

Question Booklet No.

(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 10 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 changes 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 page 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 : 15

FOR ROUGH WORK

Research Entrance Test – 2014

No. of Questions : 50

Time : 2 Hours

Full Marks : 200

- Note :** (i) This Question Booklet contains **40** Multiple Choice Questions followed by **10** Short Answer Questions.
- (ii) 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.
- (iii) 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.

1. The foremost expounder of Ayurveda is :
(1) Indra (2) Brahma
(3) Agnivesha (4) Dhanvantari
2. Ayurveda is the upaveda of which veda ?
(1) Rigveda (2) Samaveda
(3) Atharvaveda (4) Yajurveda
3. Which is *not* a type of Sharirika Dosha ?
(1) Vata (2) Tama
(3) Kapha (4) Pitta
4. The latin name of Amla is :
(1) Emblica ribes (2) Embelia officinalis
(3) Embelia ribes (4) Emblica officinalis
5. The sixth step of Ashtanga Yoga is :
(1) Pratyahara (2) Dhyana
(3) Dharana (4) Samadhi
6. World Health Organization day is celebrated on :
(1) 1st March (2) 7th April
(3) 1st April (4) 7th March
7. DOTs strategy is related with management of which disease ?
(1) Leprosy (2) Tuberculosis
(3) Bronchial asthma (4) Whooping Cough
8. The recommended daily intake of Vitamin A for an adult man is :
(1) 800 micrograms (2) 600 micrograms
(3) 950 micrograms (4) 900 micrograms
9. The vitamin involved in blood clotting process is :
(1) Vitamin B (2) Vitamin K
(3) Vitamin E (4) Vitamin A
10. Which one is the involuntary muscle ?
(1) Biceps (2) Deltoid
(3) Cardiac muscle (4) Trapezius

11. According to Patanjali's Yoga Sutra Kriya Yoga means :
- (1) Bhakti Yoga, Jnana Yoga, Karma Yoga
 - (2) Dharana, Dhyana, Samadhi
 - (3) Dhauti, Basti, Neti
 - (4) Tapas, Svadhyaya, Ishvara pranidhana
12. As per comfort zones evaluated in India 20° to 25°C is categorized under :
- (1) Pleasant and cool
 - (2) Comfortable and cool
 - (3) Comfortable
 - (4) Cool
13. Short cold application :
- (1) Reduces blood circulation
 - (2) Enhances circulation
 - (3) Causes congestion
 - (4) Scald the skin
14. As per IES code the recommended illumination for general office work is :
- (1) 100 lux
 - (2) 900 lux
 - (3) 400 lux
 - (4) 2000-3000 lux
15. According to Hathayoga Pradipika Mitahara means :
- (1) Half part of stomach is left empty
 - (2) One fourth part of stomach is left empty
 - (3) One third part of stomach is left empty
 - (4) Three fourth part of stomach is left empty
16. Endemic means :
- (1) Disease occurs irregularly haphazardly from time to time and generally infrequently
 - (2) High level of infection beginning early in life and affecting most of child population
 - (3) Constant presence of a disease or infectious agent with in a geographic area or population without importation from outside
 - (4) An epidemic affecting a large proportion of a population occurring over a wide geographic area such as a section of nation, entire nation, continent

17. Complimentary posture for Sarvangasana is :
- (1) Shalabhasana (2) Matsyasana
(3) Halasana (4) Padahastana
18. Along with estimated natural radiation from environment of 0.1 rad a year, the additional permissible dose of radiation from manmade sources should not exceed :
- (1) 5 rad a year (2) 3 rad a year
(3) 10 rad a year (4) 20 rad a year
19. In Hydrotherapy hot application means :
- (1) 55° - 65° F (2) 66°-80°F
(3) 93°- 97°F (4) 98°-104°F
20. In hospital waste management as per scheduled colour coding of waste bins Black colour signifies :
- (1) Discarded medicine and cytotoxic drugs
(2) Incineration ash
(3) Both (1) and (2)
(4) Human anatomical waste
21. As per Gheranda Samhita Saptasadhana (7 means to train the body) include :
- (1) Shodhana, Dhridhata, Sthairya, Dhairya, laghava, Pratyaksha, Nirlipta
(2) Dhauti, Basti, Nauli, Kapalabhati, Vanhisara, Trataka, Neti
(3) Yama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
(4) Ahimsa, Satya, Asteya, Brahmacharya, Tapas, Svadhyaya, Ishvara Pranidhana
22. Period of communicability for a case of cholera is :
- (1) 4 weeks (2) 7-10 days
(3) 1-2 days (4) 5 days
23. Primary food or Positive food in nature cure includes :
- (1) Balanced diet (2) Vegetarian food
(3) Fruits and vegetables (4) Cereals, pulses, nuts, milk, egg

