**Assignment Sept 2022**

1. Growth hormone

1. Affects growth and development
2. Increases bone thickness
3. Increases in the number of cells
4. All of the above



2. Prolactin (PRL)

1. Is secreted by pituitary
2. Initiates and sustains milk secretion
3. Both (a) & (b)



1. None of these

3. Estrogen

1. Is responsible female sexual characteristics



1. Keeps cholesterol in control
2. Protects bone health
3. All of the above

4. Insulin

1. Is secreted by beta cells
2. Lowers blood sugar levels
3. In deficiency or resistance leads to Diabetes
4. All of the above



5. Thyroid hormone

1. Is controlled by TSH
2. Controls metabolism
3. In deficiency leads to Hypothyroidism
4. All of the above



6. Cartilage has no nerves and therefore it is insensitive

1. True



1. False
2. Cannot say
3. None of theses

7. Pancreas is an example of

1. Endocrine gland
2. Exocrine gland
3. Mixed gland



1. None of theses

8. Ligaments are an example of

1. Connective tissue



1. Muscle tissue
2. Cardiac tissue
3. None of theses

9. Ligaments connects

1. Bones



1. Muscle and bone
2. muscles
3. None of theses

10. The large intestine also helps in absorption of vitamins made by

1. Bacteria



1. Protozoan
2. Amoeba
3. All of the above

11. According to Hatha Yoga Pradipika, Asana is practiced for

a) Sthairyam  
 b) Arogyam   
 c) Laghvam.  
 D) All of the above



12. Which among the following is not vritti?

1. Praman
2. Nidra
3. Vikalpa
4. None of these



13. Avidya is root cause of

1. Klesha
2. Vritti
3. Chitta vikshepa
4. None of theses

14. According to Patanjali, Pranayama should be regulated by

1. Time
2. Place
3. Number
4. All of the above



15. Samyam constitutes

1. Dharana
2. Dhyana
3. Samadhi
4. All of the above



16. According to Hatha Yoga Pradipika

1. There are 10 Yama and 10 Niyama
2. There are 5 Yama and 5 Niyama



1. Yama and Niyama is not mentioned
2. None of theses

17. Sankhya Darsan is related to

1. Kapil muni
2. Dualism
3. Purusha
4. All of the above



18. Nyaya is related

1. Akshapada Gautam
2. logic
3. Tark sangrah
4. All of the above



19. Jainism is related

1. Anekantavad
2. Rishabhdev
3. Japan
4. Only a) and b)



20. Carvak is related

1. Brihaspati sutra
2. Materialistic



1. Hedonistic
2. All of the above

21. Purusha of Sankhya Darsan is

1. Trigunatmika
2. Trigunatita
3. Kaivalya
4. Both (b) and (c)



22. *Ham* means

1. Lunar force
2. solar force



1. Earth element
2. Both (b) and (c)

23. Krishna yajur veda is

1. Very well arranged
2. Not very well arranged.
3. Black in colour
4. None of these

24. Nadi shodhana is a ------------- pranayama.

1. Balancing
2. Tranquilizing
3. Heating
4. both (a) and (b)



25. Halasana is an example of ------------------- asana.

1. Forward bending
2. Backward bending
3. inverted



1. both (a) and (c)

26. Traditionally Nadi Shodhan pranayama should start from-------- nostril.

1. Left



1. Right
2. Whichever is open
3. All of the above

27. In Hypothyroidism TSH level is ------------ than normal.

1. Higher
2. Lower



1. Not relevant
2. None of these

28. ------------- is responsible for secondary sexual character in female.

1. Estrogen



1. Progesterone
2. Adrenaline
3. Inhibin

29. Which among the following is the stress hormone?

1. insulin
2. cortisol
3. adrenaline
4. both (b) and (c)



30. For Back pain we should avoid

1. Paschimottanasana
2. Surya Namaskar
3. Halasana
4. All of the above



31. Stress can be managed with

1. Yoga Nidra
2. Bhramari Pranayama
3. Nadi Shodhana
4. All of the above



32. For good gynecological health, asana are

1. Naukasana



1. Sarvangasana
2. PM3
3. All of the above

33. During monthly cycle, a female should avoid

1. Sarvangasana



1. Naukasana
2. Both (a) and (b)
3. None of theses

34. During Asthma attack we should avoid

1. Surya Namaskar
2. Chandra Namaskar
3. Bhastrika Pranayama
4. All of the above



35. Shashnakasana is an example

1. Partially inverted Asana
2. Forward bending



1. Both (a) and (b)
2. None of theses

36. Kandharasana cannot be done during pregnancy

1. False
2. True



1. Cannot say
2. None of theses

37. Shirsasana is a good practice for Glaucoma

1. True
2. False



1. Cannot say
2. None of theses

38. kapalbhati is one the shatkarma mentioned in hatha yoga texts.

1. False
2. True



1. Cannot say
2. None of theses

39. In which mudra contraction of anus sphincture takes place

1. Vajroli mudra
2. Ashwini mudra



1. Both (a) and (b)
2. None of theses

40. Which chakra is connected with Vishuddhi chakra?

1. Lalna
2. Swadhisthan
3. Bindu
4. All of the above

41. What is the normal range of fasting blood sugar?

1. Below 108
2. Above 120
3. Below 140



1. None of theses

43. Which hormonal gland gets harmonized by practicing Shashankasana?

1. Adrenal gland
2. Pancreas
3. Gonads



1. None of theses

44. Which Shatkarma is most suitable practice of Hyperacidity?



1. Kunjal



1. LSP
2. Neti
3. None of theses

45. Siddhantavada is theory of manifestation related to

1. Samkhya



1. Vedanta
2. Purva mimansa
3. all of the these

46. Sattwa guna is

1. Joy
2. White
3. Knowledge
4. all of the these



47. Prakriti has ……………….. evolutes including itself.

1. 25
2. 24



1. 23
2. None of the these

48. Sankhya Darsan follows

1. Karyakaranvada
2. Satkaryavada
3. Prakriti Parinamvada
4. All of the these



49. According to Patanjali Chittavikshepa means

1. Obstacle in the path of Yoga



1. Help in the path of Yoga
2. Gurus instructions in the path of yoga
3. All of the these

50. According to Gherand Samhita, which among the following is correct?

1. Shatkarma = Shodhanam (Purification)
2. Asana = Dridhata (Strength)
3. Mudra = Sthairyam (Steadiness)
4. All of the these

