



Swami Vivekananda Yoga Anusandhana Samsthana

A University, established under Section 3 of the UGC Act, 1956 vide

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Entrance Test for the MD (Yoga) Program

Syllabus and Model Question Paper

I Subject: Yoga

Syllabus

- Relevance of Yoga in modern times
- Happiness Analysis
- Basis of Yoga: Definition of Yoga as per yogic texts; Patanjali Yoga Sutras, Bhagavadgita and Yoga Vasistha, Essentials of Yoga Practice, Misconception of Yoga
- Introduction to four streams of Yoga: Raja Yoga, Jnana Yoga, Karma Yoga and Bhakti Yoga.
- Unity in Diversity and Ultimate goal of four streams of Yoga

Reference: Nagendra HR. Yoga Its basis and applications. Reprint. Swami Vivekananda Yoga Prakashana, Bangalore; 2004

Model Question Paper

Time: 10 minutes

Max. Marks 10

Choose the correct answer and mark in the question paper itself

1. Yoga is a

- | | |
|--------------------------------|--------------------------|
| (a) Science for inward journey | (b) Way of concentration |
| (c) Technique to cure diseases | (d) To live harmoniously |

Ans. []

2. Real happiness is in

- | | |
|--------------------------|--------------|
| (a) Object of the senses | (b) Laughing |
| (c) Smiling | (d) Silence |

Ans. []

3. Karma yoga is characterized by

- | | |
|---------------------|---------------------|
| (a) Detached action | (b) Fruitless labor |
| (c) Swift action | (d) Silent action |

Ans. []

4. According to Upanishads the origin of the whole creation is

- (a) Brahma (b) Silence
(c) Akasa (d) Vishnu

Ans. []**5. Cause for bondage and liberation is**

- (a) Mind (b) Body
(c) Work (d) Non work

Ans. []**6. Yoga is**

- (a) Doing asana (b) Doing pranayama
(c) Union (d) Meditation

Ans. []**7. Our internal nature is**

- (a) Freedom (b) Bondage
(c) Karma (d) Non doing

Ans. []**8. Raja yoga is**

- (a) Surrender (b) Hatha Yoga
(c) Meditation (d) Psychic control

Ans. []**9. Yoga is the technique to calm down the mind is said by**

- (a) Patanjali (b) Krishna
(c) Vasistha (d) Vivekananda

Ans. []**10. Surrendering attitude makes man**

- (a) Weak (b) Strong
(c) Intelligent (d) Happy

Ans. []

II Subject: Communication**Syllabus**

- Synonyms
- Antonyms

- One word substitution
- Sentence Completion

Reference: Objective General English, S Chand & Company Ltd, New Delhi

Model Question Paper

Time: 10 minutes

Max. Marks 10

Choose the correct answer and mark in the question paper itself

I. In each of the following questions, choose the alternative which can replace the word printed in the italic bold without changing the meaning of it.

1. He *declined* to speak about the problem when I asked him.

- | | |
|-------------|---------------|
| (a) Agreed | (b) promised |
| (c) refused | (d) permitted |

Ans. []

2. He couldn't *comprehend* the details of the documents

- | | |
|--------------|---------------|
| (a) emphasis | (b) grasp |
| (c) condense | (d) Implement |

Ans. []

3. Due to the *lapse* of time, I could not recognize my old friend.

- | | |
|--------------|--------------|
| (a) delay | (b) passage |
| (c) duration | (d) movement |

Ans. []

II. Directions: In each of the following questions chose the opposite in meaning to the given word.

1. PRIDE

- | | |
|----------------|----------------|
| (a) Humility | (b) Shame |
| (c) Humbleness | (d) Debasement |

Ans. []

2. KEEN

- | | |
|------------|------------|
| (a) Dull | (b) Rogue |
| (c) Ardent | (d) Shrewd |

Ans. []

III. In each of the following questions, out of four alternatives choose the one which can be substituted for the given words / sentence.

1. To examine one's own thoughts and feelings

- | | |
|----------------|-------------------|
| (a) Meditation | (b) Retrospection |
| (c) Reflection | (d) Introspection |

Ans. []**2. A short, usually amusing, story about some person or event**

- | | |
|--------------|--------------|
| (a) Anecdote | (b) Antidote |
| (c) Tale | (d) Allegory |

Ans. []

IV. In each of the following questions, a sentence is given with a blank to be filled in with an appropriate word. Four alternatives are suggested for each question. Choose the correct alternative.

1. I hope you must have by now that failures are the stepping stones to success.

- | | |
|-------------|--------------|
| (a) known | (b) felt |
| (c) decided | (d) realized |

Ans. []**2. You need shoes for walking in the hills.**

- | | |
|------------------|-----------------|
| (a) good | (b) comfortable |
| (c) satisfactory | (d) sturdy |

Ans. []**3. It was difficult to see through the of the head lights of the cars.**

- | | |
|------------|----------------|
| (a) shine | (b) glare |
| (c) dazzle | (d) brilliance |

Ans. []**III Subject: Aptitude****Syllabus**

- General Mental Ability
- Mathematical and Numerical Ability
- Behavioral Ability
- Analytical and Logical Reasoning

Reference: General Studies Manual for the UPSC Civil Services Preliminary Examination, Tata McGraw-Hill Publishing Company Limited

Model Question Paper

Time: 10 minutes

Max. Marks 10

Choose the correct answer and mark in the question paper itself

1. The oxygen that keeps us alive is a product of photosynthesis. It comes from

- | | |
|--------------------------------|-----------------------------------|
| (a) Carbon dioxide | (b) Carbonates absorbed from soil |
| (c) Oxides of mineral elements | (d) Water |

