

PREVIEW QUESTION BANK

Module Name : aic24-ge14 Yoga Volunteers for Hypertension Heart Disease Part 2-ENG
Exam Date : 18-May-2024 Batch : 15:00-18:00

Sr. No.	Client Question ID	Question Body and Alternatives	Marks	Negative Marks
Objective Question				
1	13372001	<p>What is recognized as a major contributor to atheroma development, a characteristic of CAD?</p> <ol style="list-style-type: none"> 1. High-density lipoproteins (HDL) 2. Triglycerides 3. Low-density lipoproteins (LDL) 4. Very low-density lipoproteins (VLDL) <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
2	13372002	<p>Which behavior has shown a correlation with an increased risk of heart attack in research?</p> <ol style="list-style-type: none"> 1. Consumption of sugary beverages 2. Adequate fiber intake 3. Regular physical activity 4. Adherence to a vegetarian diet <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
3	13372003	<p>What beneficial factors are associated with preventing CAD in individuals who engage in regular physical activity?</p> <ol style="list-style-type: none"> 1. Elevated reactive oxygen species production 2. Enhanced vasculogenesis 3. Sedentary habits 4. Excessive sugar consumption <p>A1 : 1</p> <p>A2 : 2</p>	2.0	0.00

A3 : 3

A4 : 4

Objective Question

4	13372004	<p>What are the lifetime chances of developing CAD for men and women over 40 years old, respectively?</p> <ol style="list-style-type: none"> 1. 75% for men and 50% for women 2. 49% for men and 32% for women 3. 60% for men and 40% for women 4. 30% for men and 20% for women <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

5	13372005	<p>Among modifiable risk factors for CAD, which ranks as the second most common contributor to ischemic heart disease?</p> <ol style="list-style-type: none"> 1. Hypertension 2. Hypercholesterolemia 3. Smoking 4. Lack of physical activity <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

6	13372006	<p>What is the typical adult heart rate range?</p> <ol style="list-style-type: none"> 1. 30 to 60 beats per minute (BPM) 2. 60 to 90 BPM 3. 90 to 120 BPM 4. 60 to 100 BPM <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p>	2.0	0.00
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A4 : 4

Objective Question

7	13372007	<p>How is cardiac output (CO) determined?</p> <ol style="list-style-type: none"> 1. By blood pressure measurements 2. By multiplying stroke volume (SV) by heart rate (HR) 3. By counting atrial contractions 4. By measuring ventricular size <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

8	13372008	<p>Which component of the heart's conduction system is commonly known as the cardiac pacemaker?</p> <ol style="list-style-type: none"> 1. Sinoatrial Node (SA Node) 2. Atrioventricular Node (AV Node) 3. Bundle of His 4. Purkinje fibers <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

9	13372009	<p>Where is the Sinoatrial Node (SA Node) situated within the heart?</p> <ol style="list-style-type: none"> 1. In the right atrium 2. In the left atrium 3. In the interventricular septum 4. In the pulmonary artery <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

10	13372010	<p>What term describes the heart's action related to heartbeat frequency?</p> <ol style="list-style-type: none"> 1. Chronotropic action 2. Inotropic action 3. Dromotropic action 4. Bathmotropic action <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

11	13372011	<p>Which division of the autonomic nervous system activates the body's physiological responses to cope with stressful situations?</p> <ol style="list-style-type: none"> 1. Parasympathetic nervous system 2. Sympathetic nervous system 3. Central nervous system 4. Peripheral nervous system <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

12	13372012	<p>What is the main function of the sympathetic nervous system during a stress response?</p> <ol style="list-style-type: none"> 1. Relaxation of body functions 2. Promotion of homeostasis 3. Activation of various physiological changes 4. Inhibition of hormone release <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

13	13372013	<p>Which gland is recognized as the master gland controlling other endocrine glands in the body?</p> <ol style="list-style-type: none"> 1. Thyroid gland 2. Adrenal gland 3. Pituitary gland 4. Pancreas <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

14	13372014	<p>Which hormone is discharged by the adrenal gland during a stress response, leading to an elevation in heart rate and blood pressure?</p> <ol style="list-style-type: none"> 1. Insulin 2. Thyroxine 3. Adrenaline (epinephrine) 4. Cortisol <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

