-(iii); (d)-(iv); (e)-(v)
- (a)-(ii); (b)-(iii); (c)-(v); (d)-(iv); (e)-(i)
- (a)-(iii); (b)-(i); (c)-(ii); (d)-(iv); (e)-(v)
- (a)-(v); (b)-(iv); (c)-(i); (d)-(ii); (e)-(iii)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027842

Option 1 ID : 646350109287

Option 2 ID : 646350109288

Option 3 ID : 646350109289

Option 4 ID : 646350109290

Status : Answered

Chosen Option : 2

Q.80

Match List-I with List-II :

List-I	List-II
(a) Shyamacharan Lahiri	(i) Prajna yoga
(b) Krishnamacharya	(ii) Bhavatita dhyana
(c) Maharshi Mahesh Yogi	(iii) Vinyasa yoga
(d) Sri Ramasharma Acharya	(iv) Kriya yoga

Choose the correct option from those given below :

- (a)-(iv); (b)-(iii); (c)-(ii); (d)-(i)
- (a)-(iv); (b)-(ii); (c)-(iii); (d)-(i)
- (a)-(iii); (b)-(iv); (c)-(ii); (d)-(i)
- (a)-(iv); (b)-(iii); (c)-(i); (d)-(ii)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027834

Option 1 ID : 646350109255

Option 2 ID : 646350109256

Option 3 ID : 646350109257

Option 4 ID : 646350109258

Status : Answered

Chosen Option : 3

Q.81

Match List-I with List-II :

List-I (Disease)	List-II (Best yogic practice)
(a) Diabetes	(i) Ardhamatsyendrasana
(b) Bronchial asthma	(ii) Shavasana
(c) Lumbar spondylosis	(iii) Tadasana
(d) Migraine	(iv) Gomukhasana

Choose the correct option from those given below :

- (a)–(i); (b)–(iii); (c)–(iv); (d)–(ii)
- (a)–(ii); (b)–(iii); (c)–(iv); (d)–(i)
- (a)–(iv); (b)–(i); (c)–(ii); (d)–(iii)
- (a)–(i); (b)–(iv); (c)–(iii); (d)–(ii)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027840

Option 1 ID : 646350109279

Option 2 ID : 646350109280

Option 3 ID : 646350109281

Option 4 ID : 646350109282

Status : Answered

Chosen Option : 1

Q.82

Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R) :

Assertion (A) : The place for yogic practices should be calm and quiet.

Reason (R) : Yogic practices should be performed on empty stomach in quite and calm place to relax body and mind.

In the context of the above two statements, choose the correct option :

- Both (A) and (R) are true and (R) is the correct explanation of (A)
- Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- (A) is true, but (R) is false
- (A) is false, but (R) is true

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027826

Option 1 ID : 646350109223
 Option 2 ID : 646350109224
 Option 3 ID : 646350109225
 Option 4 ID : 646350109226
 Status : Answered
 Chosen Option : 1

Q.83

What are the results of piercing the hridaya granthis according to *Mundakopanishad*?

- (a) Achieves samadhi
- (b) Dispels all doubts
- (c) Uproots all previous deeds
- (d) Attains prosperity

Choose the correct option :

- 1. (a) and (b)
- 2. (b) and (c)
- 3. (c) and (d)
- 4. (a) and (d)

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ
 Question ID : 64635027802
 Option 1 ID : 646350109127
 Option 2 ID : 646350109128
 Option 3 ID : 646350109129
 Option 4 ID : 646350109130
 Status : Answered
 Chosen Option : 3

Q.84

According to Maharshi Patanjali, which of the following is a measure to ward off the constraints arising in course of performing the rituals associated with Yama-Niyama?

- 1. Yogabhyas
- 2. Pratipaksh bhawana
- 3. Pratyahar
- 4. Samyam

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ
 Question ID : 64635027773
 Option 1 ID : 646350109011
 Option 2 ID : 646350109012
 Option 3 ID : 646350109013
 Option 4 ID : 646350109014
 Status : Answered
 Chosen Option : 3

Q.85

What is the resultant of 'Rajoguna' according to *Bhagavadgita*?

