

## Entrance Syllabus

### PGDYST and MSc Yoga Science and Therapy

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|---|----------|
| 1. General Knowledge (G.K.)                       | 20 Marks |
| 2. Aptitude and Logical Reasoning                 | 20 Marks |
| 3. Language Ability (Sanskrit, Hindi and English) | 20 Marks |
| 4. Subject Knowledge                              | 40 marks |
| a) General Knowledge of Yoga                      |          |
| b) Fundamentals of Yoga                           |          |
| c) General Introduction to Yogic Texts            |          |
| • Patanjala Yoga Sutras                           |          |
| • Shrimad Bhagwad Geeta                           |          |
| d) General Introduction of Ashtanga Yoga          |          |
| e) General Introduction of Shatkarma              |          |

#### Reference Books for Subject Knowledge

1. Yoga Certification Board (QCI) Books
2. Yoga Multiple Choice Questions books
3. Yoga Vigyan

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## Guidelines for Framing Objective Type Questions

The PG Entrance Test would be objective type test. The following are examples of some of the question types appropriate for PGET. Kindly include all such types of question in the Paper.

**Multiple choice questions (MCQs):** These are the traditional 'choose one from a list' of possible answers.

### Example-

Direction : Choose the correct answer.

Polysaccharides of the plant cell wall are synthesized mainly in-

- (A) the endoplasmic reticulum
- (B) the cytosol
- (C) the plasma membrane
- (D) the Golgi complex

**Multiple response questions (MRQs):** These are similar to MCQs, but involve the selection of more than one answer from a list.

### Example -

Direction : Choose the correct answer.

A 45 year old asthmatic woman who has lived all her life in Glasgow presents with a goiter of four years' duration and clinical features suggestive of hypothyroidism. Likely diagnoses include:

- 1. Iodine deficiency
- 2. Dysmorphogenesis
- 3. Drug-induced goiter
- 4. Auto immune thyroiditis

(A) i and ii (B) i and iv (C) iii and iv (D) i, ii, and iii

**Assertion-Reason questions :** The question consists of two statements, an assertion (A) and a reason (R). The answer choices in a typical A/R question are usually the following, with "A" meaning "Assertion" and "R" meaning "Reason":

- (A) Both A and R are true and R is a correct explanation of A.
- (B) Both A and R are true but R is not a correct explanation of A.
- (C) A is true but R is false.
- (D) A is false but R is true.

(These type of questions should be asked in continuation. Options (A) (B) (C) and (D) will be mentioned only with directions and will not be repeated with each question of this type.

### Example -

Direction : Select your answer to these items using the codes given below.

'A' stands for Assertion and 'R' stands for Reason.

Codes:

- (A) Both A and R are true and R is a correct explanation of A.
- (B) Both A and R are true but R is not a correct explanation of A.
- (C) A is true but R is false.
- (D) A is false but R is true.

Q1. A: The branch of science which deals with the study of living organisms is called Biology

R: Living organisms always have cellular organisation, which may be unicellular or multicellular

Q2. A: The cabinet mission rejected the idea of Pakistan.

R: The cabinet mission divided the provinces on linguistic basis.

56. According to the text 'Gherand Samhita' which is the first step of hathi yoga?
- (A) Shatkarma  
(B) Asana  
(C) Surya namaskara  
(D) Pranayama
57. Name of the Asana related to bird?
- (A) Ekapada Sirasana  
(B) Virasana  
(C) Kukkutasana  
(D) Halasana
58. Laghava is related to which part of hatha yoga sadhna?
- (A) Asana  
(B) Pranayama  
(C) Dharna  
(D) Dhyana
59. What is the meaning of word 'kurma' in kumasana?
- (A) Turtle  
(B) Crocodile  
(C) Lizard  
(D) Deer
60. Which is the third posture of suryanamaskara?
- (A) Parvatasana  
(B) Bhujangasana  
(C) Padahasthasana  
(D) None
56. घेरण्ड संहिता के अनुसार हठसाधना का प्रथम अंग कौन सा है ?
- (A) षटक्रिया  
(B) आसन  
(C) सूर्य नमस्कार  
(D) प्राणायाम
57. पक्षी से सम्बन्धित आसन का नाम है -
- (A) एकपाद शिरसन  
(B) वीरसन  
(C) कुम्कुटासन  
(D) हलासन
58. लाघवा का सम्बन्ध हठयोग साधना के किस अंग से है ?
- (A) आसन  
(B) प्राणायाम  
(C) धारणा  
(D) ध्यान
59. कुर्मासन में 'कुर्मा' शब्द का क्या अर्थ है ?
- (A) कछुआ  
(B) मगर  
(C) छिपकली  
(D) हिरण
60. सूर्य नमस्कार की तीसरी स्थिति कौन-सी है ?
- (A) पर्वत आसन  
(B) भुजंग आसन  
(C) पाद-हस्तासन  
(D) इनमें से कोई नहीं