

National Testing Agency

Question Paper Name : Yoga Eng 08th June 2023 Shift 1
Subject Name : Yoga Eng
Creation Date : 2023-06-11 14:18:28
Duration : 120
Total Marks : 400
Display Marks: Yes

Yoga

Group Number : 1
Group Id : 92090659
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 : 920906117
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 : 920906185
Question Shuffling Allowed : No
Is Section Default? : null

Question Id : 9209065867 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

Mumbai message

Shinde survives. But SC makes clear party has primacy over legislative wing- big implications.

A constitutional bench of the supreme court yesterday ruled on the legal complication stemming from the fall of Maharashtra's MVA government in June 2022. The current government comprising BJP and the Eknath Shinde faction of Shiv Sena is safe. Yet, the role of then governor BS Keshwar in the formation of the government by calling for a no-confidence motion against the government erstwhile Uddhav Thackeray-led MVA has been severely criticized by SC and declared incorrect. However, as Thackeray resigned before the floor test there is no legal remedy available now the bench said. But it's still a consequential judgment that will henceforth be used to judge the legality of defection-led changes in government. SC has used the constitution's tenth schedule –meant to prevent opportunistic defections- as the reference point to reach its conclusions. The most important one is that a political party is superior to its legislative wing. The whip on voting represents the will of party, and not its legislators. It's the party that appoints its whip and the house leader. It means political parties now have a greater degree of protection against defection by legislators. This may mean that the current Maharashtra assembly speaker, BJP's Rahul Narwekar, cannot rely on just numbers but has to use Shiv Sena's constitution to identify the party's whip and leader to decide on pending disqualification proceedings. The speaker is the key player in the tenth schedule. Here the SC judgment is not conclusive. It referred one of its relevant earlier judgement (Nabam Rebia case) to a large bench because of contradictory reasoning". In the interim, it's given the speaker power to helm proceedings on defection, subject to judicial review. The other critical actor in defection is the state's governor. Here, SC has once again emphasized that they have limited discretionary power and cannot enter the political arena. A floor test is not the platform to resolve intraparty disputes, which is where Keshwar's role has been criticised. The underlying principles on limited discretion also apply to governors elsewhere. This judgment should be read by all governors who see their role as meddlers in executive affairs SC's stance is very clear. The rajyapals should take note.

Sub questions

Question Number : 1 Question Id : 9209065868 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 word meddle refers to: _____

- (1) Mediator, who brings about an agreement.
- (2) Medial, that is situated in middle.
- (3) One who interferes that is not one's concern.
- (4) Meek, one who is gentle.

Options :

- 92090623201. 1
- 92090623202. 2
- 92090623203. 3
- 92090623204. 4

Question Number : 2 Question Id : 9209065869 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 Supreme Court criticized B S Koshiyari the then governor of Maharashtra in its ruling.
- Statement II : There is no legal remedy available now as Thackeray did not resign after the floor test.

In the light of the above statements, choose the correct 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 true but Statement II is incorrect
- (4) Statement I is false but Statement II is correct

Options :

- 92090623205. 1
- 92090623206. 2
- 92090623207. 3
- 92090623208. 4

Question Number : 3 Question Id : 9209065870 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 read the following statements:

Statement I : A floor test is not the platform to resolve interparty dispute.

Statement II : The principle's on limited discretion is applicable to governor B S Koshiyari only.

In the light of the above statements, choose the correct 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 true but Statement II is incorrect
- (4) Statement I is false but Statement II is correct

Options :

- 92090623209. 1
- 92090623210. 2
- 92090623211. 3
- 92090623212. 4

Question Number : 4 Question Id : 9209065871 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

Discretionary power means:

- (1) Power to rule lawlessly.
- (2) Power to protect people of all religions.
- (3) Freedom to do thing as per law or rule.
- (4) The power or freedom to decide on a course of action.

Options :

- 92090623213. 1
- 92090623214. 2
- 92090623215. 3
- 92090623216. 4

Question Number : 5 Question Id : 9209065872 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

Supreme Court referred Nabam Rebia case to a larger bench because of contradictory reasoning means the case was:

- (A) relevant earlier judgement, of a High Court.
- (B) relevant earlier judgement of a smaller bench.
- (C) based on reasonings similar in nature.
- (D) based on such reasoning which were denying the truth by asserting the opposite.

(1) (A), (B)

(2) (B), (C)

(3) (A), (C)

(4) (B), (D)

Options :

92090623217. 1

92090623218. 2

92090623219. 3

92090623220. 4

Question Id : 9209065867 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

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Sub questions

Question Number : 1 Question Id : 9209065868 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 word meddle refers to: _____

- (1) Mediator, who brings about an agreement.
- (2) Medial, that is situated in middle.
- (3) One who interferes that is not one's concern.
- (4) Meek, one who is gentle.

Options :

92090623201. 1

92090623202. 2

92090623203. 3

92090623204. 4

Question Number : 2 Question Id : 9209065869 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 Supreme Court criticized B S Koshiyari the then governor of Maharashtra in its ruling.

Statement II : There is no legal remedy available now as Thackeray did not resign after the floor test.

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Options :

92090623205. 1

92090623206. 2

92090623207. 3

92090623208. 4

Question Number : 3 Question Id : 9209065870 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 read the following statements:

Statement I : A floor test is not the platform to resolve interparty dispute.

Statement II : The principle's on limited discretion is applicable to governor B S Koshiyari only.

In the light of the above statements, choose the correct 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 true but Statement II is incorrect
- (4) Statement I is false but Statement II is correct

Options :

- 92090623209. 1
- 92090623210. 2
- 92090623211. 3
- 92090623212. 4

Question Number : 4 Question Id : 9209065871 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

Discretionary power means:

- (1) Power to rule lawlessly.
- (2) Power to protect people of all religions.
- (3) Freedom to do thing as per law or rule.
- (4) The power or freedom to decide on a course of action.

Options :

- 92090623213. 1
- 92090623214. 2
- 92090623215. 3
- 92090623216. 4

Question Number : 5 Question Id : 9209065872 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

Supreme Court referred Nabam Rebia case to a larger bench because of contradictory reasoning means the case was:

- (A) relevant earlier judgement, of a High Court.
- (B) relevant earlier judgement of a smaller bench.
- (C) based on reasonings similar in nature.
- (D) based on such reasoning which were denying the truth by asserting the opposite.

(1) (A), (B)

(2) (B), (C)

(3) (A), (C)

(4) (B), (D)

Options :

92090623217. 1

92090623218. 2

92090623219. 3

92090623220. 4

Sub-Section Number :

2

Sub-Section Id :

920906186

Question Shuffling Allowed :

Yes

Is Section Default? :

null

Question Number : 6 Question Id : 9209065873 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

Your behavior is not cricket means you have not behaved_____

- (1) in intelligent manner
- (2) in an honourble way
- (3) As a dark horse
- (4) in a couragious manner.

Options :

92090623221. 1

92090623222. 2

92090623223. 3

92090623224. 4

Question Number : 6 Question Id : 9209065873 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

Your behavior is not cricket means you have not behaved_____

- (1) in intelligent manner
- (2) in an honourble way
- (3) As a dark horse
- (4) in a couragious manner.

Options :

- 92090623221. 1
- 92090623222. 2
- 92090623223. 3
- 92090623224. 4

Question Number : 7 Question Id : 9209065874 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 most suitable antonym of the given word "PROHIBIT" is:

- (1) Grant
- (2) Agree
- (3) Permit
- (4) Accept

Options :

- 92090623225. 1
- 92090623226. 2
- 92090623227. 3
- 92090623228. 4

Question Number : 7 Question Id : 9209065874 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 most suitable antonym of the given word "PROHIBIT" is:

- (1) Grant
- (2) Agree
- (3) Permit
- (4) Accept

Options :

- 92090623225. 1
- 92090623226. 2
- 92090623227. 3

92090623228. 4

Question Number : 8 Question Id : 9209065875 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 synonym of the word "PATRONAGE" is:

- (1) Donation
- (2) Support
- (3) Espionage
- (4) Beneficiary

Options :

92090623229. 1

92090623230. 2

92090623231. 3

92090623232. 4

Question Number : 8 Question Id : 9209065875 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 synonym of the word "PATRONAGE" is:

- (1) Donation
- (2) Support
- (3) Espionage
- (4) Beneficiary

Options :

92090623229. 1

92090623230. 2

92090623231. 3

92090623232. 4

Question Number : 9 Question Id : 9209065876 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 option that improves the given statement grammatically. A majority of students believe that the examinations are unnecessary.

- (1) A majority of students believe that the examinations are unnecessary.
- (2) A majority of students believe that the examinations have been necessary.
- (3) A majority of students believe that the examinations are being necessary.
- (4) No improvement.

Options :

- 92090623233. 1
- 92090623234. 2
- 92090623235. 3
- 92090623236. 4

Question Number : 9 Question Id : 9209065876 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 option that improves the given statement grammatically. A majority of students believe that the examinations are unnecessary.

- (1) A majority of students believe that the examinations are unnecessary.
- (2) A majority of students believe that the examinations have been necessary.
- (3) A majority of students believe that the examinations are being necessary.
- (4) No improvement.

Options :

- 92090623233. 1
- 92090623234. 2
- 92090623235. 3
- 92090623236. 4

Question Number : 10 Question Id : 9209065877 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 place with circular currents of water, which can pull objects down into it: -

- | | |
|----------------|---------------|
| (1) Wheel lock | (2) Wheelic |
| (3) Wheeler | (4) Whirlpool |

Options :

- 92090623237. 1

92090623238. 2

92090623239. 3

92090623240. 4

Question Number : 10 Question Id : 9209065877 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 place with circular currents of water, which can pull objects down into it: -

- | | |
|----------------|---------------|
| (1) Wheel lock | (2) Wheelic |
| (3) Wheeler | (4) Whirlpool |

Options :

92090623237. 1

92090623238. 2

92090623239. 3

92090623240. 4

Question Number : 11 Question Id : 9209065878 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 certain sum of money invested on simple intrest at 15% per annual fetched Rs.10,350 as intrest in 3 years find the sum invested

- (1) Rs.22800
- (2) Rs.23000
- (3) Rs.24000
- (4) Rs.24500

Options :

92090623241. 1

92090623242. 2

92090623243. 3

92090623244. 4

Question Number : 11 Question Id : 9209065878 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 certain sum of money invested on simple interest at 15% per annum fetched Rs.10,350 as interest in 3 years find the sum invested

- (1) Rs.22800
- (2) Rs.23000
- (3) Rs.24000
- (4) Rs.24500

Options :

- 92090623241. 1
- 92090623242. 2
- 92090623243. 3
- 92090623244. 4

Question Number : 12 Question Id : 9209065879 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 solid metallic sphere of radius 30cm is dropped into a cylindrical vessel of diameter 80cm if the vessel is partly filled with water and the sphere dropped in it is completely immersed then by how much the water level increases?