1. Lobha
2. Moha
3. Kama
4. Mada

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027756

Option 1 ID : 646350108943

Option 2 ID : 646350108944

Option 3 ID : 646350108945

Option 4 ID : 646350108946

Status : Answered

Chosen Option : 3

Q.86

Which are the predominant mahabhutas in *Kapha Dosha* ?

- (a) *Vayu mahabhuta*
- (b) *Jala mahabhuta*
- (c) *Prithvi mahabhuta*
- (d) *Akash mahabhuta*

Choose the correct option :

1. (a) and (b)
2. (b) and (d)
3. (b) and (c)
4. (a) and (d)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027815

Option 1 ID : 646350109179

Option 2 ID : 646350109180

Option 3 ID : 646350109181

Option 4 ID : 646350109182

Status : Answered

Chosen Option : 1

Q.87

How many matraas of Omkara are described according to *Naadbindu Upanishad*?

1. Three
2. Five
3. Twelve
4. Fifteen

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027766

Option 1 ID : 646350108983

Option 2 ID : 646350108984

Option 3 ID : 646350108985

Option 4 ID : 646350108986

Status : Answered

Chosen Option : 1

Q.88

The vascular coat of eye is composed of

- (a) sclera
- (b) cornea
- (c) choroid
- (d) iris

Choose the correct option :

1. (a) and (b)
2. (b) and (c)
3. (c) and (d)
4. (a) and (d)

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027812

Option 1 ID : 646350109167

Option 2 ID : 646350109168

Option 3 ID : 646350109169

Option 4 ID : 646350109170

Status : Answered

Chosen Option : 2

Comprehension:

Yoga is the science of integral living which means 'to join'. This joining is described in spiritual terms as the union of individual consciousness with the universal consciousness. On a more practical level, Yoga is a means of balancing and harmonizing the body, mind and spirit. It works on holistic principles of harmony and unification. It affects on all aspects of a person, viz., physical, mental, social, emotional and spiritual. This could be done through the practice of Ashtanga Yoga and Saptanga Yoga. In 21st Century apart from spiritual aim of Yoga, the physical and mental therapies are its achievements. Yoga has been succeeded as a therapy for control of various diseases. Yoga therapy is successful to create balance in nervous and endocrine systems which directly influence all organs of the body. The effects of yogic practices during and after performance are currently being researched. Their results show that Shatkarma, Asana, Pranayama, Dhyana etc. are potent means to maintain physical and mental health. Keeping these facts into consideration millions of people in India and abroad perform Yoga daily as well as participate in International Day of Yoga being organized on 21st June every year. A common Yoga protocol has been prepared to disseminate awareness of Yoga among people and community to get harmony, peace and disease-free state.

SubQuestion No : 89

Q.89 International Day of Yoga is organized on

1. 21st May
2. 22nd June
3. 21st June
4. 22nd May

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027846

Option 1 ID : 646350109299

Option 2 ID : 646350109300

Option 3 ID : 646350109301

Option 4 ID : 646350109302

Status : Answered

Chosen Option : 3

Comprehension:

Yoga is the science of integral living which means 'to join'. This joining is described in spiritual terms as the union of individual consciousness with the universal consciousness. On a more practical level, Yoga is a means of balancing and harmonizing the body, mind and spirit. It works on holistic principles of harmony and unification. It affects on all aspects of a person, viz., physical, mental, social, emotional and spiritual. This could be done through the practice of Ashtanga Yoga and Saptanga Yoga. In 21st Century apart from spiritual aim of Yoga, the physical and mental therapies are its achievements. Yoga has been succeeded as a therapy for control of various diseases. Yoga therapy is successful to create balance in nervous and endocrine systems which directly influence all organs of the body. The effects of yogic practices during and after performance are currently being researched. Their results show that Shatkarma, Asana, Pranayama, Dhyana etc. are potent means to maintain physical and mental health. Keeping these facts into consideration millions of people in India and abroad perform Yoga daily as well as participate in International Day of Yoga being organized on 21st June every year. A common Yoga protocol has been prepared to disseminate awareness of Yoga among people and community to get harmony, peace and disease-free state.

