

Test Booklet No. _____

This booklet consists of 100 questions and __ printed pages.

RGUCET/2025/69

Series



RGUCET 2025
Common Entrance Test, 2025
POST GRADUATE DIPLOMA IN YOGA THERAPY EDUCATION

Full Marks: 100

Time: 2 Hours

Roll No.

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Day and Date of Examination: _____

Signature of Invigilator(s) _____

Signature of Candidate _____

General Instructions:

PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE MAKING ANY ENTRY.

1. DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE TOLD TO DO SO.
2. Candidate must write his/her Roll Number on the space provided.
3. This Test Booklet contains 100 Multiple Choice Questions (MCQs) from the concerned subject. Each question carries 1 mark. There shall be negative marking of 0.25 against each wrong attempt.
4. Please check the Test Booklet to verify that the total pages and total number of questions contained in the test booklet are the same as those printed on the top of the first page. Also check whether the questions are in sequential order or not.
5. Candidates are not permitted to enter into the examination hall after the commencement of the entrance test or leave the examination hall before completion of Examination.
6. Making any identification mark in the OMR Answer Sheet or writing Roll Number anywhere other than the specified places will lead to disqualification of the candidate.
7. Candidates shall maintain silence inside and outside the examination hall. If candidates are found violating the instructions mentioned herein or announced in the examination hall, they will be summarily disqualified from the entrance test.
8. In case of any dispute, the decision of the Entrance Test Committee shall be final and binding.
9. The OMR Answer Sheet consists of two copies, the Original copy and the Student's copy

1	What is the word similar in meaning to 'relish'?				enjoy
	a)hate	b)enjoy	c)allow to go	d)forgive	(b)
2	Choose the correct passive form of the sentence: "The chef cooked a delicious meal."				A delicious meal was cooked by the chef.
	a) A delicious meal is cooked by the chef.	b)A delicious meal was cooked by the chef.	c) A delicious meal has been cooked by the chef	d) A delicious meal will be cooked by the chef.	(b)
3	Identify the correct possessive determiner in the sentence "They forgot _____ tickets at home."				their
	a) their	b) there	c) theirs	d) they're	(a)
4	A: Assertion: "She likes to read books" contains a non-finite verb. B: Justification: "To read" does not show tense or subject agreement.				Both A and B are true, and B is the correct
	a)Both A and B are true, and B is the correct explanation of A.	b)Both A and B are true, but B is not the correct explanation of A	c)A is true, but B is false.	d)A is false, but B is true.	(a)
5	The carpenter _____ on the new task for the last five hours.				has been working
	a)work	b)worked	c)had worked	d)has been working	(d)
6	What was the theme of World Health Day 2025 observed by the World Health Organization (WHO)?				My Health, My Right
	a)Health for All	b)Climate Change and Health	c) My Health, My Right	d) Pandemic Preparedness	(c)
7	As of 2025, which stock exchange is the largest in the world by market capitalization?				New York Stock Exchange
	a)Shanghai Stock Exchange	b) London Stock Exchange	c)New York Stock Exchange	d) NASDAQ	(c)
8	Statement: The Amazon River is the longest river in the world. What is the correct evaluation of this statement?				False – The Nile is longer than the Amazon
	a) True – The Amazon is the longest river in the world	b) False – The Nile is longer than the Amazon	c) True – The Amazon is longer than the Nile by all	d) False – The Yangtze is longer than the Amazon	(b)

