

# National Testing Agency

**Question Paper Name :** Yoga Eng 30th June 2023 Shift 3  
**Subject Name :** Yoga Eng  
**Creation Date :** 2023-06-30 23:01:07  
**Duration :** 120  
**Total Marks :** 400  
**Display Marks:** Yes

## Yoga

**Group Number :** 1  
**Group Id :** 686340446  
**Group Maximum Duration :** 0  
**Group Minimum Duration :** 120  
**Show Attended Group? :** No  
**Edit Attended Group? :** No  
**Break time :** 0  
**Group Marks :** 400  
**Is this Group for Examiner? :** No  
**Examiner permission :** Cant View  
**Show Progress Bar? :** No

## Part A

**Section Id :** 686340887  
**Section Number :** 1  
**Section type :** Online  
**Mandatory or Optional :** Mandatory  
**Number of Questions :** 21  
**Number of Questions to be attempted :** 21  
**Section Marks :** 100  
**Enable Mark as Answered Mark for Review and Clear Response :** Yes  
**Maximum Instruction Time :** 0  
**Sub-Section Number :** 1  
**Sub-Section Id :** 6863401469  
**Question Shuffling Allowed :** No  
**Is Section Default? :** null

**Question Id : 68634045059 Question Type : COMPREHENSION Sub Question Shuffling Allowed : Yes Group  
Comprehension Questions : No Question Pattern Type : NonMatrix Calculator : None Response Time : N.A Think Time  
: N.A Minimum Instruction Time : 0  
Question Numbers : (1 to 5)  
Question Label : Comprehension**

Before the 1920s, film used to be silent with just the action on the scene along with subtitles. Come the decade of 1920 and the advent of new technology, the filmmakers had the possibility to synchronise a soundtrack with the action on the screen. This included dialogues, musical score and special effects. After this development, the movies were called talkies since the audience was able to hear the actors talk with each other. There was no stopping from then on and the next significant development was the introduction of colour. However, colour movies were somewhat slow to catch on, especially when compared to the addition of sound to the movie. Another reason for this slow acceptance of colour was the considerable developing and processing cost it entailed. With passing of time, and improving technology, the colour processing became as affordable as black-and-white films. More and more movies were filmed in colour to a point when the film makers did away with black-and-white films.

### Sub questions

**Question Number : 1 Question Id : 68634045060 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Movies that had no sound were called \_\_\_\_\_ movies

1. dumb
2. mute
3. muffled
4. silent

#### Options :

- 686340178001. 1
- 686340178002. 2
- 686340178003. 3
- 686340178004. 4

**Question Number : 2 Question Id : 68634045061 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

The acceptance of colour movies was a little slow compared to the \_\_\_\_\_

1. simileys
2. selfies
3. besties
4. talkies

#### Options :

- 686340178005. 1
- 686340178006. 2
- 686340178007. 3
- 686340178008. 4

**Question Number : 3 Question Id : 68634045062 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Colour movies were little slow on the uptake owing to their high \_\_\_\_\_ and \_\_\_\_\_ costs.

1. processing/ developing
2. reviewing/developing
3. filming / processing
4. filming/developing

**Options :**

- 686340178009. 1
- 686340178010. 2
- 686340178011. 3
- 686340178012. 4

**Question Number : 4 Question Id : 68634045063 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

The \_\_\_\_\_ of the soundtrack to the action in the film revolutionized the process of film making.

1. stitching
2. synchronization
3. adhering
4. business

**Options :**

- 686340178013. 1
- 686340178014. 2
- 686340178015. 3
- 686340178016. 4

**Question Number : 5 Question Id : 68634045064 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

What is the main idea of the passage?

1. Film making is an easy job.
2. Advancement in technology has had a tremendous impact on film making
3. Silent movies and talkies were destined to become obsolete
4. Colour movies with a soundtrack are better than black-and-white movies with a soundtrack.

**Options :**

686340178017. 1  
686340178018. 2  
686340178019. 3  
686340178020. 4

**Question Id : 68634045059 Question Type : COMPREHENSION Sub Question Shuffling Allowed : Yes Group Comprehension Questions : No Question Pattern Type : NonMatrix Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Question Numbers : (1 to 5)**

Question Label : Comprehension

Before the 1920s, film used to be silent with just the action on the scene along with subtitles. Come the decade of 1920 and the advent of new technology, the filmmakers had the possibility to synchronise a soundtrack with the action on the screen. This included dialogues, musical score and special effects. After this development, the movies were called talkies since the audience was able to hear the actors talk with each other. There was no stopping from then on and the next significant development was the introduction of colour. However, colour movies were somewhat slow to catch on, especially when compared to the addition of sound to the movie. Another reason for this slow acceptance of colour was the considerable developing and processing cost it entailed. With passing of time, and improving technology, the colour processing became as affordable as black-and-white films. More and more movies were filmed in colour to a point when the film makers did away with black-and-white films.

**Sub questions**

**Question Number : 1 Question Id : 68634045060 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Movies that had no sound were called \_\_\_\_\_ movies

1. dumb
2. mute
3. muffled
4. silent

**Options :**

686340178001. 1  
686340178002. 2  
686340178003. 3  
686340178004. 4

**Question Number : 2 Question Id : 68634045061 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The acceptance of colour movies was a little slow compared to the \_\_\_\_\_

1. simileys
2. selfies
3. besties
4. talkies

**Options :**

- 686340178005. 1
- 686340178006. 2
- 686340178007. 3
- 686340178008. 4

**Question Number : 3 Question Id : 68634045062 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Colour movies were little slow on the uptake owing to their high \_\_\_\_\_ and \_\_\_\_\_ costs.

1. processing/ developing
2. reviewing/developing
3. filming / processing
4. filming/developing

**Options :**

- 686340178009. 1
- 686340178010. 2
- 686340178011. 3
- 686340178012. 4

**Question Number : 4 Question Id : 68634045063 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The \_\_\_\_\_ of the soundtrack to the action in the film revolutionized the process of film making.

1. stitching
2. synchronization
3. adhering
4. business

**Options :**

- 686340178013. 1
- 686340178014. 2
- 686340178015. 3

686340178016. 4

**Question Number : 5 Question Id : 68634045064 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

What is the main idea of the passage?

1. Film making is an easy job.
2. Advancement in technology has had a tremendous impact on film making
3. Silent movies and talkies were destined to become obsolete
4. Colour movies with a soundtrack are better than black-and-white movies with a soundtrack.

**Options :**

686340178017. 1

686340178018. 2

686340178019. 3

686340178020. 4

<b>Sub-Section Number :</b>	2
<b>Sub-Section Id :</b>	6863401470
<b>Question Shuffling Allowed :</b>	Yes
<b>Is Section Default? :</b>	null

**Question Number : 6 Question Id : 68634045065 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Choose the correct sequence of the four phrases given below to make a meaningful sentence.

- A. the tangled oak treetops that you can barely see the sky
- B. moss and lichen drip so thickly from
- C. in the southwest of England
- D. in Wistman's Wood in Dartmoor National Park

1. A, B, C, D
2. D, C, B, A
3. B, D, A, C
4. C, A, D, B

**Options :**

686340178021. 1

686340178022. 2

686340178023. 3

686340178024. 4

**Question Number : 6 Question Id : 68634045065 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Choose the correct sequence of the four phrases given below to make a meaningful sentence.

- A. the tangled oak treetops that you can barely see the sky
- B. moss and lichen drip so thickly from
- C. in the southwest of England
- D. in Wistman's Wood in Dartmoor National Park

- 1. A, B, C, D
- 2. D, C, B, A
- 3. B, D, A, C
- 4. C, A, D, B

**Options :**

- 686340178021. 1
- 686340178022. 2
- 686340178023. 3
- 686340178024. 4

**Question Number : 7 Question Id : 68634045066 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which of the following is a one-word substitute for "the art of beautiful handwriting"?

- 1. Epigraphy
- 2. Calligraphy
- 3. Cartography
- 4. Topography

**Options :**

- 686340178025. 1
- 686340178026. 2
- 686340178027. 3
- 686340178028. 4

**Question Number : 7 Question Id : 68634045066 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which of the following is a one-word substitute for "the art of beautiful handwriting"?

1. Epigraphy
2. Calligraphy
3. Cartography
4. Topography

**Options :**

- 686340178025. 1
- 686340178026. 2
- 686340178027. 3
- 686340178028. 4

**Question Number : 8 Question Id : 68634045067 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which of the following can be taken to be synonym for 'obstreperous'?

1. objectionable
2. sycophantic
3. disruptive
4. obsequious

**Options :**

- 686340178029. 1
- 686340178030. 2
- 686340178031. 3
- 686340178032. 4

**Question Number : 8 Question Id : 68634045067 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which of the following can be taken to be synonym for 'obstreperous'?

1. objectionable
2. sycophantic
3. disruptive
4. obsequious

**Options :**

- 686340178029. 1
- 686340178030. 2



686340178031. 3

686340178032. 4

**Question Number : 9 Question Id : 68634045068 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Choose the correct pair of prepositions to fill in the blanks of the following sentence:

She walked \_\_\_\_\_ her friend \_\_\_\_\_ the rally to support the workers.

1. beside, during
2. besides, beside
3. during, beside
4. with, on

**Options :**

686340178033. 1

686340178034. 2

686340178035. 3

686340178036. 4

**Question Number : 9 Question Id : 68634045068 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Choose the correct pair of prepositions to fill in the blanks of the following sentence:

She walked \_\_\_\_\_ her friend \_\_\_\_\_ the rally to support the workers.

1. beside, during
2. besides, beside
3. during, beside
4. with, on

**Options :**

686340178033. 1

686340178034. 2

686340178035. 3

686340178036. 4

**Question Number : 10 Question Id : 68634045069 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I Word		LIST II Type of pronoun	
A.	what	I.	reflexive
B.	myself	II.	relative
C.	his	III.	indefinite
D.	somewhere	IV.	possessive

Choose the most appropriate answer from the options given below:

1. A-II, B-I, C-IV, D-III
2. A-I, B-III, C-II, D-IV
3. A-III, B-I, C-IV, D-II
4. A-IV, B-II, C-I, D-III

**Options :**

686340178037. 1  
686340178038. 2  
686340178039. 3  
686340178040. 4

**Question Number : 10 Question Id : 68634045069 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I Word		LIST II Type of pronoun	
A.	what	I.	reflexive
B.	myself	II.	relative
C.	his	III.	indefinite
D.	somewhere	IV.	possessive

Choose the most appropriate answer from the options given below:

1. A-II, B-I, C-IV, D-III
2. A-I, B-III, C-II, D-IV
3. A-III, B-I, C-IV, D-II
4. A-IV, B-II, C-I, D-III

**Options :**

686340178037. 1  
686340178038. 2  
686340178039. 3  
686340178040. 4

**Question Number : 11 Question Id : 68634045070 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Find the average of first five multiples of 3 and first five multiples of 5.

- 1. 20
- 2. 16
- 3. 12
- 4. 22

**Options :**

- 686340178041. 1
- 686340178042. 2
- 686340178043. 3
- 686340178044. 4

**Question Number : 11 Question Id : 68634045070 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Find the average of first five multiples of 3 and first five multiples of 5.

- 1. 20
- 2. 16
- 3. 12
- 4. 22

**Options :**

- 686340178041. 1
- 686340178042. 2
- 686340178043. 3
- 686340178044. 4

**Question Number : 12 Question Id : 68634045071 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Simplify

$$0.9 - [2.3 - 3.2 - (7.3 - 5.4 - 3.7)]$$

1. 0.18

2. 0

3. 1.8

4. -2.6

**Options :**

686340178045. 1

686340178046. 2

686340178047. 3

686340178048. 4

**Question Number : 12 Question Id : 68634045071 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Simplify

$$0.9 - [2.3 - 3.2 - (7.3 - 5.4 - 3.7)]$$

1. 0.18

2. 0

3. 1.8

4. -2.6

**Options :**

686340178045. 1

686340178046. 2

686340178047. 3

686340178048. 4

**Question Number : 13 Question Id : 68634045072 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Perimeter of a square is same as perimeter of a rectangle. If sides of rectangle are in the ratio 17:11, then find the ratio in the areas of the square and the rectangle.

