

U.G./P.G. ENTRANCE EXAMINATION, APRIL 2021

HEALTH AND YOGA THERAPY

Time : Two Hours

Maximum : 100 Marks

I. Complete the following sentence by choosing the appropriate word from bracket :

- 1 Next world cup football tournament will be held at _____.
 - a) Qatar.
 - b) England.
 - c) Germany.
 - d) Iran.
- 2 Sunlight is the rich source of vitamin _____.
 - a) D.
 - b) E.
 - c) A.
 - d) K.
- 3 Health Minister of India :
 - a) Dr. Harshavardan.
 - b) Mansukh Mandaviya.
 - c) Rajkumar Singh.
 - d) Kiren Rijiju.
- 4 The normal blood pressure for human beings :
 - a) 80-120mm Hg.
 - b) 70-100mm Hg.
 - c) 100-120mm Hg.
 - d) 90-130mm Hg.
- 5 Human Heart consist of _____ chambers.
 - a) 2.
 - b) 3.
 - c) 4.
 - d) 1.
- 6 Longest bone in the human body :
 - a) Femur.
 - b) Tibia.
 - c) Fibula.
 - d) Vertebra.
- 7 Head quarters of world health organization :
 - a) Delhi.
 - b) New York.
 - c) Geneva.
 - d) Beijing.
- 8 Shortest bone in the human body :
 - a) Stapes.
 - b) Finger bone.
 - c) Incus.
 - d) Malleus.

Turn over

II. Match the following :

- | | |
|------------------|-------------------------|
| 1 Vitamin A | 1 Cleaning Process. |
| 2 Vital Capacity | 2 Coagulation of Blood. |
| 3 Kabalabatti | 3 Night Blindness. |
| 4 Prana | 4 Lungs. |
| 5 Vitamin K | 5 Self energing. |
| 6 Tom Joseph | 6 Hockey |
| 7 P. R. Sreejesh | 7 Volleyball. |
| 8 K. T. Irfan | 8 Athletics. |
| 9 Ustrasana | 9 Chair pose. |
| 10 Utkatasana | 10 Camel Pose. |

(10 × 2 = 20 marks)

III. Explain any *one* of the following :

- 1 Explain the importance and benefits of Yoga ? How yoga is important in the present pandemic situation ?

Or

- 2 Briefly explain the steps of doing 'Surya Namaskar'. Explain its benefits.

(1 × 30 = 30 marks)