			measurements											
9	A: Assertion: DNA fingerprinting is used in forensic science B: Justification: DNA sequences are identical in all individuals.				A is true, but B is false									
	a) Both A and B are true, and B is the correct explanation of A	b) Both A and B are true, but B is not the correct explanation of A	c) A is true, but B is false	d) A is false, but B is true	(c)									
10	Type Questions here for matching pairs: <table><tr><td>A Kamala Harris</td><td>i Won the 2024 Nobel Peace Prize</td></tr><tr><td>B Gyanesh Kumar</td><td>ii First female President of the United States</td></tr><tr><td>C Narges Mohammadi</td><td>iii Chief Election Commissioner of India</td></tr><tr><td>D Taylor Swift</td><td>iv Grammy Award for Album of the Year (2024)</td></tr></table>				A Kamala Harris	i Won the 2024 Nobel Peace Prize	B Gyanesh Kumar	ii First female President of the United States	C Narges Mohammadi	iii Chief Election Commissioner of India	D Taylor Swift	iv Grammy Award for Album of the Year (2024)	A-ii B-iii C-i D-iv	
A Kamala Harris	i Won the 2024 Nobel Peace Prize													
B Gyanesh Kumar	ii First female President of the United States													
C Narges Mohammadi	iii Chief Election Commissioner of India													
D Taylor Swift	iv Grammy Award for Album of the Year (2024)													
	a)A-ii, B-iii, C-i, D-iv	b)A-i, B-iii, C-ii, D-iv	c)A-iii, B-i, C-ii, D-iv	d)A-ii, B-iii, C-iv, D-i	a									
11	As of May 20, 2025, who is the all-time leading goal scorer in men's international football?				Cristiano Ronaldo									
	a) Lionel Messi	b) Cristiano Ronaldo	c) Pelé	d) Miroslav Klose	(b)									
12	Which country has won the most FIFA World Cup titles?				Brazil									
	a) Brazil	b) Germany	c) Argentina	d) Italy	(a)									
13	Which of the following sports are typically associated with the Winter Olympics? A Figure skating B Bobsleigh C Cycling D Ice hockey E Ski jumping				Cycling									
	a) A, B, C only	b) B, C, D only	c) A,B, D, E only	d) D, E only	(c)									
14	Match the sports personalities with their respective sports: <table><tr><td>A Michael Phelps</td><td>i Tennis</td></tr><tr><td>B Usain Bolt</td><td>ii Swimming</td></tr><tr><td>C Roger Federer</td><td>iii Athletics</td></tr><tr><td>D Serena Williams</td><td>iv Tennis</td></tr></table>				A Michael Phelps	i Tennis	B Usain Bolt	ii Swimming	C Roger Federer	iii Athletics	D Serena Williams	iv Tennis	A-ii, B-iii, C-i, D-iv	
A Michael Phelps	i Tennis													
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C Roger Federer	iii Athletics													
D Serena Williams	iv Tennis													
	a) A-ii, B-iii, C-i, D-iv	b) A-iii, B-iv, C-i, D-ii	c) A-i, B-iii, C-iv, D-ii	d) A-iv, B-ii, C-iii, D-i	(a)									
15	Who was the first Indian cricketer to score a triple century in Test cricket?				Virender Sehwag									

	a) Sachin Tendulkar	b) Rahul Dravid	c) Virender Sehwag	d) Sunil Gavaskar	(c)
16	Among the following options, which sport does not involve a ball? A Tennis B Swimming C Basketball D Cricket E Badminton				B and E only
	a) A, B, C only	b) B, C, D only	c) A and B only	d) B and E only	(d)
17	Complete the series: 2, 6, 12, 20, ____				30
	a) 28	b) 30	c) 32	d) 36	b
18	If 5 workers can complete a task in 12 days, how many days will 8 workers take to complete the same task?				7.5 days
	a) 7.5 days	b) 8 days	c) 9 days	d) 10 days	a
19	Statements: All pens are pencils. Some pencils are erasers. Conclusions: I. Some pens are erasers. II. Some erasers are pencils.				Only conclusion II follows
	a) Only conclusion I follows	b) Only conclusion II follows	c) Both conclusions I and II follow	d) Neither conclusion follows	b
20	Simplify the algebraic expression: $7x-3x+2-5=?$				$4x-3$
	a) $4x-3$	b) $10x-3$	c) $4x+7$	d) $10x+7$	a

21	What is the literal meaning of the word "Yoga" in Sanskrit?				Union
	a) Union	b) Meditation	c) Discipline	d) Peace	(a)
22	Which ancient text is considered the foundational scripture for Yoga?				Yoga Sutras of Patanjali
	a) Bhagavad Gita	b) Rigveda	c) Yoga Sutras of Patanjali	d) Upanishads	(c)
23	Hatha Yoga focuses only on meditation and excludes physical postures.				False
	a) True	b) False	c) Sometimes	d) Not always	(b)
24	Assertion (A): The term "Yoga" encompasses both spiritual practices and physical disciplines aimed at self-realization. Reason (R): The etymology of "Yoga" implies union, which includes harmonizing body, mind, and spirit.				Both A and R are true, and R explains A correctly
	a) Both A and R are true, and R explains A correctly	b) Both A and R are true, but R does not explain A	c) A is true, but R is false	d) A is false, but R is true	(a)