1. 17:11
2. 10:9
3. 114:113
4. 196:187

**Options :**

- 686340178049. 1
- 686340178050. 2
- 686340178051. 3
- 686340178052. 4

**Question Number : 13 Question Id : 68634045072 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Perimeter of a square is same as perimeter of a rectangle. If sides of rectangle are in the ratio 17:11, then find the ratio in the areas of the square and the rectangle.

1. 17:11
2. 10:9
3. 114:113
4. 196:187

**Options :**

- 686340178049. 1
- 686340178050. 2
- 686340178051. 3
- 686340178052. 4

**Question Number : 14 Question Id : 68634045073 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

On a certain sum of money lent at 16% per annum, the difference between the compound interest for 1 year, payable half yearly and the simple interest for 1 year is ₹ 56. The sum is:

1. ₹ 5,780
2. ₹ 7,805
3. ₹ 7,850
4. ₹ 8,750

**Options :**

- 686340178053. 1
- 686340178054. 2
- 686340178055. 3
- 686340178056. 4

**Question Number : 14 Question Id : 68634045073 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

On a certain sum of money lent at 16% per annum, the difference between the compound interest for 1 year, payable half yearly and the simple interest for 1 year is ₹ 56. The sum is:

- 1. ₹ 5,780
- 2. ₹ 7,805
- 3. ₹ 7,850
- 4. ₹ 8,750

**Options :**

- 686340178053. 1
- 686340178054. 2
- 686340178055. 3
- 686340178056. 4

**Question Number : 15 Question Id : 68634045074 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

The average age of three boys is 22 years. Eight times the age of the youngest of them is 3 times the sum of the ages of the other two boys. Find the age of the eldest of them if he is 8 years older to the youngest of them.

- 1. 24 years
- 2. 25 years
- 3. 26 years
- 4. 28 years

**Options :**

- 686340178057. 1
- 686340178058. 2
- 686340178059. 3
- 686340178060. 4

**Question Number : 15 Question Id : 68634045074 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

The average age of three boys is 22 years. Eight times the age of the youngest of them is 3 times the sum of the ages of the other two boys. Find the age of the eldest of them if he is 8 years older to the youngest of them.

1. 24 years
2. 25 years
3. 26 years
4. 28 years

**Options :**

- 686340178057. 1
- 686340178058. 2
- 686340178059. 3
- 686340178060. 4

**Question Number : 16 Question Id : 68634045075 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Given below is the statement followed by two conclusions numbered I and II.

**Statement :** Our securities investment carry market risk. Consult your investment advisor or agent before investing.

**Conclusions I :** One should not invest in securities.

**II :** The investment advisor calculates the market risk with certainty.

Identify which of the conclusions follows the given statement:

1. Only II follows
2. Only I follows
3. Both I and II follows
4. Either I or II follows

**Options :**

- 686340178061. 1
- 686340178062. 2
- 686340178063. 3
- 686340178064. 4

**Question Number : 16 Question Id : 68634045075 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Given below is the statement followed by two conclusions numbered I and II.

**Statement :** Our securities investment carry market risk. Consult your investment advisor or agent before investing.

**Conclusions I :** One should not invest in securities.

**II :** The investment advisor calculates the market risk with certainty.

Identify which of the conclusions follows the given statement:

1. Only II follows
2. Only I follows
3. Both I and II follows
4. Either I or II follows

**Options :**

- 686340178061. 1
- 686340178062. 2
- 686340178063. 3
- 686340178064. 4

**Question Number : 17 Question Id : 68634045076 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**



Find the correct water image of the given figure (X)

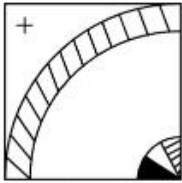
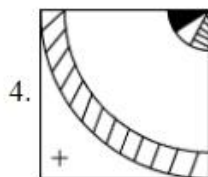
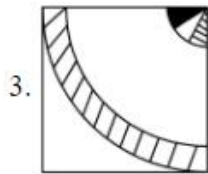
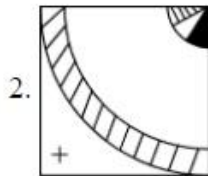
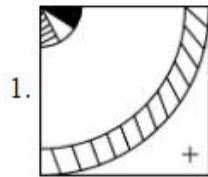


Fig (x)



**Options :**

686340178065. 1

686340178066. 2

686340178067. 3

686340178068. 4

**Question Number : 17 Question Id : 68634045076 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Find the correct water image of the given figure (X)

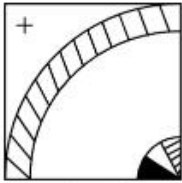
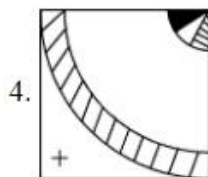
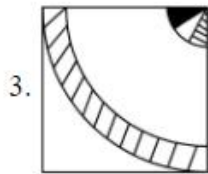
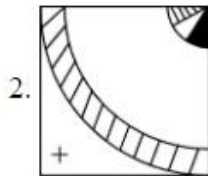
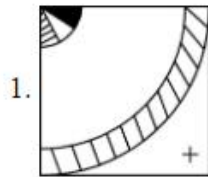


Fig (x)



**Options :**

686340178065. 1

686340178066. 2

686340178067. 3

686340178068. 4

**Question Number : 18 Question Id : 68634045077 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

In a certain coding system, if  $2 = 5$ ,  $4 = 18$ ,  $6 = 39$  then  $10 = ?$

1. 105

2. 104

3. 89

4. 54

**Options :**

- 686340178069. 1
- 686340178070. 2
- 686340178071. 3
- 686340178072. 4

**Question Number : 18 Question Id : 68634045077 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

In a certain coding system, if 2 = 5, 4 = 18, 6 = 39 then 10 = ?

- 1. 105
- 2. 104
- 3. 89
- 4. 54

**Options :**

- 686340178069. 1
- 686340178070. 2
- 686340178071. 3
- 686340178072. 4

**Question Number : 19 Question Id : 68634045078 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Find the mirror image of the given combination

"AN54WMG3"

- 1. 3DMW42NA
- 2. 3DWM45NV
- 3. 3GWM42NV
- 4. 3DWM42NV

**Options :**

- 686340178073. 1
- 686340178074. 2
- 686340178075. 3
- 686340178076. 4

**Question Number : 19 Question Id : 68634045078 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Find the mirror image of the given combination

"AN54WVG3"

1. 3DMW42NA

2. 3DWM45NV

3. 3GWM42NV

4. 3DWM42NV

**Options :**

686340178073. 1

686340178074. 2

686340178075. 3

686340178076. 4

**Question Number : 20 Question Id : 68634045079 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

In you were born on 6<sup>th</sup> November, 1983, which was a Sunday, then on which day of the week does your birthday fall in 1984?

1. Monday

2. Wednesday

3. Tuesday

4. Friday

**Options :**

686340178077. 1

686340178078. 2

686340178079. 3

686340178080. 4

**Question Number : 20 Question Id : 68634045079 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

In you were born on 6<sup>th</sup> November, 1983, which was a Sunday, then on which day of the week does your birthday fall in 1984?

1. Monday
2. Wednesday
3. Tuesday
4. Friday

**Options :**

- 686340178077. 1
- 686340178078. 2
- 686340178079. 3
- 686340178080. 4

**Question Number : 21 Question Id : 68634045080 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Satellite having the same orbital period as the period of rotation of the earth about its own axis is known as

---

1. Polar Satellite
2. Stationary Satellite
3. Geostationary Satellite
4. INSAT

**Options :**

- 686340178081. 1
- 686340178082. 2
- 686340178083. 3
- 686340178084. 4

**Question Number : 21 Question Id : 68634045080 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Satellite having the same orbital period as the period of rotation of the earth about its own axis is known as

---

1. Polar Satellite
2. Stationary Satellite
3. Geostationary Satellite
4. INSAT

**Options :**

- 686340178081. 1
- 686340178082. 2
- 686340178083. 3
- 686340178084. 4

**Question Number : 22 Question Id : 68634045081 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I Aluminium company		LIST II Location	
A.	BALCO	I.	HIRAKUND
B.	HINDALCO	II.	KORBA
C.	Indian Aluminum Company	III.	KORAPUT
D.	NALCO	IV.	RENUKOAT

Choose the most appropriate answer from the options given below:

1. A-III, B-I, C-IV, D-II
2. A-II, B-IV, C-I, D-III
3. A-III, B-IV, C-I, D-II
4. A-II, B-I, C-IV, D-III

**Options :**

- 686340178085. 1
- 686340178086. 2
- 686340178087. 3
- 686340178088. 4

**Question Number : 22 Question Id : 68634045081 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I Aluminium company		LIST II Location	
A.	BALCO	I.	HIRAKUND
B.	HINDALCO	II.	KORBA
C.	Indian Aluminum Company	III.	KORAPUT
D.	NALCO	IV.	RENUKOAT

Choose the most appropriate answer from the options given below:

1. A-III, B-I, C-IV, D-II
2. A-II, B-IV, C-I, D-III
3. A-III, B-IV, C-I, D-II
4. A-II, B-I, C-IV, D-III

**Options :**

686340178085. 1  
686340178086. 2  
686340178087. 3  
686340178088. 4

**Question Number : 23 Question Id : 68634045082 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The speaker can stop a member of Parliament from speaking and let another member speak. This phenomenon is known as \_\_\_\_\_

1. Decorum
2. Crossing the floor
3. Interpellation
4. Yielding the floor

**Options :**

686340178089. 1  
686340178090. 2  
686340178091. 3  
686340178092. 4

**Question Number : 23 Question Id : 68634045082 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The speaker can stop a member of Parliament from speaking and let another member speak. This phenomenon is known as \_\_\_\_\_

1. Decorum
2. Crossing the floor
3. Interpellation
4. Yielding the floor

**Options :**

686340178089. 1  
686340178090. 2  
686340178091. 3  
686340178092. 4

**Question Number : 24 Question Id : 68634045083 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I Religious Institution		LIST II Founder	
A.	Arya Samaj	I.	Gopal Krishna Gokhle
B.	Ramakrishna Mission	II.	N.M.Joshi
C.	Servant of Indian society	III.	Dayanand Saraswati
D.	Social Sevice League	IV.	Swami Vivekananda

Choose the most appropriate answer from the options given below:

1. A-III, B-IV, C-II, D-I
2. A-III, B-IV, C-I, D-II
3. A-IV, B-III, C-I, D-II
4. A-II, B-IV, C-I, D-III

**Options :**

686340178093. 1  
686340178094. 2  
686340178095. 3  
686340178096. 4

**Question Number : 24 Question Id : 68634045083 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**



Match List I with List II

LIST I Religious Institution		LIST II Founder	
A.	Arya Samaj	I.	Gopal Krishna Gokhle
B.	Ramakrishna Mission	II.	N.M.Joshi
C.	Servant of Indian society	III.	Dayanand Saraswati
D.	Social Sevice League	IV.	Swami Vivekananda

Choose the most appropriate answer from the options given below:

1. A-III, B-IV, C-II, D-I
2. A-III, B-IV, C-I, D-II
3. A-IV, B-III, C-I, D-II
4. A-II, B-IV, C-I, D-III

**Options :**

686340178093. 1  
686340178094. 2  
686340178095. 3  
686340178096. 4

**Question Number : 25 Question Id : 68634045084 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Point of origin of earthquake wave is known as \_\_\_\_\_

1. Seismic zone
2. Focus
3. Photosphere
4. Epicentre

**Options :**

686340178097. 1  
686340178098. 2  
686340178099. 3  
686340178100. 4

**Question Number : 25 Question Id : 68634045084 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Point of origin of earthquake wave is known as \_\_\_\_\_

1. Seismic zone
2. Focus
3. Photosphere
4. Epicentre

**Options :**

686340178097. 1  
686340178098. 2  
686340178099. 3  
686340178100. 4

## Part B: Yoga

Section Id :	686340888
Section Number :	2
Section type :	Online
Mandatory or Optional :	Mandatory
Number of Questions :	75
Number of Questions to be attempted :	75
Section Marks :	300
Enable Mark as Answered Mark for Review and Clear Response :	Yes
Maximum Instruction Time :	0
Sub-Section Number :	1
Sub-Section Id :	6863401471
Question Shuffling Allowed :	Yes
Is Section Default? :	null

Question Number : 26 Question Id : 68634045085 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1

How many sutras are there in Patanjali Yoga Sutra?

