Name: ………………………………. Roll No. …………… Date:

Time: 1 Hour Total Marks = 50

Read the following instructions carefully before you attempt to answer the questions.

- This exam contains 50 multiple choice /fill in blanks /match with item questions; each carries 1 mark.
- Candidate found using any unfair means during online examination will be disqualified for the course.

1. How many sutras are the in the Patanjali Yoga Sutras?

   a. 196 **b.** 195 **c.** 201 **d.** None

2. " *Yogah Karmasu Kaushalam*" is defined by _____

   a. Gheranda **b.** Patanjali **c**. Bhagavat Gita **d.** Yoga Vasistha

3. Dharana- Dhyana – Samadhi are known as

   a. *Antaranga* yoga **b.** *Bahiranga* yoga **c.** Kriya yoga **d.** Samyama

4. Pingala Nadi is related to _____
   a. Left Nostril **b.** Right Nostril **c.** Both the Nostrils **d.** None of the Nostrils

5. Where is the location of UdaanaVaayu
   a. Throat **b**. Heart **c.** Navel Region **d.** Whole Body

6. Which one from below is the *Klesh*

   a. Pramaana **b.** Nidra **c.** Viparyaya **d.** Avidya

7. Definition of stress

a. Uncontrolled speed of mind   **b**. Tension   **c**. Speed at body   **d**. Imbalance of prana

8.   Prakriti and Purusha are the main elements in

   a. Patanjali Yogasutra   **b.** Samkhya   **c.** Bhagvad Gita   **d**. Hatha Yoga

9. Kriya yoga is a practice of

   a. Tapa   **b.** Swadhyaya   **c.** Ishwara Pranidhana   d. All above

10. Find out the odd one.

   a. Tapah   **b.** Vyadhi   **c**. Styana   **d**. Samsaya

11. Svathmarama compiled an ancient yoga text known as

   a. Gheranda Samhita   **b**. Shiva Samhita   **c.** HataYoga Pradipika   **d.** Hatharatnavali

12. Necessary for the yoga practitioners is

   a. Mitahara   b. Ahara   c. Salpahar   d. Non –veg

13.   Kapalabhati is one among the cleansing practices. True/False

14.   -------------------Vyadhi emerges from mind.

   a. Adhija   b. Anadhija   c. Samanyaj Vyadhi   d. Manasika Vyadhi

15.   According to Swami Vivekananda, eight limbs of Yoga is called ------------------

   a. Raja Yoga   b. Bhakti Yoga   c. Karma Yoga   d. Swara Yoga

16.   In the following two questions, various terms of an alphabet series are given with one or more terms missing as shown by (?). Choose the missing terms out of the given alternatives.

AA, CE, EI, GO, ?,

a. IT   b. IQ   c. IR   d. IU

17. A group of 1200 persons consisting of captains and soldiers is travelling in a train. For every 15 soldiers there is one captain. The number of captains in the group is?

   a. 70   **b.** 75   **c**. 80   **d.** 85

18.   6, 11, 21, 36, 56, ?. What will replace the question mark in the series?

   a. 75   **b.** 81   **c**. 85   **d**. 89

19. Find the odd one out:

2

a. Den   b. Roof   c. Burrow   d. Nest

20. If in a certain language, KINDLE is coded as ELDNIK, how is EXOTIC coded in that code?

a. EOXITC   b. EXOTLC   c. CITOXE   d. COXITE

21. A and B are young ones of C. If C is the father of A but B is not the son of C. How are B and C related

a. Niece and Uncle   b. Daughter and Father   c. Son and father   d. Daughter and Mother

22. Complete the series, 1, 4, 9, 16, 25, ………..
a. 36   b. 38   c. 49   d. 52

23. Victory : Encouragement :: Failure : ?

a. Bad   b. Defeat   c. Anger   d. Frustration

24. There are five friends. They are standing in a row facing south. Jayesh is to the immediate right to Alok. Pramod is between Bhagat and Subodh. Subodh is between Jayesh and Pramod. Now Who is at the extreme left?

