



SHRI VISHWAKARMA SKILL UNIVERSITY

(A State Skill University, setup by an Act of Legislature in 2016)

RECRUITMENT EXAMINATION

Advertisement No. HVSU/18/ENT /007 dt. 07/11/2018

SKILL INSTRUCTOR (YOGA)



Max. Marks : 90 Marks
Time : 90 Minutes

1. Transcendental technique was propertied by*
 - A) Maharishi Dayanand
 - B) Swami Sivananda
 - C) Maharishi Mahesh Yogi
 - D) Swami Ram Dev

2. Kriya Yoga includes:
 - a) Swadhayaya
 - b) Tapas
 - c) Avidya
 - d) Ishwara PranidhanaFind the correct sequence:
 - A) c, b and d are correct
 - B) d, c and a are correct
 - C) a, b and c are correct
 - D) b, a and d are correct

3. Which one is not a part of Niyama :
 - A) Shaoca
 - B) Santosh
 - C) Asteya
 - D) Svadhyaya

4. Which is the 6th limb of Yoga, as described by Maharishi Patanjali :
 - A) Yama
 - B) Niyama
 - C) Dharana
 - D) Dhayana

5. Practice of withdrawing senses from contact with external objects is called as :
 - A) Yama
 - B) Niyama
 - C) Pranayam
 - D) Pratyahara

6. During 1st International Yoga Day , how many participants and nationalities participated in a single yoga lesson :
 - A) 35,985 participants and 84 nationalities
 - B) 35,895 participants and 82 nationalities
 - C) 35,585 participants and 86 nationalities
 - D) 35,985 participants and 84 nationalities

7. 3rd international yoga day was celebrated on

- A) 21st June 2014
- B) 21st June 2015
- C) 21st June 2016
- D) 21st June 2017

8. Samtavva Yoga Uchayate is described in which verse of Bhagavad Geeta:

- A) 3/48
- B) 2/50
- C) 3/50
- D) 2/48

9. In which of the following season practice of Yoga should be started by a new practitioner?

- A) Hemanta
- B) Sharda
- C) Shishira
- D) Vasanta

10. The nature of Chitta is?

- A) Unconscious
- B) Conscious
- C) Self enlightenment
- D) Perfect action

11. According to Ghrend Sanhita which of the following is the best method of Dhyana ?

- A) Pranava
- B) Sthula Dhyana
- C) Jyoti Dhyana
- D) Sukshma Dhyana

12. Who gave the definition "Yoga Chitta Vritii Nirodha" ?

- A) Maharishi Vyas
- B) Maharishi Patanjali
- C) Shri Krishna
- D) Maharishi Geheranda

13. Which kriya should be performed before Nauli kriya ?

- A) Vatsara
- B) Varisara
- C) Agnisara
- D) None of the above

14. Which Mudra is beneficial for the emotional development of Children?

- A) Shambhavi
- B) Pashini
- C) Nabho
- D) Kaki

15. According to 'Hath Yoga Pradipika' which is the first limb of hatha yoga?

- A) Udana Vayu
- B) Vyana Vayu
- C) Apana Vayu
- D) Prana Vayu

16. Name the title of the book released on 17th June'15 that has been compiled by Dr. Imran Chaudhary and Abhijeet Singh published by Muslim Rashtriya Manch.

- A) Yoga and Islam
- B) Islamic Yoga
- C) Yoga for All
- D) Karma Yoga

17. How many UN member countries celebrated The International Day of Yoga?

- A) 183
- B) 124
- C) 144
- D) 192

18. In which city Indian Health Minister has inaugurated a Photo-Exhibition on Yoga- "Yoga for All, Yoga for Health" on 19th May'15?