1. 194
2. 196
3. 197
4. 198

**Options :**

686340178101. 1  
686340178102. 2  
686340178103. 3  
686340178104. 4

**Question Number : 26 Question Id : 68634045085 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

पतञ्जलि योग सूत्र में कितने सूत्र हैं ?

1. 194
2. 196
3. 197
4. 198

**Options :**

686340178101. 1  
686340178102. 2  
686340178103. 3  
686340178104. 4

**Question Number : 27 Question Id : 68634045086 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following kosha is correlated with gross body?

1. Annamayakosha
2. Anandamayakosha
3. Pranamayakosha
4. Manomayakosha

**Options :**

686340178105. 1  
686340178106. 2  
686340178107. 3  
686340178108. 4

**Question Number : 27 Question Id : 68634045086 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

निम्नलिखित में से किस कोष का सम्बन्ध भौतिक शरीर है ?

1. अन्नमय कोष
2. आनन्दमय कोष
3. प्राणमय कोष
4. मनोमय कोष

**Options :**

686340178105. 1  
686340178106. 2  
686340178107. 3  
686340178108. 4

**Question Number : 28 Question Id : 68634045087 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

How many Asanas are described in detail by Svatmarana in Hatayoga Pradeepika?

1. 15
2. 10
3. 32
4. 12

**Options :**

686340178109. 1  
686340178110. 2  
686340178111. 3  
686340178112. 4

**Question Number : 28 Question Id : 68634045087 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

हठयोग प्रदीपिका में स्वात्माराम द्वारा कितने आसनों का वर्णन किया गया है ?

1. 15
2. 10
3. 32
4. 12

**Options :**

686340178109. 1

686340178110. 2

686340178111. 3

686340178112. 4

**Question Number : 29 Question Id : 68634045088 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following is related with Yogic Mudras and locks?

1. Asana
2. Pranayama
3. Mudra and Bandh
4. Neti

**Options :**

686340178113. 1

686340178114. 2

686340178115. 3

686340178116. 4

**Question Number : 29 Question Id : 68634045088 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

निम्न में से कौन-सा यौगिक मुद्रा और बन्धों से सम्बन्धित हैं ?

1. आसन
2. प्राणायाम
3. मुद्रा और बन्ध
4. नेति

**Options :**

686340178113. 1

686340178114. 2

686340178115. 3

686340178116. 4

**Question Number : 30 Question Id : 68634045089 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The Sanskrit root 'aas' stands for.....?

1. Aparigraha
2. Asampragyata
3. Asana
4. Abhava

**Options :**

686340178117. 1  
686340178118. 2  
686340178119. 3  
686340178120. 4

**Question Number : 30 Question Id : 68634045089 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

संस्कृत धातु 'आस्' का सम्बन्ध किससे है ?

1. अपरिग्रह
2. असम्प्रज्ञात
3. आसन
4. अभाव

**Options :**

686340178117. 1  
686340178118. 2  
686340178119. 3  
686340178120. 4

**Question Number : 31 Question Id : 68634045090 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

How many Sukshma Vyayamas are mentioned in Yogic Sukshma Vyayama book written by Swami Dhirendra Brahmachari?

1. 46
2. 47
3. 48
4. 49

**Options :**

686340178121. 1

686340178122. 2

686340178123. 3

686340178124. 4

**Question Number : 31 Question Id : 68634045090 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

स्वामी धीरेन्द्र ब्रह्मचारी द्वारा लिखी गई पुस्तक यौगिक सूक्ष्म व्यायाम में कितने सूक्ष्म व्यायामों का उल्लेख है ?

1. 46

2. 47

3. 48

4. 49

**Options :**

686340178121. 1

686340178122. 2

686340178123. 3

686340178124. 4

**Question Number : 32 Question Id : 68634045091 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

How many types of diets are described in Shrimadbhagavad Gita?

1. 1

2. 2

3. 3

4. 4

**Options :**

686340178125. 1

686340178126. 2

686340178127. 3

686340178128. 4

**Question Number : 32 Question Id : 68634045091 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

श्रीमद्भगवतगीता में कितने प्रकार के आहारों का वर्णन किया गया है ?

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

**Options :**

686340178125. 1  
686340178126. 2  
686340178127. 3  
686340178128. 4

**Question Number : 33 Question Id : 68634045092 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which of the following practice is recommended, if doshas are not in balance according to Hathyoga Pradipika?

1. Shatkarma
2. Mudra
3. Nadi Shuddhi
4. Bandha

**Options :**

686340178129. 1  
686340178130. 2  
686340178131. 3  
686340178132. 4

**Question Number : 33 Question Id : 68634045092 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

हठयोग प्रदीपिका के अनुसार यदि दोष सन्तुलित नहीं है, तो निम्न में से किस अभ्यास की संस्तुति की गई है ?

1. षटकर्म
2. मुद्रा
3. नाडीशुद्धि
4. बन्ध

**Options :**



686340178129. 1  
686340178130. 2  
686340178131. 3  
686340178132. 4

**Question Number : 34 Question Id : 68634045093 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

Name of the fourth chapter of Hath Pradeepika?

1. Shatkarma Vidhi Kathana
2. Asana Vidhi Kathana
3. Mudra Vidhi Kathana
4. Samadhi Lakshana

**Options :**

686340178133. 1  
686340178134. 2  
686340178135. 3  
686340178136. 4

**Question Number : 34 Question Id : 68634045093 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

हठ प्रदीपिका में चतुर्थ अध्याय का नाम है -

1. षट्कर्म विधि कथन
2. आसन विधि कथन
3. मुद्रा विधि कथन
4. समाधि लक्षण

**Options :**

686340178133. 1  
686340178134. 2  
686340178135. 3  
686340178136. 4

**Question Number : 35 Question Id : 68634045094 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

How many Astika Darshana (Theistic Philosophy) are there in Indian literature?

1. 3
2. 4
3. 5
4. 6

**Options :**

686340178137. 1  
686340178138. 2  
686340178139. 3  
686340178140. 4

**Question Number : 35 Question Id : 68634045094 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

भारतीय दर्शन में कितने आस्तिक -दर्शन हैं ?

1. 3
2. 4
3. 5
4. 6

**Options :**

686340178137. 1  
686340178138. 2  
686340178139. 3  
686340178140. 4

**Question Number : 36 Question Id : 68634045095 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

'Yoga is Samadhi' given by \_\_\_\_\_.

1. Maharshi Patanjali
2. Maharshi Ramana
3. Maharshi Vyasa
4. Maharshi Valmiki

**Options :**

686340178141. 1  
686340178142. 2

686340178143. 3

686340178144. 4

**Question Number : 36 Question Id : 68634045095 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

‘योग ही समाधि है’ \_\_\_\_\_ के द्वारा दिया गया है ।

1. महर्षि पतजंलि
2. महर्षि रमण
3. महर्षि व्यास
4. महर्षि वाल्मिकी

**Options :**

686340178141. 1

686340178142. 2

686340178143. 3

686340178144. 4

**Question Number : 37 Question Id : 68634045096 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

The definition "Yogaschittavrittinirodha" is mentioned in which of the text book?

1. Patanjali Yoga Sutra
2. Hatha Pradeepika
3. Gheranda Samhita
4. Shrimad Bhagawadgita

**Options :**

686340178145. 1

686340178146. 2

686340178147. 3

686340178148. 4

**Question Number : 37 Question Id : 68634045096 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

किस पाठ्य पुस्तक में 'योगश्चित्तवृत्तिनिरोधः' की परिभाषा का उल्लेख किया गया है -

1. पतञ्जलि योग सूत्र
2. हठ प्रदीपिका
3. घेरंड संहिता
4. श्रीमद्भगवद्गीता

**Options :**

686340178145. 1  
686340178146. 2  
686340178147. 3  
686340178148. 4

**Question Number : 38 Question Id : 68634045097 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

How many chapters are there in Shrimadbhagawadgita?

1. 12
2. 14
3. 16
4. 18

**Options :**

686340178149. 1  
686340178150. 2  
686340178151. 3  
686340178152. 4

**Question Number : 38 Question Id : 68634045097 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

श्रीमद्भगवद्गीता में कितने अध्याय हैं ?

1. 12
2. 14
3. 16
4. 18

**Options :**

686340178149. 1

686340178150. 2

686340178151. 3

686340178152. 4

**Question Number : 39 Question Id : 68634045098 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The meaning of phrase "Nasti Yogat Param Balam"... is:

1. There is no power like Yoga.
2. There is no power in Yoga.
3. Yogic practices do not give power.
4. There is no chance of attaining power through Yoga.

**Options :**

686340178153. 1

686340178154. 2

686340178155. 3

686340178156. 4

**Question Number : 39 Question Id : 68634045098 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

‘नास्ति योगाद् परम बलम्’ वाक्यांश का अर्थ \_\_\_\_\_ है ।

1. योग के तुल्य कोई शक्ति नहीं है ।
2. योग मे कोई शक्ति नहीं है ।
3. योगाभ्यास कोई शक्ति नहीं देता है
4. योग के माध्यम से शक्ति प्राप्ति का कोई अवसर नहीं है ।

**Options :**

686340178153. 1

686340178154. 2

686340178155. 3

686340178156. 4

**Question Number : 40 Question Id : 68634045099 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The benefit of Yogasana mentioned in Gheranda Samhita is \_\_\_\_\_.

1. Cleanliness
2. Lightness
3. Stability
4. Strength

**Options :**

686340178157. 1  
686340178158. 2  
686340178159. 3  
686340178160. 4

**Question Number : 40 Question Id : 68634045099 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

घेरंड संहिता मे योगासन द्वारा किस लाभ का उल्लेख है ?

1. शुद्धि
2. हल्कापन
3. स्थिरता
4. शक्ति

**Options :**

686340178157. 1  
686340178158. 2  
686340178159. 3  
686340178160. 4

**Question Number : 41 Question Id : 68634045100 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which of the following is one of the astika darshan according Indian Philosophy?

1. Patanjali Yoga sutra
2. Hatha Pradeepika
3. Gheranda Samhita
4. Vashishtha Samhita

**Options :**

686340178161. 1

686340178162. 2

686340178163. 3

686340178164. 4

**Question Number : 41 Question Id : 68634045100 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

भारतीय दर्शन के अनुसार निम्न में से कौन सा एक अष्टिका दर्शन है ?

1. पतजंलि योग सूत्र
2. हठ प्रदीपिका
3. घेरंड संहिता
4. वशिष्ठ संहिता

**Options :**

686340178161. 1

686340178162. 2

686340178163. 3

686340178164. 4

**Question Number : 42 Question Id : 68634045101 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Which one of the following is not a part of Ashtangayoga of Patanjali?

1. Shatkarma
2. Yama
3. Niyama
4. Pratyahara

**Options :**

686340178165. 1

686340178166. 2

686340178167. 3

686340178168. 4

**Question Number : 42 Question Id : 68634045101 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

निम्न में से कौन सा एक पतंजलि के अष्टांग योग का भाग नहीं है ?

