

S-VYASA YOGA UNIVERSITY

(Deemed-to-be University under Section 3 of the UGC Act, 1956)

MSc, PGDYT ENTRANCE EXAMINATION

Max Marks: 50

Max Time 1Hr

Date:

I.Fill in the blanks with most appropriate answer. Each question carries 1 Mark.

10*1=10

1. It is the -----journey that marks the beginning of the spiritual quest.
2. Yoga improves _____ and _____ at mental level.
3. Yoga is the power of ----- .
4. CM improves _____ of sleep.
5. The structure of bliss is -----.
6. We have assumed that _____ is in the object of enjoyment.
7. The more we satisfy our senses, the satisfaction we derive decreases. This is pertaining to the law of _____ .
8. Shravana, Manana and ----- are the three phases in the path of Jnana Yoga.
9. In the path of Jnana Yoga, Guru should have experience and _____ .
10. Self is _____ and _____.

I. State whether the following are true or false by choosing. Each question carries 1

Mark. 10*1=10

1. Sattwa means excess activity (T/F).
2. When a person is satisfied in the Self by the Self then he is called a man of steady wisdom(T/F).
3. The man of shraddha, devoted, and the master of his senses obtains knowledge. (T/F).
4. Karma Yoga is the path of Intellect (T/F).
5. Dharana means focusing (T/F).
6. Samadhi means jump in consciousness (T/F).
7. Higher samadhis will call for deeper purification (T/F).
8. Supression but not sublimation (T/F).
9. Ajnana is a Daivi sampat (T/F).
10. Aparigraha means non-stealing. (T/F).

11. Select the most appropriate answer among the choices.

1. _____ are the tools for transforming the individuals to build ideal social orders.
(a) Karmas (b) Poojas (c) Yajnas (d) None
2. Brahmacharya (celibacy) is one of the _____.
(a)Yamas (b) Niyamas (c) Yogas (d) Vrittis
3. _____ is the complementary to sarvangasana .
(a)Matsyendrasana (b) Ardhamatsyendrasana (c) Tadasana (d) Matsyasana
4. I.R.T (Instant Relaxation Technique) is practiced for _____ minutes .
(a) 10 (b) 5 (c) 2 (d) 1
5. _____ is an integral part of ancient Indian culture.
(a) Veda (b) Punya (c) Yoga (d) Mind

IV. Fill in the blanks with correct tense form of the verbs given in the brackets

1. They _____ a tiger yesterday. (see)
2. I _____ to Delhi last year (go)

V. Fill in the blanks choosing the correct word from the brackets.

1. I saw _____ of my friends there. (nobody , none, no, no one)
2. She looks _____ than she is. (more young, very younger, much younger, more younger)
3. My house is as _____ as your house. (big, biggest, the biggest, bigger)
4. My father is reading _____ news paper. (a today's, today's, the today's, this day's)
5. I _____ to the football team. (am belonged, belong, am belonging, belonging)

VI. Put in a, an, or the wherever necessary 3x1= 3

1. This is _____ house where I live in.
2. I shall be back in _____ hour.
3. _____ Everest Mountain makes India great.

VII. Rearrange the following jumbled sentences given below and make them meaningful. 3x1=3

Example: sisters/you/my/are

Ans: You are my sisters.

1. 17/on/this/July/was
2. secretary/of/school/the/are/you/our
3. years/65/patient/the/is/old.

VIII. Add question tags to the given statements. 2x1=2

1. Adventures fascinate you, _____.
2. The weather is bad, _____.

IX. Answer all the questions. Each question carries 5 marks 2* 5 =10

1. List five important differences between exercises and yogasanas.

2. Answer the following.

(a) What is meant by Kriya?

(b) List Shat Kriyas.

(c) List the kriyas you have practiced.