

COMMON P.G. ENTRANCE TEST-2022 (CPET-2022)

Subject Code : **72**

Test Booklet No.:

Entrance Subject : **Yoga & Naturopathy**

Hall Ticket No.:

TEST BOOKLET

Time Allowed : **90 Minutes**

Full Marks : **70**

INSTRUCTIONS TO CANDIDATES

1. **Please do not open this Question Booklet until asked to do so.**
2. Check the completeness of the Question Booklet immediately after opening.
3. Enter your **Hall Ticket No.** on the Test Booklet in the box provided alongside. **Do not** write anything else on the Test Booklet.
4. Fill up & darken Hall Ticket No. & Test Booklet No. in the OMR Answer Sheet as well as fill up Test Booklet Serial No. & OMR Answer Sheet Serial No. in the Attendance Sheet carefully. Wrongly filled up OMR Answer Sheets are liable for rejection.
5. Each question has four answer options marked (A), (B), (C) & (D).
6. Answers are to be marked on the Answer Sheet, which is provided separately.
7. Choose the most appropriate answer option and darken the oval completely, corresponding to (A), (B), (C) or (D) against the relevant question number.
8. Use only **Blue/Black Ball Point Pen** to darken the oval for answering.
9. Please do not darken more than one oval against any question, as scanner will read such markings as wrong answer.
10. **Each question carries equal marks. There will be no negative marking for wrong answer.**
11. **Electronic items such as calculator, mobile, etc., are not permitted inside the examination hall.**
12. Don't leave the examination hall until the test is over and permitted by the invigilator.
13. **The candidate is required to handover the original OMR sheet to the invigilator and take the question booklet along with the candidate's copy of OMR sheet after completion of the test.**
14. Sheet for rough work is appended in the Test Booklet at the end.

1. Which of the following is not included in 'Astanga Yoga' of Maharshi Patanjali ?
 - (A) Asana
 - (B) Pranayama
 - (C) Pratyahara
 - (D) Mudra
2. Which of the following is not a Vedic Samhita?
 - (A) Rig Veda
 - (B) Ayurveda
 - (C) Sama Veda
 - (D) Atharva Veda
3. What is the meaning of the word Ayurveda?
 - (A) Knowledge of herb
 - (B) Knowledge of life
 - (C) Knowledge of disease
 - (D) Knowledge of Ausadhi
4. Which of the following is not included in Purushartha?
 - (A) Dharma
 - (B) Artha
 - (C) Karma
 - (D) Moksha
5. The Bhagavad-Gita belongs to which of the following parva of the Mahabharata?
 - (A) Drona Parva
 - (B) Bhishma Parva
 - (C) Shanti Parva
 - (D) Geeta Parva

6. What are the three important Nadis in human body?
- (A) Surya, Chandra, Pingala
(B) Solar, Lunar, Shusumna
(C) Samana, Udana, Vyana
(D) Ida, Pingala, Shusumna
7. Which of the following does not belongs to Pancha-Mahabhuta ?
- (A) Air
(B) Fire
(C) Sunlight
(D) Earth
8. Which of the following is not a 'Chakra' ?
- (A) Mooladhara
(B) Suryabheda
(C) Ajna
(D) Manipura
9. The Bhagavad-Gita is written by:
- (A) Krishna
(B) Valmiki
(C) Sanjaya
(D) Vyasa
10. The Ramayana is written by:
- (A) Krishna
(B) Valmiki
(C) Sanjaya
(D) Vyasa

11. Which of the following is the smallest independent unit of living matter?
- (A) Tissue
 - (B) Fluid
 - (C) Cell
 - (D) Blood
12. Which of the following is working as transport system in the body?
- (A) Blood
 - (B) Nerve
 - (C) Skin
 - (D) Muscle
13. The scientific study of functions and mechanisms in a living system
- (A) Physiology
 - (B) Psychology
 - (C) Geology
 - (D) Anatomy
14. The abdominal cavity does not contain
- (A) Liver
 - (B) Gall bladder
 - (C) Pancreas
 - (D) Lungs
15. The deoxygenated blood is carried by
- (A) Vein
 - (B) Nadi
 - (C) Artery
 - (D) Heart