1. षटकर्म
2. यम
3. नियम
4. प्रत्याहार

**Options :**

686340178165. 1  
686340178166. 2  
686340178167. 3  
686340178168. 4

**Question Number : 43 Question Id : 68634045102 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

The shloka "Samatvam Yoga ucyate" is taken from which chapter of Bhagawadgita?

1. First chapter
2. Second chapter
3. Third chapter
4. Fifth chapter

**Options :**

686340178169. 1  
686340178170. 2  
686340178171. 3  
686340178172. 4

**Question Number : 43 Question Id : 68634045102 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

‘समत्वम् योग उच्यते’ श्लोक भगवद्गीता के किस अध्याय से लिया गया है ?

1. प्रथम अध्याय
2. द्वितीय अध्याय
3. तृतीय अध्याय
4. पंचम् अध्याय

**Options :**



686340178169. 1  
686340178170. 2  
686340178171. 3  
686340178172. 4

**Question Number : 44 Question Id : 68634045103 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

How many Nadis are there in Human body according to Shiva Samhita?

1. 72000
2. 3.5 Lakh
3. 7200
4. 35000

**Options :**

686340178173. 1  
686340178174. 2  
686340178175. 3  
686340178176. 4

**Question Number : 44 Question Id : 68634045103 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

शिव संहिता के अनुसार मानव शरीर में कितनी नाडियां हैं ?

1. 72000
2. 3.5 लाख
3. 7200
4. 35000

**Options :**

686340178173. 1  
686340178174. 2  
686340178175. 3  
686340178176. 4

**Question Number : 45 Question Id : 68634045104 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

How many Asanas are mentioned in details in Shiva Samhita?

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

**Options :**

686340178177. 1  
686340178178. 2  
686340178179. 3  
686340178180. 4

**Question Number : 45 Question Id : 68634045104 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

शिव संहिता में कितने आसनों का विस्तृत उल्लेख है ?

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

**Options :**

686340178177. 1  
686340178178. 2  
686340178179. 3  
686340178180. 4

**Question Number : 46 Question Id : 68634045105 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

In which Upanishada, the five Kosha's are mentioned?

1. Kenopanishada
2. Kathopnishad
3. Swetashwetaropanishada
4. Taittiriyanopanishada

**Options :**

686340178181. 1  
686340178182. 2

686340178183. 3

686340178184. 4

**Question Number : 46 Question Id : 68634045105 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

किस उपनिषद् में पंचकोषों का उल्लेख किया गया है ?

1. केनोपनिषद्
2. कठोपनिषद्
3. श्वेताश्वेतरोपनिषद्
4. तैत्तरीयोपनिषद्

**Options :**

686340178181. 1

686340178182. 2

686340178183. 3

686340178184. 4

**Question Number : 47 Question Id : 68634045106 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

What is the meaning of 'Ha' in Hathayoga?

1. Hakar (Surya Nadi)
2. Thakar (Chandra Nadi)
3. Akar (Madhya Nadi)
4. Ukar (Sushmna Nadi)

**Options :**

686340178185. 1

686340178186. 2

686340178187. 3

686340178188. 4

**Question Number : 47 Question Id : 68634045106 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

हठयोग में 'ह' शब्द का अर्थ क्या है ?

1. हकार (सूर्य नाड़ी)
2. ठकार (चन्द्रभेदी)
3. अकार (मध्य नाड़ी)
4. उकार (सुषुम्ना नाड़ी)

**Options :**

686340178185. 1  
686340178186. 2  
686340178187. 3  
686340178188. 4

**Question Number : 48 Question Id : 68634045107 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which of the following Veda is related to Aitareya Aranyaka?

1. Atharvaveda
2. Yajurveda
3. Samveda
4. Rigveda

**Options :**

686340178189. 1  
686340178190. 2  
686340178191. 3  
686340178192. 4

**Question Number : 48 Question Id : 68634045107 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

निम्न में से कौन से वेद का सम्बन्ध एतरेय आरण्यक से है ?

1. अथर्ववेद
2. यजुर्वेद
3. सामवेद
4. ऋग्वेद

**Options :**

686340178189. 1  
686340178190. 2  
686340178191. 3  
686340178192. 4

**Question Number : 49 Question Id : 68634045108 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

What are the Mahavratas according to Patanjali Yoga Sutra?

1. Niyamas only
2. Yamas only
3. Yama and Niyama
4. Yama, Niyama and Mitahara

**Options :**

686340178193. 1  
686340178194. 2  
686340178195. 3  
686340178196. 4

**Question Number : 49 Question Id : 68634045108 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

पतञ्जलि योग सूत्र के अनुसार महाव्रत क्या हैं ?

1. केवल 'नियम'
2. केवल 'यम'
3. 'यम व नियम'
4. 'यम, नियम व मिताहार'

**Options :**

686340178193. 1  
686340178194. 2  
686340178195. 3  
686340178196. 4

**Question Number : 50 Question Id : 68634045109 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

Which of the following text book talks about Saptanga Yoga?

1. Siddha-Siddhant Paddhati
2. Hath Ratnawali
3. Hathpradipika
4. Gherand Samhita

**Options :**

686340178197. 1  
686340178198. 2  
686340178199. 3  
686340178200. 4

**Question Number : 50 Question Id : 68634045109 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

निम्न में से कौन सी पाठ्यपुस्तक सप्तांग योग के बारे में वर्णन करती है ?

1. सिद्ध-सिद्धान्त पद्धति
2. हठ रत्नावली
3. हठ प्रदीपिका
4. घेरंड संहिता

**Options :**

686340178197. 1  
686340178198. 2  
686340178199. 3  
686340178200. 4

**Question Number : 51 Question Id : 68634045110 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Which is not included in major Upanishads?

1. Yogopanishad
2. Brahadaranyaka Upanishad
3. Ishavasyopanishad
4. Kenopanishad

**Options :**

686340178201. 1

686340178202. 2

686340178203. 3

686340178204. 4

**Question Number : 51 Question Id : 68634045110 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

निम्न में से किसको मुख्य उपनिषदों में सम्मिलित नहीं किया गया है ?

1. योगोपनिषद्
2. बृहदारण्यक उपनिषद्
3. ईशावास्योपनिषद्
4. केनोपनिषद्

**Options :**

686340178201. 1

686340178202. 2

686340178203. 3

686340178204. 4

**Question Number : 52 Question Id : 68634045111 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Which is included in major Upanishads?

1. Yogopanishad
2. Yogachudamani
3. Maitrayani Upanishad
4. Chhandogyaupanishad

**Options :**

686340178205. 1

686340178206. 2

686340178207. 3

686340178208. 4

**Question Number : 52 Question Id : 68634045111 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

मुख्य उपनिषदों में कौन सा सम्मिलित है?

1. योगोपनिषद्
2. योग चूड़ामणी
3. मैत्रायणी उपनिषद्
4. छांदोग्य उपनिषद्

**Options :**

686340178205. 1
686340178206. 2
686340178207. 3
686340178208. 4

**Question Number : 53 Question Id : 68634045112 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Who has written Hatharathnavali?

1. Swami Swatmaram
2. Maharshi Gherand
3. Shrinivas Bhatta
4. Guru Gorakhnath

**Options :**

686340178209. 1
686340178210. 2
686340178211. 3
686340178212. 4

**Question Number : 53 Question Id : 68634045112 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

हठ रत्नावली किसने लिखी है ?

1. स्वामी स्वात्माराम
2. महर्षि घेरंड
3. श्रीनिवास भट्ट
4. गुरु गोरखनाथ

**Options :**



686340178209. 1  
686340178210. 2  
686340178211. 3  
686340178212. 4

**Question Number : 54 Question Id : 68634045113 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

'Sankhyakarika' text book written by\_\_\_\_\_.

1. Maharshi Kapila
2. Pt. Shri Ram Sharma Acharya
3. Ishwar Krishna
4. Shrinivas Bhatta

**Options :**

686340178213. 1  
686340178214. 2  
686340178215. 3  
686340178216. 4

**Question Number : 54 Question Id : 68634045113 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

'सांख्य कारिका' पाठ्यपुस्तक \_\_\_\_\_ द्वारा लिखी गई है ।

1. महर्षि कपिल
2. पं. श्री राम शर्मा आचार्य
3. ईश्वरकृष्ण
4. श्रीनिवास भट्ट

**Options :**

686340178213. 1  
686340178214. 2  
686340178215. 3  
686340178216. 4

**Question Number : 55 Question Id : 68634045114 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

Which Yoga text book is written by Vachaspathi Mishra?

1. Vyas Bhashya
2. Tattva Vaisharidi
3. Yoga Sar Sangrah
4. Maniprabha

**Options :**

686340178217. 1  
686340178218. 2  
686340178219. 3  
686340178220. 4

**Question Number : 55 Question Id : 68634045114 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

वाचस्पति मिश्रा द्वारा योग की कौन सी पाठ्यपुस्तक लिखी गई है ?

1. व्यास भाष्य
2. तत्व वैशारिदि
3. योगसार संग्रह
4. मणिप्रभा

**Options :**

686340178217. 1  
686340178218. 2  
686340178219. 3  
686340178220. 4

**Question Number : 56 Question Id : 68634045115 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Text books Samkhya Sutra & Samkhya Pravachan Bhashya is written by \_\_\_\_\_.

1. Vigyan Bhikshu
2. Maharshi Kapila
3. Aasuri
4. Panchashikha

**Options :**

686340178221. 1

686340178222. 2

686340178223. 3

686340178224. 4

**Question Number : 56 Question Id : 68634045115 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

सांख्य-सूत्र व सांख्य प्रवचन भाष्य पाठ्य पुस्तक \_\_\_\_\_ के द्वारा लिखी गई है ।

1. विज्ञान भिक्षु
2. महर्षि कपिल
3. आसुरी
4. पंचशिखा

**Options :**

686340178221. 1

686340178222. 2

686340178223. 3

686340178224. 4

**Question Number : 57 Question Id : 68634045116 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Shrimadbhagavadgita is written by \_\_\_\_\_.

1. Maharshi Patanjali
2. Maharshi Panini
3. Maharshi Vashishtha
4. Maharshi Vyas

**Options :**

686340178225. 1

686340178226. 2

686340178227. 3

686340178228. 4

**Question Number : 57 Question Id : 68634045116 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

श्रीमद्भगवतगीता \_\_\_\_\_ द्वारा लिखी गई है ।

1. महर्षि पतञ्जलि
2. महर्षि पाणिनी
3. महर्षि वशिष्ठ
4. महर्षि व्यास

**Options :**

686340178225. 1  
686340178226. 2  
686340178227. 3  
686340178228. 4

**Question Number : 58 Question Id : 68634045117 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

How many shlokas are there in text book 'Yoga Beej' written by Mahayogi Gorakhnath?

1. 288
2. 190
3. 292
4. 290

**Options :**

686340178229. 1  
686340178230. 2  
686340178231. 3  
686340178232. 4

**Question Number : 58 Question Id : 68634045117 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

महायोगी गोरखनाथ के द्वारा लिखी गई पाठ्य पुस्तक 'योग बीज' में कितने श्लोक हैं ?

1. 288
2. 190
3. 292
4. 290

**Options :**

686340178229. 1

686340178230. 2

686340178231. 3

686340178232. 4

**Question Number : 59 Question Id : 68634045118 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following King was taught the Ghatasth-Yog by Yogi-Shri Gherand ?

1. Raja Bhartrihari
2. Raja Chandkapali
3. Raja Janak
4. Raja Prikshit

**Options :**

686340178233. 1

686340178234. 2

686340178235. 3

686340178236. 4

**Question Number : 59 Question Id : 68634045118 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

योगी श्री घेरण्ड ने निम्नलिखित में से किस राजा को घटस्थ योग की शिक्षा दी ?