		correctly			
25	Match the following terms related to Yoga with their meanings:				A-i, B-iii, C-ii, D-iv
	A Hatha	i Forceful or physical discipline			
	B Raja	ii Devotion			
	C Bhakti	iii Royal path			
	D Jnana	iv Knowledge			
	a) A-i, B-iii, C-ii, D-iv	b) A-i, B-iii, C-ii, D-iv	c) A-ii, B-i, C-iv, D-iii	d) A-iii, B-iv, C-ii, D-i	(b)
26	The term "Yoga" is derived from which root word in Sanskrit?				Yujir
	a) Yujir	b) Yogin	c) Yama	d) Yajna	(a)
27	The root word "Yuj" in Sanskrit means "to yoke," symbolizing union between individual consciousness and universal consciousness.				True
	a) True	b) False	c) Sometimes	d) Always	(a)
28	In the context of Yoga, what does "Yuj" primarily signify?				To unite or join together
	a) To meditate deeply	b) To unite or join together	c) To control breath	d) To achieve enlightenment	(b)
29	Match the following texts with their relevance to Yoga:				A-i, B-ii, C-iii, D-iv
	A Bhagavad Gita	i. Karma, Bhakti, and Jnana paths			
	B Upanishads	ii. Philosophical foundation			
	C Yoga Sutras of Patanjali	iii. Physical postures and techniques			
	D Hatha Yoga Pradipika	iv. Eightfold Path (Ashtanga Yoga)			
	a) A-i, B-ii, C-iii, D-iv	b) A-ii, B-i, C-iii, D-iv	c) A-iii, B-ii, C-i, D-iv	d) A-i, B-ii, C-iv, D-iii	(d)
30	Which philosophical system does Yoga belong to in Indian tradition?				Astika
	a) Vedanta	b) Samkhya	c) Nyaya-Vaisheshika	d) Astika	(d)
31	Which ancient Indian sage compiled the "Yoga Sutras," a foundational text on yoga philosophy?				Patanjali
	a) Vyasa	b) Patanjali	c) Valmiki	d) Kapila	(b)
32	The concept of "Yoga" is limited to Hinduism and has no connections with other Indian traditions like Buddhism or Jainism.				Not always
	a) Not always	b) False	c) Sometimes	d) True	(a)

33	Match the following Asanas with their Benefits:				A-ii, B-iii, C-i, D-iv
	A. Bhujangasana	i.	Improves digestion		
	B. Paschimottanasana	ii.	Strengthens spine		
	C. Vajrasana	iii.	Tones abdominal organs		
	D. Sarvangasana	iv.	Stimulates thyroid gland		
	a) A-ii, B-iii, C-i, D-iv	b) A-ii, B-i, C-iv, D-iii	c) A-iii, B-i, C-iv, D-ii	d) A-iv, B-i, C-ii, D-iii	(a)
34	Surya Namaskar (Sun Salutation) consists of 12 poses that are always performed in a fixed sequence without variation across different styles of yoga.				True
	a) True	b) False	c) Sometimes	d) Always	(a)
35	Which branch of yoga focuses on selfless service as a path to spiritual growth?				Karma Yoga
	a) Hatha Yoga	b) Karma Yoga	c) Bhakti Yoga	d) Jnana Yoga	(b)
36	Match the following vitamins with their scientific names:				A-ii, B-i, C-iv, D-iii
	A Lotus Pose	i induces deep relaxation for body and mind			
	B Corpse Pose	ii promotes meditation by calming the mind and improving			
	C Child’s Pose	iii improves balance, concentration, and strengthens legs.			
	D Lord of Dance Pose	iv gently stretches hips, thighs, and ankles while relieving stress.			
	a) A-ii, B-iii, C-iv, D-i	b) A-ii, B-i, C-iv, D-iii	c) A-iii, B-ii, C-i, D-iv	d) A-iv, B-ii, C-iii, D-i	(b)
37	In which branch of yoga does devotion play a central role?				Bhakti Yoga
	a) Hatha Yoga	b) Bhakti Yoga	c) Jnana Yoga	d) Karma Yoga	(b)
38	Match the following Sanskrit terms to their English translations:				A-iii, B-i, C-ii, D-iv
	A. Shavasana	i. Mountain Pose			
	B. Tadasana	ii. Downward-Facing Dog Pose			
	C.Adho-MukhaSvanasana	iii. Corpse Pose			
	D. Utkatasana	iv. Chair Pose			
	a) A-iii, B-i, C-ii, D-iv	b) A-i, B-iii, C-ii, D-iv	c) A-i, B-ii, C-iv D-iii	d) A-iii, B-iv, C-ii, D-i	(a)

