

Set No. : 1

246.

Question Booklet No.

RET/16/TEST-B

612

Swasthavritta & Yoga

(To be filled up by the candidate by blue/black ball point pen)

Roll No.

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Roll No. (Write the digits in words)

Serial No. of OMR Answer Sheet

Day and Date

(Signature of Invigilator)

INSTRUCTIONS TO CANDIDATES

(Use only blue/black ball-point pen in the space above and on both sides of the Answer Sheet)

1. Within 30 minutes of the issue of the Question Booklet, Please ensure that you have got the correct booklet and it contains all the pages in correct sequence and no page/question is missing. In case of faulty Question Booklet, Bring it to the notice of the Superintendent/Invigilators immediately to obtain a fresh Question Booklet.
2. Do not bring any loose paper, written or blank, inside the Examination Hall *except the Admit Card without its envelope.*
3. *A separate Answer Sheet is given. It should not be folded or mutilated. A second Answer Sheet shall not be provided.*
4. Write your Roll Number and Serial Number of the Answer Sheet by pen in the space provided above.
5. *On the front page of the Answer Sheet, write by pen your Roll Number in the space provided at the top, and by darkening the circles at the bottom. Also, wherever applicable, write the Question Booklet Number and the Set Number in appropriate places.*
6. *No overwriting is allowed in the entries of Roll No., Question Booklet No. and Set No. (if any) on OMR sheet and Roll No. and OMR sheet no. on the Question Booklet.*
7. *Any change in the aforesaid entries is to be verified by the invigilator, otherwise it will be taken as unfair means.*
8. *This Booklet contains 40 multiple choice questions followed by 10 short answer questions. For each MCQ, you are to record the correct option on the Answer Sheet by darkening the appropriate circle in the corresponding row of the Answer Sheet, by pen as mentioned in the guidelines given on the first page of the Answer Sheet. For answering any five short Answer Questions use five Blank pages attached at the end of this Question Booklet.*
9. For each question, darken only **one** circle on the Answer Sheet. If you darken more than one circle or darken a circle partially, the answer will be treated as incorrect.
10. *Note that the answer once filled in ink cannot be changed. If you do not wish to attempt a question, leave all the circles in the corresponding row blank (such question will be awarded zero marks).*
11. For rough work, use the inner back pages of the title cover and the blank page at the end of this Booklet.
12. *Deposit both OMR Answer Sheet and Question Booklet at the end of the Test.*
13. You are not permitted to leave the Examination Hall until the end of the Test.
14. If a candidate attempts to use any form of unfair means, he/she shall be liable to such punishment as the University may determine and impose on him/her.

Total No. of Printed Pages : 16

56.

ROUGH WORK

रफ़ कार्य

Research Entrance Test-2016

No. of Questions : 50

प्रश्नों की संख्या : 50

Time : 2 Hours

Full Marks : 200

समय : 2 घण्टे

पूर्णाङ्क : 200

Note: (1) This Question Booklet contains **40** Multiple Choice Questions followed by **10** Short Answer Questions.

इस प्रश्न पुस्तिका में **40** वस्तुनिष्ठ व **10** लघु उत्तरीय प्रश्न हैं।

- (2) Attempt as many MCQs as you can. Each MCQ carries **3 (Three)** marks. **1 (One)** mark will be deducted for each incorrect answer. **Zero** mark will be awarded for each unattempted question. If more than one alternative answers of MCQs seem to be approximate to the correct answer, choose the closest one.

अधिकाधिक वस्तुनिष्ठ प्रश्नों को हल करने का प्रयत्न करें। प्रत्येक वस्तुनिष्ठ प्रश्न **3 (तीन)** अंकों का है। प्रत्येक गलत उत्तर के लिए **1 (एक)** अंक काटा जायेगा। प्रत्येक अनुत्तरित प्रश्न का प्राप्तांक शून्य होगा। यदि वस्तुनिष्ठ प्रश्नों के एकाधिक वैकल्पिक उत्तर सही उत्तर के निकट प्रतीत हों, तो निकटतम सही उत्तर दें।

- (3) Answer only **5** Short Answer Questions. Each question carries **16 (Sixteen)** marks and should be answered in **150-200** words. Blank **5 (Five)** pages attached with this booklet shall only be used for the purpose. Answer each question on separate page, after writing Question No.