- (1) 25cm
- (2) 22.5cm
- (3) 22cm
- (4) 21.8cm

Options :

- 92090623245. 1
- 92090623246. 2
- 92090623247. 3
- 92090623248. 4

Question Number : 12 Question Id : 9209065879 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 solid metallic sphere of radius 30cm is dropped into a cylindrical vessel of diameter 80cm if the vessel is partly filled with water and the sphere dropped in it is completely immersed then by how much the water level increases?

- (1) 25cm
- (2) 22.5cm
- (3) 22cm
- (4) 21.8cm

Options :

- 92090623245. 1
- 92090623246. 2
- 92090623247. 3
- 92090623248. 4

Question Number : 13 Question Id : 9209065880 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

Shaloo started a business by investing Rs. 42000. After 2 month Reena joined her by investing Rs. 35000. Profit at the end of 10 month was Rs.315% Reena's share in the profit (in Rs.) is:

- | | |
|------------|------------|
| (1) 12,400 | (2) 12,628 |
| (3) 12,825 | (4) 12,980 |

Options :

- 92090623249. 1
- 92090623250. 2
- 92090623251. 3
- 92090623252. 4

Question Number : 13 Question Id : 9209065880 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

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- | | |
|------------|------------|
| (1) 12,400 | (2) 12,628 |
| (3) 12,825 | (4) 12,980 |

Options :

- 92090623249. 1

92090623250. 2

92090623251. 3

92090623252. 4

Question Number : 14 Question Id : 9209065881 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 value of "x" is the following $10^2 + 7^2 + 243^{\frac{1}{3}} = x^2 + 5$

(1) 21

(2) 22

(3) 23

(4) 24

Options :

92090623253. 1

92090623254. 2

92090623255. 3

92090623256. 4

Question Number : 14 Question Id : 9209065881 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 value of "x" is the following $10^2 + 7^2 + 243^{\frac{1}{3}} = x^2 + 5$

(1) 21

(2) 22

(3) 23

(4) 24

Options :

92090623253. 1

92090623254. 2

92090623255. 3

92090623256. 4

Question Number : 15 Question Id : 9209065882 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 man covers a distance of 1200km in 70 days reasting 9 hours a day. If he rest 10 hours a day and walk with speed $1\frac{1}{2}$ times of the previous speed then in how many days will he cover 840km?

- | | |
|--------|--------|
| (1) 39 | (2) 33 |
| (3) 35 | (4) 37 |

Options :

92090623257. 1
92090623258. 2
92090623259. 3
92090623260. 4

Question Number : 15 Question Id : 9209065882 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 man covers a distance of 1200km in 70 days reasting 9 hours a day. If he rest 10 hours a day and walk with speed $1\frac{1}{2}$ times of the previous speed then in how many days will he cover 840km?

- | | |
|--------|--------|
| (1) 39 | (2) 33 |
| (3) 35 | (4) 37 |

Options :

92090623257. 1
92090623258. 2
92090623259. 3
92090623260. 4

Question Number : 16 Question Id : 9209065883 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

Pointing to gentleman, ravi said, "his only brother is the father of my daughter father.how is the gentleman related to Ravi?

- (1) Grandfather
(2) Father
(3) Uncle
(4) Brother- in- low

Options :

92090623261. 1
92090623262. 2
92090623263. 3
92090623264. 4

Question Number : 16 Question Id : 9209065883 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

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- (3) Uncle
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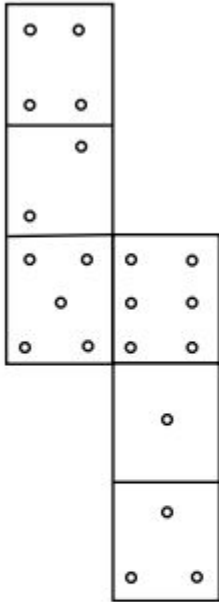
Options :

92090623261. 1
92090623262. 2
92090623263. 3
92090623264. 4

Question Number : 17 Question Id : 9209065884 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 dots lie opposite to the face having three dots, when the given figure is to form a cube?



- (1) 2
- (2) 4
- (3) 5
- (4) 6

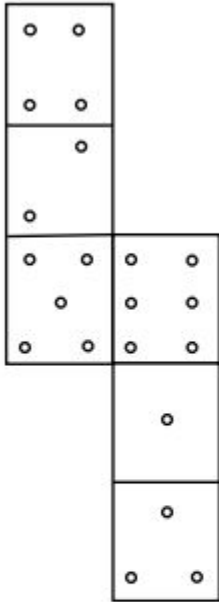
Options :

- 92090623265. 1
- 92090623266. 2
- 92090623267. 3
- 92090623268. 4

Question Number : 17 Question Id : 9209065884 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 dots lie opposite to the face having three dots, when the given figure is to form a cube?



- (1) 2
- (2) 4
- (3) 5
- (4) 6

Options :

- 92090623265. 1
- 92090623266. 2
- 92090623267. 3
- 92090623268. 4

Question Number : 18 Question Id : 9209065885 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 option for the missing term 354: 349:: 478?

- (1) 470
- (2) 487
- (3) 471
- (4) 474

Options :

- 92090623269. 1

92090623270. 2

92090623271. 3

92090623272. 4

Question Number : 18 Question Id : 9209065885 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 option for the missing term 354: 349:: 478?

(1) 470

(2) 487

(3) 471

(4) 474

Options :

92090623269. 1

92090623270. 2

92090623271. 3

92090623272. 4

Question Number : 19 Question Id : 9209065886 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

Answer the following question by studying the statement and assumptions.

Statement: - It is desirable to put the child in school at the age of 5 or 50.

Assumptions: - I. At that age the child reaches appropriate level of development and is ready to learn.

II. The schools do not admit children after six years of age.

(1) Only assumption I is implicit.

(2) Only assumption II is implicit.

(3) Either I or II is implicit.

(4) Neither I or II is implicit.

Options :

92090623273. 1

92090623274. 2

92090623275. 3

92090623276. 4

Question Number : 19 Question Id : 9209065886 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

Answer the following question by studying the statement and assumptions.

Statement: - It is desirable to put the child in school at the age of 5 or 50.

Assumptions: - I. At that age the child reaches appropriate level of development and is ready to learn.

II. The schools do not admit children after six years of age.

- (1) Only assumption I is implicit.
- (2) Only assumption II is implicit.
- (3) Either I or II is implicit.
- (4) Neither I or II is implicit.

Options :

- 92090623273. 1
- 92090623274. 2
- 92090623275. 3
- 92090623276. 4

Question Number : 20 Question Id : 9209065887 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

Kavita walks 10 km towards north. From there, she walks 6 km towards south. Then, she walks 3 km towards east. How far and in which direction is she with reference to her starting point

- (1) 10 km northwest
- (2) 6 km southwest
- (3) 5 km southwest
- (4) 5 km northeast

Options :

- 92090623277. 1
- 92090623278. 2
- 92090623279. 3
- 92090623280. 4

Question Number : 20 Question Id : 9209065887 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

Kavita walks 10 km towards north. From there, she walks 6 km towards south. Then, she walks 3 km towards east. How far and in which direction is she with reference to her starting point

- (1) 10 km northwest
- (2) 6 km southwest
- (3) 5 km southwest
- (4) 5 km northeast

Options :

- 92090623277. 1
- 92090623278. 2
- 92090623279. 3
- 92090623280. 4

Question Number : 21 Question Id : 9209065888 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
Term	Deal with
(A) Obstetrics	(I) Vegetable growing
(B) Odonntography	(II) Branch of mediciane dealing with preghang
(C) Olericulture	(III) The storsy of bones
(D) Osteology	(IV) ascience and story of teeth

Choose the correct answer from the options given below:

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

Options :

- 92090623281. 1
- 92090623282. 2
- 92090623283. 3
- 92090623284. 4

Question Number : 21 Question Id : 9209065888 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
Term	Deal with
(A) Obstetrics	(I) Vegetable growing
(B) Odonntography	(II) Branch of mediciane dealing with preghang
(C) Olericulture	(III) The storsy of bones
(D) Osteology	(IV) ascience and story of teeth

Choose the correct answer from the options given below:

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

Options :

92090623281. 1
92090623282. 2
92090623283. 3
92090623284. 4

Question Number : 22 Question Id : 9209065889 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 hydrocarbons are the major constitvents of LPG?

- (1) Methan only
- (2) Methan and Ethans
- (3) Propane and Benzane
- (4) Propane and Ethane

Options :

92090623285. 1
92090623286. 2
92090623287. 3
92090623288. 4

Question Number : 22 Question Id : 9209065889 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 hydrocarbons are the major constituents of LPG?

- (1) Methan only
- (2) Methan and Ethans
- (3) Propane and Benzane
- (4) Propane and Ethane

Options :

- 92090623285. 1
- 92090623286. 2
- 92090623287. 3
- 92090623288. 4

Question Number : 23 Question Id : 9209065890 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 correct statements are:

- (A) The first person to enter space is Edward White.
- (B) The first country to send man on the moon is USA.
- (C) The first Indian to go into space is Rakesh Sharma.
- (D) The first country to send mars orbiter in first attempt is China.

Choose the correct answer from the options given below :

- (1) (A) & (B) only
- (2) (A), (B) and (C) only
- (3) (B) and (D) only
- (4) (B) and (C) only

Options :

- 92090623289. 1
- 92090623290. 2
- 92090623291. 3
- 92090623292. 4

Question Number : 23 Question Id : 9209065890 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 correct statements are:

- (A) The first person to enter space is Edward White.
- (B) The first country to send man on the moon is USA.
- (C) The first Indian to go into space is Rakesh Sharma.
- (D) The first country to send mars orbiter in first attempt is China.

Choose the correct answer from the options given below :

- (1) (A) & (B) only
- (2) (A), (B) and (C) only
- (3) (B) and (D) only
- (4) (B) and (C) only

Options :

- 92090623289. 1
- 92090623290. 2
- 92090623291. 3
- 92090623292. 4

Question Number : 24 Question Id : 9209065891 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 Vedas mainly consists of a melodic format or verses set as lyrical composition?

- (1) Yajur Veda
- (2) Sam Veda
- (3) Atharvea Veda
- (4) Rig Veda

Options :

- 92090623293. 1
- 92090623294. 2
- 92090623295. 3
- 92090623296. 4

Question Number : 24 Question Id : 9209065891 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 Vedas mainly consists of a melodic format or verses set as lyrical composition?