SubQuestion No : 90

Q.90

In spiritual terms the 'joining' is described as union of

1. physical and spiritual consciousness
2. individual and universal consciousness
3. physical and mental consciousness
4. mental and spiritual consciousness

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027849

Option 1 ID : 646350109311

Option 2 ID : 646350109312

Option 3 ID : 646350109313

Option 4 ID : 646350109314

Status : Answered

Chosen Option : 3

Comprehension:

Yoga is the science of integral living which means 'to join'. This joining is described in spiritual terms as the union of individual consciousness with the universal consciousness. On a more practical level, Yoga is a means of balancing and harmonizing the body, mind and spirit. It works on holistic principles of harmony and unification. It affects on all aspects of a person, viz., physical, mental, social, emotional and spiritual. This could be done through the practice of Ashtanga Yoga and Saptanga Yoga. In 21st Century apart from spiritual aim of Yoga, the physical and mental therapies are its achievements. Yoga has been succeeded as a therapy for control of various diseases. Yoga therapy is successful to create balance in nervous and endocrine systems which directly influence all organs of the body. The effects of yogic practices during and after performance are currently being researched. Their results show that Shatkarma, Asana, Pranayama, Dhyana etc. are potent means to maintain physical and mental health. Keeping these facts into consideration millions of people in India and abroad perform Yoga daily as well as participate in International Day of Yoga being organized on 21st June every year. A common Yoga protocol has been prepared to disseminate awareness of Yoga among people and community to get harmony, peace and disease-free state.

SubQuestion No : 91

Q.91

Yoga works on holistic principles of

1. harmony and samadhi
2. harmony and salvation
3. peace and salvation
4. harmony and unification

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027848

Option 1 ID : 646350109307

Option 2 ID : 646350109308

Option 3 ID : 646350109309

Option 4 ID : 646350109310

Status : Answered

Chosen Option : 4

Comprehension:

Yoga is the science of integral living which means 'to join'. This joining is described in spiritual terms as the union of individual consciousness with the universal consciousness. On a more practical level, Yoga is a means of balancing and harmonizing the body, mind and spirit. It works on holistic principles of harmony and unification. It affects on all aspects of a person, viz., physical, mental, social, emotional and spiritual. This could be done through the practice of Ashtanga Yoga and Saptanga Yoga. In 21st Century apart from spiritual aim of Yoga, the physical and mental therapies are its achievements. Yoga has been succeeded as a therapy for control of various diseases. Yoga therapy is successful to create balance in nervous and endocrine systems which directly influence all organs of the body. The effects of yogic practices during and after performance are currently being researched. Their results show that Shatkarma, Asana, Pranayama, Dhyana etc. are potent means to maintain physical and mental health. Keeping these facts into consideration millions of people in India and abroad perform Yoga daily as well as participate in International Day of Yoga being organized on 21st June every year. A common Yoga protocol has been prepared to disseminate awareness of Yoga among people and community to get harmony, peace and disease-free state.

SubQuestion No : 92

Q.92

Yoga therapy is successful in creating balance in

1. nervous and endocrine system
2. nervous and vascular system
3. vascular and locomotor system
4. vascular and endocrine system

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027847

Option 1 ID : 646350109303

Option 2 ID : 646350109304

Option 3 ID : 646350109305

Option 4 ID : 646350109306

Status : Answered

Chosen Option : 1

Comprehension:

Yoga is the science of integral living which means 'to join'. This joining is described in spiritual terms as the union of individual consciousness with the universal consciousness. On a more practical level, Yoga is a means of balancing and harmonizing the body, mind and spirit. It works on holistic principles of harmony and unification. It affects on all aspects of a person, viz., physical, mental, social, emotional and spiritual. This could be done through the practice of Ashtanga Yoga and Saptanga Yoga. In 21st Century apart from spiritual aim of Yoga, the physical and mental therapies are its achievements. Yoga has been succeeded as a therapy for control of various diseases. Yoga therapy is successful to create balance in nervous and endocrine systems which directly influence all organs of the body. The effects of yogic practices during and after performance are currently being researched. Their results show that Shatkarma, Asana, Pranayama, Dhyana etc. are potent means to maintain physical and mental health. Keeping these facts into consideration millions of people in India and abroad perform Yoga daily as well as participate in International Day of Yoga being organized on 21st June every year. A common Yoga protocol has been prepared to disseminate awareness of Yoga among people and community to get harmony, peace and disease-free state.