1. राजा भर्तृहरि
2. राजा चन्दकपाली
3. राजा जनक
4. राजा परीक्षित

**Options :**

686340178233. 1

686340178234. 2

686340178235. 3

686340178236. 4

**Question Number : 60 Question Id : 68634045119 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Name the Yoga Guru of Swami Dhirendra Brahmachari is \_\_\_\_\_.

1. Swami Kartikeya
2. Bengali Baba
3. Swami Shivananda Saraswati
4. Swami Rama

**Options :**

686340178237. 1  
686340178238. 2  
686340178239. 3  
686340178240. 4

**Question Number : 60 Question Id : 68634045119 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

स्वामी घीरेन्द्र ब्रह्मचारी के योग गुरु का नाम है-

1. स्वामी कार्तिकेय
2. बंगाली बाबा
3. स्वामी शिवानन्द सरस्वती
4. स्वामी राम

**Options :**

686340178237. 1  
686340178238. 2  
686340178239. 3  
686340178240. 4

**Question Number : 61 Question Id : 68634045120 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Who was the Guru of Swami Satyananda Saraswati ?

1. Swami Niranjana Sarswati
2. Swami Chinmayanandaji
3. Swami Ram
4. Swami Shivananda Sarswati

**Options :**

686340178241. 1  
686340178242. 2

686340178243. 3

686340178244. 4

**Question Number : 61 Question Id : 68634045120 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

स्वामी सत्यानन्द सरस्वती के गुरु कौन थे ?

1. स्वामी निरंजनानन्द
2. स्वामी चिन्मयानन्दजी
3. स्वामी राम
4. स्वामी शिवानन्द सरस्वती

**Options :**

686340178241. 1

686340178242. 2

686340178243. 3

686340178244. 4

**Question Number : 62 Question Id : 68634045121 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

In which year National Eligibility Test in Yoga started?

1. Year 2015
2. Year 2016
3. Year 2017
4. Year 2018

**Options :**

686340178245. 1

686340178246. 2

686340178247. 3

686340178248. 4

**Question Number : 62 Question Id : 68634045121 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

किस वर्ष से योग में राष्ट्रीय पात्रता परीक्षा की शुरुआत की गई ?

1. वर्ष 2015
2. वर्ष 2016
3. वर्ष 2017
4. वर्ष 2018

**Options :**

686340178245. 1  
686340178246. 2  
686340178247. 3  
686340178248. 4

**Question Number : 63 Question Id : 68634045122 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following day is celebrated as International Day of Yoga?

1. 21 May
2. 21 June
3. 21 July
4. 21 August

**Options :**

686340178249. 1  
686340178250. 2  
686340178251. 3  
686340178252. 4

**Question Number : 63 Question Id : 68634045122 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

निम्न में से कौन सा दिवस अन्तर्राष्ट्रीय योग दिवस के रूप में मनाया जाता है ?

1. 21 मई
2. 21 जून
3. 21 जुलाई
4. 21 अगस्त

**Options :**

686340178249. 1



686340178250. 2

686340178251. 3

686340178252. 4

**Question Number : 64 Question Id : 68634045123 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

'Yoga Makaranda' a text book of Yoga is written by\_\_\_\_\_.

1. Swami Ram
2. Maharshi Patanjali
3. Swami Ramdev
4. T Krishnamacharya

**Options :**

686340178253. 1

686340178254. 2

686340178255. 3

686340178256. 4

**Question Number : 64 Question Id : 68634045123 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

योग की पाठ्यपुस्तक 'योग मकरन्द' \_\_\_\_\_ के द्वारा लिखी गई है ।

1. स्वामी राम
2. महर्षि पतजलि
3. स्वामी रामदेव
4. टी. कृष्णमाचार्य

**Options :**

686340178253. 1

686340178254. 2

686340178255. 3

686340178256. 4

**Question Number : 65 Question Id : 68634045124 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The Transcendental Meditation is given by \_\_\_\_\_.

1. Ramana Maharshi
2. Swami Vivekananda
3. Maharshi Mahesh Yogi
4. T. Krishnamacharya

**Options :**

686340178257. 1  
686340178258. 2  
686340178259. 3  
686340178260. 4

**Question Number : 65 Question Id : 68634045124 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

भावातीत ध्यान \_\_\_\_\_ के द्वारा दिया गया है ।

1. रमन्ना महर्षि
2. स्वामी विवेकानन्द
3. महर्षि महेश योगी
4. टी. कृष्णमाचार्य

**Options :**

686340178257. 1  
686340178258. 2  
686340178259. 3  
686340178260. 4

**Question Number : 66 Question Id : 68634045125 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

Given below are two statements: one is labelled as **Assertion A** and the other is labelled as **Reason R**.

**Assertion A:** Vipassana is one of the oldest practices of Dhyana

**Reason R:** Vipassana is seeing the things as they are.

In the light of the above statements, choose the *most appropriate* answer from the options given below:

1. Both **A** and **R** are correct and **R** is the correct explanation of **A**
2. Both **A** and **R** are correct but **R** is not the correct explanation of **A**
3. **A** is correct but **R** is not correct
4. **A** is not correct but **R** is correct

**Options :**

686340178261. 1  
686340178262. 2  
686340178263. 3  
686340178264. 4

**Question Number : 66 Question Id : 68634045125 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं - एक अभिकथन 'अ' तथा 'क' कारण के रूप में दिया गया है-

**अभिकथन (अ) :** विपश्यना ध्यान की एक प्राचीनतम विधि है ।

**कारण (क) :** चीजों को जैसा है वैसा देखना ही विपश्यना है।

उपरोक्त कथनों के आधार पर, नीचे दिए गए विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए -

1. (अ) तथा (क) दोनों सही हैं तथा (क), (अ) की सही व्याख्या है।
2. (अ) तथा (क) दोनों सही हैं परन्तु (क), (अ) की सही व्याख्या नहीं है ।
3. (अ) सही है परन्तु (क) गलत है।
4. (अ) गलत है परन्तु (क) सही है ।

**Options :**

686340178261. 1  
686340178262. 2  
686340178263. 3  
686340178264. 4

**Question Number : 67 Question Id : 68634045126 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements: one is labelled as **Assertion A** and the other is labelled as **Reason R**.

**Assertion A:** Truthfulness and Non-violence are interconnected with each other.

**Reason R:** Because the results are same for both.

In the light of the above statements, choose the most appropriate answer from the options given below:

1. Both **A** and **R** are correct and **R** is the correct explanation of **A**
2. Both **A** and **R** are correct but **R** is not the correct explanation of **A**
3. **A** is correct but **R** is not correct
4. **A** is not correct but **R** is correct

**Options :**

686340178265. 1  
686340178266. 2  
686340178267. 3  
686340178268. 4

**Question Number : 67 Question Id : 68634045126 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं - एक अभिकथन 'अ' तथा 'क' कारण के रूप में दिया गया है-

**अभिकथन (अ) :** सत्य व अहिंसा एक दूसरे से परस्पर सम्बन्धित हैं ।

**कारण (क) :** क्योंकि दोनों के परिणाम समान होते हैं ।

उपरोक्त कथनों के आधार पर, नीचे दिए गए विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए -

1. (अ) तथा (क) दोनों सही हैं तथा (क), (अ) की सही व्याख्या है।
2. (अ) तथा (क) दोनों सही हैं परन्तु (क), (अ) की सही व्याख्या नहीं है ।
3. (अ) सही है परन्तु (क) गलत है।
4. (अ) गलत है परन्तु (क) सही है ।

**Options :**

686340178265. 1  
686340178266. 2  
686340178267. 3  
686340178268. 4

**Question Number : 68 Question Id : 68634045127 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements: one is labelled as **Assertion A** and the other is labelled as **Reason R**.

**Assertion A:** Patanjali Yoga is widely identified as being the same as Raja Yoga.

**Reason R:** Raja Yoga is the science of mind.

In the light of the above statements, choose the *most appropriate* answer from the options given below:

1. Both **A** and **R** are correct and **R** is the correct explanation of **A**
2. Both **A** and **R** are correct but **R** is not the correct explanation of **A**
3. **A** is correct but **R** is not correct
4. **A** is not correct but **R** is correct

**Options :**

686340178269. 1  
686340178270. 2  
686340178271. 3  
686340178272. 4

**Question Number : 68 Question Id : 68634045127 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं - एक अभिकथन 'अ' तथा दूसरा 'क' कारण के रूप में दिया गया है-

**अभिकथन (अ) :** पतंजलि योग को व्यापक रूप से राज योग के समान माना जाता है ।

**कारण (क) :** राज योग मन का विज्ञान है ।

उपरोक्त कथनों के आधार पर, नीचे दिए गए विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए -

1. (अ) तथा (क) दोनों सही हैं तथा (क), (अ) की सही व्याख्या है।
2. (अ) तथा (क) दोनों सही हैं परन्तु (क), (अ) की सही व्याख्या नहीं है ।
3. (अ) सही है परन्तु (क) गलत है।
4. (अ) गलत है परन्तु (क) सही है ।

**Options :**

686340178269. 1  
686340178270. 2  
686340178271. 3  
686340178272. 4

**Question Number : 69 Question Id : 68634045128 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements: one is labelled as **Assertion A** and the other is labelled as **Reason R**.

**Assertion A:** There are twenty-five mudras as mentioned in Ghatasth Yoga Sadhana

**Reason R:** Ghatastha or Saptanga Yoga Sadhana propounded by Sage Gheranda.

In the light of the above statements, choose the *most appropriate* answer from the options given below:

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 not false
4. **A** is not true but **R** is false

**Options :**

686340178273. 1  
686340178274. 2  
686340178275. 3  
686340178276. 4

**Question Number : 69 Question Id : 68634045128 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं - एक अभिकथन 'अ' तथा दूसरा 'क' कारण के रूप में दिया गया है-

**अभिकथन (अ) :** घटस्थ योग साधना में 25 मुद्राओं का उल्लेख किया गया है ।

**कारण (क) :** घटस्थ या सप्तांग योग साधना ऋषि घेरण्ड द्वारा प्रतिपादित की गई ।

उपरोक्त कथनों के आधार पर, नीचे दिए गए विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए -

1. (अ) तथा (क) दोनों सही हैं तथा (क), (अ) की सही व्याख्या है।
2. (अ) तथा (क) दोनों सही हैं परन्तु (क), (अ) की सही व्याख्या नहीं है ।
3. (अ) सही है परन्तु (क) गलत है।
4. (अ) गलत है परन्तु (क) सही है ।

**Options :**

686340178273. 1  
686340178274. 2  
686340178275. 3  
686340178276. 4

**Question Number : 70 Question Id : 68634045129 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Given below are two statements: one is labelled as **Assertion A** and the other is labelled as **Reason R**.

**Assertion A:** Yoga has potential to ensure the tranquility and peace of mind.

**Reason R:** Regular practice of Yoga bring about stability, happiness and lightness of body as well as mind.

In the light of the above statements, choose the *most appropriate* answer from the options given below:

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 not false
4. **A** is not true but **R** is false

**Options :**

686340178277. 1  
686340178278. 2  
686340178279. 3  
686340178280. 4

**Question Number : 70 Question Id : 68634045129 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं - एक अभिकथन 'अ' तथा दूसरा 'क' कारण के रूप में दिया गया है-

**अभिकथन (अ) :** योग विद्या में मन की शांति व शांतचित्तता को सुनिश्चित करने की क्षमता होती है ।

**कारण (क) :** योग के निरंतर अभ्यास से शरीर व मन में स्थिरता, आनन्द व हल्कापन आता है ।

उपरोक्त कथनों के आधार पर, नीचे दिए गए विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए -

1. (अ) तथा (क) दोनों सही हैं तथा (क), (अ) की सही व्याख्या है।
2. (अ) तथा (क) दोनों सही हैं परन्तु (क), (अ) की सही व्याख्या नहीं है ।
3. (अ) सही है परन्तु (क) गलत है।
4. (अ) गलत है परन्तु (क) सही है ।

**Options :**

686340178277. 1  
686340178278. 2  
686340178279. 3  
686340178280. 4

**Question Number : 71 Question Id : 68634045130 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements: one is labelled as **Assertion A** and the other is labelled as **Reason R**.