- (1) Yajur Veda
- (2) Sam Veda
- (3) Atharvea Veda
- (4) Rig Veda

Options :

- 92090623293. 1
- 92090623294. 2
- 92090623295. 3
- 92090623296. 4

Question Number : 25 Question Id : 9209065892 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 idea of single citizenship in the constitution of India is adapted from British constitution

Statement II : Fundamental duties under article 31-A of Indian constitution is adapted from French constitution

In the light of the above statements, choose the correct 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 true but Statement II is incorrect
- (4) Statement I is false but Statement II is correct

Options :

- 92090623297. 1
- 92090623298. 2
- 92090623299. 3
- 92090623300. 4

Question Number : 25 Question Id : 9209065892 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 idea of single citizenship in the constitution of India is adapted from British constitution

Statement II : Fundamental duties under article 31-A of Indian constitution is adapted from French constitution

In the light of the above statements, choose the correct 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 true but Statement II is incorrect
- (4) Statement I is false but Statement II is correct

Options :

- 92090623297. 1
- 92090623298. 2
- 92090623299. 3
- 92090623300. 4

Part B: Yoga

Section Id :	920906118
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 : 920906187
Question Shuffling Allowed : Yes
Is Section Default? : null

Question Number : 26 Question Id : 9209065893 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 commentary on Patanjali Yoga sutra by Swami Vivekanand is given title as

- | | |
|--------------------|----------------|
| (1) Patanjali Yoga | (2) Hatha Yoga |
| (3) Raj Yoga | (4) Gyan Yoga |

Options :

92090623301. 1
92090623302. 2
92090623303. 3
92090623304. 4

Question Number : 26 Question Id : 9209065893 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 विवेकानन्द ने पतञ्जलि योग सूत्र की व्याख्या निम्न में से किस पुस्तक में की है ?

- | | |
|-----------------|---------------|
| (1) पतञ्जलि योग | (2) हठ योग |
| (3) राजयोग | (4) ज्ञान योग |

Options :

92090623301. 1
92090623302. 2
92090623303. 3
92090623304. 4

Question Number : 27 Question Id : 9209065894 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 name of First Chapter of Patanjali Yoga sutra in

- | | |
|------------------|-------------------|
| (1) Sadhana Pada | (2) Vibhuti Pada |
| (3) Samadhi Pada | (4) Kaivalya Pada |

Options :

- 92090623305. 1
- 92090623306. 2
- 92090623307. 3
- 92090623308. 4

Question Number : 27 Question Id : 9209065894 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 प्रथम खण्ड (पाद) का नाम क्या है ?

- | | |
|---------------|----------------|
| (1) साधन पाद | (2) विभूति पाद |
| (3) समाधि पाद | (4) कैवल्य पाद |

Options :

- 92090623305. 1
- 92090623306. 2
- 92090623307. 3
- 92090623308. 4

Question Number : 28 Question Id : 9209065895 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 classical definition of Yoga in

- | | |
|------------------------------|-------------------------|
| (1) Yogaschittvrittinirodhah | (2) Yoga is an art |
| (3) Yoga brings harmony | (4) Yoga removes stress |

Options :

- 92090623309. 1
- 92090623310. 2
- 92090623311. 3
- 92090623312. 4

Question Number : 28 Question Id : 9209065895 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 पतञ्जलि के अनुसार योग की शास्त्रीय परिभाषा क्या है ?

- | | |
|------------------------------|---------------------------|
| (1) योगश्चित्त वृत्ति निरोधः | (2) योग एक कला है। |
| (3) योगः समत्वं उच्यते। | (4) योग तनाव दूर करता है। |

Options :

92090623309. 1
92090623310. 2
92090623311. 3
92090623312. 4

Question Number : 29 Question Id : 9209065896 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 following does not belong to Bhagvadgita?

- | | |
|---------------------------|----------------------------|
| (1) Samatvam Yoga Uchyate | (2) Yoga Karmasu Kaushalam |
| (3) Yogobhavati Dukhaha | (4) Athayoganushasanam |

Options :

92090623313. 1
92090623314. 2
92090623315. 3
92090623316. 4

Question Number : 29 Question Id : 9209065896 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 परिभाषा का सम्बन्ध भगवद्गीता से नहीं है ?

- | | |
|--------------------------------------|------------------------|
| (1) समत्वम् योग उच्यते | (2) योगः कर्मसु कौशलम् |
| (3) योगः भवति दुःखः (योगोभवति दुःखः) | (4) अथ योगानुशासनम् |

Options :

92090623313. 1
92090623314. 2
92090623315. 3
92090623316. 4

Question Number : 30 Question Id : 9209065897 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 darshana does not accept the authority of Veda?

- | | |
|-----------------------|--------------------------|
| (1) Yoga Darshana | (2) Nyāya Darshana |
| (3) Charvaka Darshana | (4) Vaisheshika Darshana |

Options :

- 92090623317. 1
- 92090623318. 2
- 92090623319. 3
- 92090623320. 4

Question Number : 30 Question Id : 9209065897 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 दर्शन वेदों की श्रेष्ठता को स्वीकार नहीं करता है ?

- | | |
|-------------------|-------------------|
| (1) योग दर्शन | (2) न्याय दर्शन |
| (3) चार्वाक दर्शन | (4) वैशेषिक दर्शन |

Options :

- 92090623317. 1
- 92090623318. 2
- 92090623319. 3
- 92090623320. 4

Question Number : 31 Question Id : 9209065898 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 composed "Light on Yoga"?

- | | |
|---------------------|-----------------------|
| (1) Ramana Maharshi | (2) Swami Vivekananda |
| (3) B.K.S. Iyengar | (4) Swami Rama |

Options :

- 92090623321. 1
- 92090623322. 2
- 92090623323. 3
- 92090623324. 4

Question Number : 31 Question Id : 9209065898 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

नाथ सम्प्रदाय में गोरक्षनाथ के गुरु कौन हैं?

- | | |
|----------------------|----------------|
| (1) मत्स्येन्द्र नाथ | (2) चौरंगी |
| (3) सुरानन्द | (4) अल्लमप्रभु |

Options :

92090623321. 1
92090623322. 2
92090623323. 3
92090623324. 4

Question Number : 32 Question Id : 9209065899 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 does not belong to Natha Tradition of Hatha Yoga?

- | | |
|-----------------------|---------------------|
| (1) Swami Vivekananda | (2) Matsyendranātha |
| (3) Gorakshnatha | (4) Swatmarama |

Options :

92090623325. 1
92090623326. 2
92090623327. 3
92090623328. 4

Question Number : 32 Question Id : 9209065899 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 हठयोग की नाथ परम्परा से सम्बन्धित नहीं है ?

- | | |
|-----------------------|----------------------|
| (1) स्वामी विवेकानन्द | (2) मत्स्येन्द्र नाथ |
| (3) गोरक्ष नाथ | (4) स्वात्मा राम |

Options :

92090623325. 1
92090623326. 2
92090623327. 3
92090623328. 4

Question Number : 33 Question Id : 9209065900 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

Description of Nachiketa is found in

- | | |
|------------------------|--------------------|
| (1) Prashnôpanishada | (2) Kenôpanishada |
| (3) Taittreeyopnishada | (4) Kathôpanishada |

Options :

92090623329. 1
92090623330. 2
92090623331. 3
92090623332. 4

Question Number : 33 Question Id : 9209065900 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

नचिकेता का वर्णन किस उपनिषद् में मिलता है ?

- | | |
|----------------------|----------------|
| (1) प्रश्नोपनिषद् | (2) केनोपनिषद् |
| (3) तैत्तिरीयोपनिषद् | (4) कठोपनिषद् |

Options :

92090623329. 1
92090623330. 2
92090623331. 3
92090623332. 4

Question Number : 34 Question Id : 9209065901 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 is the Guru of Gorakshnath in Nath Cult?

- | | |
|---------------------|-----------------|
| (1) Matsyendranatha | (2) Chaurangi |
| (3) Surananda | (4) Allamprabhu |

Options :

92090623333. 1
92090623334. 2
92090623335. 3
92090623336. 4

Question Number : 34 Question Id : 9209065901 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

नाथ सम्प्रदाय में गोरक्षनाथ के गुरु कौन हैं?

- | | |
|----------------------|----------------|
| (1) मत्स्येन्द्र नाथ | (2) चौरंगी |
| (3) सुरानन्द | (4) अल्लमप्रभु |

Options :

92090623333. 1
92090623334. 2
92090623335. 3
92090623336. 4

Question Number : 35 Question Id : 9209065902 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 chakra is said to be the place of Kedāra according to Hatha Yoga Pradipika?

- | | |
|---------------|---------------|
| (1) Ajnā | (2) Mulādhara |
| (3) Vishuddhi | (4) Anahata |

Options :

92090623337. 1
92090623338. 2
92090623339. 3
92090623340. 4

Question Number : 35 Question Id : 9209065902 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

हठयोगप्रदीपिका के अनुसार कौन सा चक्र केदार का स्थान है ?

- | | |
|-------------------|------------------|
| (1) आज्ञा चक्र | (2) मूलाधार चक्र |
| (3) विशुद्धि चक्र | (4) अनाहत चक्र |

Options :

92090623337. 1
92090623338. 2
92090623339. 3
92090623340. 4

Question Number : 36 Question Id : 9209065903 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 nadi is considered as Saraswati?

- | | |
|----------------|------------------|
| (1) Surya Nadi | (2) Chandra Nadi |
| (3) Alambusha | (4) Sushumna |

Options :

92090623341. 1
92090623342. 2
92090623343. 3
92090623344. 4

Question Number : 36 Question Id : 9209065903 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 नाड़ी सरस्वती नाड़ी है ?

- | | |
|--------------------|--------------------|
| (1) सूर्य नाड़ी | (2) चन्द्र नाड़ी |
| (3) अलम्बूषा नाड़ी | (4) सुषुम्ना नाड़ी |

Options :

92090623341. 1
92090623342. 2
92090623343. 3
92090623344. 4

Question Number : 37 Question Id : 9209065904 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 : Udāna prāna vayu resides at Kanthadesha (throat region).

Statement II : First chapter of Bhagvadgitā talks about Vishada Yoga.

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 :

92090623345. 1

92090623346. 2

92090623347. 3

92090623348. 4

Question Number : 37 Question Id : 9209065904 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 : वशिष्ठ संहिता में मर्म-उपचार का वर्णन मिलता है। उदान-प्राण वायु कण्ठप्रदेश (Throat-region) में स्थित रहती है।

कथन II : वशिष्ठ संहिता में 32 आसनों का वर्णन मिलता है। भगवद्गीता के प्रथम अध्याय में विषाद योग का वर्णन है।

उपरोक्त कथन के आधार पर, निम्न में से सही उत्तर का चुनाव कीजिए :

- (1) उपरोक्त दोनों कथन सही हैं
- (2) उपरोक्त दोनों कथन गलत हैं
- (3) प्रथम कथन सही है, द्वितीय कथन गलत है
- (4) प्रथम कथन गलत है, द्वितीय कथन सही है

Options :

- 92090623345. 1
- 92090623346. 2
- 92090623347. 3
- 92090623348. 4

Question Number : 38 Question Id : 9209065905 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 considered as upa-prana?