SubQuestion No : 93**Q.93**

On a practical level, Yoga is a method of balancing and harmonising the

1. mind and spirit only
2. body and mind only
3. body, mind and spirit
4. body and spirit only

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **64635027844**Option 1 ID : **646350109291**Option 2 ID : **646350109292**Option 3 ID : **646350109293**Option 4 ID : **646350109294**Status : **Answered**Chosen Option : **3****Comprehension:**

Yoga is the science of integral living which means 'to join'. This joining is described in spiritual terms as the union of individual consciousness with the universal consciousness. On a more practical level, Yoga is a means of balancing and harmonizing the body, mind and spirit. It works on holistic principles of harmony and unification. It affects on all aspects of a person, viz., physical, mental, social, emotional and spiritual. This could be done through the practice of Ashtanga Yoga and Saptanga Yoga. In 21st Century apart from spiritual aim of Yoga, the physical and mental therapies are its achievements. Yoga has been succeeded as a therapy for control of various diseases. Yoga therapy is successful to create balance in nervous and endocrine systems which directly influence all organs of the body. The effects of yogic practices during and after performance are currently being researched. Their results show that Shatkarma, Asana, Pranayama, Dhyana etc. are potent means to maintain physical and mental health. Keeping these facts into consideration millions of people in India and abroad perform Yoga daily as well as participate in International Day of Yoga being organized on 21st June every year. A common Yoga protocol has been prepared to disseminate awareness of Yoga among people and community to get harmony, peace and disease-free state.

SubQuestion No : 94**Q.94**

Shatkarma, Asana, Pranayama and Dhyana are potent means to maintain

1. physical and social health
2. physical and mental health
3. mental and social health
4. mental and emotional health

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027845

Option 1 ID : 646350109295

Option 2 ID : 646350109296

Option 3 ID : 646350109297

Option 4 ID : 646350109298

Status : Answered

Chosen Option : 4

Comprehension:

The five afflictions (Klesha) which disturb the equilibrium of consciousness are—Avidya, Asmita, Raga, Dvesha and Abhinivesha according to Maharshi Patanjali. Lack of true knowledge is the source of all pains and sufferings whether dormant, attenuated, interrupted or fully activated. Avidaya is the breeding source of all afflictions. The body and the eternal self are distinct entities, but due to Asmita a person feels they are one. Pleasurable experiences lead to desires and emotional attachment. Unhappiness leads to hatred and a sense of worthlessness. Sense of attachment of life or fear to death is found in all human beings and does not spare the wisemen too. These five afflictions are of three levels, intellectual, emotional and instinctive. Avidya and Asmita belong to the field of intellect. Raga and Dvesha belong to emotions and feelings. Abhinivesha Klesha is of instinctive nature. The root causes of these five afflictions are the behavioural functions and thoughts. The process of thoughts and action have existed from the beginning of civilization and man is in the search of true knowledge.

In the pursuit of Sadhana the discriminative power of intelligence culminates to pure wisdom which remains eternal. A real Sadhaka is able to nip these Kleshas in the bud through Yoga.

SubQuestion No : 95

Q.95

What is the cause of feeling the body and eternal self as one entity?