**Assertion A:** Pashchimottanasana and Padmahasthasana are forward bending Asanas.

**Reason R:** Forward bending Asana makes practitioner introvert in nature.

In the light of the above statements, choose the *most appropriate* answer from the options given below:

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 :**

686340178281. 1  
686340178282. 2  
686340178283. 3  
686340178284. 4

**Question Number : 71 Question Id : 68634045130 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं - एक अभिकथन 'अ' तथा दूसरा 'क' कारण के रूप में दिया गया है-

**अभिकथन (अ) :** पश्चिमोत्तानासन व पादहस्तासन आगे झुकने वाले आसन हैं ।

**कारण (क) :** आगे झुकने वाले आसन अभ्यासी को अन्तर्मुखी प्रकृति का बनाते हैं ।

उपरोक्त कथनों के आधार पर, नीचे दिए गए विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए -

1. (अ) तथा (क) दोनों सही हैं तथा (क), (अ) की सही व्याख्या है।
2. (अ) तथा (क) दोनों सही हैं परन्तु (क), (अ) की सही व्याख्या नहीं है ।
3. (अ) सही है परन्तु (क) गलत है।
4. (अ) गलत है परन्तु (क) सही है ।

**Options :**

686340178281. 1  
686340178282. 2  
686340178283. 3  
686340178284. 4

**Question Number : 72 Question Id : 68634045131 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**



Given below are two statements: one is labelled as **Assertion A** and the other is labelled as **Reason R**.

**Assertion A:** Suryanamaskara is a holistic Yogic practice.

**Reason R:** If practiced properly, Suryanamaskara has systematic steps of Asanas and breathing.

In the light of the above statements, choose the *most appropriate* answer from the options given below:

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 not false but **R** is true

**Options :**

686340178285. 1  
686340178286. 2  
686340178287. 3  
686340178288. 4

**Question Number : 72 Question Id : 68634045131 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं - एक अभिकथन 'अ' तथा दूसरा 'क' कारण के रूप में दिया गया है-

**अभिकथन (अ) :** सूर्यनमस्कार एक समग्र योगाभ्यास है ।

**कारण (क) :** यदि ठीक से अभ्यास किया जाए तो सूर्यनमस्कार में आसन व श्वास और प्रश्वास के क्रमबद्ध चरण हैं ।

उपरोक्त कथनों के आधार पर, नीचे दिए गए विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए -

1. (अ) तथा (क) दोनों सही हैं तथा (क), (अ) की सही व्याख्या है।
2. (अ) तथा (क) दोनों सही हैं परन्तु (क), (अ) की सही व्याख्या नहीं है ।
3. (अ) सही है परन्तु (क) गलत है।
4. (अ) गलत है परन्तु (क) सही है ।

**Options :**

686340178285. 1  
686340178286. 2  
686340178287. 3  
686340178288. 4

**Question Number : 73 Question Id : 68634045132 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Arrange the following Chakras in correct sequential order from top to bottom in human body according to Hath Yogic Literature-

- A. Manipurak
- B. Anahat
- C. Ajna
- D. Mooladhara
- E. Vishuddhi

Choose the correct answer from the options given below:

- 1. C, E, B,A, D
- 2. B, A, D, E, C
- 3. A, C, D, B, E
- 4. A, B, C, D, E

**Options :**

- 686340178289. 1
- 686340178290. 2
- 686340178291. 3
- 686340178292. 4

**Question Number : 73 Question Id : 68634045132 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

हठ-योग साहित्य के अनुसार मानव-शरीर में निम्न चक्रों को ऊपर से नीचे की ओर सही क्रमानुसार व्यवस्थित कीजिए :

- A. मणिपूरक
- B. अनाहत
- C. आज्ञा
- D. मूलाधार
- E. विशुद्धि

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

- 1. C, E, B, A, D
- 2. B, A, D, E, C
- 3. A, C, D, B, E
- 4. A, B, C, D, E

**Options :**

- 686340178289. 1
- 686340178290. 2
- 686340178291. 3
- 686340178292. 4

**Question Number : 74 Question Id : 68634045133 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Write correct sequence from subtle to gross:

- A. Eather (Aakash)
- B. Water Jal)
- C. Fire (Agni)
- D. Air (Vayu)
- E. Earth (Prithvi)

Choose the correct answer from the options given below:

- 1. B, A, D, C, E
- 2. C, D, A, B, E
- 3. E, B, C, A, D
- 4. A, D, C, B, E

**Options :**

- 686340178293. 1
- 686340178294. 2
- 686340178295. 3
- 686340178296. 4

**Question Number : 74 Question Id : 68634045133 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

सूक्ष्म से स्थूल की ओर सही क्रमानुसार लिखिए

- A. आकाश
- B. जल
- C. अग्नि
- D. वायु
- E. पृथ्वी

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

- 1. B, A, D, C, E
- 2. C, D, A, B, E
- 3. E, B, C, A, D
- 4. A, D, C, B, E

**Options :**

- 686340178293. 1
- 686340178294. 2

686340178295. 3

686340178296. 4

**Question Number : 75 Question Id : 68634045134 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Arrange the following 'Awasthas' in a sequential order :

- A. Arambha-Awastha
- B. Ghata-Awastha
- C. Piercing through the Susumna
- D. Parichaya-awastha
- E. Nishpatti-awastha

Choose the correct answer from the options given below:

- 1. A, E, D, C, B
- 2. E, C, A, B, D
- 3. C, E, B, D, A
- 4. C, A, B, D, E

**Options :**

686340178297. 1

686340178298. 2

686340178299. 3

686340178300. 4

**Question Number : 75 Question Id : 68634045134 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

निम्न अवस्थाओं को क्रमानुसार व्यवस्थित कीजिए -

- A. आरम्भ - अवस्था
- B. घट- अवस्था
- C. सुषुम्ना के मध्य से भेदना
- D. परिचय अवस्था
- E. निष्पत्ति अवस्था

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

- 1. A, E, D, C, B
- 2. E, C, A, B, D
- 3. C, E, B, D, A
- 4. C, A, B, D, E

**Options :**

- 686340178297. 1
- 686340178298. 2
- 686340178299. 3
- 686340178300. 4

**Question Number : 76 Question Id : 68634045135 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Arrange the following steps of Ashtanga Yoga in sequential order.

- A. Samadhi
- B. Dhyana
- C. Dharana
- D. Pratyahara
- E. Pranayama

Choose the correct answer from the options given below:

- 1. E, D, C, B, A
- 2. C, B, A, E, D
- 3. D, E, C, B, A
- 4. B, C, A, E, D

**Options :**

- 686340178301. 1
- 686340178302. 2
- 686340178303. 3
- 686340178304. 4

**Question Number : 76 Question Id : 68634045135 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

अष्टांग योग के निम्न चरणों को क्रमानुसार व्यवस्थित कीजिए।

- A. समाधि
- B. ध्यान
- C. धारणा
- D. प्रत्याहार
- E. प्राणायाम

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

- 1. E, D, C, B, A
- 2. C, B, A, E, D
- 3. D, E, C, B, A
- 4. B, C, A, E, D

**Options :**

- 686340178301. 1
- 686340178302. 2
- 686340178303. 3
- 686340178304. 4

**Question Number : 77 Question Id : 68634045136 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Arrange the sequence of the process of Kundalini Awakening?

- A. Muladhara
- B. Swadishthan
- C. Manipurak
- D. Anahat
- E. Vishuddhi

Choose the correct answer from the options given below:

- 1. A, E, B, C, D
- 2. A, C, D, B, E
- 3. A, B, C, D, E
- 4. E, D, C, B, A

**Options :**

- 686340178305. 1
- 686340178306. 2
- 686340178307. 3
- 686340178308. 4

Question Number : 77 Question Id : 68634045136 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

कुंडलिनी जागरण की प्रक्रिया को क्रमानुसार व्यवस्थित कीजिए :

- A. मूलाधार
- B. स्वाधिष्ठान
- C. मणिपूरक
- D. अनाहत
- E. विशुद्धि

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए:

1. A, E, B, C, D
2. A, C, D, B, E
3. A, B, C, D, E
4. E, D, C, B, A

Options :

- 686340178305. 1
- 686340178306. 2
- 686340178307. 3
- 686340178308. 4

Question Number : 78 Question Id : 68634045137 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Arrange the following Niyamas in a sequential order :

- A. Svadhyaya or self-study
- B. Santosa or contentment
- C. Tapa or austerity
- D. Saucha or Purity
- E. Isvara-pranidhana or surrender to Almighty.

Choose the correct answer from the options given below:

1. B, C, D, A, E
2. C, D, E, B, A
3. D, B, C, A, E
4. D, C, B, E, A

Options :

- 686340178309. 1
- 686340178310. 2
- 686340178311. 3

686340178312. 4

**Question Number : 78 Question Id : 68634045137 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

क्रमानुसार व्यवस्थित कीजिए :

- A. स्वाध्याय
- B. संतोष
- C. तप
- D. शौच
- E. ईश्वर-प्रणिधान

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

- 1. B, C, D, A, E
- 2. C, D, E, B, A
- 3. D, B, C, A, E
- 4. D, C, B, E, A

**Options :**

- 686340178309. 1
- 686340178310. 2
- 686340178311. 3
- 686340178312. 4

**Question Number : 79 Question Id : 68634045138 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

There are four chapters (Padi) in Patanjali Yoga Sutra written by Maharshi Patanjali. Arrange them in sequence

- A. Samadhi Pad
- B. Vibhuti Pad
- C. Sadhan Pad
- D. Kaivalya Pad

Choose the correct answer from the options given below:

- 1. A, B, C, D
- 2. B, A, C, D
- 3. A, C, B, D
- 4. C, D, B, A

**Options :**

- 686340178313. 1



686340178314. 2

686340178315. 3

686340178316. 4

**Question Number : 79 Question Id : 68634045138 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

महर्षि पंतजलि द्वारा लिखित योग-सूत्र में चार पाद हैं। इन्हें क्रमानुसार व्यवस्थित कीजिए -

- A. समाधि पाद
- B. विभूति पाद
- C. साधन पाद
- D. कैवल्य पाद

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

- 1. A, B, C, D
- 2. B, A, C, D
- 3. A, C, B, D
- 4. C, D, B, A

**Options :**

686340178313. 1

686340178314. 2

686340178315. 3

686340178316. 4

**Question Number : 80 Question Id : 68634045139 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements:

**Statement I:** The first chapter of Hatha Pradeepika is Shatkarma.

**Statement II:** The first chapter of Gheranda Samhita is Asana.

In the light of the above statements, choose the *most appropriate* answer from the options given below:

- 1. Both Statement I and Statement II are correct
- 2. Both Statement I and Statement II are incorrect
- 3. Statement I is correct but Statement II is incorrect
- 4. Statement I is incorrect but Statement II is correct

**Options :**

686340178317. 1

686340178318. 2

686340178319. 3

686340178320. 4

**Question Number : 80 Question Id : 68634045139 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं:

**कथन I :** हठ प्रदीपिका का प्रथम अध्याय षट्कर्म है।

**कथन II :** घेरंड संहिता का प्रथम अध्याय आसन है।

उपरोक्त कथनों के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए:

1. कथन I तथा II दोनों सही है।
2. कथन I तथा II दोनों गलत है।
3. कथन I सही है, परन्तु कथन II गलत है।
4. कथन I गलत है, परन्तु कथन II सही है।

