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Name.....

Reg. No.....

**CALICUT UNIVERSITY CENTRALIZED ENTRANCE TEST (CU-CET)
APRIL 2025**

M.Sc. HEALTH AND YOGA THERAPY

Time : Two Hours

Maximum : 400 Marks

Each question carries 4 marks.

1 mark will be deducted for each wrong answer.

1. Which of the following describes the "Anatomical Position" ?
 - (A) Standing erect, facing the observer, arms at the side, and palms facing to your side.
 - (B) Standing erect, facing the observer, arms at the side, and palms facing forward.
 - (C) Standing erect, facing the observer, arms at the side, and palms facing back.
 - (D) Standing erect, facing the observer, arms at the side, and palms facing outward.
2. What is the mass of tissue from the sternum to the vertebral column between the lungs ?
 - (A) Epicardium.
 - (B) Parietal layer.
 - (C) Pericardial tissue.
 - (D) Mediastinum.
3. What is Human Physiology ?
 - (A) Human physiology is the scientific study of the mind and behaviour.
 - (B) Human physiology is the study of the internal and external structures of the human body.
 - (C) Human physiology studies how parts of the body and the whole-body function.
 - (D) Human physiology is the study of microscopic organisms.
4. How many bones does an adult human skeleton have ?
 - (A) 205.
 - (B) 207.
 - (C) 209.
 - (D) 206.
5. Which of the following types of cartilage is present at the joints of long bones in humans ?
 - (A) Fibrous.
 - (B) Hyaline.
 - (C) Elastic.
 - (D) Calcified.

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6. Which of the following is the structural and functional unit of the human nervous system ?
- (A) Brain. (B) Axon.
(C) Dendron. (D) Neuron.
7. Which of the following is a balancing organ in humans ?
- (A) Eardrum. (B) Vestibular region.
(C) Cochlea. (D) Organ of Corti.
8. Which of the following instruments is used to listen to the internal sounds of the human body ?
- (A) Sphygmomanometer. (B) Suction device.
(C) Stethoscope. (D) Reflex hammer.
9. Which of the following is known as the study of the human population ?
- (A) Geography. (B) Anthropology.
(C) Ethnology. (D) Demography.
10. Which of the following bones is called collar bone ?
- (A) Acetabulum. (B) Pelvic.
(C) Scapula. (D) Clavicle.
11. How many different asanas does Surya Namaskar comprise ?
- (A) 6. (B) 8.
(C) 10. (D) 12.
12. According to mythical tradition, the founder of yoga is often credited to :
- (A) Pathanjali. (B) Sankaracharya.
(C) Satyanada Saraswati. (D) Swami Swatmarama.
13. The word "yoga" means 'unity' and is derived from the Sanskrit word :
- (A) Yuj. (B) Yukta.
(C) Kshema. (D) Nirvana.
14. Kundalini comes from "Kunda " a cavity for a particular animal :
- (A) Cat. (B) Bear.
(C) Eagle. (D) Snake.

15. What would not be helpful to do when meditating ?
- (A) Concentrate on breathing. (B) Picture a peaceful place.
(C) Concentrate on a colour. (D) Think of problems.
16. Pranayama is cutting down the speed of :
- (A) Jealousy. (B) Inhalation-Exhalation.
(C) Mind. (D) Anger.
17. What is the theme of International Day of Yoga 2021 ?
- (A) Yoga for all. (B) Yoga for peace.
(C) Yoga for well-being. (D) Yoga for people.
18. Who is not an Acharya of 'Hathayoga' ?
- (A) Swatmarama. (B) Matsyendra.
(C) Kapil. (D) Goraksha.
19. What are the five elements of yoga ?
- (A) Earth, Space, Fire, Air, Akash.
(B) Earth, Water, Fire, Air, Wood.
(C) Earth, Water, Fire, Air, Akash.
(D) Earth, Space, Fire, Air, Akash.
20. Which year did the United Nations declare June 21st as the International Day of Yoga ?
- (A) 2012. (B) 2014.
(C) 2016. (D) 2018.
21. What is not one principle taught in yoga ?
- (A) Proper exercise. (B) Relaxation.
(C) Strength. (D) Flexibility.
22. How many chakras are in the human body ?
- (A) Seven. (B) Three.
(C) Ten. (D) Twelve.