39	Match each concept with its corresponding limb:				A-i, B-ii, C-iii, D-iv
	A. Concentration		i. Dharana		
	B. Self-purification		ii. Niyama		
	C. Sense withdrawal		iii. Pratyahara		
	D. Withdrawal from sensory distractions		iv. Yama		
	a) A-ii, B-i, C-iii, D-iv	b) A-i, B-ii, C-iii, D-iv	c)A-i, B-iii, C-ii, D-iv	d) A-iii, B-iv, C-ii, D-i	(b)
40	What is the primary focus of Raja Yoga?				Meditation and mental discipline leading to enlightenment
	a) Physical postures and flexibility training	b) Meditation and mental discipline leading to enlightenment	c) Chanting mantras loudly in groups	d) Performing rituals and ceremonies daily	(b)
41	The Eight Limbs of Yoga include both physical practices like Asanas as well as mental disciplines like Dharana and Dhyana.				True
	a) True	b) False	c) Sometimes	d) Always	(a)
42	In which country did yoga originate?				India
	a) China	b) India	c) Japan	d) Greece	(b)
43	Match the following Sanskrit terms with their English translations:				A-iv, B-iii, C-i, D-ii
	A. Asana		i. Breath control		
	B. Dhyana		ii. Ethical disciplines		
	C. Pranayama		iii. Meditation		
	D. Niyama		iv. Posture		
	a) A-iv, B-iii, C-i, D-ii	b) A-iii, B-iv, C-ii, D-i	c)A-i, B-iii, C-ii, D-iv	d) A-i, B-ii, C-iii, D-iv	(a)
44	In Sanskrit, Chitta refers to:				Consciousness or mind-stuff
	a) Physical body	b) Consciousness or mind-stuff	c) Breath	d) Heart rate	(b)
45	Kundalini Yoga focuses on:				Awakening spiritual energy
	a) Stretching exercises	b) Awakening spiritual energy	c) Fast breathing	d) Group chanting	(b)

46	Which of the following is NOT one of the Eight Limbs of Yoga				Ayurveda
	a) Yama	b) Niyama	c) Pranayama	d) Ayurveda	(d)
47	The ultimate goal of practicing all eight limbs is achieving physical flexibility alone.				False
	a) True	b) False	c) Sometimes	d) Always	(b)
48	Match the following terms with their correct definitions:				A-i, B-ii, C-iii, D-iv
	A. Bridge Pose	i. strengthens back muscles and improves blood circulation in the brain region.			
	B. Forward Bend Pose	ii. stretches the spine and hamstrings while calming the mind.			
	C. Triangle Pose	iii. improves flexibility of the spine and aids digestion by stimulating abdominal organs.			
	D. Camel Pose	iv. opens up the chest and improves flexibility of the spine.			
	a) A-ii, B-i, C-iii, D-iv	b) A-i, B-ii, C-iii, D-iv	c)A-i, B-iii, C-ii, D-iv	d) A-iii, B-iv, C-ii, D-i	(b)
49	Which limb of yoga focuses on breath control?				Pranayama
	a) Dharana	b) Pratyahara	c) Pranayama	d) Samadhi	(c)
50	In yoga philosophy, "Samadhi" represents:				A state of complete absorption and union with the divine
	a) A state of complete absorption and union with the divine	b) Control over physical senses	c) Mastery over breathing techniques	d) Ethical discipline	(a)
51	The term "Asana" in the Eight Limbs of Yoga primarily refers to:				Physical postures or poses
	a) Breathing techniques	b) Ethical restraints	c) Meditation practices	d) Physical postures or poses	(d)