- A) Geneva
- B) Beijing
- C) Berlin
- D) Tokyo

19. Who compiled 'Hath Yoga Pradipika'?

- A) Patanjali
- B) Gheranda
- C) Svamarama
- D) None of the above

20. Which of the following practice leads to immortality, according to Ishavasyopanishad?

- A) Vairagya
- B) Viveka
- C) Vidya
- D) Vishaya

21. Definition of Yoga according to Kathopanishad is

- A) Control on Mind
- B) Control on sense organs, mind and intellect
- C) Control on sense organs and intellect
- D) Control on body and mind

22. What is the main therapeutic benefit of Kapalabhati practice?

- A) to remove kapha disorders
- B) to remove pitta disorders
- C) to remove vata disorders
- D) to remove vata pitta disorders

23. Match List-1 and List-2 and select the correct option using the code given below:

List-1

- (I) Imbalance of Vata
- (II) Imbalance of Pitta
- (III) Imbalance of Kapha
- (IV) Combination of any two vitiated Doshas

List-2

- (A) 20 Nanatmaja Vikara
- (B) 80 Nanatmaja Vikara
- (C) 40 Nanatmaja Vikara
- (D) Dwandaja Vikara

Codes:

- (I) (II) (III) (IV)
- A) (A) (C) (B) (D)
- B) (A) (D) (C) (B)
- C) (B) (C) (A) (D)
- D) (B) (A) (C) (D)

24. The yoga class usually begins with a

- A) A prayer
- B) Suryanamaskara
- C) Yogic Sukshma Vyayama
- D) Yogasana

25. The most important Yoga practices for the management of sinusitis are

- I. Neti kriya
- II. Kapala bhai
- III. Ardha Chakrasana
- IV. Mayurasana

Find the correct combination according to the codes given below:

- A) I, II and III are correct
- B) I, III and IV are correct
- C) I, II and IV are correct
- D) IV, III and II are correct

26. Backward bending of vertebral column occurs during the practice of which asana

- I. Bhujangasana
- II. Vajrasana
- III. Pashchimottamasana
- IV. Dhanurasana

Use the codes given below for the correct answer :

- A) I and II are correct
- B) II and IV are correct
- C) I and IV are correct
- D) III and II are correct

27. Which asana is performed after intake of meals ?

- A) Mayurasana
- B) Bhujangasana
- C) Vajrasanas
- D) Sidhasana

28. Which one of the following is not the proved effect of meditation ?

- A) Decreases stress
- B) Normalises Blood Pressure
- C) Normalises Blood Sugar
- D) Increases Cortisol

29. Which hormone plays an important role in 'fight-or-flight' response in the body ?

- A) Adrenaline
- B) Noradrenaline
- C) Growth Hormone
- D) Glucagon

30. Which of the following is not included under ten principal upanishads ?

- A) Kenopanishad
- B) Mundakopanishad
- C) Svetashvataropanishad
- D) Brihadaranyakopnishad

31. Which of the following is not mentioned as benefits of Pashchimottan-asana according to hatha pradeepika ?

- A) Reduces hyper acidity
- B) Reuces fat on belly
- C) Prana enters in Sushumna
- D) Increases gastric fire

32. The part of nervous system responsible for "Rest and Digest response in body is"

- A) Parasympathetic Nervous System
- B) Sympathetic Nervous System
- C) Central Nervous System
- D) Autonomic Nervous System