- | | |
|---------------|----------------|
| (1) Kūrma | (2) Dhananjaya |
| (3) Devadutta | (4) Vyāna |

Options :

- 92090623349. 1
- 92090623350. 2
- 92090623351. 3
- 92090623352. 4

Question Number : 38 Question Id : 9209065905 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 उप-प्राण नहीं है ?

- | | |
|-------------|------------|
| (1) कूर्म | (2) धनञ्जय |
| (3) देवदत्त | (4) व्यान |

Options :

- 92090623349. 1
- 92090623350. 2
- 92090623351. 3
- 92090623352. 4

Question Number : 39 Question Id : 9209065906 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 is the Author of Siddhasiddhantapaddhati?

- | | |
|-------------------|---------------------|
| (1) Gorakshanatha | (2) Srinivas |
| (3) Raghuvira | (4) Swami Swatmaram |

Options :

92090623353. 1
92090623354. 2
92090623355. 3
92090623356. 4

Question Number : 39 Question Id : 9209065906 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

सिद्धसिद्धान्तपद्धति के रचयिता कौन है ?

- | | |
|----------------|-----------------------|
| (1) गोरक्ष नाथ | (2) श्री निवास |
| (3) रघुवीर | (4) स्वामीस्वात्माराम |

Options :

92090623353. 1
92090623354. 2
92090623355. 3
92090623356. 4

Question Number : 40 Question Id : 9209065907 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 journal published by Kaivalyadhama Lonawala

- | | |
|---------------------|-----------------------------------|
| (1) Yoga Vidya | (2) Yoga Mimansa |
| (3) Journal of Yoga | (4) International Journal of Yoga |

Options :

92090623357. 1
92090623358. 2
92090623359. 3
92090623360. 4

Question Number : 40 Question Id : 9209065907 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

कैवल्यधाम लोनावाला से प्रकाशित होने वाली योग पत्रिका का क्या नाम है ?

- | | |
|-------------------|------------------------------|
| (1) योग विद्या | (2) योग-मीमांसा |
| (3) जर्नल आफ योगा | (4) इन्टरनेशनल जर्नल आफ योगा |

Options :

92090623357. 1
92090623358. 2
92090623359. 3
92090623360. 4

Question Number : 41 Question Id : 9209065908 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 talks about Swara Yoga?

- | | |
|--------------------------|-------------------------|
| (1) Gorakshashatkam | (2) Hathayoga Pradipika |
| (3) Patanjali Yoga Sutra | (4) Shiva Swarodaya |

Options :

92090623361. 1
92090623362. 2
92090623363. 3
92090623364. 4

Question Number : 41 Question Id : 9209065908 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

स्वर विज्ञान का वर्णन निम्न में से किस पुस्तक में मिलता है ?

- | | |
|----------------------|--------------------|
| (1) गोरक्षष्टकम् | (2) हठयोगप्रदीपिका |
| (3) पतञ्जलियोग-सूत्र | (4) शिव-स्वरोदय |

Options :

92090623361. 1
92090623362. 2
92090623363. 3
92090623364. 4

Question Number : 42 Question Id : 9209065909 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 in the list of Astkumbhaka of Swatmarama?

- | | |
|------------------|--------------------|
| (1) Suryabhedana | (2) Ujjai |
| (3) Bhramari | (4) Anuloma-Viloma |

Options :

92090623365. 1
92090623366. 2
92090623367. 3
92090623368. 4

Question Number : 42 Question Id : 9209065909 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 कौन सा प्राणायाम स्वात्मराम के अष्टकुम्भकों की सूची में नहीं है ?

- | | |
|---------------|------------------|
| (1) सूर्यभेदन | (2) उज्जायी |
| (3) भ्रामरी | (4) अनुलोम-विलोम |

Options :

92090623365. 1
92090623366. 2
92090623367. 3
92090623368. 4

Question Number : 43 Question Id : 9209065910 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 answer according to the Yajñavalkya Saṁhitā

- (1) Ahimsā or non-violence is the awareness and practice of non-violence in thought, speech and action
- (2) Ahimsā or non-violence is the awareness only
- (3) Ahimsā or non-violence is the practice only
- (4) Ahimsā or non-violence is the awareness, practice and patience

Options :

92090623369. 1
92090623370. 2
92090623371. 3
92090623372. 4

Question Number : 43 Question Id : 9209065910 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

याज्ञवल्क्य संहिता के अनुसार सही उत्तर का चुनाव कीजिए।

- (1) अहिंसा से तात्पर्य है कि विचार, वाणी और कर्म में पूर्ण जागरूक रहकर इसका अनुपालन करना है।
- (2) अहिंसा से तात्पर्य केवल सिद्धांतों के प्रति जागरूक रहना है।
- (3) अहिंसा से तात्पर्य केवल सिद्धांतों का अभ्यास करना है।
- (4) अहिंसा से तात्पर्य सिद्धांतों के प्रति जागरूकता, अभ्यास और धैर्य है।

Options :

92090623369. 1
92090623370. 2
92090623371. 3
92090623372. 4

Question Number : 44 Question Id : 9209065911 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 term is also used for Astanga Yoga?

- | | |
|----------------|---------------|
| (1) Hath yoga | (2) Raj yoga |
| (3) Jnana yoga | (4) Laya yoga |

Options :

92090623373. 1
92090623374. 2
92090623375. 3
92090623376. 4

Question Number : 44 Question Id : 9209065911 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 अष्टांग योग के लिए भी प्रयुक्त होता है ?

- | | |
|--------------|------------|
| (1) हठयोग | (2) राजयोग |
| (3) ज्ञानयोग | (4) लययोग |

Options :

92090623373. 1
92090623374. 2
92090623375. 3
92090623376. 4

Question Number : 45 Question Id : 9209065912 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 book yoga Beej is a dialogue between

- (1) King Chandakapali and Maharishi Gheranda
- (2) Maharishi Vashishtha and His son Shakti
- (3) Goddess Parwati and Lord Aadinath
- (4) Swami Ramkrishna Paramhansa and Swami Vivekananda

Options :

92090623377. 1
92090623378. 2
92090623379. 3
92090623380. 4

Question Number : 45 Question Id : 9209065912 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

योगबीज नामक पुस्तक में संवाद हैं-

- (1) राजा चन्दकपाली और महर्षि घेरण्ड के मध्य
- (2) महर्षि वशिष्ठ और उनके पुत्र शक्ति के मध्य
- (3) देवी पार्वती और आदिनाथ शिव के मध्य
- (4) स्वामी रामकृष्ण परमहंस और स्वामी विवेकानन्द के मध्य

Options :

92090623377. 1
92090623378. 2
92090623379. 3
92090623380. 4

Question Number : 46 Question Id : 9209065913 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 Sanskrit word Chit?

- | | |
|------------|---------------|
| (1) Praise | (2) Conscious |
| (3) Dhyana | (4) Intellect |

Options :

92090623381. 1
92090623382. 2
92090623383. 3
92090623384. 4

Question Number : 46 Question Id : 9209065913 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 भाषा के शब्द चित्त का क्या अर्थ है ?

- | | |
|-------------|------------|
| (1) प्रशंसा | (2) चेतना |
| (3) ध्यान | (4) बुद्धि |

Options :

92090623381. 1
92090623382. 2
92090623383. 3
92090623384. 4

Question Number : 47 Question Id : 9209065914 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

According to Hatha Ratnavali 'Yogaschitta Vratinirodhah' mentioned as

- | | |
|----------------|---------------|
| (1) Raj Yoga | (2) Laya Yoga |
| (3) Hatha Yoga | (4) Maha Yoga |

Options :

92090623385. 1
92090623386. 2
92090623387. 3
92090623388. 4

Question Number : 47 Question Id : 9209065914 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

हठरत्नावली के अनुसार योगश्चित्तवृत्ति निरोध —————

- | | |
|------------|------------|
| (1) राजयोग | (2) लययोग |
| (3) हठयोग | (4) महायोग |

Options :

92090623385. 1
92090623386. 2
92090623387. 3
92090623388. 4

Question Number : 48 Question Id : 9209065915 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 Sanskrit root "Vid"?

- | | |
|-----------------|-------------|
| (1) to know | (2) to talk |
| (3) to practice | (4) to get |

Options :

92090623389. 1
92090623390. 2
92090623391. 3
92090623392. 4

Question Number : 48 Question Id : 9209065915 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 विद् का क्या अर्थ है ?

- | | |
|-----------------|------------------|
| (1) जानना | (2) बात करना |
| (3) अभ्यास करना | (4) प्राप्त करना |

Options :

92090623389. 1
92090623390. 2
92090623391. 3
92090623392. 4

Question Number : 49 Question Id : 9209065916 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 talked about Antaranga and Bahiranga Yoga in Astika Darsha?

- | | |
|---------------|----------------|
| (1) Patanjali | (2) Vashishtha |
| (3) Gheranda | (4) Vyasa |

Options :

92090623393. 1
92090623394. 2
92090623395. 3
92090623396. 4

Question Number : 49 Question Id : 9209065916 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

अस्तिक दर्शन में किसने बहिरंग और अन्तरंग योग के बारे में बताया है ?

- | | |
|-------------|------------|
| (1) पतञ्जलि | (2) वशिष्ठ |
| (3) घेरण्ड | (4) व्यास |

Options :

92090623393. 1
92090623394. 2
92090623395. 3
92090623396. 4

Question Number : 50 Question Id : 9209065917 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 is the foremost narrator about yoga?

- | | |
|----------------------|-------------------------|
| (1) Maharishi Kapila | (2) Maharishi Patanjali |
| (3) Maharishi Vyasa | (4) Hiranyagrabha |

Options :

92090623397. 1
92090623398. 2
92090623399. 3
92090623400. 4

Question Number : 50 Question Id : 9209065917 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

सर्वप्रथम योग का वर्णन किसने किया?

- | | |
|------------------|--------------------|
| (1) महर्षि कपिल | (2) महर्षि पतञ्जलि |
| (3) महर्षि व्यास | (4) हिरण्यगर्भ |

Options :

92090623397. 1
92090623398. 2
92090623399. 3
92090623400. 4

Question Number : 51 Question Id : 9209065918 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 of the following is not directly related to Hatha Yoga Tradition?

- | | |
|------------------------|---------------------|
| (1) Maharshi Patanjali | (2) Gorakshanath |
| (3) Maharshi Gheranda | (4) Swami Swatmaram |

Options :

92090623401. 1
92090623402. 2
92090623403. 3
92090623404. 4

Question Number : 51 Question Id : 9209065918 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 किसका सम्बन्ध हठयोग परम्परा से नहीं है ?