केवल **5 (पाँच)** लघुउत्तरीय प्रश्नों के उत्तर दें। प्रत्येक प्रश्न **16 (सोलह)** अंकों का है तथा उनका उत्तर **150-200** शब्दों के बीच होना चाहिए। इसके लिए इस पुस्तिका में लगे हुए सादे **5 (पाँच)** पृष्ठों का ही उपयोग आवश्यक है। प्रत्येक प्रश्न का उत्तर एक नए पृष्ठ से, प्रश्न संख्या लिखकर शुरू करें।

01. The redactor of Agnivesha Tantra is :

- | | |
|----------------|----------------|
| (1) Dalhana | (2) Charaka |
| (3) Chakrapani | (4) Dridhabala |

02. The first samhita to describe Phirangaroga :

- | | |
|---------------------------|---------------------------|
| (1) Sharangadhara Samhita | (2) Charaka Samhita |
| (3) Sushruta Samhita | (4) Bhava Prakash Samhita |

03. Rashi Purusha is associated with :

- | | |
|---------------|---------------|
| (1) 24 Tatvas | (2) 20 Tatvas |
| (3) 4 Tatvas | (4) 2 Tatvas |

04. The number of Tantra yuktis is :

- | | | | |
|--------|--------|--------|--------|
| (1) 42 | (2) 36 | (3) 58 | (4) 60 |
|--------|--------|--------|--------|

05. Kanaka is the synonym of :

- | | |
|-------------------|--------------|
| (1) Swarnaksheeri | (2) Chitraka |
| (3) Dhatura | (4) Haritaki |

06. The number of gunas of a visha is :

- | | | | |
|-------|-------|--------|--------|
| (1) 8 | (2) 7 | (3) 16 | (4) 10 |
|-------|-------|--------|--------|

07. The number of Adharaneeya vega is :

- | | | | |
|--------|--------|-------|-------|
| (1) 13 | (2) 10 | (3) 8 | (4) 6 |
|--------|--------|-------|-------|

08. The synonym of Nidana is :

- | | |
|---------------|--------------|
| (1) Samsthana | (2) Vyanjana |
| (3) Utthana | (4) Jati |

- 09.** The shape of Dristi in Netra is that of :
 (1) Rajika (2) Masuradala
 (3) Sarshapa (4) Masha
- 10.** According to Sushruta the number of varieties of Mudha garbha gati is :
 (1) 4 (2) 6 (3) 8 (4) 2
- 11.** Badhira, Shrama, Sada, Hridvyatha are the symptoms of :
 (1) Ksavathu Vega nigraha (2) Ashru Vega nigraha
 (3) Pipasa Vega nigraha (4) Nidra Vega nigraha
- 12.** According to Sushruta, two months of Sharad Ritu are :
 (1) Tapa and Tapasya (2) Shuchi and Shukra
 (3) Saha and Sahasya (4) Ishsa and Urja
- 13.** Which food could be taken regularly for long duration :
 (1) Kurchika (2) Yavaka
 (3) Sarpi (4) Kilata
- 14.** Which one of the following variety is not included under Dwadashashana Pravichara :
 (1) Sheeta (2) Guru
 (3) Snigdha (4) Drava
- 15.** Northern Wind blows in which Ritu :
 (1) Hemanta (2) Pravrit
 (3) Grishma (4) Vasanta
- 16.** "Nihanti Gandham Vairasyam Jihvadantasyajam malam" are the benefits of :
 (1) Jihvanirlekhana (2) Mukhaprakshalana
 (3) Datauna (4) Tambulasevana

17. In Charaka Samhita "Nidra" is described in :
 (1) Indriyopkramaniya adhyaya
 (2) Kiyantahshirasiya adhyaya
 (3) Langhanabringhaniya adhyaya
 (4) Ashtauninditiya adhyaya
18. "Pancharatreashtaratreva" is mentioned for the use of :
 (1) Sauviranjana (2) Rasanajan
 (3) Pushpanjana (4) Srotoanjana
19. Water to be added for preparation of Manda is :
 (1) 16 times (2) 5 times
 (3) 14 times (4) 4 times
20. "Hridyam Tarpayati" is the property of :
 (1) Madhuru Rasa (2) Amla Rasa
 (3) Lavana Rasa (4) Katu Rasa
21. According to Sushruta which one of the following is not listed under water purifying substance :
 (1) Nirmali (2) Pravala moola
 (3) Gomeda (4) Bisagranthi
22. Tushar is the synonym of which Ritu :
 (1) Sharad (2) Shishira
 (3) Hemanta (4) Varsha
23. "Tatah kshiyate prakashavaranam" is the benefit of :
 (1) Pranayama (2) Pratyahara
 (3) Dhyana (4) Samadhi
24. Styana, Pramada, Avirati, Samshaya are the conditions categorized under :
 (1) Upavikshepa (2) Sahabhuva
 (3) Antaraya (4) Chittavritti

