Entrance Test for the PhD (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 substation
- 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 work. 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: 20 minutes | Max. Marks 20

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 quadrupedals 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. [   ]

11. How is ½% expressed as a decimal fraction?

(a) 0.5   (b) 0.05

(c) 0.005   (d) 0.0005

Ans. [   ]

12. In a class, there are two sections A and B. if 10 students of section B shift over to section A, the strength of A becomes three times the strength of B. But if 10 students shift over from A to B, both A and B become equal in strength. How many students are there in section A and B?

(a) 50 and 30   (b) 45 and 15

(c) 90 and 40   (d) 80 and 40

Ans. [   ]

13. Spot the emotion that does not belong to the group

(a) laughter   (b) happiness

(c) rage   (d) pleasure

Ans. [   ]

14. You arrive at the site of a road accident that has just occurred. Some persons in the crowd make false accusations and blame you for hurting the victim. What will be your first and foremost duty, under the circumstances?

(a) to run away   (b) to reason out with the people.

(c) to give first-aid to the victim   (d) to inform the police

Ans. [   ]

15.   Give cause and effect relationship

        A. Some teachers are not concerned about welfare of their students

        B. Students do not respect their teachers any more

        (a) A is cause and B is the effect   (b) B is cause and A the effect

        (c) B is cause and A the effect   (d) A mutual feedback relationship exists

                                                 between A and B

Ans. [   ]

16.   A goes 4 km south then 8 km west then 6 km north then 8 km east and then 2 km

        south. How far is A from the starting point?

        (a) 2 km   (b) 1 km

        (c) 0 km   (d) 3 km

Ans. [   ]

17.   Polly is taller than Geeta. Arun is taller than Rita but not as tall as Geeta. Lily is taller

        than Polly. Who is the shortest among them?

        (a) Geeta   (b) Rita

        (c) Arun   (d) Lily

Ans. [   ]

18.   The square of this number is twice the square-root of the cube of this number. What

        is the number?

        (a) 3   (b) 4

        (c) 5   (d) 7

Ans. [   ]

19.   Body includes limb as tree includes ……….

        (a) seed   (b) wood

        (c) branch   (d) soil

Ans. [   ]

20.   In 180 liters of mixture the ratio of milk and water is 7:3. How much water should be added to the mixture so that the ratio of milk and water becomes 7:4?

(a) 18 ltr.   (b) 20 ltr.

(c) 19 ltr.   (d) 17 ltr.

Ans. [   ]

IV Subject: Research Methodology

Syllabus

- Research Design: meaning, types of design, principles
- Sampling design: types, characteristics, random sampling
- Measurement and scaling: measurement scales
- Testing of hypotheses: null and alternate hypotheses, Type I and Type II errors, alpha and power

Reference: "Research Methodology" C R Kothari, New Age International Publishers, 2005

Model Question Paper

Time: 10 minutes | Max. Marks 10

Choose the correct answer and mark in the question paper itself

1.   Data is normally distributed if

(a) The mean is less than the standard deviation

(b) The skewness is zero

(c) The distribution is symmetric

(d) None of these.

Ans. [   ]

2.   Data can be analyzed

(a) Only if it is normally distributed

....

(b) Only if it of ratio type

(c) Only if it is of ratio type and normally distributed

(d) None of these

Ans. [   ]

3.   The null hypothesis is

(a) decided before the data is collected

(b) decided after the data is analyzed

(c) decided only when the data is normally distributed

(d) only a formality – it need not be stated

Ans. [   ]

4.   The alternative hypothesis

(a) may negate the null hypothesis   (b) may provide a direction as an alternative

(c) a but not b   (d) a and b

Ans. [   ]

5.   The most effective way of sampling

(a) is simple random sampling   (b) is stratified sampling

(c) depends on the problem statement

(d) depends on the statistical test to be performed

Ans. [   ]

6.   A sample of size 30 or more

(a) is always adequate   (b) is normally distributed

(c) may not be normally distributed

(d) will be distributed normally if the sample was a true random sample

Ans. [   ]

....

7.   A confounding variable

(a) is an independent variable   (b) is a dependent variable

(c) is an auxiliary variable   (d) is a result of a Type I error

Ans. [   ]

8.   One possible way to handle confounding variables is

(a) Blocking   (b) Random sampling

(c) Clear instructions   (d) Controlling the Type II error

Ans. [   ]

9.   Inclusion criteria are applied

(a) so that Type I errors do not occur

(b) before exclusion criteria are applied

(c) to eliminate the possibility of confounding variables

(d) only for random samples

Ans. [   ]

10.   The abstract of a scientific paper

(a) should never be more than 300 words long

(b) may quote actual p-values calculated

(c) should always describe the method of sampling used

(d) should describe the method of analysis

Ans. [   ]