1. *Avidya*
2. *Abhinivesha*
3. *Asmita*
4. *Raga*

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027854

Option 1 ID : 646350109327

Option 2 ID : 646350109328

Option 3 ID : 646350109329

Option 4 ID : 646350109330

Status : Answered

Chosen Option : 1

Comprehension:

The five afflictions (Klesha) which disturb the equilibrium of consciousness are—Avidya, Asmita, Raga, Dvesha and Abhinivesha according to Maharshi Patanjali. Lack of true knowledge is the source of all pains and sufferings whether dormant, attenuated, interrupted or fully activated. Avidaya is the breeding source of all afflictions. The body and the eternal self are distinct entities, but due to Asmita a person feels they are one. Pleasurable experiences lead to desires and emotional attachment. Unhappiness leads to hatred and a sense of worthlessness. Sense of attachment of life or fear to death is found in all human beings and does not spare the wisemen too. These five afflictions are of three levels, intellectual, emotional and instinctive. Avidya and Asmita belong to the field of intellect. Raga and Dvesha belong to emotions and feelings. Abhinivesha Klesha is of instinctive nature. The root causes of these five afflictions are the behavioural functions and thoughts. The process of thoughts and action have existed from the beginning of civilization and man is in the search of true knowledge.

In the pursuit of Sadhana the discriminative power of intelligence culminates to pure wisdom which remains eternal. A real Sadhaka is able to nip these Kleshas in the bud through Yoga.

SubQuestion No : 96

Q.96

The discriminative power of intelligence culminates to

1. pure mind

2. pure intellect

3. pure wisdom

4. pure indriya

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027851

Option 1 ID : 646350109315

Option 2 ID : 646350109316

Option 3 ID : 646350109317

Option 4 ID : 646350109318

Status : Answered

Chosen Option : 2

Comprehension:

The five afflictions (Klesha) which disturb the equilibrium of consciousness are—Avidya, Asmita, Raga, Dvesha and Abhinivesha according to Maharshi Patanjali. Lack of true knowledge is the source of all pains and sufferings whether dormant, attenuated, interrupted or fully activated. Avidya is the breeding source of all afflictions. The body and the eternal self are distinct entities, but due to Asmita a person feels they are one. Pleasurable experiences lead to desires and emotional attachment. Unhappiness leads to hatred and a sense of worthlessness. Sense of attachment of life or fear to death is found in all human beings and does not spare the wisemen too. These five afflictions are of three levels, intellectual, emotional and instinctive. Avidya and Asmita belong to the field of intellect. Raga and Dvesha belong to emotions and feelings. Abhinivesha Klesha is of instinctive nature. The root causes of these five afflictions are the behavioural functions and thoughts. The process of thoughts and action have existed from the beginning of civilization and man is in the search of true knowledge.

In the pursuit of Sadhana the discriminative power of intelligence culminates to pure wisdom which remains eternal. A real Sadhaka is able to nip these Kleshas in the bud through Yoga.

SubQuestion No : 97

Q.97

Which of the following are NOT the types of Klesha?

(a) *Avidya*

(b) *Ahimsa*

(c) *Asmita*

(d) *Asteya*

Choose the correct option :

1. (a) and (c)

2. (b) and (c)

3. (a) and (b)

4. (c) and (d)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027855

Option 1 ID : 646350109331

Option 2 ID : 646350109332

Option 3 ID : 646350109333

Option 4 ID : 646350109334

Status : **Answered**
Chosen Option : **1**

Comprehension:

The five afflictions (Klesha) which disturb the equilibrium of consciousness are—Avidya, Asmita, Raga, Dvesha and Abhinivesha according to Maharshi Patanjali. Lack of true knowledge is the source of all pains and sufferings whether dormant, attenuated, interrupted or fully activated. Avidya is the breeding source of all afflictions. The body and the eternal self are distinct entities, but due to Asmita a person feels they are one. Pleasurable experiences lead to desires and emotional attachment. Unhappiness leads to hatred and a sense of worthlessness. Sense of attachment of life or fear to death is found in all human beings and does not spare the wisemen too. These five afflictions are of three levels, intellectual, emotional and instinctive. Avidya and Asmita belong to the field of intellect. Raga and Dvesha belong to emotions and feelings. Abhinivesha Klesha is of instinctive nature. The root causes of these five afflictions are the behavioural functions and thoughts. The process of thoughts and action have existed from the beginning of civilization and man is in the search of true knowledge.