16. Birth date of Swami Vivekananda
- (A) 12th April
 - (B) 12th March
 - (C) 12th September
 - (D) 12th January
17. Yoga and Nyaya are included under:
- (A) Swastika Darshana
 - (B) Nastika Darshana
 - (C) Astika Darsana
 - (D) None of these
18. Which day is celebrated as International Yoga Day?
- (A) 21st April
 - (B) 21st May
 - (C) 21st June
 - (D) 21st July
19. As per Ayurveda the essence of all the Dhatus of human body is called as:
- (A) Teja
 - (B) Virya
 - (C) Oja
 - (D) Bala
20. The positive attitude, happiness, lightness, spiritual awakening and consciousness are the characteristics of
- (A) Rajo Guna
 - (B) Sattva Guna
 - (C) Rajo and Satva Guna
 - (D) Tamo Guna

21. Which of the following factor that does not influence teaching
- (A) Teacher
 - (B) Student
 - (C) Environment
 - (D) Social status of a teacher
22. Which of the following food item has maximum percentage of Vitamin 'C'
- (A) Guava
 - (B) Amla
 - (C) Tomato
 - (D) Orange
23. Which of the following diseases not caused by Stress?
- (A) Headache
 - (B) Hypertension
 - (C) Diabetes
 - (D) Autism
24. Which dimension of health is not mentioned in the definition of health, according to World Health Organisation (WHO)?
- (A) Mental
 - (B) Physical
 - (C) Spiritual
 - (D) Social
25. Value oriented education leads to construction of:
- (A) Prosperous society
 - (B) Healthy and peaceful society
 - (C) Economically stable society
 - (D) Politically stable society

26. Heart is situated in:
- (A) Cranial cavity
 - (B) Abdominal cavity
 - (C) Pelvic cavity
 - (D) Thoracic cavity
27. An average number of pulse beats per minute is common at rest in human being
- (A) 40 – 50 b.p.m
 - (B) 60 – 80 b.p.m
 - (C) 80 – 120 b.p.m
 - (D) 90 – 130 b.p.m
28. Which of the following is a Nastika Darshan?
- (A) Carvaka
 - (B) Nyaya
 - (C) Mimamsa
 - (D) Vaisesika
29. The largest gland of human body--
- (A) Spleen
 - (B) Heart
 - (C) Liver
 - (D) Large intestine
30. The deficiency of _____ is the cause of Diabetes
- (A) Glucagon
 - (B) Sugar
 - (B) Glucose
 - (D) Insulin

31. Founder of Art of Living Foundation
- (A) Shri Aurovindo
 - (B) Swami Vivekananda
 - (C) Sri Sri Ravishankar
 - (D) H.R. Nagendra
32. Founder of Bihar School of Yoga
- (A) Swami Shivananda
 - (B) Swami Niranjanananda
 - (C) Swami Satyananda
 - (D) Swami Mahesananda
33. Choose the correct chronology of Vedic literatures
- (A) Samhita – Aranyak – Brahmana – Upanishad
 - (B) Samhita – Upanishad – Aranyak – Brahmana
 - (C) Samhita – Brahmana – Aranyak– Upanishad
 - (D) Samhita– Brahmana – Upanishad– Aranyak
34. The important properties of Pranayama is
- (A) Mudra
 - (B) Nada
 - (C) Breath
 - (D) Chakra
35. Availability of total Upanishads are
- (A) 54
 - (B) 81
 - (C) 27
 - (D) 108

36. Upanishads are also known as
- (A) Pramana
 - (B) Agama
 - (C) Vedanta
 - (D) Purana
37. Which of the following is not a Prana
- (A) Prana
 - (B) Samana
 - (C) Vyana
 - (D) Kundalini
38. What does the word Veda mean?
- (A) Knowledge
 - (B) Text books
 - (C) Hindu literatures
 - (D) Religion books
39. Which of the following is not a Dosha ?
- (A) Mala
 - (B) Kapha
 - (C) Vata
 - (D) Pita
40. Which of the following body approved 21st June as “International Day of Yoga”?
- (A) WHO
 - (B) UNESCO
 - (C) UNGA
 - (D) UNICEF