- | | |
|--------------------|------------------------|
| (1) महर्षि पतञ्जलि | (2) गोरक्षनाथ |
| (3) महर्षि घेरण्ड | (4) स्वामी स्वात्माराम |

Options :

92090623401. 1
92090623402. 2
92090623403. 3
92090623404. 4

Question Number : 52 Question Id : 9209065919 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 Prana are there according to Vashishtha Samhita?

- | | |
|--------|--------|
| (1) 72 | (2) 5 |
| (3) 8 | (4) 10 |

Options :

- 92090623405. 1
- 92090623406. 2
- 92090623407. 3
- 92090623408. 4

Question Number : 52 Question Id : 9209065919 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

वशिष्ठ संहिता के अनुसार प्राणों के कितने प्रकार हैं?

- | | |
|--------|--------|
| (1) 72 | (2) 5 |
| (3) 8 | (4) 10 |

Options :

- 92090623405. 1
- 92090623406. 2
- 92090623407. 3
- 92090623408. 4

Question Number : 53 Question Id : 9209065920 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 talks about the six types of Pratyāhāra?

- | | |
|-------------------|---------------------|
| (1) Kenôpanishad | (2) Gherand Samhitā |
| (3) Kathôpanishad | (4) Yoga Chudamani |

Options :

- 92090623409. 1
- 92090623410. 2
- 92090623411. 3
- 92090623412. 4

Question Number : 53 Question Id : 9209065920 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 _____ में छ प्रकार का प्रत्याहार बताया है ?

- | | |
|---------------|-------------------|
| (1) कनोपनिषद् | (2) घेरण्ड संहिता |
| (3) कठोपनिषद् | (4) योगचूडामणि |

Options :

92090623409. 1
92090623410. 2
92090623411. 3
92090623412. 4

Question Number : 54 Question Id : 9209065921 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 one of the meanings of Sanskrit root word "yuj"?

- | | |
|---------------|-------------|
| (1) Yajan | (2) Praise |
| (3) Criticize | (4) Samādhi |

Options :

92090623413. 1
92090623414. 2
92090623415. 3
92090623416. 4

Question Number : 54 Question Id : 9209065921 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 संस्कृत धातु 'युज' शब्द का सही अर्थ है ?

- | | |
|------------|-------------|
| (1) यजन् | (2) प्रशंसा |
| (3) आलोचना | (4) समाधि |

Options :

92090623413. 1
92090623414. 2
92090623415. 3
92090623416. 4

Question Number : 55 Question Id : 9209065922 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 kumbhaka has been mentioned in Hatharatnavali?

- | | |
|--------|-------|
| (1) 5 | (2) 4 |
| (3) 10 | (4) 9 |

Options :

- 92090623417. 1
- 92090623418. 2
- 92090623419. 3
- 92090623420. 4

Question Number : 55 Question Id : 9209065922 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

हठरत्नावली में कितने प्रकार के कुम्भक का वर्णन किया गया है ?

- | | |
|--------|-------|
| (1) 5 | (2) 4 |
| (3) 10 | (4) 9 |

Options :

- 92090623417. 1
- 92090623418. 2
- 92090623419. 3
- 92090623420. 4

Question Number : 56 Question Id : 9209065923 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 related to Panchmahabhuta?

- | | |
|------------|-----------|
| (1) Shabda | (2) Roopa |
| (3) Rasa | (4) Anger |

Options :

- 92090623421. 1
- 92090623422. 2
- 92090623423. 3
- 92090623424. 4

Question Number : 56 Question Id : 9209065923 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 किसका सम्बन्ध पंचमहाभूतों से नहीं है ?

- | | |
|----------|-----------|
| (1) शब्द | (2) रूप |
| (3) रस | (4) क्रोध |

Options :

92090623421. 1
92090623422. 2
92090623423. 3
92090623424. 4

Question Number : 57 Question Id : 9209065924 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 known as oldest Veda?

- | | |
|-------------|------------------|
| (1) Rigveda | (2) Yajurveda |
| (3) Samveda | (4) Atharva Veda |

Options :

92090623425. 1
92090623426. 2
92090623427. 3
92090623428. 4

Question Number : 57 Question Id : 9209065924 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 वेद प्राचीनतम् है ?

- | | |
|------------|---------------|
| (1) ऋग्वेद | (2) यजुर्वेद |
| (3) सामवेद | (4) अथर्व वेद |

Options :

92090623425. 1
92090623426. 2
92090623427. 3
92090623428. 4

Question Number : 58 Question Id : 9209065925 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 does not belong to Natha Cult?

- | | |
|-----------------------------|----------------------|
| (1) Siddhasiddhantapaddhati | (2) Gorakshashatakam |
| (3) Goraksha Samhita | (4) Samkhyakarika |

Options :

92090623429. 1
92090623430. 2
92090623431. 3
92090623432. 4

Question Number : 58 Question Id : 9209065925 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 किस पाठ्यपुस्तक का सम्बन्ध नाथ-परम्परा से नहीं है ?

- | | |
|--------------------------|-------------------|
| (1) सिद्धसिद्धान्तपद्धति | (2) गोरक्षषट्कम् |
| (3) गोरक्ष संहिता | (4) सांख्य कारिका |

Options :

92090623429. 1
92090623430. 2
92090623431. 3
92090623432. 4

Question Number : 59 Question Id : 9209065926 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 ten yama, Niyama and Ashtanga Yoga mentioned?

- | | |
|------------------------------|-----------------------------|
| (1) Kenopanishada | (2) Kathopanishada |
| (3) Jabala darshanopanishada | (4) Shwetashwetaropanishada |

Options :

92090623433. 1
92090623434. 2
92090623435. 3
92090623436. 4

Question Number : 59 Question Id : 9209065926 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 दस यम-नियम और अष्टांग योग का वर्णन किया गया है ?

- | | |
|----------------------|-------------------------|
| (1) केनोपनिषद् | (2) कठोपनिषद् |
| (3) जबालदर्शनोपनिषद् | (4) श्वेताश्वेतरोपनिषद् |

Options :

92090623433. 1
92090623434. 2
92090623435. 3
92090623436. 4

Question Number : 60 Question Id : 9209065927 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 chapter of Yoga Sutra Patanjali describes about the psychic powers?

- | | |
|------------------|-------------------|
| (1) Samadhi Pada | (2) Sadhan Pada |
| (3) Vibhuti Pada | (4) Kaivalya Pada |

Options :

92090623437. 1
92090623438. 2
92090623439. 3
92090623440. 4

Question Number : 60 Question Id : 9209065927 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 सूत्र के किस पाद (खण्ड) में सिद्धियों का वर्णन किया गया है ?

- | | |
|----------------|----------------|
| (1) समाधि पाद | (2) साधन पाद |
| (3) विभूति पाद | (4) कैवल्य पाद |

Options :

92090623437. 1
92090623438. 2
92090623439. 3

92090623440. 4

Question Number : 61 Question Id : 9209065928 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 chapter of the following, the description of Yama and Niyama is found?

- | | |
|------------------|-------------------|
| (1) Samadhi Pada | (2) Sadhan Pada |
| (3) Vibhuti Pada | (4) Kaivalya Pada |

Options :

92090623441. 1
92090623442. 2
92090623443. 3
92090623444. 4

Question Number : 61 Question Id : 9209065928 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

योगसूत्र के किस पाद में यम-नियम का वर्णन किया गया है ?

- | | |
|----------------|----------------|
| (1) समाधि पाद | (2) साधनपाद |
| (3) विभूति पाद | (4) कैवल्य पाद |

Options :

92090623441. 1
92090623442. 2
92090623443. 3
92090623444. 4

Question Number : 62 Question Id : 9209065929 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 major laws of Karma described in the Bhagwadgita?

- | | |
|-------|--------|
| (1) 4 | (2) 6 |
| (3) 8 | (4) 18 |

Options :

92090623445. 1
92090623446. 2
92090623447. 3

Question Number : 62 Question Id : 9209065929 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

भगवद्गीता में मुख्यतः कितने प्रकार के कर्म-सिद्धान्तों का वर्णन है ?

- | | |
|-------|--------|
| (1) 4 | (2) 6 |
| (3) 8 | (4) 18 |

Options :

- 92090623445. 1
- 92090623446. 2
- 92090623447. 3
- 92090623448. 4

Question Number : 63 Question Id : 9209065930 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 which is not the correct combination of given below?

- | | |
|-------------------------------------|----------------------------|
| (1) Bhakti Yoga – Love and Devotion | (2) Jnana Yoga – Knowledge |
| (3) Karma Yoga – Practice of Asanas | (4) Raj Yoga – Willpower |

Options :

- 92090623449. 1
- 92090623450. 2
- 92090623451. 3
- 92090623452. 4

Question Number : 63 Question Id : 9209065930 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

चुनाव करिए कि निम्न में से कौन सा संयोजन सही नहीं है ?

- | | |
|------------------------------------|-------------------------|
| (1) भक्ति योग – प्रेम और प्रार्थना | (2) ज्ञान योग – ज्ञान |
| (3) कर्मयोग – आसनों का अभ्यास | (4) राजयोग – इच्छाशक्ति |

Options :

- 92090623449. 1
- 92090623450. 2
- 92090623451. 3

92090623452. 4

Question Number : 64 Question Id : 9209065931 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 Raj Yoga?

- | | |
|---------------|-------------------|
| (1) Intellect | (2) Knowledge |
| (3) Willpower | (4) Determination |

Options :

92090623453. 1
92090623454. 2
92090623455. 3
92090623456. 4

Question Number : 64 Question Id : 9209065931 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 किसका सम्बन्ध राजयोग से है ?

- | | |
|------------------|-----------------|
| (1) बुद्धि | (2) ज्ञान |
| (3) संकल्प शक्ति | (4) दृढ़ निश्चय |

Options :

92090623453. 1
92090623454. 2
92090623455. 3
92090623456. 4

Question Number : 65 Question Id : 9209065932 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 Koshas are described in Taittreeyopnishad?

- | | |
|-------|-------|
| (1) 5 | (2) 7 |
| (3) 9 | (4) 1 |

Options :

92090623457. 1
92090623458. 2
92090623459. 3
92090623460. 4

Question Number : 65 Question Id : 9209065932 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

तैत्तिरीयोपनिषद् में कितने प्रकार के कोषों का वर्णन किया गया है ?

- | | |
|-------|-------|
| (1) 5 | (2) 7 |
| (3) 9 | (4) 1 |

Options :

92090623457. 1
92090623458. 2
92090623459. 3
92090623460. 4

Question Number : 66 Question Id : 9209065933 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) : One need to add salt in lukewarm water for the practice of Jala Neti Kriya.

Reason (R) : Salty water is tasty and have good effect on health.