24. Complications of mumps :
- | | |
|--------------|--------------------|
| (1) Orchitis | (2) Conjunctivitis |
| (3) Deafness | (4) Hernia |
25. According to Gheranda Samhita Nadishuddhi is classified into :
- (1) Nadishodhana and Anuloma Viloma
 - (2) Samanu and Nirmanu
 - (3) Dhauti and Kapalabhati
 - (4) Savikalpa and Nirvikalpa
26. Isha and Urja are the months come under which Kala ?
- | | |
|-----------------|------------------|
| (1) Adana Kala | (2) Yisarga Kala |
| (3) Sheeta Kala | (4) Grishma Kaia |
27. In which ritus Curd is usually contraindicated ?
- | | |
|-------------------------|--------------------------|
| (1) Sharad and Grishma | (2) Hemanta and Shishira |
| (3) Shishira and Varsha | (4) Varsha and Hemanta |
28. Panabhojanasanskarān prayah kshaudranvitan bhajet" is the advice for which ritu ?
- | | |
|-------------|--------------|
| (1) Vasanta | (2) Hemanta |
| (3) Varsha | (4) Shishira |
29. "Pravritsharadvasanteshu gatameghe nabhastale" is the ideal time for :
- | | |
|--------------|--------------|
| (1) Kavala | (2) Gandusha |
| (3) Abhyanga | (4) Nasya |
30. Sukha, Pushti, Bala, Vrishata, Gyana and Jeevana are the benefits of :
- | | |
|---------------------|-------------|
| (1) Normal Exercise | (2) Bathing |
| (3) Normal Sleep | (4) Massage |
31. "Prithagbhutasneham naatisandradravam swadvamlam tuvaram rase" are the characteristics of :
- | | |
|---------------|------------|
| (1) Takra | (2) Gholā |
| (3) Santanika | (4) Kilata |
32. Which one is *not* included in 18 types of Viruddhahara ?
- | | |
|--------------------|--------------------|
| (1) Desha viruddha | (2) Disha viruddha |
| (3) Dosha viruddha | (4) Paka viruddha |

33. "Pavitram vrishyamayushyam shramasvedamalapaham" are the benefits of :
 (1) Snana (2) Shariraparimarjana
 (3) Pada prakshalana (4) Pada abhyanga
34. Cetrimide disinfectant is a :
 (1) Phenolic compound (2) Halogen compound
 (3) Quaternary ammonia compound (4) Alcohol
35. The percentage of removal of Bacteria occurs by Slow Sand Filtration of water is :
 (1) 98.0 % - 99.0 % (2) 99.9 % - 99.99 %
 (3) 99.0 % - 99.99 % (4) 98.0 % - 99.9 %
36. Double Pot method is used for the disinfection of :
 (1) Sewage (2) Floor area
 (3) Any room (4) Well water
37. A lung disease caused due to inhalation of sugar-cane dust is called :
 (1) Farmer's Lung (2) Bagassosis
 (3) Byssinosis (4) Anthracosis
38. The floor area for occupancy by a single person in a living room should be at least :
 (1) 100 sq ft (2) 120 sq ft
 (3) 110 sq ft (4) 140 sq ft
39. Orthotolidine Arsenite test is used for determination of :
 (1) Free chlorine only
 (2) Combined chlorine only
 (3) Both free and combined chlorine separately
 (4) None of the above
40. Mala-D oral contraceptive pill contains :
 (1) Levonorgestrel 0.15 mg and Ethinyl oestradiol 0.03 mg
 (2) Levonorgestrel 0.5 mg and Ethinyl oestradiol 0.3 mg
 (3) Levonorgestrel 0.05 mg and Ethinyl oestradiol 0.03 mg
 (4) Levonorgestrel 0.15 mg and Ethinyl oestradiol 0.3 mg

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.

1. Write the Ritucharya of Varsha ritu.
2. Emphasize the importance of Swasthavritta in present scenario.
3. Write the possible contribution of Ayurveda in Family Planning.
4. Propose the healthy lifestyle for a person suffering from Hypertension.
5. Write the Merits and Demerits of Vegetarian and Non-vegetarian foods.
6. Concept of Panchakosha in Yoga.
7. Mud Therapy.
8. Define Janapadodhvamsa. Write the effect of Dushita Vayu on health in the present scenario.
9. Define Pratyahara. Write the relevance of Pratyahara in management of disease and maintenance of Health.
10. Janani Suraksha Yojana.

Roll No. :

Q. No. :

Roll No. :

Q. No. :

Roll No. :

Q. No. :

Roll No. :

Q. No. :

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Q. No. :

FOR ROUGH WORK