a. Jayesh   b. Subodh   c. Alok   d. Bhagat

25. Find the odd one out:

a. Crusade   b. Expedition   c. Cruise   d. campaign

26. Milk contains 5% water. What quantity of pure milk should be added to 10 liters of milk to reduce this to 2% ?

a. 5 liters   b. 7 liters   c. 15 liters   d. None of these

27. If A : B = 5 : 7 and B : C = 7 : 11, then A : B : C : is :

a. 7:5:11   b. 5:6:11   c. 5:7:11   d. None of these

28. Average of ten positive numbers is $\bar{\bar{x}}$. If each number is increased by 10%, then $\bar{\bar{x}}$:

a. Remains unchanged   b. May decrease   c. May increase   d. is increased by 10%

29. The sum of the ages of two persons A and B is 50. 5 years ago, the ratio of their ages was 5/3. The present age of A and B are

a. 30, 20   b. 35, 15   c. 38, 12   d. 40, 10

3

30. A bag contains an equal number of one rupee, 50 paise and 25 paise coins. If the total amount in the bag is Rs. 35, how many coins of each type are there?

      a. 15   **b**. 18   **c.** 20   d. 25

31. When level of measurement of a variable is ordinal, then which measure of central tendency will be used

 a. Mean   b. Median   **c.** Mode   **d.** Measures of central tendency is not related to levels of measurement.

32. When a null hypothesis is true, and a researcher rejects the null hypothesis, this is called

a. α b. β **c.** $1-\alpha$ d. $1-\beta$

33. High reliability of a weighing machine will be indicated by

a.   High value of internal validity   **b.**   High value of construct validity   **c.**   High correlation between test and re-test   **d.**   High value of Cronbach's alpha

34. Which one of the following is not a probability sampling technique?

a.   Simple Radom Sampling   **b**. Systematic Sampling   **c**. Stratified Sampling   **d.**   Quota sampling.

35.   Name of the countries, and their population sizes can be best represented using _____

&_____ levels of measurement

 a. Nominal and Ordinal   b. Nominal and Ratio **c.** Ordinal and Interval   **d.**   Ordinal and Ratio

36. _____ is the best sampling method to conduct a nationwide survey.

a. Simple random   b**.** Systematic random **c.** Stratified random d. Cluster random

37. The gold standard experimental design in clinical trials is considered to be

a.   Randomized control design   **b.**   Cohart design **c.** Cross sectional design   d. Survey design

38. In a normally distributed data set, what percentage of data points lie between mean + 2 and -2 standard deviation?

a.   ~ 68%   **b.**   ~ 50%   **c.**   ~ 37%   **d.**   ~ 95%

39. 10 is the mean of a set of 5 observations and 5 is the mean of a set of 10 observations. The mean of the combined set is given by

a.   5.0   **b.**   5.5   **c.**   6.6   **d.**   10

40. The purpose of a good experimental research design is

a. To conduct scientific experiments b. To control for various confounding factors
c. To add new information to scientific literature **d**. To publish scientifically validated information in journals

41. The word **widely** is closely related to

a. Spaciously b. Broad based c. Limitedly d. Narrowly

42. Find out the odd word out

a. content b. upset c. willing d. gratified

43. The wages ---------- sin is death.

a. on b. of **c**. about **d**. off

44. The Aircraft was stationed -------------- the tarmac.

a. of b. by **c**. in d. on

45. The train arrived ----------------------- the station.

a. on **b**. at, **c**. by d. in

46. One word in the following does not belong to that set. Tick the word.

a. Publisher **b**. Printer **c.** College **d**. Author

47. We ----------- published this book by the end of next month.
a. will have **b**. shall have **c**. would have **d**. Should have

48. ---------------------- do you go?
a. Which b. Whose c. Where d. When

Fill in the blank with suitable Synonyms or Antonyms

49. Aggravate =---------------------- (Synonym – decrease, intensify, slow down)

50. Majestic = ------------- (Antonym- stately, grand, ignoble)