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 :

92090623461. 1
92090623462. 2
92090623463. 3
92090623464. 4

Question Number : 66 Question Id : 9209065933 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 दिये गये हैं : प्रथम अभिकथन 'अ' तथा दूसरा कारण 'क' के रूप में दिया गया है।

अभिकथन (अ) : जलनेति क्रिया के अभ्यास के लिए गुनगुने पानी में थोड़ा नमक मिलाना आवश्यक है।

कारण (क) : नमकीन जल स्वादिष्ट होता है और उसका शरीर पर अच्छा प्रभाव पड़ता है।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

92090623461. 1
92090623462. 2
92090623463. 3
92090623464. 4

Question Number : 67 Question Id : 9209065934 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) : Maharishi Patanjali has told about five mental afflictions.

Reason (R) : These five mental afflictions are Praman, Viparyaya Vikalp, Nidra and Smriti.

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 :

- 92090623465. 1
- 92090623466. 2
- 92090623467. 3
- 92090623468. 4

Question Number : 67 Question Id : 9209065934 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 दिये गये हैं : प्रथम अभिकथन 'अ' तथा दूसरा कारण 'क' के रूप में दिया गया है।

अभिकथन (अ) : महर्षि पतञ्जलि ने पांच प्रकार की वृत्तियाँ बतायी हैं।

कारण (क) : ये पांच प्रकार की वृत्तियाँ - प्रमाण, विपर्यय, विकल्प, निद्रा, स्मृति हैं।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

92090623465. 1
92090623466. 2
92090623467. 3
92090623468. 4

Question Number : 68 Question Id : 9209065935 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) : "Yogaschittavritti-nirodhah"

Reason (R) : Chitta is associated with mind, intellect and ego.

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 :

- 92090623469. 1
- 92090623470. 2
- 92090623471. 3
- 92090623472. 4

Question Number : 68 Question Id : 9209065935 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 दिये गये हैं : प्रथम अभिकथन 'अ' तथा दूसरा कारण 'क' के रूप में दिया गया है।

अभिकथन (अ) : योगश्चित्तवृत्ति निरोधः।

कारण (क) : चित्त का तात्पर्य मन, बुद्धि और अहंकार से है।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

- 92090623469. 1
- 92090623470. 2
- 92090623471. 3
- 92090623472. 4

Question Number : 69 Question Id : 9209065936 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 is a process of elevation by calming down the mind and its modifications.

Reason (R) : Yoga conceived as a creative power of man and that is of the nonreality itself.

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 :

92090623473. 1

92090623474. 2

92090623475. 3

92090623476. 4

Question Number : 69 Question Id : 9209065936 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 दिये गये हैं : प्रथम अभिकथन 'अ' तथा दूसरा कारण 'क' के रूप में दिया गया है।

अभिकथन (अ) : योग विकास की प्रक्रिया है जिसे मन और इसकी वृत्तियों को शान्त करके प्राप्त किया जाता है।

कारण (क) : योग को मनुष्य की रचनात्मक शक्ति के रूप में स्वीकार करना एक गलत धारणा है।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त सही उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

- 92090623473. 1
- 92090623474. 2
- 92090623475. 3
- 92090623476. 4

Question Number : 70 Question Id : 9209065937 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) : The Surya Nadi and the Chandra Nadi addition is known as Hatha Yoga.

Reason (R) : Hatha Yoga works as a ladder for the aspirants of Raj Yoga.

In the light of the above statements, choose the *correct* 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 :

- 92090623477. 1
- 92090623478. 2
- 92090623479. 3
- 92090623480. 4

Question Number : 70 Question Id : 9209065937 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 दिये गये हैं : प्रथम अभिकथन 'अ' तथा दूसरा कारण 'क' के रूप में दिया गया है।

अभिकथन (अ) : सूर्य नाड़ी और चन्द्र नाड़ी का (योग) मिलन ही हठयोग है।

कारण (क) : राजयोग की आकांक्षा के लिए हठयोग सीढ़ी का कार्य करता है।।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त सही उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

92090623477. 1

92090623478. 2

92090623479. 3

92090623480. 4

Question Number : 71 Question Id : 9209065938 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 three types of sufferings (Tapatraya).

Reason (R) : Sufferings are described in Samkhyakarika.

In the light of the above statements, choose the *correct* 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 :

92090623481. 1

92090623482. 2

92090623483. 3

92090623484. 4

Question Number : 71 Question Id : 9209065938 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 दिये गये हैं : प्रथम अभिकथन 'अ' तथा दूसरा कारण 'क' के रूप में दिया गया है।

अभिकथन (अ) : ताप तीन प्रकार के हैं।

कारण (क) : सांख्यकारिका में ताप की व्याख्या की गयी है।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

92090623481. 1

92090623482. 2

92090623483. 3

92090623484. 4

Question Number : 72 Question Id : 9209065939 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) : Was Yoga practice done during Indus Valley Civilization.

Reason (R) : The Stone seals were excavated from the sites of Indus Valley.

In the light of the above statements, choose the *correct* 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 :

- 92090623485. 1
- 92090623486. 2
- 92090623487. 3
- 92090623488. 4

Question Number : 72 Question Id : 9209065939 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 दिये गये हैं : प्रथम अभिकथन 'अ' तथा दूसरा कारण 'क' के रूप में दिया गया है।

अभिकथन (अ) : क्या हिन्दु घाटी की सभ्यता के समय योग का अभ्यास किया जाता था

कारण (क) : हिन्दु घाटी के स्थानों की खुदाई में पत्थर पर अंकित योग मुद्राएँ मिली हैं।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

- 92090623485. 1

92090623486. 2

92090623487. 3

92090623488. 4

Question Number : 73 Question Id : 9209065940 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

Facilitating factors in Hatha Yoga described by swatmarama in Hathayogapradipikā are in sequence.

- (A) Utsah
- (B) Sahsat
- (C) Dhairyat
- (D) Tattvajnana
- (E) Nishchaya

Choose the correct answer from the options given below :

- (1) (A), (D), (E), (B), (C)
- (2) (C), (D), (B), (A), (E)
- (3) (A), (B), (C), (D), (E)
- (4) (B), (D), (E), (A), (C)

Options :

92090623489. 1

92090623490. 2

92090623491. 3

92090623492. 4

Question Number : 73 Question Id : 9209065940 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

स्वात्माराम द्वारा रचित, हठयोग प्रदीपिका में सुगम कारक क्रमबद्ध हैं।

- (A) उत्साह
- (B) साहस
- (C) धैर्य
- (D) तत्त्वज्ञान
- (E) निश्चय

नीचे दिए गए विकल्पों में से सही विकल्प चुने :

- (1) A D E B C
- (2) C D B A E
- (3) A B C D E
- (4) B D E A C

Options :

- 92090623489. 1
- 92090623490. 2
- 92090623491. 3
- 92090623492. 4

Question Number : 74 Question Id : 9209065941 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 history of yoga is divided into five categories beginning from

- (A) Pre-classical period
- (B) Classical period
- (C) Vedic period
- (D) Yoga in Medieval period
- (E) Yoga in Modern Times

Choose the correct answer from the options given below :

- (1) (A), (B), (C), (D), (E)
- (2) (B), (A), (C), (D), (E)
- (3) (C), (A), (B), (D), (E)
- (4) (E), (D), (A), (B), (C)

Options :

- 92090623493. 1

92090623494. 2

92090623495. 3

92090623496. 4

Question Number : 74 Question Id : 9209065941 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 इतिहास पाँच भागों में विभाजित है जिसका प्रारम्भ ।

- (A) पूर्व शास्त्रीय युग
- (B) शास्त्रीय युग
- (C) वैदिक युग
- (D) मध्ययुग
- (E) आधुनिक युग

नीचे दिये गये विकल्पों में से सही विकल्प चुने :

- (1) A B C D E
- (2) B A C D E
- (3) C A B D E
- (4) E D A B C

Options :

92090623493. 1

92090623494. 2

92090623495. 3

92090623496. 4

Question Number : 75 Question Id : 9209065942 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 Ashtakarm in sequence as per Hatharatnavali.

- (A) Gajkarani
- (B) Neti
- (C) Dhauti
- (D) Nauli
- (E) Chakri

Choose the correct answer from the options given below :

- (1) (B), (A), (C), (E), (D)
- (2) (A), (C), (E), (D), (B)
- (3) (E), (C), (D), (B), (A)
- (4) (E), (D), (C), (B), (A)

Options :

- 92090623497. 1
- 92090623498. 2
- 92090623499. 3
- 92090623500. 4

Question Number : 75 Question Id : 9209065942 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 के अनुसार अष्टकर्म को क्रम में व्यवस्थित कीजिए ।

- (A) गजकरणी
- (B) नेति
- (C) धौति
- (D) नौली
- (E) चक्री

नीचे दिए गए विकल्पों में से सही विकल्प चुने :

- (1) B, A, C, E, D
- (2) A, C, E, D, B
- (3) E, C, D, B, A
- (4) E, D, C, B, A

Options :

- 92090623497. 1

92090623498. 2

92090623499. 3

92090623500. 4

Question Number : 76 Question Id : 9209065943 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 Yamas according to Maharshi Patanjali.

- (A) Non-Violence
- (B) Non-Stealing
- (C) Celibacy
- (D) Truthfulness
- (E) Non Covetousness

Choose the correct answer from the options given below :

- (1) Non-Violence, Truthfulness, Non-Stealing, Celibacy, Non Covetousness
- (2) Truthfulness, Non-Stealing, Celibacy, Non Covetousness, Non-Violence
- (3) Celibacy, Non Covetousness, Non-Violence, Truthfulness, Non-Stealing
- (4) Non-Stealing, Truthfulness, Celibacy, Non Covetousness, Non-Violence

Options :

92090623501. 1

92090623502. 2

92090623503. 3

92090623504. 4

Question Number : 76 Question Id : 9209065943 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 पतञ्जलि के अनुसार यम को क्रमशः व्यवस्थित कीजिए ।

- (A) अहिंसा
- (B) अस्तेय
- (C) ब्रह्मचर्य
- (D) सत्य
- (E) अपरिग्रह

नीचे दिए गए विकल्पों में से सही विकल्प चुने :

- (1) अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य, अपरिग्रह
- (2) सत्य, अस्तेय, ब्रह्मचर्य, अपरिग्रह, अहिंसा
- (3) ब्रह्मचर्य, अपरिग्रह, अहिंसा, सत्य, अस्तेय
- (4) अस्तेय, सत्य, ब्रह्मचर्य, अपरिग्रह, अहिंसा

Options :

- 92090623501. 1
- 92090623502. 2
- 92090623503. 3
- 92090623504. 4

Question Number : 77 Question Id : 9209065944 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 in sequence according to Ghatasth Yoga.