**Options :**

686340178317. 1  
686340178318. 2  
686340178319. 3  
686340178320. 4

**Question Number : 81 Question Id : 68634045140 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Given below are two statements:

**Statement I:** "dhi" is the higher and interior portion of the mind (manas) in the context of meditation.

**Statement II:** "dhi" is the faculty of discrimination

In the light of the above statements, choose the *most appropriate* answer from the options given below:

1. Both Statement I and Statement II are correct
2. Both Statement I and Statement II are incorrect
3. Statement I is correct but Statement II is incorrect
4. Statement I is incorrect but Statement II is correct

**Options :**

686340178321. 1  
686340178322. 2  
686340178323. 3  
686340178324. 4

**Question Number : 81 Question Id : 68634045140 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं:

**कथन I :** ध्यान के संदर्भ में 'धि' मन का आन्तरिक व उच्चस्तर है ।

**कथन II :** 'धि' विभेद करने की योग्यता है ।

उपरोक्त कथनों के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए:

1. कथन I तथा II दोनों सही हैं।
2. कथन I तथा II दोनों गलत हैं।
3. कथन I सही है, परन्तु कथन II गलत है।
4. कथन I गलत है, परन्तु कथन II सही है।

**Options :**

686340178321. 1

686340178322. 2

686340178323. 3

686340178324. 4

**Question Number : 82 Question Id : 68634045141 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements:

**Statement I:** Yoga is a cult with mysticism.

**Statement II:** Yoga is self-mortification and the activity need efforts.

In the light of the above statements, choose the most appropriate answer from the options given below:

1. Both Statement I and Statement II are correct
2. Both Statement I and Statement II are incorrect
3. Statement I is correct and Statement II is incorrect
4. Statement I is incorrect and Statement II is correct

**Options :**

686340178325. 1

686340178326. 2

686340178327. 3

686340178328. 4

**Question Number : 82 Question Id : 68634045141 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं:

कथन I : योग एक रहस्यमयी साधना पद्धति है ।

कथन II : योग आत्मशोधन है और इस गतिविधि के लिए प्रयास की आवश्यकता है ।

उपरोक्त कथनों के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए:

1. कथन I तथा II दोनों सही हैं।
2. कथन I तथा II दोनों गलत हैं।
3. कथन I सही है, परन्तु कथन II गलत है।
4. कथन I गलत है, परन्तु कथन II सही है।

**Options :**

686340178325. 1  
686340178326. 2  
686340178327. 3  
686340178328. 4

**Question Number : 83 Question Id : 68634045142 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements:

**Statement I:** "Yogah karmasu Kaushalam"

**Statement II:** Yoga is not a skillful action.

In the light of the above statements, choose the most appropriate answer from the options given below:

1. Both Statement I and Statement II are correct
2. Both Statement I and Statement II are incorrect
3. Statement I is correct but Statement II is incorrect
4. Statement I is incorrect but Statement II is correct

**Options :**

686340178329. 1  
686340178330. 2  
686340178331. 3  
686340178332. 4

**Question Number : 83 Question Id : 68634045142 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं:

**कथन I :** “योगः कर्मसु कौशलम्”

**कथन II :** योग कोई कुशल क्रिया नहीं है ।

उपरोक्त कथनों के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए:

1. कथन I तथा II दोनों सही हैं।
2. कथन I तथा II दोनों गलत हैं।
3. कथन I सही है, परन्तु कथन II गलत है।
4. कथन I गलत है, परन्तु कथन II सही है।

**Options :**

686340178329. 1

686340178330. 2

686340178331. 3

686340178332. 4

**Question Number : 84 Question Id : 68634045143 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements:

**Statement I:** Kaivalya is being free from the attributes of Prakriti.

**Statement II:** Prakriti is associated with Purusha (Soul).

In the light of the above statements, choose the *most appropriate* answer from the options given below:

1. Both Statement I and Statement II are true
2. Both Statement I and Statement II are false
3. Statement I is true but Statement II is false
4. Statement I is false but Statement II is true

**Options :**

686340178333. 1

686340178334. 2

686340178335. 3

686340178336. 4

**Question Number : 84 Question Id : 68634045143 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं:

**कथन I :** कैवल्य प्रकृति के गुणों से मुक्त होना है ।

**कथन II :** प्रकृति, पुरुष के साथ संयुक्त है ।

उपरोक्त कथनों के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए:

1. दोनो कथन I और कथन II सही हैं।
2. दोनो कथन I और कथन II गलत हैं।
3. कथन I सही है, लेकिन कथन II गलत है।
4. कथन I गलत है, लेकिन कथन II सही है।

**Options :**

686340178333. 1

686340178334. 2

686340178335. 3

686340178336. 4

**Question Number : 85 Question Id : 68634045144 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements:

**Statement I:** Yoga needs a lot of mental concentration.

**Statement II:** Yogo is not a way of life.

In the light of the above statements, choose the most appropriate answer from the options given below:

1. Both Statement I and Statement II are true
2. Both Statement I and Statement II are false
3. Statement I is true but Statement II is false
4. Statement I is false but Statement II is true

**Options :**

686340178337. 1

686340178338. 2

686340178339. 3

686340178340. 4

**Question Number : 85 Question Id : 68634045144 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं:

कथन I : योगाभ्यास के लिए गहन मानसिक एकाग्रता की आवश्यकता है ।

कथन II : योग एक जीवन जीने की कला नहीं है ।

उपरोक्त कथनों के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए:

1. दोनों कथन I और कथन II सही हैं।
2. दोनों कथन I और कथन II गलत हैं।
3. कथन I सही है, लेकिन कथन II गलत है।
4. कथन I गलत है, लेकिन कथन II सही है।

**Options :**

686340178337. 1

686340178338. 2

686340178339. 3

686340178340. 4

**Question Number : 86 Question Id : 68634045145 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Given below are two statements:

**Statement I:** There are 25 elements in the Sankhya Yoga.

**Statement II:** There are 26 elements in the Yoga Darshana.

In the light of the above statements, choose the most appropriate answer from the options given below:

1. Both Statement I and Statement II are true
2. Statement I and Statement II are false
3. Statement I is true but Statement II is false
4. Statement I is false but Statement II is true

**Options :**

686340178341. 1

686340178342. 2

686340178343. 3

686340178344. 4

**Question Number : 86 Question Id : 68634045145 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

नीचे दो कथन दिए गए हैं:

कथन I : सांख्य योग के अनुसार कुल 25 तत्व हैं ।

कथन II : योग दर्शन के अनुसार कुल 26 तत्व हैं ।

उपरोक्त कथनों के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए:

1. दोनों कथन I और कथन II सही हैं।
2. दोनों कथन I और कथन II गलत हैं।
3. कथन I सही है, लेकिन कथन II गलत है ।
4. कथन I गलत है, लेकिन कथन II सही है।

**Options :**

686340178341. 1

686340178342. 2

686340178343. 3

686340178344. 4

**Question Number : 87 Question Id : 68634045146 Question Type : MCQ Option Shuffling : No Is Question Mandatory :**

**No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Find out the social conduct from the given below:

- A. Purity {Shaucha}
- B. Non-Hoarding {Aparigraha}
- C. Contentment {Santosh}
- D. Satya
- E. Surrender to God (Iswar Pranidhana)

Choose the correct answer from the options given below:

1. A and B only
2. B and D only
3. B and C only
4. D and E only

**Options :**

686340178345. 1

686340178346. 2

686340178347. 3

686340178348. 4

**Question Number : 87 Question Id : 68634045146 Question Type : MCQ Option Shuffling : No Is Question Mandatory :**

**No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**



- A. शौच
- B. अपरिग्रह
- C. सन्तोष
- D. सत्य
- E. ईश्वर प्राणिधान

नीचे दिए गए विकल्पों में सामाजिक मूल्य का चुनाव कीजिए ।

1. केवल A और B
2. केवल B और D
3. केवल B और C
4. केवल D और E

**Options :**

- 686340178345. 1
- 686340178346. 2
- 686340178347. 3
- 686340178348. 4

**Question Number : 88 Question Id : 68634045147 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which is not an obstacle in Yoga Sadhana, according to Patanjali?

- A. Dullness
- B. Doubt
- C. Dilligence
- D. Vyadhi
- E. Patience

Choose the correct answer from the options given below:

1. A and D only
2. C and E only
3. A and C only
4. A and E only

**Options :**

- 686340178349. 1
- 686340178350. 2
- 686340178351. 3
- 686340178352. 4

**Question Number : 88 Question Id : 68634045147 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

पतंजलि के अनुसार निम्न से कौन-कौन योग साधना में बाधा नहीं है ?

- A. नीरसता
- B. सन्देह (संशय)
- C. लगन
- D. व्याधि
- E. धैर्य

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

1. केवल A और D
2. केवल C और E
3. केवल A और C
4. केवल A और E

**Options :**

686340178349. 1

686340178350. 2

686340178351. 3

686340178352. 4

**Question Number : 89 Question Id : 68634045148 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following are not the parts of Ashtang Yoga of Patanjali ?

- A. YAMA
- B. NIYAMA
- C. PRANAYAMA
- D. MITAHARA
- E. SANYASA

Choose the correct answer from the options given below:

1. A and B only
2. C and D only
3. A and D only
4. D and E only

**Options :**

686340178353. 1

686340178354. 2

686340178355. 3

686340178356. 4

**Question Number : 89 Question Id : 68634045148 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

निम्न में से कौन से पतंजलि अष्टांग योग के अंग नहीं हैं ।

- A. यम
- B. नियम
- C. प्राणायाम
- D. मिताहार
- E. सन्यास

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

1. केवल A और B
2. केवल C और D
3. केवल A और D
4. केवल D और E

**Options :**

- 686340178353. 1
- 686340178354. 2
- 686340178355. 3
- 686340178356. 4

**Question Number : 90 Question Id : 68634045149 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Which of the following asanas are for Balancing ?

- A. Shirshasana
- B. Ardhamatsyendrasana
- C. Vrikshasana (Ek Pad Pranamasana)
- D. Vajrasana

Choose the correct answer from the options given below:

1. A, C only
2. B, C only
3. B, C, D only
4. A, B, D only

**Options :**

- 686340178357. 1
- 686340178358. 2

686340178359. 3

686340178360. 4

**Question Number : 90 Question Id : 68634045149 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

निम्न में से कौन-कौन से आसन सन्तुलन वाले हैं ?

- A. शीर्षासन
- B. अर्द्धमत्स्येन्द्रासन
- C. वृक्षासन (एक पाद प्रणाम आसन)
- D. वज्रासन

नीचे दिए गए विकल्पों में से सही उत्तर दीजिए :

1. केवल A और C
2. केवल B और C
3. केवल B, C और D
4. केवल A, B और D

**Options :**

686340178357. 1

686340178358. 2

686340178359. 3

686340178360. 4

**Question Number : 91 Question Id : 68634045150 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

The ultimate purpose of Yoga is to achieve:

- A. Good Health
- B. Inner Satisfaction
- C. Kaivalya
- D. Absolute cessation of all fluctuations of mind
- E. Stress Free Mind

Choose the correct answer from the options given below:

1. A and C only
2. B and C only
3. B and E only
4. C and D only

**Options :**

686340178361. 1  
686340178362. 2  
686340178363. 3  
686340178364. 4

**Question Number : 91 Question Id : 68634045150 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

योग का चरम लक्ष्य प्राप्त करना है ।

- A. अच्छा स्वास्थ्य
- B. आंतरिक संतुष्टि
- C. कैवल्य
- D. मन की वृत्तियों का पूर्णरूपेण निरोध
- E. तनाव रहित मस्तिष्क

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

1. केवल A और C
2. केवल B और C
3. केवल B और E
4. केवल C और D

**Options :**

686340178361. 1  
686340178362. 2  
686340178363. 3  
686340178364. 4

**Question Number : 92 Question Id : 68634045151 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

Which of the following is not related to Chittaprasadam (Pleasant state of mind)?