33. How many total chapters are there in Gherand Sanhita ?

- A) 5
- B) 6
- C) 7
- D) 8

34. Which mujra should not be performed daily by introvert people ?

- A) Maha Mudra
- B) Yoni Mudra
- C) Pashini Mudra
- D) Kaki Mudra

35. Which Kriya is performed before practice of mulabandha ?

- A) Varisara
- B) Vahnisara

- C) Ashwini
- D) Agnisara

36. By regular practice of which mujra a sadhaka gets the eight sidhhis ?

- A) Mahabandha
- B) Khechari
- C) Pashini
- D) Kaki

37. Which mudra surpasses the Prithvi tattva ?

- A) surya
- B) vayu
- C) Prithvi
- D) prana

38. Which region connects to the cerebellum and is involved in dreaming and waking ?

- A) Pons
- B) Medulla Oblongata
- C) Thalamus
- D) Cerebellum

39. Which of the following pranayama should not be performed by patient of epilepsy ?

- A) Suryabhedhi
- B) Nadhishodhan
- C) Shitli
- D) Ujjayi

40. How many types of Kumhabakas are described in Hath Yoga Pradipika ?

- A) 6
- B) 7
- C) 8
- D) 9

41. How many parts of Yama are there according to Ashtāng Yoga ?

- A) 2
- B) 3
- C) 5
- D) 8

42. By practice of which asana pranshakti gets stabilised ?

- A) Bhadrasana
- B) Matsayendrasana
- C) Mayurasana
- D) Gomukhasana

43. Practice of high asana destroys intestinal worms ?

- A) Salabhasana
- B) Gomukhasana
- C) Chakrasana
- D) Kukkutasana

44. Which asana purifies blood ?

- A) Salabhasana
- B) Gomukhasana
- C) Mayurasana
- D) Mandukasana

45. Asana according to Patanjali is?

- A) Sthiram asanam
- B) Sukham asanam
- C) Sthiram sukham asanam
- D) Chiram asanam

46. By doing which asana deadly poison can be digested?

- A) Dhanurasana
- B) Halasana
- C) Mayurasana
- D) Mandukasana

47. Total number of elements according to samkhya philosophy ?

- A) 26
- B) 25
- C) 22
- D) 21

48. Serotonin level in the body is increased when _____ is done ?

- A) Asana
- B) Mudra
- C) Meditation

D) Trataka

49. Kapalbhata is the part of :

- A) Shatkriyas
- B) Prangayam
- C) Asanas
- D) None of the above

50. Which is the fourth step during the practice of suryanamaskara ?

- A) Ashwa-Ashwasanchalanas
- B) Hasta Uttanasanas
- C) Bhujangasanas
- D) Hasta uttanasans

General English

Q51. Choose the one which best expresses the meaning of the given word:

MAMMOTH

(A) Straight

(B) Huge

(C) Wild

(D) Greedy

Q52. Ten hours of study a day (a) / are not possible for (b) / a human being for more than a week. (c) / No error (d)

(A) (a)

(B) (b)

(C) (c)

(D) (d)

Q53. Pick the right meanings of the following idiom and phrase:

Days of reckoning

(A) time to celebrate

(B) time to answer for quiz questions

(C) great moments of life

(D) time to answer for one's action

Q54. Choose the one which is most opposite in meaning to the given word:

Perilous

(A) Disciplined

(B) Similar

(C) Safe

(D) Honest

Q55. Fill in the blank with suitable article:

_____ honesty is a good quality.

(A) an

(B) a

(C) the

(D) no article

Q56. Select the most effective word from the given options to fill in the blank and complete each sentence meaningfully:

A businessman must widen his horizons; a _____ attitude will get you nowhere in this age of global communications.

(A) diversified

(B) parochial

(C) petrified

(D) moderate

Q57. **Directions:** In question given below, the first and the last sentences are numbered 1 and 6. Remaining sentences are named P, Q, R and S. These four sentences are not given in their proper order. Read the sentences and find out which of the four combinations is correct:

1. It is easy to criticize the people at the helm, for the slow progress in every field.

P. We are well aware that the intellectuals are leaving our country for better employment opportunities.

Q. Then question remains unanswered because our country cannot show opportunities to the intellectuals.

R. Then, what about their obligation to the Motherland?

S. First, we should ask ourselves as to what is happening to the young intellectuals in India.

6. Thus situation of 'Brain-Drain' leads to a variety of problems.

(A) PSQR

(B) RPSQ

(C) PSRQ

(D) SPRQ

Q58. Directions: Read the following passage to answer the given question based on it-

Corruption is not a uniquely Indian phenomenon. It is witnessed all over the world in developing as well as developed countries. It has spread its tentacles in every sphere of life, namely business administration, politics, officialdom, and services. In fact, there is hardly any sector which can be characterized for not being infected with the vices of corruption. Corruption is rampant in every segment and every section of society, barring the social status attached to it. Nobody can be considered free from corruption from a high-ranking officer. To root out the evil of corruption from society, we need to make a comprehensive code of conduct for politicians, legislatures, bureaucrats, and such code should be strictly enforced. Judiciary should be given more independence and initiatives on issues related to corruption. Special courts should be set-up to take up such issues and speedy trial is to be promoted. Law and order machinery should be allowed to work without political interference. NGOs and media should come forward to create awareness against corruption in society and educate people to combat this evil. Only then we would be able to save our system from being collapsed.