25. Murcha and Plavini are the types of :
 (1) Mudra (2) Samadhi
 (3) Bandha (4) Kumbhaka
26. In Yoga, 'Brahmacharya' is described under the heading of :
 (1) Yama (2) Niyama
 (3) Yama and Niyama both (4) Kriya yoga
27. Dharana, Dhyana and Samadhi are collectively called as :
 (1) Bahiranga Yoga (2) Sanyama
 (3) Triveni (4) Trinaadi
28. "Samatvam yoga Ucchyate" is according to which text :
 (1) Charaka Samhita (2) Hatha Pradipika
 (3) Srimadbhagvadgeeta (4) Patanjali Yoga Pradip
29. Anahata Chakra is situated at the place around :
 (1) Throat (2) Heart
 (3) Umbilicus (4) Perineum
30. Father of Hydrotherapy is :
 (1) Vincent Priessnitz (2) Lui Kuhne
 (3) Henry Lindlahr (4) Adolf Just
31. A lung disease caused due to inhalation of sugar-cane dust over long period of time is called :
 (1) Farmer's Lung (2) Bagassosis
 (3) Byssinosis (4) Anthracosis
32. A method of combined disposal of Refuse and Night-soil is :
 (1) Manure Pits (2) Sewage Treatment
 (3) Controlled tipping (4) Composting
33. The color of container for disposal of category 3 and 6 Bio-medical wastes :
 (1) Yellow (2) Red
 (3) Both Yellow and Red (4) Black

- 34.** Which one of the following disease is transmitted through Feacal-oral route :
- | | |
|-------------------|------------------|
| (1) Typhoid fever | (2) Tuberculosis |
| (3) Hepatitis-B | (4) Dengue fever |
- 35.** The most common cause of Blindness in India is :
- | | |
|--------------------------|---------------------|
| (1) Glaucoma | (2) Cataract |
| (3) Vitamin-A Deficiency | (4) Corneal Opacity |
- 36.** The formula for calculation of BMI (Quetelet's index) is :
- | |
|-------------------------------------------------------------|
| (1) Height ² meter/cube root of body weight (kg) |
| (2) Weight in Kg/Height ² in meter |
| (3) Height ² (cm)/cube root of body weight(Kg) |
| (4) Weight in Kg/Height ² in cm |
- 37.** According to Charaka 'Vibheti durbalo-abhikshnam dhyayati vyathitendriyah' are characteristic features of :
- | | |
|------------------|----------------|
| (1) Rasakshaya | (2) Balakshaya |
| (3) Shukrakshaya | (4) Ojakshaya |
- 38.** On global basis, the most common site of Cancer in males is :
- | | |
|-----------|--------------|
| (1) Lungs | (2) Stomach |
| (3) Colon | (4) Prostate |
- 39.** Cold stage, Hot stage and Sweating stage are mostly observed in :
- | | |
|-------------------|-----------------------|
| (1) Dengue fever | (2) Chikungunya fever |
| (3) Typhoid fever | (4) Malaria fever |
- 40.** Janpadoddhvansa described in which chapter of Charka Samhita-Vimanasthana :
- | | |
|---------------|---------------|
| (1) Chapter 6 | (2) Chapter 4 |
| (3) Chapter 3 | (4) Chapter 5 |

Short Answer Questions

Note : Attempt any **five** questions. Write answer in **150-200** words. Each question carries **16** marks. Answer each question on separate page, after writing Question Number.

- 01.** Significance of Swasthavritta in health promotion.
- 02.** Adana Kala and Visarga Kala.
- 03.** Adharaniya Vega.
- 04.** Ashtaharavidhi visheshayatana.
- 05.** Vyadhikshamatva as described in Ayurveda.
- 06.** Preventive Measures for control of infectious diseases.
- 07.** Healthy lifestyle for a person suffering from Diabetes mellitus.
- 08.** AYUSH
- 09.** Ashtanga Yoga
- 10.** Hydrotherapy

Question No.

Page for Short Answer

Question No.