- A. Maitri
- B. Styama
- C. Karuna
- D. Mudita
- E. Pramada

Choose the correct answer from the options given below:

1. A and B only
2. A and C only
3. B and C only
4. B and E only

**Options :**

- 686340178365. 1
- 686340178366. 2
- 686340178367. 3
- 686340178368. 4

**Question Number : 92 Question Id : 68634045151 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

निम्न में से कौन से चित्तप्रसाद (चित्त की प्रसन्नता) हेतु नहीं हैं ।

- A. मैत्री
- B. स्त्यान
- C. करुणा
- D. मुदिता
- E. प्रमाद

नीचे दिए गए विकल्पों में से सही का चुनाव कीजिए :

1. केवल A और B
2. केवल A और C
3. केवल B और C
4. केवल B और E

**Options :**

- 686340178365. 1
- 686340178366. 2
- 686340178367. 3
- 686340178368. 4

**Question Number : 93 Question Id : 68634045152 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Yogic practices that are used to purify the head region:

- A. Sutra Neti
- B. Karnrandhra
- C. Kapalrandhra
- D. Basti

Choose the correct answer from the options given below:

1. A, B and D only
2. A, B, C only
3. A, D only
4. B, C only

**Options :**

- 686340178369. 1
- 686340178370. 2
- 686340178371. 3
- 686340178372. 4

**Question Number : 93 Question Id : 68634045152 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

यौगिक क्रियाएँ जो कि सिर के भाग को स्वस्थ (शुद्ध) करती हैं ।

- A. सुत्रनेति
- B. कर्णरन्ध्र
- C. कपालरन्ध्र
- D. बस्ती

नीचे दिए गए विकल्पों में से सही उत्तर का चुनाव कीजिए :

1. केवल A, B और D
2. केवल A, B और C
3. केवल A और D
4. केवल B और C

**Options :**

- 686340178369. 1
- 686340178370. 2
- 686340178371. 3
- 686340178372. 4

Question Number : 94 Question Id : 68634045153 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1

Match List I with List II

LIST I		LIST II	
A.	Yoga Sudhakar	I.	Ramananda
B.	Maniprabha	II.	T. Krishnamacharya
C.	Yoga Makaranda	III.	Sadashivendra Saraswati
D.	Vivek Chudamani	IV.	Aacharya Shankar

Choose the correct answer from the options given below:

1. A-I, B-II, C-III, D-IV
2. A-III, B-I, C-II, D-IV
3. A-II, B-I, C-III, D-IV
4. A-IV, B-III, C-II, D-I

Options :

686340178373. 1  
686340178374. 2  
686340178375. 3  
686340178376. 4

Question Number : 94 Question Id : 68634045153 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1

सूची I का सूची II से मिलान कीजिए

सूची I		सूची II	
A.	योग सुधाकर	I.	रामानन्द
B.	मणिप्रभा	II.	टी. कृष्णामाचार्य
C.	योग-मकरन्द	III.	सदाशिवेन्द्र सरस्वती
D.	विवेकचूडामणि	IV.	आचार्य शंकर

निम्नलिखित विकल्पों में से सही उत्तर का चयन कीजिए :

1. A-I , B-II , C-III , D-IV
2. A-III , B-I , C-II , D-IV
3. A-II , B-I , C-III , D- IV
4. A-IV , B-III , C-II , D- I

Options :

686340178373. 1  
686340178374. 2



686340178375. 3

686340178376. 4

**Question Number : 95 Question Id : 68634045154 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I Koshas {Sheath}		LIST II Activity to development	
A.	Vigyanamaya Kosha	I.	Mind
B.	Pranamaya Kosha	II.	Energy
C.	Manomaya Kosha	III.	Gross Body
D.	Annamaya Kosha	IV.	Knowledge

Choose the correct answer from the options given below:

1. A-III, B-IV, C-II, D-I
2. A-III, B-IV, C-I, D-II
3. A-IV, B-II, C-I, D-III
4. A-III, B-II, C-IV, D-I

**Options :**

686340178377. 1

686340178378. 2

686340178379. 3

686340178380. 4

**Question Number : 95 Question Id : 68634045154 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1**

सूची I का सूची II से मिलान कीजिए

सूची I		सूची II	
A.	विज्ञानमय कोष	I.	मन
B.	प्राणमय कोष	II.	शक्ति
C.	मनोमय कोष	III.	शरीर
D.	अन्नमय कोष	IV.	ज्ञान

निम्नलिखित विकल्पों में से सही उत्तर का चयन कीजिए :

1. A-III , B-IV , C-II , D- I
2. A-III , B-IV , C-I , D- II
3. A- IV, B-II , C-I , D- III
4. A-III , B-II , C-IV , D- I

**Options :**

686340178377. 1  
686340178378. 2  
686340178379. 3  
686340178380. 4

**Question Number : 96 Question Id : 68634045155 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I		LIST II	
A.	Dhauti	I.	Eye Cleansing
B.	Basti	II.	Nasal Cleansing
C.	Neti	III.	Colon Cleansing
D.	Trataka	IV.	Stomach Cleansing

Choose the correct answer from the options given below:

1. A-II, B-I, C-III, D-IV
2. A-I, B-II, C-III, D-IV
3. A-III, B-IV, C-I, D-II
4. A-IV, B-III, C-II, D-I

**Options :**

686340178381. 1  
686340178382. 2  
686340178383. 3  
686340178384. 4

**Question Number : 96 Question Id : 68634045155 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

सूची I का सूची II से मिलान कीजिए

सूची I		सूची II	
A.	धौति	I.	नेत्र शुद्धि
B.	बस्ती	II.	नासिका शुद्धि
C.	नेति	III.	मलाशय शुद्धि
D.	त्राटक	IV.	अमाशय शुद्धि

निम्नलिखित विकल्पों में से सही उत्तर का चयन कीजिए :

1. A-II , B-I , C-III , D- IV
2. A-I , B-II , C-III , D- IV
3. A-III , B-IV , C-I , D- II
4. A-IV , B-III , C-II , D-I

**Options :**

686340178381. 1  
686340178382. 2  
686340178383. 3  
686340178384. 4

**Question Number : 97 Question Id : 68634045156 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I		LIST II	
A.	Pranayama	I.	Control over senses
B.	Pratyahara	II.	Control on breath
C.	Asana	III.	Liberation
D.	Samadhi	IV.	Control on posture

Choose the correct answer from the options given below:

1. A-IV, B-III, C-I, D-II
2. A-IV, B-II, C-I, D-III
3. A-II, B-I, C-IV, D-III
4. A-IV, B-III, C-II, D-I

**Options :**

686340178385. 1  
686340178386. 2  
686340178387. 3  
686340178388. 4

Question Number : 97 Question Id : 68634045156 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सूची I का सूची II से मिलान कीजिए

सूची I		सूची II	
A.	प्राणायाम	I.	इन्द्रिय निग्रह (नियंत्रण)
B.	प्रत्याहार	II.	श्वास नियंत्रण
C.	आसन	III.	मुक्ति
D.	समाधि	IV.	शारीरिक मुद्रा पर नियंत्रण

निम्नलिखित विकल्पों में से सही उत्तर का चयन कीजिए :

1. A-IV , B-III , C-I , D- II
2. A-IV , B-II , C-I , D- III
3. A-II , B-I , C-IV , D- III
4. A-IV , B-III , C-I , D- I

Options :

686340178385. 1  
686340178386. 2  
686340178387. 3  
686340178388. 4

Question Number : 98 Question Id : 68634045157 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II

LIST I		LIST II	
A.	Akasha	I.	Shabda
B.	Vayu	II.	Ras
C.	Agni	III.	Sparsh
D.	Jal	IV.	Roop

Choose the correct answer from the options given below:

1. A-I, B-II, C-IV, D-III
2. A-I, B-II, C-III, D-IV
3. A-I, B-III, C-IV, D-II
4. A-IV, B-III, C-II, D-I

Options :

686340178389. 1  
686340178390. 2  
686340178391. 3

686340178392. 4

**Question Number : 98 Question Id : 68634045157 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

सूची I का सूची II से मिलान कीजिए

सूची I		सूची II	
A.	आकाश	I.	शब्द
B.	वायु	II.	रस
C.	अग्नि	III.	स्पर्श
D.	जल	IV.	रूप

निम्नलिखित विकल्पों में से सही उत्तर का चयन कीजिए :

1. A-I , B-II , C-IV , D- III
2. A-I , B-II , C-III , D- IV
3. A-I , B-III , C-IV , D- II
4. A-IV , B-III , C-II , D-I

**Options :**

686340178389. 1  
686340178390. 2  
686340178391. 3  
686340178392. 4

**Question Number : 99 Question Id : 68634045158 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I Who?		LIST II Related with	
A.	Shri Aurbindo	I.	Divine Love
B.	Ramakrishna Paramahansa	II.	Integral Yoga
C.	Swami Swatmaram	III.	Adwaitavedanta
D.	Shankaracharya	IV.	Hatha Yoga

Choose the correct answer from the options given below:

1. A-II, B-I, C-III, D-IV
2. A-II, B-III, C-I, D-IV
3. A-II, B-I, C-IV, D-III
4. A-IV, B-III, C-II, D-I

**Options :**

686340178393. 1  
686340178394. 2  
686340178395. 3  
686340178396. 4

**Question Number : 99 Question Id : 68634045158 Question Type : MCQ Option Shuffling : No Is Question Mandatory :  
No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

सूची I का सूची II से मिलान कीजिए

सूची I		सूची II	
A.	श्री अरविन्द	I.	दिव्य प्रेम
B.	रामकृष्ण परमहंस	II.	समग्र योग
C.	स्वामी स्वात्माराम	III.	अद्वैत वेदान्त
D.	शंकराचार्य	IV.	हठ योग

निम्नलिखित विकल्पों में से सही उत्तर का चयन कीजिए :

1. A-II , B-I , C-III , D- IV
2. A-II , B-III , C-I , D- IV
3. A-II , B-I , C-IV , D-III
4. A-IV , B-III , C-II , D-I

**Options :**

686340178393. 1  
686340178394. 2  
686340178395. 3  
686340178396. 4

**Question Number : 100 Question Id : 68634045159 Question Type : MCQ Option Shuffling : No Is Question Mandatory  
: No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0  
Correct Marks : 4 Wrong Marks : 1**

Match List I with List II

LIST I Books {Texts}		LIST II Historical Period	
A.	Upanishads	I.	Classical Time
B.	Bhagawad Gita	II.	Medieval Time
C.	Patanjali Yoga Sutra	III.	Pre-Classical Time
D.	Goraksha Samhita	IV.	Vedic Time

Choose the correct answer from the options given below:

1. A-IV, B-III, C-I, D-II
2. A-IV, B-III, C-II, D-I
3. A-IV, B-II, C-III, D-I
4. A-III, B-II, C-I, D-IV

**Options :**

686340178397. 1  
686340178398. 2  
686340178399. 3  
686340178400. 4

**Question Number : 100 Question Id : 68634045159 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 4 Wrong Marks : 1**

सूची I का सूची II से मिलान कीजिए

सूची I		सूची II	
A.	उपनिषद्	I.	शास्त्रीय युग
B.	भगवद्गीता	II.	मध्ययुग
C.	पतंजलि योग-सूत्र	III.	पूर्व शास्त्रीय युग
D.	गोरक्षसंहिता	IV.	वैदिक काल (युग)

निम्नलिखित विकल्पों में से सही उत्तर का चयन कीजिए :

1. A-IV, B-III, C-I, D- II
2. A-IV, B-III, C-II, D- I
3. A-IV, B-II, C-III, D-I
4. A-III, B-II, C-I, D-IV

**Options :**

686340178397. 1  
686340178398. 2  
686340178399. 3  
686340178400. 4