



Department of Sports Science and Yoga, RKMVERI, Belur  
Model questions for M.Sc Yoga Entrance

**Section 1: General Knowledge, Aptitude & Reasoning**

1. Look at this series: 7, 10, 13, 16 ... What number should come next?
  - a. 19
  - b. 20
  - c. 18
  - d. none
2. 'Forest' is home of animals, in the same way as \_\_\_\_\_ is home of fishes  
(a) Aquarium (b) Land (c) Mountain (d) Earth
3. Pointing to a gentleman, Shyam said, "His only brother is the father of my daughter's father". How is gentleman related to Shyam
  - a. Father
  - b. Brother-in-law
  - c. Uncle
  - d. None of these
- 4.. What is the value of 20 % of 2 ?
  - a. 20
  - b. 4
  - c. 0.4
  - d. 0.04
5. How many vedas are there?
  - a. 2
  - b. 4
  - c. 6
  - d. 8
6. Which year was International Day of Yoga started?
  - a. 2015
  - b. 2016
  - c. 2020
  - d. 2000
7. On which day is International Day of Yoga celebrated?
  - a. 21 June
  - b. 12 January
  - c. 23 January
  - d. 2 October
8. In 2024, International Day of Yoga was celebrated by PM of India in
  - a. New York
  - b. Kashmir
  - c. Kolkata
  - d. Kerala
9. Which Ministry looks after Yoga education and certification in India?
  - a. Ministry of Education
  - b. Ministry of AYUSH
  - c. Ministry of Home Affairs
  - d. Ministry of Defense
10. The full form of AYUSH is \_\_\_\_\_
  - a. Ayurveda Yoga Unani Siddha Homeopathy
  - b. Ayurveda Yoga Siddha Homeopathy Unani
  - c. Absolute Yoga Uplift Soul High
  - d. None of the above

## Section 2: Yoga

1. How many maha-bhutas are mentioned in Samkhya darshana? সাংখ্য দর্শন অনুযায়ী কত গুলি মহাভূত আছে ?

- (a) 5      (b) 2      (c) 3      (d) 10

2. Which of the following Pranayamas helps in cooling down the body? কোন প্রাণায়াম শরীর কে শীতল করে ?

- a) Bhramari (ভ্রামরী)  
b) Suryabheda (সূর্যভেদ)  
c) Shitali (শীতলী)  
d) Ujjayi (উজ্জয়ী)

3. The word Yoga has come from sanskrit root word 'Yuj', which means যোগ কথাটি সংস্কৃতের 'যুজ্' ধাতু থেকে এসেছে, যার অর্থ

- a) to join (সংযোজন)  
b) to control (সংযম)  
c) to concentrate (সমাধি)  
d) all of the above

4. What are the five Yamas mentioned in Patanjali's Yoga Sutra ? পতঞ্জলি যোগ অনুযায়ী পাঁচটি যম কি কি ?

5. What are the five Niyamas mentioned in Patanjali's Yoga Sutra? পতঞ্জলি যোগ অনুযায়ী পাঁচটি নিয়ম কি কি ?

6. The benefit of Kapalabhati kriya (according to Hatha Yoga Pradipika) is removal of কাপালভাতি ক্রিয়ার সুফল কি (হঠ যোগ প্রদীপিকা অনুযায়ী)?

- a) Vaata dosha (বাত দোষ)  
b) Pitta dosha (পিত্ত দোষ)  
c) Kapha dosha (কফ দোষ)  
d) None of the above

7. Which of the following is not one of the three Gunas? কোনটি তিন গুণের মধ্যে পরে না

- a. Sattva (সত্ত্ব)  
b. Rajas (রজ)  
c. Tamas (তম)  
d. Ekagra (একাগ্র)

8. In Nadi Shodhana Pranayama, the ratio between the Puraka, Kumbhaka and Rechaka is ? নাড়িশোধন প্রাণায়ামে পুরক - কুম্ভক - রেচক এর অনুপাত কি ?

- a. 1:2:4  
b. 2:4:1  
c. 1:4:2  
d. 2:4:2

9. The definition of Yoga - "Yogah-chitta-vritti-nirodhah" is given in which text?

“যোগঃ-চিত্তবৃত্তি-নিরোধঃ”-- এই সংজ্ঞা কোন গ্রন্থে আছে ?

- a. Patanjali Yoga Sutra  
b. Bhagavad Gita  
c. Upanishad  
d. None of the above

10. How many Principal Upanishads are there? কটি মুখ্য উপনিষদ আছে ?

- a. 7      b. 10      c. 14      d. 18