In the pursuit of Sadhana the discriminative power of intelligence culminates to pure wisdom which remains eternal. A real Sadhaka is able to nip these Kleshas in the bud through Yoga.

SubQuestion No : 98

Q.98

The sense of attachment to life or fear to death is found in

1. all human beings
2. wisemen only
3. unwisemen only
4. animals only

Options 1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**
Question ID : **64635027853**
Option 1 ID : **646350109323**
Option 2 ID : **646350109324**
Option 3 ID : **646350109325**
Option 4 ID : **646350109326**
Status : **Answered**
Chosen Option : **1**

Comprehension:

The five afflictions (Klesha) which disturb the equilibrium of consciousness are—Avidya, Asmita, Raga, Dvesha and Abhinivesha according to Maharshi Patanjali. Lack of true knowledge is the source of all pains and sufferings whether dormant, attenuated, interrupted or fully activated. Avidaya is the breeding source of all afflictions. The body and the eternal self are distinct entities, but due to Asmita a person feels they are one. Pleasurable experiences lead to desires and emotional attachment. Unhappiness leads to hatred and a sense of worthlessness. Sense of attachment of life or fear to death is found in all human beings and does not spare the wisemen too. These five afflictions are of three levels, intellectual, emotional and instinctive. Avidya and Asmita belong to the field of intellect. Raga and Dvesha belong to emotions and feelings. Abhinivesha Klesha is of instinctive nature. The root causes of these five afflictions are the behavioural functions and thoughts. The process of thoughts and action have existed from the beginning of civilization and man is in the search of true knowledge.

In the pursuit of Sadhana the discriminative power of intelligence culminates to pure wisdom which remains eternal. A real Sadhaka is able to nip these Kleshas in the bud through Yoga.

SubQuestion No : 99

Q.99

The breeding source of all afflictions is

1. *Asmita*
2. *Avidya*
3. *Raga*
4. *Dvesha*

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 64635027856

Option 1 ID : 646350109335

Option 2 ID : 646350109336

Option 3 ID : 646350109337

Option 4 ID : 646350109338

Status : Answered

Chosen Option : 1

Comprehension:

The five afflictions (Klesha) which disturb the equilibrium of consciousness are—Avidya, Asmita, Raga, Dvesha and Abhinivesha according to Maharshi Patanjali. Lack of true knowledge is the source of all pains and sufferings whether dormant, attenuated, interrupted or fully activated. Avidaya is the breeding source of all afflictions. The body and the eternal self are distinct entities, but due to Asmita a person feels they are one. Pleasurable experiences lead to desires and emotional attachment. Unhappiness leads to hatred and a sense of worthlessness. Sense of attachment of life or fear to death is found in all human beings and does not spare the wisemen too. These five afflictions are of three levels, intellectual, emotional and instinctive. Avidya and Asmita belong to the field of intellect. Raga and Dvesha belong to emotions and feelings. Abhinivesha Klesha is of instinctive nature. The root causes of these five afflictions are the behavioural functions and thoughts. The process of thoughts and action have existed from the beginning of civilization and man is in the search of true knowledge.

In the pursuit of Sadhana the discriminative power of intelligence culminates to pure wisdom which remains eternal. A real Sadhaka is able to nip these Kleshas in the bud through Yoga.

SubQuestion No : 100

Q.100

Which of the following afflictions belong to the field of intellect?

- (a) *Raga*
- (b) *Avidya*
- (c) *Asmita*
- (d) *Dvesha*

Choose the correct option :

- 1. (b) and (c)
- 2. (a) and (b)
- 3. (b) and (d)
- 4. (a) and (d)

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 64635027852

Option 1 ID : 646350109319

Option 2 ID : 646350109320

Option 3 ID : 646350109321

Option 4 ID : 646350109322

Status : Answered

Chosen Option : 1


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Candidate Details

Challenge/s regarding Answer Key

Remark	QuestionID	Correct Option(s)	ID Options claimed			
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