

Sikkim Public Service Commission

Written Examination for the post of Yoga Instructor under Sikkim State AYUSH Service

PAPER – II

Time Allowed: 2.5 hours

Full marks: 120

INSTRUCTIONS TO CANDIDATES

Read the instructions carefully before answering the questions: -

- 1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS BOOKLET DOES NOT HAVE ANY UNPRINTED, TORN OR MISSING PAGES OR ITEMS. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.**
- 2. Use only Black Ball Point Pen to fill the OMR Sheet.**
- 3. Do not write anything else on the OMR Answer Sheet except the required information.**
- 4. Candidates must fill in the particulars in the appropriate places in the Answer Sheet and OMR sheet as per given instructions. Any discrepancy/omission will render the Answer Sheet/OMR Sheet liable for rejection.**
- 5. Part - I of this booklet contains questions in MCQ mode to be marked in OMR Sheet. Part - II and Part - III contains Writing Section which must be written on separate answer sheet provided to you.**
- 6. After the examination has concluded, you should hand over the Answer Sheet and OMR sheet to the Invigilator only. You are permitted to take with you the Test Booklet.**
- 7. THERE WILL BE NEGATIVE MARKING FOR WRONG ANSWERS MARKED BY A CANDIDATE IN THE OBJECTIVE TYPE QUESTIONS**
 - i. There are four alternatives/answers to every question. For each question for which a wrong answer has been given by the candidate, one-third of the marks assigned to the question will be deducted as penalty.**
 - ii. If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answers happen to be correct and there will be same penalty as above to the question.**
 - iii. If a question is left blank, i.e., no answer is given by the candidate; there will be no penalty for that question.**

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

PART-I

Choose the correct option for the following:

(1x40=40)

1. The word "Yoga" comes from Sanskrit. What is the meaning of this word?

- A. Hindu system of philosophy & meditation
- B. Inner peace and tranquillity
- C. Joining together
- D. Controlled breathing

2. During Inspiration which of the following does not happen?

- A. Diaphragm Contraction
- B. Diaphragm Extension
- C. Exchange of gases
- D. All of the above

3. How many Koshas of consciousness are there as per Veda?

- A. 2
- B. 5
- C. 4
- D. 3

4. Chemical substances produced by the endocrine glands are called_____.

- A. Digestive juices
- B. Hormones
- C. Gastric juice
- D. All of the above

5. Which of the following are known as Mixed Glands?

- A. Pancreas
- B. Adrenal Gland
- C. Pituitary Gland
- D. None of the above

6. Which of the following elements carry Nutrients and Oxygen from one part of the body to other?

- A. Water
- B. Gastric Juice
- C. Blood
- D. All of the above

7. Tapa Swadhyayalshwar Paridhan are parts of which of the following?

- A. Bhakti Yoga
- B. Mantra Yoga
- C. Maha Yoga
- D. Kriya Yoga

8. How many countries supported the decision of United Nations proclaiming 21st June as the International Yoga Day?

- A. 177
- B. 193
- C. 157
- D. 198

9. What is the ratio of Puraka Kumbhaka Rechaka in Pranayama?

- A. 1:2:2
- B. 2:4:4
- C. 1:4:2
- D. 1:1:1

10. How many sutras are there in Patanjali Yoga Sutra?

- A. 197
- B. 195
- C. 166
- D. 201

11. What is the meaning of HA in Hatha Yoga?

- A. Sun
- B. Moon
- C. Sun Moon
- D. Venus

12. There are ____ types of pranayama according to Patanjali.

- A. 4
- B. 8
- C. 7
- D. 6

13. Gajkarni Purification technique is given in ____.

- A. Gheranda Samhita
- B. Hatha Pradipika
- C. Patanjali Yoga Sutras
- D. Shiva Samhita

14. Vat Kram, Sheetkram and Vyutkramkriyas are parts of which of the following?

- A. Dhauti
- B. Nauli
- C. Kapalbhathi
- D. None

15. Who is said to be the first commentator on Patanjali Yoga Sutra?

- A. Baba Ramdev
- B. Shankaracharya
- C. Vyas
- D. Maharishi Patanjali

16. Which of the following Asanas is beneficial in Diabetes?

- A. Padmasana
- B. Pawanmuktasana
- C. Bhujangasana
- D. Ardha Matsyendrasana

17. What are the first parts of Ashtanga- Yoga known as?

- A. Antarang Sadhna
- B. Arambhik
- C. Bahiranga Sadhana
- D. Pranayama

18. Colour of the blood is due to which of the following?

- A. Plasma
- B. Haemoglobin
- C. RBC
- D. WBC

19. How many Asanas are there according to Gheranda Samhita?

- A. 32
- B. 12
- C. 8
- D. 15

20. Where is the Manipur Chakra located?

- A. Centre of Eyebrow
- B. Chest
- C. Navel
- D. Legs

21. In which textbook is below given sutra mentioned?

समंकायिशरोग्रीवंधारयन्नचलंस्थिरः।संप्रेक्ष्यनासि

काग्रंस्वं दिशश्चानवलोकयन्।

(samamkaya-siro-

grivamdharayannacalamsthirahsampsreksyanasikagramsvamdisascanavalokay
an)