According to the passage where does corruption has spread its tentacles?

(A) officialdom

(B) politics

(C) business administration

(D) All of these

Q59. Pick out the most effective word from the given words to fill in the blank to make the sentence meaningfully complete.

The miser gazed at the pile of gold coins in front of him.

- (A) avidly
- (B) admiringly
- (C) thoughtfully
- (D) earnestly

Q60. Choose the correctly spelt word from the words given below:

- (A) Onomatopoeia
- (B) Onomotopoei
- (C) Onomatopoia
- (D) Onamotipoe

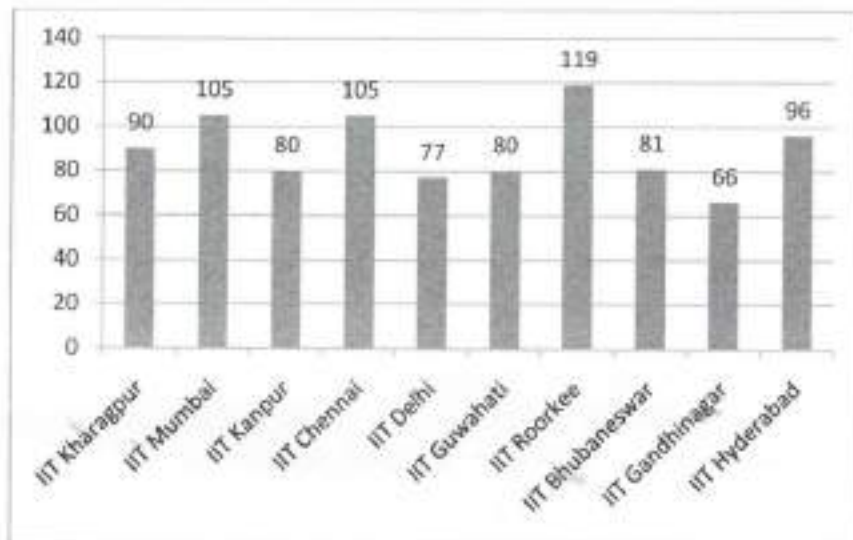
General Aptitude

Q61. Complete the series: 167, 164, 159, 150, ?, 100

- (A) 122 (B) 125
(C) 129 (D) 133

Direction: Read the information carefully and answer the questions given below.

Number of students selected through campus placements from ten IIT colleges



Percentage of student who did not get campus placements

| College | Percentage |
|-----------------|------------|
| IIT Kharagpur | 75 |
| IIT Mumbai | 65 |
| IIT Kanpur | 68 |
| IIT Chennai | 62.5 |
| IIT Delhi | 65 |
| IIT Guwahati | 66.7 |
| IIT Roorkee | 66 |
| IIT Bhubaneswar | 55 |
| IIT Gandhinagar | 56 |
| IIT Hyderabad | 68 |

Stream wise classification of student in each college (percentage)

| College | Civil engg. | Mechanical engg. | Chemical engg. | Computer engg. |
|-----------------|-------------|------------------|----------------|----------------|
| IIT Kharagpur | 30 | 20 | 35 | 15 |
| IIT Mumbai | 20 | 24 | 27 | 29 |
| IIT Kanpur | 22 | 26 | 32 | 20 |
| IIT Chennai | 34 | 26 | 22 | 18 |
| IIT Delhi | 18 | 24 | 27 | 31 |
| IIT Guwahati | 25 | 22 | 27 | 26 |
| IIT Roorkee | 26 | 28 | 20 | 26 |
| IIT Bhubaneswar | 16 | 34 | 32 | 18 |
| IIT Gandhinagar | 22 | 26 | 20 | 32 |
| IIT Hyderabad | 28 | 16 | 22 | 34 |