- (A) Pranayama
- (B) Pratyahara
- (C) Mudra-Bandha
- (D) Asana
- (E) Shatkarma

Choose the correct answer from the options given below :

- (1) (E), (C), (B), (A), (D)
- (2) (E), (D), (C), (B), (A)
- (3) (E), (B), (C), (A), (D)
- (4) (E), (A), (D), (C), (B)

Options :

- 92090623505. 1

92090623506. 2

92090623507. 3

92090623508. 4

Question Number : 77 Question Id : 9209065944 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

घट योग के अनुसार निम्न को क्रमशः व्यवस्थित कीजिए ।

- (A) प्राणायाम
- (B) प्रत्याहार
- (C) मुद्रा-बन्ध
- (D) आसन
- (E) षट्कर्म

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

- (1) E, C, B, A, D
- (2) E, D, C, B, A
- (3) E, B, C, A, D
- (4) E, A, D, C, B

Options :

92090623505. 1

92090623506. 2

92090623507. 3

92090623508. 4

Question Number : 78 Question Id : 9209065945 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 in sequence as given in Yoga Sutra.

- (A) Yamas
- (B) Niyamas
- (C) Asana
- (D) Pranayama
- (E) Pratyahara

Choose the correct answer from the options given below :

- (1) (A), (B), (C), (D), (E)
- (2) (E), (D), (C), (B), (A)
- (3) (A), (C), (B), (D), (E)
- (4) (E), (C), (B), (A), (D)

Options :

- 92090623509. 1
- 92090623510. 2
- 92090623511. 3
- 92090623512. 4

Question Number : 78 Question Id : 9209065945 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 सूत्र के अनुसार क्लेशों को व्यवस्थित क्रम में लिखिए ।

- (A) राग
- (B) द्वेष
- (C) अस्मिता
- (D) अविद्या
- (E) अभिनिवेश

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

- (1) D, C, A, B, E
- (2) E, D, C, B, A
- (3) A, C, B, D, E
- (4) E, C, B, A, D

Options :

- 92090623509. 1
- 92090623510. 2

92090623511. 3

92090623512. 4

Question Number : 79 Question Id : 9209065946 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 name of cities from beginning of International Day of Yoga from 2015.

- (A) Lucknow
- (B) Delhi
- (C) Chandigarh
- (D) Dehradun
- (E) Ranchi

Choose the correct answer from the options given below :

- (1) (B), (C), (A), (D), (E)
- (2) (A), (B), (C), (D), (E)
- (3) (C), (A), (B), (E), (D)
- (4) (D), (E), (C), (B), (A)

Options :

92090623513. 1

92090623514. 2

92090623515. 3

92090623516. 4

Question Number : 79 Question Id : 9209065946 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

अन्तराष्ट्रीय योग-दिवस के प्रारम्भ वर्ष- 2015 से निम्न शहरों को व्यवस्थित क्रम में बताएँ ।

- (A) लखनऊ
- (B) दिल्ली
- (C) चण्डीगढ़
- (D) देहरादून
- (E) राँची

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

- (1) (B), (C), (A), (D), (E)
- (2) (A), (B), (C), (D), (E)
- (3) (C), (A), (B), (E), (D)
- (4) (D), (E), (C), (B), (A)

Options :

- 92090623513. 1
- 92090623514. 2
- 92090623515. 3
- 92090623516. 4

Question Number : 80 Question Id : 9209065947 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 : "Samatvam Yoga Ucyate".

Statement II : Yoga brings balance in an individual's 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 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 :

92090623517. 1
92090623518. 2
92090623519. 3
92090623520. 4

Question Number : 80 Question Id : 9209065947 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 गये हैं :

अभिकथन (I) : समत्वं योग उच्यते।

अभिकथन (II) : योग मनुष्य के जीवन में सन्तुलन स्थापित करता है।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से सही उत्तर का चुनाव कीजिए।

- (5) दोनों अभिकथन (I) और (II) सही हैं।
- (6) दोनों अभिकथन (I) और (II) गलत हैं।
- (7) अभिकथन (I) सही है लेकिन (II) गलत है।
- (8) अभिकथन (I) गलत है लेकिन (II) सही है।

Options :

92090623517. 1
92090623518. 2
92090623519. 3
92090623520. 4

Question Number : 81 Question Id : 9209065948 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 Nidra is a practice of Pratyahara.

Statement II : Pratyahara is a practice of control over sense organs and directed them to one's desired direction.

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 :

92090623521. 1

92090623522. 2

92090623523. 3

92090623524. 4

Question Number : 81 Question Id : 9209065948 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 दिये गये हैं -

कथन - (I) : योगनिद्रा, प्रत्याहर का एक अभ्यास है।

कथन (II) : प्रत्याहर द्वारा ज्ञानेन्द्रियों को संयमित करके इच्छित दिशा में निर्देशित किया जाता है।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है लेकिन 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

- 92090623521. 1
- 92090623522. 2
- 92090623523. 3
- 92090623524. 4

Question Number : 82 Question Id : 9209065949 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 writer of Gayatri Mahavigyan is Pt. Shri Ram Sharma Acharya.

Statement II : Pt. Shri Ram Sharma Acharya wrote more than 3000 books in different fields.

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 :

- 92090623525. 1
- 92090623526. 2
- 92090623527. 3
- 92090623528. 4

Question Number : 82 Question Id : 9209065949 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 दिये गये हैं -

कथन - (I) : गायत्री महाविज्ञान के लेखक पंडित श्रीराम शर्मा आचार्य हैं।

कथन (II) : पंडित श्रीराम शर्मा आचार्य ने विभिन्न क्षेत्रों में 3000 से अधिक पुस्तकें लिखी हैं।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है लेकिन 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

92090623525. 1

92090623526. 2

92090623527. 3

92090623528. 4

Question Number : 83 Question Id : 9209065950 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 wish to have pleasurable experiences again and again is called 'Raga' according Patanjali Yoga Sutra.

Statement II : Dvesha creates attachment with pleasurable things.

In the light of the above statements, choose the *correct* 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 :

- 92090623529. 1
- 92090623530. 2
- 92090623531. 3
- 92090623532. 4

Question Number : 83 Question Id : 9209065950 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) : पतञ्जलि योग सूत्र के अनुसार सुखानुभव की बार-बार इच्छा करना, राग है।

कथन (II) : द्वेष के द्वारा सुख प्रदान करने वाली वस्तुओं के प्रति आसक्ति उत्पन्न होती है।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है लेकिन 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

- 92090623529. 1
- 92090623530. 2
- 92090623531. 3
- 92090623532. 4

Question Number : 84 Question Id : 9209065951 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 : Shavāsana and makarāsana are considered two important relaxative āsana.

Statement II : The above two āsana practice removes the physical as well as mental stress and works at the level of chitta.

In the light of the above statements, choose the *correct* 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 :

92090623533. 1

92090623534. 2

92090623535. 3

92090623536. 4

Question Number : 84 Question Id : 9209065951 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 गये हैं -

कथन - (I) : श्वासन और मकरासन दो मुख्य शिथिलता प्रदान करने वाले आसन हैं।

कथन (II) : उपरोक्त दो आसनों के अभ्यास से शारीरिक और मानसिक तनाव दूर होता है और ये चित्त के स्तर पर कार्य करते हैं।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है लेकिन 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

- 92090623533. 1
- 92090623534. 2
- 92090623535. 3
- 92090623536. 4

Question Number : 85 Question Id : 9209065952 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 : Bhagwadgitā is part of “Mahabharat” an epic composed by Sage Vyas.

Statement II : Bhagwadgita has Eighteen chapters starting from Vishād Yoga to Moksha-sanyasa Yoga.

In the light of the above statements, choose the *correct* 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 :

92090623537. 1

92090623538. 2

92090623539. 3

92090623540. 4

Question Number : 85 Question Id : 9209065952 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 गये हैं -

कथन - (I) : भगवद्गीता महर्षि व्यास द्वारा रचित महाकाव्य महाभारत का एक भाग है।

कथन (II) : भगवद्गीता में अठारह अध्याय हैं। जो कि विषाद योग से प्रारम्भ होकर मोक्ष-संन्यास योग तक हैं।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है लेकिन 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

- 92090623537. 1
- 92090623538. 2
- 92090623539. 3
- 92090623540. 4

Question Number : 86 Question Id : 9209065953 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 five types of Vrittis as mentioned by Maharishi Patanjali in Patanjali Yoga Sutra.

Statement II : There are three stages of prāṇāyāma as mentioned by Patanjali.

In the light of the above statements, choose the *correct* 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 :

- 92090623541. 1
- 92090623542. 2
- 92090623543. 3
- 92090623544. 4

Question Number : 86 Question Id : 9209065953 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 गये हैं -

कथन - (I) : महर्षि पतञ्जलि ने पतञ्जलि योग सूत्र में पांच प्रकार की वृत्तियाँ का वर्णन किया है।

कथन (II) : महर्षि पतञ्जलि ने पतञ्जलि योग सूत्र में प्राणायाम की तीन स्थितियों का वर्णन किया है।

उपरोक्त कथनों के प्रकाश में निम्नलिखित विकल्पों में से उपयुक्त उत्तर का चुनाव कीजिए।

- (1) 'अ' और 'क' दोनों सही हैं, और 'क' 'अ' की सही व्याख्या है।
- (2) 'अ' और 'क' दोनों सही हैं, लेकिन 'क' 'अ' की सही व्याख्या नहीं है।
- (3) 'अ' सही है लेकिन 'क' गलत है।
- (4) 'अ' गलत है, लेकिन 'क' सही है।

Options :

- 92090623541. 1
- 92090623542. 2
- 92090623543. 3
- 92090623544. 4

Question Number : 87 Question Id : 9209065954 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

Identify which is not prānāyāma.

- (A) Plavini
- (B) Ujjai
- (C) Suryabhedi
- (D) Trataka
- (E) Bhastrika

Choose the correct answer from the options given below :

- (1) D Only
- (2) E Only
- (3) A Only
- (4) B Only

Options :

- 92090623545. 1
- 92090623546. 2
- 92090623547. 3
- 92090623548. 4

Question Number : 87 Question Id : 9209065954 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 प्राणायाम नहीं है, पहचान करें।

- (A) पल्विनी
- (B) उज्जायी
- (C) सूर्यभेदी
- (D) त्राटक
- (E) भस्त्रिका

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

- (1) D - केवल
- (2) E - केवल
- (3) A - केवल
- (4) B - केवल

Options :

92090623545. 1
92090623546. 2
92090623547. 3
92090623548. 4

Question Number : 88 Question Id : 9209065955 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 part of Shatkarma?

- (A) Nauli
- (B) Basti
- (C) Satya
- (D) Kapalbhathi
- (E) Neti

Choose the correct answer from the options given below :

- (1) A Only
- (2) C Only
- (3) B Only
- (4) D Only

Options :

92090623549. 1
92090623550. 2
92090623551. 3
92090623552. 4

Question Number : 88 Question Id : 9209065955 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 षट्कर्म का अंग नहीं है, - पहचान करें।

- (A) नौली
- (B) बस्ती
- (C) सत्य
- (D) कपालभाति
- (E) नेति

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

- (1) A - केवल
- (2) C - केवल
- (3) B - केवल
- (4) D - केवल

Options :

- 92090623549. 1
- 92090623550. 2
- 92090623551. 3
- 92090623552. 4

Question Number : 89 Question Id : 9209065956 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 a Vritti?