- A. Patanjali Yoga Sutra
- B. Bhagavat Gita
- C. Mahabharat
- D. Ramayan

22. Shatkarmas are the techniques first described in which book?

- A. Hatha Pradipika
- B. Patanjali Yoga Sutra
- C. Yoga Parichaya
- D. Gheranda Samhita

23. By mastering which practice can one float on the water?

- A. Nauli
- B. Bhastrika
- C. Nadi sodhana
- D. Matsyasana

24. Which of the following is not one of the Antahkarana?

- A. Chitta
- B. Manas
- C. Buddhi
- D. Jnana

25. Which of the following Nadis corresponds to the state of equilibrium?

- A. Ida
- B. Pingala
- C. Sushumna
- D. Saraswati

26. The full form of CCRYN is _____.

- A. Centre Council Research in Yoga & Nature
- B. Central Council in Research for Yoga & Naturopathy
- C. Central Council for Research in Yoga & Naturopathy
- D. Council Centre for Research in Yoga & Nature

27. Which is the smallest bone in the human body?

- A. Femur
- B. Stapes
- C. Malleus
- D. Hammer

28. Who is the Guru of BK Silyengar?

- A. Shivananda
- B. Satyan and Saraswati
- C. T. Krishnamacharya
- D. None of the above

29. Which of the following Asanas can be practiced immediately after food?

- A. Siddhasana
- B. Simhasana
- C. Swastikasana
- D. Vajrasana

30. Asana, Kumbhaka, Mudra and Nadanu sandhana are the sequence of which tradition?

- A. Patanjali Yoga
- B. Hatha Yoga
- C. Both A & B
- D. Iyenger

31. Every Yoga teacher must start the practice session with_____ .

- A. Asana
- B. Pranayama
- C. Kriya
- D. Prayer

32. When is the practice of Uddiyana Bandha performed during Pranayama?

- A. Before Puraka
- B. After Rechaka
- C. During Kumbhaka
- D. Anytime

33. Which book on Naturopathy is written by Gandhiji?

- A. Key to Health
- B. Naturopathy
- C. Secrets of Naturopathy
- D. Return to Nature

34. Which is the counter pose of Bhujangasana?

- A. Salabhasana
- B. Paschimottanasana
- C. Uttanasana
- D. Halasana

35. Which Pranayama is not included in Ashta Kumbhaka?

- A. Surya Bhedan Pranayama
- B. Bharamri Pranayama
- C. Bhastika Pranayama
- D. Nadi-shodhan Pranayama

36. In which yogic practice is negative pressure created?

- A. Nauli
- B. Agnisara
- C. KapalBhati
- D. Bhujangasana

37. Who is the writer of The Bhagavat Gita?

- A. Krishna
- B. Vyas
- C. Shankar
- D. Ram

38. In which text are the 25 Mudras described?

- A. Hatha Pradipika
- B. Gherenda Samhita
- C. Patanjali Yoga Sutra
- D. Shiva Sahita

39. Mitahara is defined as?

- A. Only agreeable food
- B. Only sweet food
- C. Agree able and sweet food
- D. None of the above

40. Where is the center of National Institute of Naturopathy located?

- A. Pune
- B. Lonavala
- C. Delhi
- D. Bangalore

PART- II

Attempt ANYTEN of the following:

(10X5=50)

1. Define and explain the term "YOGA" according to Upanishads, Gita and Patanjali.
2. Explain the principles of Naturopathy.
3. Explain the importance of Demonstration Method in Yoga Teaching.
4. Explain the difference between Exocrine & Endocrine Glands.
5. Explain the benefits and limitations of Meditative Asanas with scientific approach.
6. Explain the method & benefits of Mud Therapy.
7. Explain the concept of Mitāhāra according to Hatha Pradipika.
8. Explain the methods, benefits and limitations of Tri Bandha with scientific approach.
9. Describe the Noble Truth according to Buddha.
10. Define and explain the Kleshas according to Patanjali.
11. Explain Digestive System with the help of a diagram.
12. Define and explain the various aspects of "Prayer".

PART – III

Attempt ANYTWO of the following: (2X15=30)

1. Explain Ashtanga Yoga in detail.
2. Classify and explain Shat Karmas in detail with its benefits and limitations.
3. Explain the benefits and limitations of Cultural Asana with scientific approach.
4. What is the role of yoga and naturopathy in post COVID-19 management?