Page for Short Answer

Question No.

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Question No.

Page for Short Answer

Question No.

Page for Short Answer

ROUGH WORK

रफ़ कार्य

अभ्यर्थियों के लिए निर्देश

(इस पुस्तिका के प्रथम आवरण पृष्ठ पर तथा उत्तर-पत्र के दोनों पृष्ठों पर केवल नीली-काली बाल-प्वाइंट पेन से ही लिखें)

1. प्रश्न पुस्तिका मिलने के 30 मिनट के अन्दर ही देख लें कि प्रश्नपत्र में सभी पृष्ठ मौजूद हैं और कोई प्रश्न छूटा नहीं है। पुस्तिका दोषयुक्त पाये जाने पर इसकी सूचना तत्काल कक्ष-निरीक्षक को देकर सम्पूर्ण प्रश्नपत्र की दूसरी पुस्तिका प्राप्त कर लें।
2. परीक्षा भवन में लिफाफा रहित प्रवेश-पत्र के अतिरिक्त, लिखा या सादा कोई भी खुला कागज साथ में न लायें।
3. उत्तर-पत्र अलग से दिया गया है। इसे न तो मोड़ें और न ही विकृत करें। दूसरा उत्तर-पत्र नहीं दिया जायेगा। केवल उत्तर-पत्र का ही मूल्यांकन किया जायेगा।
4. अपना अनुक्रमांक तथा उत्तर-पत्र का क्रमांक प्रथम आवरण-पृष्ठ पर पेन से निर्धारित स्थान पर लिखें।
5. उत्तर-पत्र के प्रथम पृष्ठ पर पेन से अपना अनुक्रमांक निर्धारित स्थान पर लिखें तथा नीचे दिये वृत्तों को गाढ़ा कर दें। जहाँ-जहाँ आवश्यक हो वहाँ प्रश्न-पुस्तिका का क्रमांक तथा सेट का नम्बर उचित स्थानों पर लिखें।
6. ओ० एम० आर० पत्र पर अनुक्रमांक संख्या, प्रश्नपुस्तिका संख्या व सेट संख्या (यदि कोई हो) तथा प्रश्नपुस्तिका पर अनुक्रमांक और ओ० एम० आर० पत्र संख्या की प्रविष्टियों में उपरिलेखन की अनुमति नहीं है।
7. उपर्युक्त प्रविष्टियों में कोई भी परिवर्तन कक्ष निरीक्षक द्वारा प्रमाणित होना चाहिये अन्यथा यह एक अनुचित साधन का प्रयोग माना जायेगा।
8. प्रश्न-पुस्तिका में प्रत्येक प्रश्न के चार वैकल्पिक उत्तर दिये गये हैं। प्रत्येक प्रश्न के वैकल्पिक उत्तर के लिए आपको उत्तर-पत्र की सम्बन्धित पंक्ति के सामने दिये गये वृत्त को उत्तर-पत्र के प्रथम पृष्ठ पर दिये गये निर्देशों के अनुसार पेन से गाढ़ा करना है।
9. प्रत्येक प्रश्न के उत्तर के लिए केवल एक ही वृत्त को गाढ़ा करें। एक से अधिक वृत्तों को गाढ़ा करने पर अथवा एक वृत्त को अपूर्ण भरने पर वह उत्तर गलत माना जायेगा।
10. ध्यान दें कि एक बार स्याही द्वारा अंकित उत्तर बदला नहीं जा सकता है। यदि आप किसी प्रश्न का उत्तर नहीं देना चाहते हैं, तो संबंधित पंक्ति के सामने दिये गये सभी वृत्तों को खाली छोड़ दें। ऐसे प्रश्नों पर शून्य अंक दिये जायेंगे।
11. रफ कार्य के लिए प्रश्न-पुस्तिका के मुखपृष्ठ के अंदर वाला पृष्ठ तथा उत्तर-पुस्तिका के अंतिम पृष्ठ का प्रयोग करें।
12. परीक्षा के उपरान्त केवल ओ एम आर उत्तर-पत्र परीक्षा भवन में जमा कर दें।
13. परीक्षा समाप्त होने से पहले परीक्षा भवन से बाहर जाने की अनुमति नहीं होगी।
14. यदि कोई अभ्यर्थी परीक्षा में अनुचित साधनों का प्रयोग करता है, तो वह विश्वविद्यालय द्वारा निर्धारित दंड का/की, भागी होगा/होगी।