- Q62. What is the percentage of total number of students in Civil Engineering in IIT Kharagpur, IIT Mumbai and IIT Kanpur combined together to total number of students in Chemical engineering in IIT Chennai, IIT Delhi and IIT Guwahati combined together?
- (A) 80 % (B) 100 %
(C) 120 % (D) 140 %
- Q63. If 'blue' means 'green', 'green' means 'yellow', 'yellow' means 'orange', 'orange' means 'black', 'black' means 'white', 'white' means 'red', 'red' means 'pink', 'pink' means 'brown', 'brown' means 'grey', then what is the color of human blood?
- (A) Black (B) Red
(C) White (D) Orange
- Q64. Rekha started from point A in south direction. After walking for 4 m she turned to her right and walked 5 m. Now she turned to her left and walked 3 m after which she turned to her right. Now she walked 4 m and turned to her right again and walked 15 m. Now finally she turned to her right and after walking for 7 m, she stopped at point B. What is the distance AB?
- (A) $\sqrt{34}$ m (B) 34 m
(C) $2\sqrt{17}$ m (D) 17 m
- Q65. Pig : Farrow :: Dog : ?
- (A) Mare (B) Puppy
(C) Bitch (D) Colt
- Q66. Pointing to a boy, Saras said, "His father's wife's brother is the only brother of my sister's father." How is the boy related to Saras?
- (A) Son
(B) Nephew
(C) Cousin brother
(D) Uncle

Q67. In a row where all are facing north, Priya is 15th from the left end and Garima is 19th from the right end. They interchange their positions, and Ram who sits 24th from the left end sits at the 5th place to the left of Priya's new position. How many persons were there in the row?

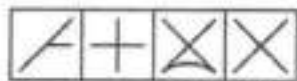
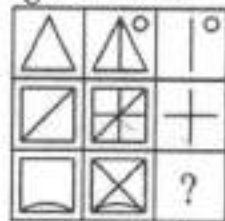
- (A) 36 (B) 42 (C) 47 (D) 56

Q68. In the following question, a statement is given followed by some conclusions. Without resolving anything yourself, choose the conclusion which logically follows from the statement.

Statement - All beggars are not poor.

- (A) Some beggars may not be poor.
 (B) If A is not rich, then A is not a beggar.
 (C) All those who are poor are beggars.
 (D) If A is rich, then A is not a beggar.

Q69. Select a suitable figure from the four alternatives that would complete the figure matrix.



(1) (2) (3) (4)

- (A) 1 (B) 2 (C) 3 (D) 4

Q70. What will be the number at the bottom, if 5 is at the top; the two positions of the dice being as given below:



(i)



(ii)

- (A) 1 (B) 2 (C) 3 (D) 4

71. How many districts are there in Haryana?

- A) 21
- B) 22
- C) 19
- D) 23

72. Which is the state animal of Haryana?

- A) Chinkara
- B) Nilagi
- C) Blackbuck
- D) Deer

73. Who is speaker of the Legislative Assembly of Haryana?

- A) Santosh Yadav
- B) Kuldeep Bishnoi
- C) Kanwar Pal Gujjar
- D) Gian Chand Gupta

74. Who amongst the following is considered for the Bhim Award?

- A) Player
- B) Coach
- C) Team Manager
- D) Secretary

75. What is the average pulse rate defined for a normal healthy adult?

- A) 72 bps
- B) 100 bps
- C) 90 bps
- D) 120 bps

76. Who is the only Indian to ever win a Gold at Olympics ?

- A) Abhinav Bindra
- B) PV Sindhu
- C) Vijender Singh
- D) Sushil Kumar

77. How many times the Indian boxer , Mary Kom has become the World Amateur Boxing Champion?

- A) 5
- B) 7
- C) 4
- D) 6

78. Who is the present sports minister of Haryana?

- A) Ram Bilas Sharma B) Anil Vij
C) Captain Abhimanyu D) Rajyavardhan Singh Rathore

79. How many Assembly constituencies are there in Haryana?

- A) 90 B) 93
C) 100 D) 102

80. Who is the present Governor of Haryana?

- A) Jaggannath Pahadia B) Kaptan Singh Solanki
C) Satyadev Narayan Arya D) Shaktikanta Das

