

**Department of Sports Science and Yoga**  
Ramakrishna Mission Vivekananda Educational and Research Institute  
(Deemed-to-be-University as declared by MHRD,  
Govt. of India, under Section 3 of UGC Act, 1956)

**Sample questions for Admission to M.Sc Yoga**

Full marks- 25 x 2 = 50

Time- 1 hour

1. According to Patanjali Yoga Darshana, 'Yoga' is
  - a) Union between the jivatma and the paramatma
  - b) Asana & Pranayama
  - c) Controlling the senses
  - d) Samadhi
  
2. The ethical disciplines of Patanjali yoga is included in
  - a) Asana & Pranayama
  - b) Yama & Niyama
  - c) Pratyahara & Dharana
  - d) Dhyana & Samadhi
  
3. Meaning of the word 'Aparigraha' means
  - a) Non-stealing
  - b) Celibacy
  - c) Non-violence
  - d) Non-covetousness
  
4. The following is not included in 'Svadyaya'
  - a) Japa
  - b) Studying scriptures
  - c) Contemplating on one's real nature
  - d) Pranayama
  
5. Who proposed Structural theory of mind?
  - a) Ivan P. Pavlov
  - b) Anna Freud
  - c) Sigmund Freud
  - d) Jean Piaget
  
6. The meaning of "Counselling" is-
  - a) Giving advice to the client
  - b) Interviewing the client
  - c) Influencing the client's values
  - d) Helping the client
  
7. Which one is a positive emotion?
  - a) Gratitude
  - b) Jealousy
  - c) Hatred
  - d) Disgust

8. Stress according to Yoga is-

- a) Imbalance
- b) Discomfort
- c) Hyperactivity
- d) Stimulation

9. How many Kumbhakas are mentioned in Hathayogapradipika.

- a. 4
- b. 8
- c. 6
- d. 5

10. Which of the following Asanas is the best according to Hathayoga?

- a. Siddhasana
- b. Simhasana
- c. Padmasana
- d. Bhadrasana

11. Which of the following Asana can be practiced immediately after food?

- a. Siddhasana
- b. Simhasana
- c. Swastikasana
- d. Vajrasana

12. Which of the following is a balancing yoga posture?

- a. Hasta padasana
- b. Ushtrasana
- c. Natrajasana
- d. Ardhamatsyendrasana

13. Which posture makes a wonderful combination of Bhujangasana and Salabhasana?

- a. Sarpasana
- b. Dhanurasana
- c. Halasana
- d. Chakrasana

14. What is the main therapeutic benefit of kapalabhati practice?

- a. To remove kapha disorder
- b. To remove pitta disorder
- c. To remove vata disorder
- d. To remove vata pitta disorder

15. Which one is called artery?

- a) Blood vessel that carries oxygenated blood
- b) Blood vessel that carries blood away from heart
- c) Blood vessels in the brain
- d) Lymph vessels

16. Sympathetic hyperactivity :

- a) Increases both heart rate & blood pressure
- b) Decrease both heart rates & blood pressure
- c) Increases heart rate but decreases blood pressure
- d) Decreases heart rate but increases blood pressure

17. The amount of PaO<sub>2</sub> in arterial blood is :

- a) 85 mm Hg
- b) 100mmHg
- c) 46 mm Hg.
- d) 0.5 mm Hg

18. Lungs have large number of narrow tubes called \_\_\_\_\_

- a) Alveoli
- b) Bronchioles
- c) Bronchi
- d) Trachea

19. How many bones does an adult human skeleton have?
- 206
  - 209
  - 207
  - 205
20. Nephron is the structural and functional unit of \_\_\_\_\_.
- Kidney
  - Lungs
  - Heart
  - Stomach
21. Dhanurasana, Matsyendrasana, Shalabhasana, Surya-Namaskar are helpful in
- Stomach pain
  - Asthma
  - Diabetes
  - Cancer
22. When was the second International Day of Yoga celebrated in India?
- 20th June 2015
  - 21st June 2015
  - 22nd June 2017
  - 21<sup>st</sup> June 2016
23. Which Ministry conducts the celebration of International Yoga in India ?
- Ministry of AYUSH.
  - Ministry of Civil Aviation
  - Ministry of Communication
  - Ministry of Human Resource and Development
24. The word “pranayama” refers to:
- The proper attire for a yoga practice.
  - Vegetarian guidelines for yoga practitioners.
  - Breath control exercises
  - Control of prana
25. The word Yoga comes from sanskrit root “Yuj”, which means
- To eliminate
  - To unite
  - To pervade
  - To decide