52	Match the following Yoga terms with their meanings:				A-i, B-ii, C-iii, D-iv
	A. Bhakti Yoga		i. Yoga of devotion		
	B. Jnana Yoga		ii. Yoga of knowledge		
	C. Raja Yoga		iii. Royal Yoga		
	D. Patanjali		iv. Compiled Yoga Sutras		
	a) A-ii, B-i, C-iii, D-iv	b) A-i, B-ii, C-iii, D-iv	c)A-i, B-iii, C-ii, D-iv	d) A-iii, B-iv, C-ii, D-i	(b)
53	What is the primary goal of yoga as per traditional philosophy?				Spiritual enlightenment
	a) Physical fitness	b) Spiritual enlightenment	c) Stress relief	d) Weight loss	(b)
54	What is the ultimate aim of Yoga according to classical texts?				Self-realization and unity with higher consciousness
	a) Physical fitness	b) Self-realization and unity with higher consciousness	c) Weight loss	d) Social popularity	(b)
55	Which combination of practices best represents the five modern principles of Yoga?				Asana, Pranayama, Diet, Relaxation, Positive thinking
	a) Asana, Pranayama, Diet, Relaxation, Positive thinking	b) Running, Weightlifting, Diet, Meditation, Jogging	c) Asana, Cardio, Meditation, Diet, Swimming	d) Pranayama, Cycling, Meditation, Diet, Jogging	(a)
56	Which of the statement is True/False: A. Yoga only focuses on physical health. B. Meditation is a principle of Yoga. C. Yoga aims to promote emotional balance. D. Pranayama refers to control of breath.				A-False, B-True, C-True, D-True
	a) A-True, B-False, C-True, D-False	b) A-False, B-True, C-True, D-True	c) A-True, B-True, C-False, D-True	d) A-False, B-False, C-False, D- False	(b)
57	Assertion (A): Yoga helps in achieving harmony between body, mind, and spirit. Justification (B): Yoga incorporates physical postures, breathing, and meditation to foster holistic well-being.				Both A and B are true, and B explains A
	a) Both A and B	b) Both true.	c) A is true, B	d) A is false. B is	(a)

	are true, and B explains A	but B doesn't explain A	is false	true	
58	Match the following Yamas with their meanings::				A-ii, B-iii, C-i, D-iv
	A. Ahimsa		i. Non-stealing		
	B. Satya		ii. Non-violence		
	C. Asteya		iii. Truthfulness		
	D. Aparigraha		iv. Non-possessiveness		
	a) A-ii, B-iii, C-i, D-iv	b) A-iii, B-ii, C-iv, D-i	c) A-ii, B-i, C-iii, D-iv	d) A-i, B-iii, C-ii, D-iv	(a)
59	What is the theme of International Day of Yoga for 2025?				Yoga for One Earth, One Health
	a) Yoga for Unity	b) Yoga for self	c) Yoga for Health	d) Yoga for One Earth, One Health	(b)
60	Which of the statement is True/False: A. Yama and Niyama are ethical principles in Yoga. B. Asana means breath control. C. Pratyahara is withdrawal of senses. D. Dhyana means concentration.				A-True, B-False, C-True, D-True
	a) A-True, B-False, C-True, D-False	b) A-False, B-True, C-False, D-True	c) A-True, B-False, C-True, D-False	d) A-True, B-False, C-True, D-True	(d)
61	Assertion (A): Yoga can help in reducing stress and anxiety. Justification (B): Yoga practices include meditation and controlled breathing which calm the mind.				Both A and B are true, and B explains A
	a) Both A and B are true, and B explains A	b) Both true, but B doesn't explain A	c) A is true, B is false	d) A is false, B is true	(a)
62	Match the following limbs of Ashtanga Yoga with their order:				A-ii, B-iii, C-i, D-iv
	A. Pranayama		i. 1st		
	B. Dharana		ii. 4th		
	C. Yama		iii. 6th		
	D. Samadhi		iv. 8th		
	a) A-ii, B-iii, C-i, D-iv	b) A-i, B-ii, C-iii, D-iv	c) A-iii, B-i, C-ii, D-iv	d) A-ii, B-i, C-iii, D-iv	(a)
63	If a person practices Yoga daily and experiences improved flexibility, which objective of Yoga is being fulfilled?				Physical health
	a) Spiritual growth	b) Physical health	c) Social harmony	d) Emotional balance	(b)
64	Which of the following is NOT a principle of Yoga?				Competition