Ans. []

2. Complete the series 3, 9, 81,.....

- | | |
|---------|----------|
| (a) 90 | (b) 162 |
| (c) 729 | (d) 6561 |

Ans. []

3. In the series 5, 7, 10, 14, 15, 21, 20, 28, X, Y. What do X and Y stand for

- | | |
|------------|------------|
| (a) 25, 35 | (b) 20, 25 |
| (c) 35, 40 | (d) 24, 30 |

Ans. []

4. Which reaction does not go with rest?

- | | |
|-------------------|------------------|
| (a) Communication | (b) Conversation |
| (c) Interaction | (d) Irritation |

Ans. []

5. While traveling by a train, a passenger decided to dry his wet handkerchief by extending it out of the window of his compartment. He thinks that handkerchief will fly in the same direction in which the train is heading

- | | |
|---|--|
| (a) The traveler's comprehension is correct | (b) The traveler's comprehension is only partially correct |
| (c) The traveler's comprehension is totally wrong | (d) Given information is not sufficient for any definite conclusion. |

Ans. []

6. Honesty is the best _____

- | | |
|------------|---------------|
| (a) Action | (b) Joke |
| (c) Policy | (d) Publicity |

Ans. []

7. To _____ is human to forgive is divine

- | | |
|------------|-----------|
| (a) lie | (b) err |
| (c) forget | (d) cheat |

Ans. []

8. A tender twig can be turned and twisted towards any direction, irrespective of the outcome being desirable for its growth. This statement is applicable to which of the given areas

- (a) Gardening (b) Child-Rearing
(c) Education (d) Environmentalism

Ans. []

9. Given the following premises_____

(A) All animals are quadrupeds, (B) Chair are quadrupedal objects---- Which of the following is the most appropriate answer?

- (a) All quadrupedal objects are animals (b) All objects are quadrupedal
(c) All animals are quadrupeds but they are not chairs (d) All animals are objects

Ans. []

10. If U.P.S.C stands for 21, 16, 19, 3 then C. S. I. R. stands for

- (a) 3, 19, 16, 21 (b) 3, 19, 9, 18
(c) 3, 9, 18, 19 (d) 19, 18, 16, 21

Ans. []

IV Subject: Physiology

Model Question Paper

Time: 20 minutes

Max. Marks 20

Choose the correct answer and mark in the question paper itself

1. Hormone involved in red cell production is called

- (a) Erythropoetin (b) Erythrin
(c) Renin (d) Angiotensin

Ans. []

2. Cushings syndrome is caused due to

- (a) Hyperthyroidism (b) Hypothyroidism
(c) Hyperadrenalism (d) Pancreatitis

Ans. []

3. Thermoregulation is a function of

- (a) Lungs (b) Skin
(c) Hypothalamus (d) Pituitary gland

Ans. []

4. Fev 1 % is normal or high in

- (a) Obstructive lung disease (b) Restrictive lung disease
(c) Tumors (d) Asthma

Ans. []**5. Vagal tone**

- (a) Increases heart rate (b) Stimulated by hypothalamus
(c) Decreases heart rate (d) Both b and c.

Ans. []**6. A universal donor is one who is**

- (a) O +ve (b) AB +ve
(c) AB -ve (d) O -ve

Ans. []**7. Anti diuretic hormone is secreted by**

- (a) Ant pituitary (b) Kidneys
(c) Hypothalamus (d) Post Pituitary

Ans. []**8. Parietal cells secreting HCL are present in**

- (a) Stomach (b) Gall bladder
(c) Intestine (d) Oesophagus

Ans. []**9. Pancreas secrete**

- (a) Trypsinogen (b) Chymotrypsin
(c) Insulin (d) All of the above

Ans. []**10. _____ is required to make bilirubin water soluble**

- (a) Glucuronic acid (b) Hydrochloric acid
(c) Bile (d) Trypsin

Ans. []**11. Deficiency of Vit B12 causes**

- (a) Megaloblastic anaemia (b) Scurvy
(c) Cyanosis (d) Loss of appetite

Ans. []**12. Immune regulation is facilitated by**

(a) Bone marrow

(b) Thymus

(c) Cytokines

(d) Nerves

Ans. []

13. Eosinophilia is seen in

(a) Allergies

(b) Infections

(c) Cough

(d) Sputum

Ans. []

14. Antibodies are produced by

(a) A cells

(b) Bacteria

(c) B cells

(d) Viruses

Ans. []

15. Microvilli help in absorption of

(a) Proteins

(b) Vitamins

(c) Fat

(d) Solids

Ans. []

16. Myelin sheaths help in transmission of

(a) Blood

(b) Proteins

(c) Nerve impulses

(d) Chemicals

Ans. []

17. Gluconeogenesis from liver is facilitated by

(a) Cortisol

(b) Insulin

(c) Amylase

(d) Bilirubin

Ans. []

18. Increased CO₂ concentration in blood stimulates the

(a) Expiratory center

(b) Inspiratory center

(c) Baroreceptors

(d) Lungs

Ans. []

19. Sartoli cells in the kidney secrete

(a) Renin

(b) Vasopressin

(c) ADH

(d) Angiotensin

Ans. []

20. Duration of one cardiac cycle is

(a) 1 minute

(b) 0.80 seconds

(c) 0.50 minute

(d) 0.80 minute

Ans. []