- (A) Right Knowledge (Praman)
- (B) Wrong Knowledge (Viparyay)
- (C) Imagination (Vikalp)
- (D) Sleep (Nidra)
- (E) Friendliness (Maitri)

Choose the correct answer from the options given below :

- (1) E Only
- (2) D Only
- (3) C Only
- (4) B Only

Options :

92090623553. 1
92090623554. 2
92090623555. 3
92090623556. 4

Question Number : 89 Question Id : 9209065956 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 एक वृत्ति नहीं है।

- (A) प्रमाण
- (B) विपर्यय
- (C) विकल्प
- (D) निद्रा
- (E) मैत्री

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

- (1) E - केवल
- (2) D - केवल
- (3) C - केवल
- (4) B - केवल

Options :

92090623553. 1
92090623554. 2
92090623555. 3
92090623556. 4

Question Number : 90 Question Id : 9209065957 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

Unsteadiness of prana is unsteadiness of mind according to Hathayoga pradipika.

- (A) Yes
- (B) No
- (C) Sometimes
- (D) Always

Choose the *most appropriate* answer from the options given below :

- (1) A - Only
- (2) B - Only
- (3) C - Only
- (4) D - Only

Options :

- 92090623557. 1
- 92090623558. 2
- 92090623559. 3
- 92090623560. 4

Question Number : 90 Question Id : 9209065957 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 प्राण की (चंचलता) अस्थिरता ही मन की अस्थिरता है।

- (A) हाँ
- (B) नहीं
- (C) कभी-कभी
- (D) हमेशा

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

- (1) A - केवल
- (2) B - केवल
- (3) C - केवल
- (4) D - केवल

Options :

- 92090623557. 1
- 92090623558. 2

92090623559. 3

92090623560. 4

Question Number : 91 Question Id : 9209065958 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 definitions given in Shrimadbhagavadgita are.

- (A) Yogah Samadhi
- (B) Samatvam Yoga Uccayate
- (C) Yogaschittavrittinirodhah
- (D) Yogah Karmashu Kaushalam

Choose the *most appropriate* answer from the options given below :

- (1) A, B - Only
- (2) B, C, D - Only
- (3) D - Only
- (4) B, D - Only

Options :

92090623561. 1

92090623562. 2

92090623563. 3

92090623564. 4

Question Number : 91 Question Id : 9209065958 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

श्रीमद्भगवद् गीता के अनुसार योग की परिभाषा कौन-कौन सी दी गयी हैं - ।

- (A) योगः समाधि
- (B) समत्वं योग उच्यते
- (C) योगश्चित्त वृत्ति निरोधः
- (D) योग कर्मसु कौशलम्

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

- (1) A, B - केवल
- (2) B, C, D - केवल
- (3) D - केवल
- (4) B, D - केवल

Options :

- 92090623561. 1
- 92090623562. 2
- 92090623563. 3
- 92090623564. 4

Question Number : 92 Question Id : 9209065959 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 benefits of yogasana mentioned in Hathapradeepika are

- (A) Stability
- (B) Lightness
- (C) Health
- (D) Wealth

Choose the *most appropriate* answer from the options given below :

- (1) A, B Only
- (2) A, B, C Only
- (3) B, C Only
- (4) A, D Only

Options :

- 92090623565. 1
- 92090623566. 2
- 92090623567. 3
- 92090623568. 4

Question Number : 92 Question Id : 9209065959 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 योगासनों का महत्व बताया गया है _____ ।

- (A) स्थिरता
- (B) हल्कापन
- (C) स्वास्थ्य
- (D) सम्पत्ति

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

- (1) A, B - केवल
- (2) A, B, C - केवल
- (3) B, C - केवल
- (4) A, D - केवल

Options :

- 92090623565. 1
- 92090623566. 2
- 92090623567. 3
- 92090623568. 4

Question Number : 93 Question Id : 9209065960 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 included under Mahayoga according to Hatharatnavali?

- (A) Bhakti Yoga
- (B) Mantra Yoga
- (C) Laya Yoga
- (D) Gyan Yoga

Choose the *most appropriate* answer from the options given below :

- (1) A, B Only
- (2) B, D Only
- (3) C, D Only
- (4) B, C Only

Options :

92090623569. 1
92090623570. 2
92090623571. 3
92090623572. 4

Question Number : 93 Question Id : 9209065960 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

हठरत्नावली के अनुसार महायोग के अन्तर्गत निम्न में से कौन एक सन्निहित है

- (A) भक्ति योग
- (B) मन्त्र योग
- (C) लय योग
- (D) ज्ञान योग

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

- (1) A, B - केवल
- (2) A, D - केवल
- (3) C, D - केवल
- (4) B, C - केवल

Options :

92090623569. 1
92090623570. 2
92090623571. 3
92090623572. 4

Question Number : 94 Question Id : 9209065961 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) Padhastasana	(I) Balancing Asana
(B) Chakrasana	(II) Twisting Asana
(C) Vakrasana	(III) Forward Bending Asana
(D) Vraksasana	(IV) Backward Bending Asana

Choose the *correct* answer from the options given below:

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

Options :

92090623573. 1

92090623574. 2

92090623575. 3

92090623576. 4

Question Number : 94 Question Id : 9209065961 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 के साथ का सूची-II मिलान कीजिए :

सूची-I	सूची-II
(A) पादहस्त आसन	(I) सन्तुलन उत्पन्न करनेवाला आसन
(B) चक्रासन	(II) मोड़ने वाला आसन
(C) वक्रासन	(III) आगे झुकनेवाला आसन
(D) वृक्षासन	(IV) पीछे झुकने वाला आसन

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

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

Options :

92090623573. 1
92090623574. 2
92090623575. 3
92090623576. 4

Question Number : 95 Question Id : 9209065962 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 match with terminology :

List I	List II
(A) Prana	(I) Throat
(B) Samāna	(II) Naval
(C) Udāna	(III) Entire Body
(D) Vyāna	(IV) Cardiac

Choose the *correct* answer from the options given below :

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

Options :

92090623577. 1
92090623578. 2
92090623579. 3
92090623580. 4

Question Number : 95 Question Id : 9209065962 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 के साथ सूची-II मिलान कीजिए :

सूची-I	सूची-II
(A) प्राण	(I) कंठ
(B) समान	(II) नाभि
(C) उदान	(III) सम्पूर्ण शरीर
(D) व्यान	(IV) हृदय

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

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

Options :

92090623577. 1
92090623578. 2
92090623579. 3
92090623580. 4

Question Number : 96 Question Id : 9209065963 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) Mooladhar Chakra	(I) Agni
(B) Swadhishtan Chakra	(II) Vayu
(C) Manipurak Chakra	(III) Prithvi
(D) Anahat Chakra	(IV) Jal

Choose the *correct* answer from the options given below :

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

Options :

92090623581. 1
92090623582. 2
92090623583. 3
92090623584. 4

Question Number : 96 Question Id : 9209065963 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 के साथ का सूची-II मिलान कीजिए :

सूची-I	सूची-II
(A) मूलाधार चक्र	(I) अग्नि
(B) स्वाधिष्ठान चक्र	(II) वायु
(C) मणिपूरक चक्र	(III) पृथ्वी
(D) अनाहत चक्र	(IV) जल

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

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

Options :

92090623581. 1
92090623582. 2
92090623583. 3
92090623584. 4

Question Number : 97 Question Id : 9209065964 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) Samān	(I) Up-prana
(B) Kurma	(II) Nadi
(C) Ida	(III) Prana
(D) Ajna	(IV) Chakra

Choose the *correct* answer from the options given below :

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

Options :

92090623585. 1
92090623586. 2
92090623587. 3
92090623588. 4

Question Number : 97 Question Id : 9209065964 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 के साथ सूची-II मिलान कीजिए :

सूची-I	सूची-II
(A) समान	(I) उप-प्राण
(B) कूर्म	(II) नाड़ी
(C) इडा	(III) प्राण
(D) आज्ञा	(IV) चक्र

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

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

Options :

92090623585. 1
92090623586. 2
92090623587. 3
92090623588. 4

Question Number : 98 Question Id : 9209065965 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
Name of Pranas	Functioning
(A) Naga	(I) Blinking
(B) Kurma	(II) Belching
(C) Krakal	(III) Yawning
(D) Devdatta	(IV) Sneezing

Choose the *correct* answer from the options given below :

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

Options :

92090623589. 1
 92090623590. 2
 92090623591. 3
 92090623592. 4

Question Number : 98 Question Id : 9209065965 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 के साथ का सूची-II मिलान कीजिए :

सूची-I	सूची-II
(A) नाग	(I) झपकना
(B) कूर्म	(II) इकार लेना
(C) कृकल	(III) जभाई लेना
(D) देवदत्त	(IV) छींकना

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

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

Options :

- 92090623589. 1
- 92090623590. 2
- 92090623591. 3
- 92090623592. 4

Question Number : 99 Question Id : 9209065966 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) Yama	(I) Santosh
(B) Niyama	(II) Satya
(C) Kriya Yoga	(III) Nidra
(D) Vritti	(IV) Tap

Choose the *correct* answer from the options given below :

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

Options :

- 92090623593. 1
- 92090623594. 2
- 92090623595. 3
- 92090623596. 4

Question Number : 99 Question Id : 9209065966 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 के साथ का सूची-II मिलान कीजिए :

सूची-I	सूची-II
(A) यम	(I) सन्तोष
(B) नियम	(II) सत्य
(C) क्रिया योग	(III) निद्रा
(D) वृत्ति	(IV) तप

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

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

Options :

92090623593. 1
92090623594. 2
92090623595. 3
92090623596. 4

Question Number : 100 Question Id : 9209065967 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) Hatha Pradeepika	(I) Maharishi Balmiki
(B) Gheranda Samhita	(II) Maharishi Vyasa
(C) Mahabharat	(III) Swatmaram
(D) Ramayana	(IV) Maharishi Gheranda

Choose the *correct* answer from the options given below :

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

Options :

92090623597. 1
92090623598. 2
92090623599. 3
92090623600. 4

Question Number : 100 Question Id : 9209065967 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 के साथ का सूची-II मिलान कीजिए :

सूची-I	सूची-II
(A) हठ प्रदीपिका	(I) महर्षि वाल्मीकी
(B) घेरण्ड संहिता	(II) महर्षि व्यास
(C) महाभारत	(III) स्वात्माराम
(D) रामायण	(IV) महर्षि घेरण्ड

निम्न विकल्पों में से सही उत्तर का चुनाव कीजिए :

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

Options :

92090623597. 1
92090623598. 2
92090623599. 3
92090623600. 4