SKILL INSTRUCTOR (YOGA) – SECTION V

- Q81.** Which is considered a direct entry input device?
- A) Optical scanner
 - B) Mouse and digitizer
 - C) Light pen
 - D) All of the above
- Q82.** Algorithm and Flow chart help us to
- A) Know the memory capacity
 - B) Identify the base of a number system
 - C) Direct the output to a printer
 - D) Specify the problem completely and clearly
- Q83.** The term gigabyte refers to
- A) 1024 bytes
 - B) 1024 kilobytes
 - C) 1024 megabytes
 - D) 1024 gigabyte
- Q84.** Computer operating system is basically a
- A) system utility
 - B) application software
 - C) system software
 - D) package software
- Q85.** A small graphic which represents a computer program, drive, folder or document is known as
- A) button
 - B) icon
 - C) picture
 - D) logo
- Q86.** The equipment needed to allow home computers to connect to the Internet is called a
- A) Modem
 - B) Gateway
 - C) Monitor
 - D) Peripheral
- Q87.** Junk E-mail is also called
- A) sniffer
 - B) script
 - C) Spam
 - D) Spool

Q88. Portrait and Landscape are _____.

- A) Paper size
- B) Page layout
- C) Page orientation
- D) Page margin

Q89. In Excel, a Data Series is defined as what?

- A) A type of chart.
- B) A cell reference.
- C) A collection of related data
- D) A division of results

Q90. Which PowerPoint view works best for adding slide transitions ?

- A) Slide view
- B) Slide show view
- C) Notes view
- D) Slide sorter view

SVSU Recruitment Examination 2019
Loaded Key Sheet for : 24 - Skill Instructor (Yoga) , Set Code : A

| Q.No. | Key | Q.No. | Key | Q.No. | Key | Q.No. | Key | Q.No. | Key |
|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| 1 ✓ | C | 21 ✓ | B | 41 ✓ | C | 61 ✓ | D | 81 ✓ | D |
| 2 ✓ | D | 22 ✓ | A | 42 ✓ | B | 62 ✓ | C | 82 ✓ | D |
| 3 ✓ | C | 23 ✓ | C | 43 ✓ | D | 63 ✓ | C | 83 ✓ | C |
| 4 ✓ | C | 24 ✓ | A | 44 ✓ | C | 64 ✓ | C | 84 ✓ | C |
| 5 ✓ | D | 25 ✓ | D | 45 ✓ | C | 65 ✓ | B | 85 ✓ | B |
| 6 ✓ | A | 26 ✓ | C | 46 ✓ | C | 66 ✓ | C | 86 ✓ | A |
| 7 ✓ | D | 27 ✓ | C | 47 ✓ | C | 67 ✓ | C | 87 ✓ | C |
| 8 ✓ | D | 28 ✓ | C | 48 ✓ | C | 68 ✓ | A | 88 ✓ | C |
| 9 ✓ | D | 29 ✓ | A | 49 ✓ | A | 69 ✓ | D | 89 ✓ | C |
| 10 ✓ | A | 30 ✓ | C | 50 ✓ | A | 70 ✓ | B | 90 ✓ | D |
| 11 ✓ | D | 31 ✓ | A | 51 ✓ | B | 71 ✓ | B | 91 | X |
| 12 ✓ | B | 32 ✓ | A | 52 ✓ | B | 72 ✓ | C | 92 | X |
| 13 ✓ | C | 33 ✓ | C | 53 ✓ | D | 73 ✓ | C | 93 | X |
| 14 ✓ | A | 34 ✓ | B | 54 ✓ | C | 74 ✓ | A | 94 | X |
| 15 ✓ | C | 35 ✓ | B | 55 ✓ | D | 75 ✓ | A | 95 | X |
| 16 ✓ | A | 36 ✓ | B | 56 ✓ | B | 76 ✓ | A | 96 | X |
| 17 ✓ | D | 37 ✓ | A | 57 ✓ | D | 77 ✓ | D | 97 | X |
| 18 ✓ | A | 38 ✓ | A | 58 ✓ | D | 78 ✓ | B | 98 | X |
| 19 ✓ | C | 39 ✓ | A | 59 ✓ | A | 79 ✓ | A | 99 | X |
| 20 ✓ | C | 40 ✓ | C | 60 ✓ | A | 80 ✓ | C | 100 | X |