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23. Where is Kundalini located ?
- (A) The base of the spine. (B) The brain.
(C) The whole body. (D) Base of the neck.
24. What is the true meaning of yoga ?
- (A) Spiritual union. (B) Attaining freedom.
(C) Physical health. (D) Mental health.
25. What are the Yamas ?
- (A) Moral and ethical rules or goals.
(B) The holy scriptures of Hinduism.
(C) Occult or psychic powers.
(D) Phases of kundalini.
26. In asana, the body is completely relaxed, awareness of the mind increases, developing pratyahara :
- (A) Shavasana (Corpse Pose).
(B) Vrikshasana (Tree Pose).
(C) Bhujangasana (Cobra Pose).
(D) Uttanasana (Standing Forward Bend)
27. What is the technique of controlling breath called ?
- (A) Asana. (B) Pranayama.
(C) Mudra. (D) Surya Namaskar.
28. Which of these asanas gives an excellent stretch to the spinal column ?
- (A) Halasana. (B) Ashtanga Namaskara.
(C) Bhujangasana. (D) Bidalasana.
29. Which form of yoga emphasizes selfless action and duty as the way to attain spiritual enlightenment ?
- (A) Bakthi yoga. (B) Karma yoga.
(C) Raja yoga. (D) Jnana yoga.

30. Who said yoga is a "means of comprising one's evolution into a single lite or a few months or even few hours of one's bodily existence" ?
- (A) Rabindranath Tagore. (B) Mahatma Gandhiji.
(C) Swami Vivekananda. (D) Gautama Budha.
31. Which of the following football club wins the FIFA Club World Cup 2023 ?
- (A) FC Barcelona. (B) Manchester United.
(C) Manchester City. (D) Fluminense.
32. Who was the first Indian Woman to get an Olympic medal ?
- (A) P.T. Usha. (B) Sania Mirza.
(C) Anju Bobby George. (D) Karnam Malleswari.
33. Who won the first individual medal in the Olympics for independent India ?
- (A) Milka Sing. (B) K.D. Jadhav.
(C) Norman Gilbert Pritchard. (D) Jeremy Bujakowski.
34. Who was the first Keralite to win the Rajiv Gandhi Khel Ratna Award ?
- (A) P.T. Usha. (B) K.M. Beenamol.
(C) Anju Bobby George. (D) Shiny Abraham.
35. How many players are there on the Kabbadi team ?
- (A) 7. (B) 9.
(C) 11. (D) 12.
36. Checkmate vocabulary is associated with :
- (A) Chess. (B) Kho-kho.
(C) Kabaddi. (D) Badminton.
37. Where is the headquarters of The International Olympic Committee situated ?
- (A) Lausanne, Switzerland.
(B) Vienna, Austria.
(C) Geneva, Switzerland.
(D) Madrid, Spain.

Turn over

38. Is the Subroto Cup associated with the game ?
- (A) Tennis. (B) Hockey.
(C) Cricket. (D) Football.
39. Ace Against Odds is the autobiography of :
- (A) PT Usha. (B) Sania Mirza.
(C) Marry Kom. (D) Hima Das.
40. Who among the following "Cricketer" has been chosen for ICC ODI Cricketer of the Year for 2019 ?
- (A) Virat Kohli. (B) Ben Stokes.
(C) Rohit Sharma. (D) Deepak Chahar.
41. According to the "MyPyramid" food guidance system, a person should obtain most of their fat from _____
- (A) Beef, chicken, and fish. (B) Vegetable oils, nuts, and fish.
(C) Fats, oils, and sweets. (D) Milk, yogurt, and cheese.
42. Which food group is our body's best source of energy ?
- (A) Meat Group. (B) Fats, oils and sweets.
(C) Breads and cereals. (D) Milk and cheese.
43. Which of the following nutrients is needed to build and maintain the structural components of the body ?
- (A) Carbohydrates. (B) Protein.
(C) Fat. (D) Fiber.
44. Which of the following is the best source of omega-3 fatty acids ?
- (A) Corn oil. (B) Wheat products.
(C) Red meat. (D) Sardines.
45. This vitamin is needed to prevent a birth defect called Spina Bifida :
- (A) Vitamin D. (B) Vitamin A.
(C) Folate. (D) Vitamin E.

46. This mineral is essential for healthy red blood cells, and a deficiency might cause anemia :
- (A) Iron. (B) Magnesium.
(C) Iodine. (D) Chromium.
47. Children with a pot belly are indicative of which type of disease :
- (A) Goitre. (B) Anaemia.
(C) Kwashiorkor. (D) Rickets.
48. Which of the following statements about nutrients in milk is false ?
- (A) Milk is a good source of calcium.
(B) Milk is a good source of protein.
(C) Milk is a good source of vitamin C.
(D) Milk is a good source of vitamin D.
49. Which of the following vitamins helps in blood clotting ?
- (A) Vitamin A. (B) Vitamin C.
(C) Vitamin D. (D) Vitamin K.
50. Which food is the best source of vitamin A ?
- (A) Sweet potato. (B) Poultry.
(C) Legumes. (D) Dairy products.