	a) Proper Exercise	b) Proper Breathing	c) Proper Diet	d) Competition	(d)								
65	A Yoga practitioner spends 15 minutes daily in meditation. Over 30 days, how much time is spent in meditation?				450 minutes								
	a) 450 minutes	b) 300 minutes	c) 600 minutes	d) 900 minutes	(a)								
66	Which of the statement is True/False: A. Yoga helps in self-discipline. B. The main aim of Yoga is to win competitions. C. Yoga can foster emotional stability. D. Yoga is only for adults.				A-True, B-False, C-True, D-False								
	a) A-True, B-False, C-True, D-False	b) A-False, B-True, C-False, D-True	c) A-True, B-True, C-True, D-False	d) A-False, B-False, C-True, D-True	(a)								
67	Assertion (A): The principle of Ahimsa in Yoga encourages non-violence. Justification (B): Practicing Ahimsa leads to peaceful coexistence and compassion.				Both A and B are true, and B explains A								
	a) Both A and B are true, and B explains A	b) Both true, but B doesn't explain A	c) A is true, B is false	d) A is false, B is true	(a)								
68	Match the following Niyamas with their meanings: <table border="1"><tr><td>A. Shaucha</td><td>i. Contentment</td></tr><tr><td>B. Santosha</td><td>ii. Purity</td></tr><tr><td>C. Tapas</td><td>iii. Self-study</td></tr><tr><td>D. Svadhyaya</td><td>iv. Austerity</td></tr></table>				A. Shaucha	i. Contentment	B. Santosha	ii. Purity	C. Tapas	iii. Self-study	D. Svadhyaya	iv. Austerity	A-ii, B-i, C-iv, D-iii
A. Shaucha	i. Contentment												
B. Santosha	ii. Purity												
C. Tapas	iii. Self-study												
D. Svadhyaya	iv. Austerity												
	a) A-ii, B-i, C-iv, D-iii	b) A-i, B-ii, C-iii, D-iv	c) A-iv, B-iii, C-ii, D-i	d) A-ii, B-iv, C-i, D-iii	(a)								
69	Which of the statement is True/False: A. Yoga can help in detoxification of the body. B. The main aim of Yoga is to increase ego. C. Yoga encourages self-awareness. D. Yoga is a path to inner peace.				A-True, B-False, C-True, D-True								
	a) A-True, B-False, C-True, D-True	b) A-False, B-True, C-False, D-True	c) A-True, B-True, C-True, D-False	d) A-False, B-False, C-True, D-True	(a)								
70	Assertion (A): Yoga is only about physical postures (Asanas). Justification (B): Yoga includes ethical guidelines, breath control, and meditation.				Both true, but B doesn't explain A								
	a) Both A and B are true, and B explains A	b) Both true, but B doesn't explain A	c) A is true, B is false	d) A is false, B is true	(c)								