41. Astangayoga is described by:-
- (A) Kanada
 - (B) Gautama
 - (C) Patanjali
 - (D) Sabarswami
42. Which of the following describes the human body's defence mechanism against environmental bacteria?
- (A) Hair in the nose
 - (B) Mucous membranes
 - (C) Osteoblasts
 - (D) Tears
43. Which of the following is the body cavity that contains the pituitary gland?
- (A) Abdominal
 - (B) Cranial
 - (C) Pleural
 - (D) Thoracic
44. Which of the following is a fat soluble Vitamin
- (A) D
 - (B) C
 - (C) B
 - (D) None of above
45. Vitamin 'A' deficiency disease causes--
- (A) Rickets
 - (B) Berry berry
 - (C) Night blindness
 - (D) Night vision

46. What is the Sanskrit root (verb form) for the etymological derivation of the word “Yoga”
- (A) Yug
(B) Yuge
(C) Yuj
(D) Yuje
47. Transcendental Meditation was propagated by:
- (A) Maharshi Dayanand
(B) Swami Shivananda
(C) Swami Ram Dev
(D) Maharshi Mahesh Yogi
48. Which of the following does not belong to Niyama as per Yogasutra
- (A) Saucha
(B) Tapa
(C) Santosha
(D) Ahimsa
49. No. of Yamas mentioned in Patanjali Yogasutra are:
- (A) 6
(B) 2
(C) 4
(D) 5
50. No. of branches of Ayurveda are:
- (A) 7
(B) 8
(C) 9
(D) 6

51. Which of the following is not the part of Prasthanatrayee?
- (A) Upanishad
 - (B) Bhagavata
 - (C) Brahmasutra
 - (D) Bhagavad Gita
52. The number of vertebrae present in the spinal cord are:
- (A) 31
 - (B) 32
 - (C) 33
 - (D) 34
53. The science that treats and prevents diseases not by medicines but by Mahabhutas and diet:
- (A) Ayurveda
 - (B) Siddha
 - (C) Naturopathy
 - (D) Unani
54. Number of Jnanendriyas (sense organs) are :
- (A) 4
 - (B) 5
 - (C) 6
 - (D) 7
55. Which of the following is known as Ubhayendriya according to Ayurveda.
- (A) Ego
 - (B) Intellect
 - (C) Mind
 - (D) Soul

56. In which of the following positions does a patient lie on abdomen with face down?
- (A) Dorsal
 - (B) Lateral
 - (C) Prone
 - (D) Supine
57. Which of the following is the left nadi in human body?
- (A) Ida
 - (B) Sususmna
 - (C) Pingala
 - (D) None of the above
58. The disease 'bronchitis' is related to --
- (A) Respiratory system
 - (B) Urinary system
 - (C) Digestive system
 - (D) Lymphatic system
59. Omkara is named as --
- (A) Purusa
 - (B) Prakriti
 - (C) Pranava
 - (D) Guna
60. Which of the following best describes the structure that collects urine in the body?
- (A) Bladder
 - (B) Kidney
 - (C) Ureter
 - (D) Urethra

61. Mahima Dharma primarily originated from which state
- (A) Jharkhanda
 - (B) Uttarpradesh
 - (C) Odisha
 - (D) Bihar
62. Who among the following does not belong to Panchasakha?
- (A) Ananta Das
 - (B) Jasovanta Das
 - (C) Gopabandhu Das
 - (D) Balarama Das.
63. How many Koshas are present in the human body?
- (A) 4
 - (B) 5
 - (C) 6
 - (D) 3
64. How many Dhatus present in human body as per Ayurveda?
- (A) 5
 - (B) 7
 - (C) 8
 - (D) 9
65. Number of Karmendriyas are:
- (A) 9
 - (B) 10
 - (C) 7
 - (D) 5

66. How many Tanmatras are there?
- (A) 7
(B) 5
(C) 3
(D) 1
67. Number of Incarnations (Avatara) of Lord Vishnu are:
- (A) 9
(B) 3
(C) 10
(D) 16
68. Which of the following is not an Incarnation (Avatara) of Lord Vishnu
- (A) Varaha
(B) Buddha
(C) Vamana
(D) Jaina
69. Which of the following is not a Karmendriya?
- (A) Grasping (hands)
(B) Excretion (anus)
(C) Procreation (genitals)
(D) Smelling (nose)
70. Which of the following is not a Jnanendriya
- (A) Ear
(B) Eye
(C) Tongue
(D) Mind

ROUGH WORK