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Reg. No.....

U.G./P.G. ENTRANCE EXAMINATION, APRIL 2021

HEALTH AND YOGA THERAPY

Time : Two Hours		Maximum: 100 Marks				
I. Complete the following sentence by choose	sing the	e appropriate word from bracket :				
1 Next world cup football tournament	1 Next world cup football tournament will be held at ———.					
a) Qatar.	b)	England.				
c) Germany.	d)	Iran.				
2 Sunlight is the rich source of vitam	in ———	<u> </u>				
a) D.	b)	E.				
c) A.	d)	K.				
3 Health Minister of India:						
a) Dr. Harshavardan.	b)	Mansukh Mandaviya.				
c) Rajkumar Singh.	d)	Kiren Rijiju.				
4 The normal blood pressure for hum	an being	gs:				
a) 80-120mm Hg.	b)	70-100mm Hg.				
c) 100-120mm Hg.	d)	90-130mm Hg.				
5 Human Heart consist of	chambe	ers.				
a) 2.	b)	3.				
c) 4.	d)	1.				
6 Longest bone in the human body:						
a) Femur.	b)	Tibia.				
c) Fibula.	d)	Vertebra.				
7 Head quarters of world health organization:						
a) Delhi.	b)	New York.				
c) Geneva.	-d)	Beijing.				
8 Shortest bone in the human body:						
a) Stapes.	b)	Finger bone.				
c) Incus.	d)	Malleus.				

Turn over

9	Bhuja	ngasana is also known as ———					
	a)	Lotus posture.	b)	Cobra Posture.			
	c)	Tree Posture.	d)	Wheel Posture.			
10	First international yoga day was celebrated on ———.						
	a)	2015 June 21.	b)	2015 July 21.			
	c)	2016 June 21.	d)	2016 July 21.			
11	The theme of international yoga day 2021 was:						
	a)	Yoga for wellness.	b)	Yoga for better health.			
	c)	Yoga for life.	d)	Yoga for fitness.			
12	Pather of Yoga is ————.						
	a)	Buddha.	b)	Sankaracharya.			
	c)	Patanjali.	d)	Vivekananda.			
13	3 What is the meaning of the world Yoga?						
	a)	Joining together.	b)	Breathing.			
	c)	Meditation.	d)	Calm.			
14	How many different Asanas does Surya Namaskar comprise of:						
	a)	12.	b)	8.			
	c)	16.	d)	10.			
15	5 Out of the following which one is not in Ashtanga yoga:						
	a)	Yama.	b)	Niyama.			
	c)	Asana.	d)	Kriyas.			
16	Milka	Singh is also known as ————	— ,				
	a)	Speed King.	b)	Flying Singh.			
	c)	Flying Cheetah.	d)	None of these.			
17	How many canine teeth are there for a human adult?						
	a)	4.	b)	2.			
	c)	8.	d)	6.			

18	Biceps	s is a muscle in the ———.		
	a)	Upper arm.	b)	Lower arm.
	c)	Lower leg.	d)	Upper leg.
19 The normal fasting sugar level in the bold is:				
	a)	70-80mg/DL.		
	b)	70-100mg/DL.		
	c)	100-120mg/DL.		
	d)	None of these.		
20	Bile is	s produced by which gland ———		
	a)	Gall bladder.	b)	Liver.
	c)	Pancreas.	d)	Kidney.
21	One g	ram of fat can produce ————	— са	lories of energy.
	a)	4 cal.	b)	8 cal.
	c)	9 cal.	d)	10 cal.
22	There	are approximately ——— n	umb	er of muscles in human body.
	a)	200.	b)	400.
	c)	250.	d)	600.
23	Pulmo	onary artery carries ———— t	уре с	of blood.
	a)	Pure.	b)	Impure.
	c)	Both pure and impure.	d)	None of these.
24	Who c	compiled 'yoga sutra' ?		
	a)	Patanjali.	b)	Charaka.
	c)	Budha.	d)	None of these.
25	Name	the Indian who got gold medal i	n Ol	ympics:
	a)	Abinav Bindra.	b)	P. V. Sindhu.
	c)	Leander Paes.	d)	None of these.
				$(25 \times 2 = 50 \text{ marks})$

II. Match the following:

1 Vitamin A

1 Cleaning Process.

2 Vital Capacity

2 Coagulation of Blood.

3 Kabalabatti

3 Night Blindness.

4 Prana

4 Lungs.

5 Vitamin K

5 Self energing.

6 Tom Joseph

6 Hockey

7 P. R. Sreejesh

7 Volleyball.

8 K. T. Irfan

8 Athletics.

9 Ustrasana

9 Chair pose.

10 Utkatasana

10 Camel Pose.

 $(10 \times 2 = 20 \text{ marks})$

III. Explain any one of the following:

1 Explain the importance and benefits of Yoga? How yoga is important in the present pandemic situation?

Or

2 Briefly explain the steps of doing 'Surya Namaskar'. Explain its benefits.

 $(1 \times 30 = 30 \text{ marks})$