71	Match the following aims with their descriptions:				A-iii, B-i, C-ii
	A. Mental Equanimity		i. Physical fitness		
	B. Physical Well-being		ii. Spiritual awakening		
	C. Spiritual Evolution		iii. Calmness and clarity		
	a) A-iii, B-i, C-ii	b) A-i, B-ii, C-iii	c) A-ii, B-iii, C-i	d) A-iii, B-ii, C-i	(a)
72	If a Yoga class includes 10 minutes of asana, 5 minutes of Pranayama, and 10 minutes of meditation, what percentage of the 25-minute class is spent on Pranayama?				20%
	a) 20%	b) 25%	c) 40%	d) 50%	(a)
73	What is “Pratyahara” in the context of Yoga?				Withdrawal of senses
	a) Meditation	b) Breath control	c) Withdrawal of senses	d) Physical exercise	(c)
74	If a student practices Yoga for 30 minutes daily, how many hours will they have practiced in 4 weeks (28 days)?				14 hours
	a) 14 hours	b) 10 hours	c) 12 hours	d) 15 hours	(a)
75	In which session of the UN General Assembly was International day of Yoga established?				69 th
	a) 69 th	b) 70 th	c) 68 th	d) 77	(a)
76	(True/False) A. Yoga can help in developing immunity. B. Yoga is a path to self-destruction. C. Yoga encourages balance and harmony. D. Yoga is only for monks.				A-True, B-False, C-True, D-False
	a) A-True, B-False, C-True, D-False	b) A-False, B-True, C-False, D-True	c) A-True, B-True, C-False, D-False	d) A-False, B-False, C-True, D-True	(a)
77	Assertion (A): The principle of Tapas in Yoga refers to self-discipline. Justification (B): Tapas encourages perseverance and regular practice.				Both A and B are true, and B explains A
	a) Both A and B are true, and B explains A	b) Both true, but B doesn't explain A	c) A is true, B is false	d) A is false, B is true	(a)
78	Match the following objectives with their results:				A-i, B-ii, C-iii, D-iv
	A. Emotional stability		i. Reduced anxiety		
	B. Physical fitness		ii. Increased strength		
	C. Spiritual growth		iii. Self-realization		
	D. Mental clarity		iv. Better focus		
	a) A-i, B-ii, C-iii,	b) A-ii, B-i, C-	c) A-iii, B-iv,	d) A-iv, B-iii,	(a)

	D-iv	iv, D-iii	C-i, D-ii	C-ii, D-i	
79	A Yoga practitioner attends a 1-hour class thrice a week for 8 weeks. What is the total practice time?				24 hours
	a) 24 hours	b) 16 hours	c) 20 hours	d) 18 hours	(a)
80	Who compiled the Yoga Sutras?				Patanjali
	a) Swami Vivekananda	b) Patanjali	c) Sri Aurobindo	d) Lord Krishna	(b)
81	If a Yoga session includes 5 minutes of relaxation after 20 minutes of asana, what fraction of the session is relaxation?				1/5
	a) 1/5	b) 1/4	c) 1/3	d) 1/2	(a)
82	Which of the statement is True/False: A. Yoga can help in mastering efficient work. B. Yoga is only beneficial for physical health. C. Yoga can help in social harmony. D. Yoga can help in overcoming ego.				A-True, B-False, C-True, D-True
	a) A-True, B-False, C-True, D-True	b) A-False, B-True, C-False, D-True	c) A-True, B-True, C-False, D-False	d) A-False, B-False, C-True, D-True	(a)
83	Assertion (A): Yoga is a practical science. Justification (B): Yoga involves systematic techniques for physical, mental, and spiritual development.				Both A and B are true, and B explains A
	a) Both A and B are true, and B explains A	b) Both true, but B doesn't explain A	c) A is true, B is false	d) A is false, B is true	(a)
84	Match the following with their descriptions:				A-ii, B-iii, C-i, D-iv
	A. Asana		i. Meditation		
	B. Pranayama		ii. Posture		
	C. Dhyana		iii. Breath control		
	D. Dharana		iv. Concentration		
	a) A-ii, B-iii, C-i, D-iv	b) A-i, B-ii, C-iv, D-iii	c) A-iv, B-i, C-iii, D-ii	d) A-iii, B-ii, C-i, D-iv	(a)
85	Which principle is associated with non-attachment and simplicity in Yoga?				Aparigraha
	a) Asteya	b) Aparigraha	c) Satya	d) Ishvara-Pranidhana	(b)

86	Which of the statement is True/False: A. Yoga can help in controlling negative thoughts. B. Yoga aims for detachment from the world. C. Yoga is unrelated to moral values. D. Meditation can help in self-reflection.				A-True, B-False, C-False, D-True								
	a) A-True, B-False, C-False, D-True	b) A-False, B-True, C-True, D-False	c) A-True, B-True, C-False, D-True	d) A-False, B-False, C-True, D-False	(a)								
87	Assertion (A): Yoga can help in developing resistance to diseases. Justification (B): Yoga practices improve immunity and detoxify the body.				Both A and B are true, and B explains A								
	a) Both A and B are true, and B explains A	b) Both true, but B doesn't explain A	c) A is true, B is false	d) A is false, B is true	(a)								
88	Match the following principles with their Sanskrit names: <table><tr><td>A. Non-violence</td><td>i. Satya</td></tr><tr><td>B. Truthfulness</td><td>ii. Ahimsa</td></tr><tr><td>C. Non-stealing</td><td>iii. Asteya</td></tr><tr><td>D. Self-study</td><td>iv. Svadhyaya</td></tr></table>				A. Non-violence	i. Satya	B. Truthfulness	ii. Ahimsa	C. Non-stealing	iii. Asteya	D. Self-study	iv. Svadhyaya	A-ii, B-i, C-iii, D-iv
A. Non-violence	i. Satya												
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C. Non-stealing	iii. Asteya												
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89	If a Yoga teacher trains 8 students, and each student practices 6 limbs of Yoga daily, how many total practices are performed by all students in one day?				48								
	a) 36	b) 42	c) 48	d) 54	(c)								
90	Which India Ministry is in charge of organizing International Yoga Day in India?				Ministry of AYUSH								
	a) Ministry of Education	b) Ministry of Health	c) Ministry of Culture	d) Ministry of AYUSH	(d)								
91	Who is the author of the Yoga Sutras?				Maharishi Patanjali								
	a) Maharishi Patanjali	b) Swami Vivekananda	c) Swami Sivananda	d) Sri Aurobindo	(a)								
92	True& False s%tatements: Yoga accepts Brahmachari?				True								
	a) False	b) True	c) Not concerned	d) None the above	(b)								
93	Assertion (A): Yoga promotes physical, mental, and emotional well-being through a combination of postures, breath control, and meditation. Reason (R): Everyone should do yoga daily.				Both A and R are true, and R is the correct explanation of								

					A								
	a) Both A and R are true, and R is the correct explanation of A	b) Both A and R are true, but R is not the correct explanation of A	c) A is true, but R is false	d) A is false, but R is true	(a)								
94	Matching pairs: <table border="1"><tr><td>A –Yama</td><td>i-Individual code</td></tr><tr><td>B-Nyama</td><td>ii- Social code</td></tr><tr><td>C-Asana</td><td>iii-Breathing technique</td></tr><tr><td>D-Pranayam</td><td>iv-Posture</td></tr></table>				A –Yama	i-Individual code	B-Nyama	ii- Social code	C-Asana	iii-Breathing technique	D-Pranayam	iv-Posture	A-ii B-i C-iv D-iii
A –Yama	i-Individual code												
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	a) A-i, B-ii, C-iii, D-iv	b) A-iii, B-ii, C-iv, D-i	c) A-iv, B-i, C-ii, D-iii	d) A-ii, B-i, C-iv, D-iii	(d)								
95	What does 'Ahimsa' mean in yoga philosophy?				Non-violence								
	a) Truthfulness	b) Non-violence	c) Non-stealing	d) Non-possessiveness	(b)								
96	True & False statements: The WHO mYoga app was launched to provide a paid tool for practicing yoga.				False								
	a) Partially False	b) False	c) Partially True	d) Might be False	(b)								
97	What is the best time to practice yoga?				On an empty stomach								
	a) After heavy meals	b) On an empty stomach	c) Just before sleeping	d) During illness	(b)								
98	Matching pairs: <table border="1"><tr><td>A- Bramari</td><td>i-Kriya</td></tr><tr><td>B-Bastrika</td><td>ii-Cooling Effect</td></tr><tr><td>C-Sitali</td><td>iii-Humming Sound</td></tr><tr><td>D-Kapalbathi</td><td>iv-Warm Effect</td></tr></table>				A- Bramari	i-Kriya	B-Bastrika	ii-Cooling Effect	C-Sitali	iii-Humming Sound	D-Kapalbathi	iv-Warm Effect	a-iii b-iv c-ii d-i
A- Bramari	i-Kriya												
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	a) a-ii,, b-iv, , iii d-i	b) a-iii, b-i, c-ii, d-iv	c)a-iii, b-iv,,c-ii, d-i	d) a-i, b-iv, c-iii, d-ii	(c)								
99	What is the meaning of 'Brahmacharya' in yoga?				Celibacy or self-control								

	a) Non-violence	b) Truthfulness	c) Celibacy or self-control	d) Non- possessiveness	(c)
100	Which Asana is beneficial for strengthening the back?				Bhujangasana
	a) Shavasana	b) Bhujangasana	c) Adho Mukha Svanasana	d) Setu Bandhasana	(b)