15	13372015	<p>Which type of natriuretic peptide present in the heart increases urinary output and vasodilation, assisting in blood pressure regulation?</p> <ol style="list-style-type: none"> 1. Atrial natriuretic peptide (ANP) 2. Brain natriuretic peptide (BNP) 3. Type C natriuretic peptide (CNP) 4. Ventricular natriuretic peptide (VNP) <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question				
16	13372016	<p>What is the primary dietary factor contributing to the development of atherosclerosis and coronary artery disease (CAD)?</p> <ol style="list-style-type: none"> 1. Low-fiber diet 2. High vegetable intake 3. Adequate fruit consumption 4. Reduced animal fat intake <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
17	13372017	<p>How does chronic stress affect the risk of cardiovascular disease (CVD)?</p> <ol style="list-style-type: none"> 1. It decreases serum cortisol levels 2. It reduces sympathetic nervous system activity 3. It has no impact on CVD risk 4. It can lead to physiological changes such as increased heart rate and blood pressure <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
18	13372018	<p>What is the recommended method for maintaining good sleep hygiene?</p> <ol style="list-style-type: none"> 1. Use the bed for reading and watching television 2. Exercise vigorously right before bedtime 3. Maintain a regular sleep and wake time schedule 4. Consume caffeine or alcohol in the evening <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
19	13372019		2.0	0.00

		<p>Which substance is not listed as a potential plant-based antioxidant agent to counteract smoking-induced atherosclerosis?</p> <ol style="list-style-type: none"> 1. Cinnamon 2. Basil 3. Soy extracts 4. Nicotine <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

20	13372020	<p>Which of the following warrants participation in cardiac rehabilitation?</p> <ol style="list-style-type: none"> 1. Healthy individuals seeking fitness training 2. Recent orthopedic surgery patients 3. Patients with chronic stable angina 4. Individuals with respiratory infections <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

21	13372021	<p>What is the characteristic of the Anandamaya Kosha?</p> <ol style="list-style-type: none"> 1. Deep concentration and focus 2. A state of complete harmony and perfect health 3. Rapid recycling of thoughts and emotions 4. Materialistic desires and cravings <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

22	13372022		2.0	0.00
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According to the text, what is the source of all human joy and distress?

1. Physical sensations the source
2. Mind and its emotions
3. Vijnanamaya Kosha
4. Anandamaya Kosha

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

23	13372023	<p>What distinguishes Prana from other forms of energy according to Yoga philosophy?</p> <ol style="list-style-type: none"> 1. Prana follow energy laws 2. Prana is material electromagnetic energy 3. Prana increase or decrease by itself. 4. Prana not affect the physical body. <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

24	13372024	<p>In the context of Manomaya Kosha, what role does "Citta" play?</p> <ol style="list-style-type: none"> 1. Perception of external objects 2. The rapid recycling of thoughts and emotions 3. It governs physical actions 4. It balances energy flow. <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

25	13372025		2.0	0.00
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Which kosha is associated with the conscience guiding human actions?

1. Annamaya Kosha
2. Manomaya Kosha
3. Vijnanamaya Kosha
4. Anandamaya Kosha

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

26	13372026	<p>As per Yoga philosophy, what are the three primary types of foods categorized by their effects on the mind?</p> <ol style="list-style-type: none"> 1. Sathwik, Rajasic, and Tamasic 2. Saturation, Moderation, and Tamasic 3. Saturated, Unsaturated, and Polyunsaturated 4. Healthy, Unhealthy, and Toxic <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

27	13372027	<p>What dietary approach does Yoga recommend for preventing and reversing heart disease?</p> <ol style="list-style-type: none"> 1. Consume saturated fats moderately 2. Prioritize a diet rich in animal fats 3. Remove all fats from the diet 4. Stress moderation and incorporate a mix of fats in limited amounts <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

28	13372028		2.0	0.00
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Which Kosha primarily relates to the physical body and its ailments?

1. Pranamaya Kosha
2. Manomaya Kosha
3. Annamaya Kosha
4. Vijnanamaya Kosha

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

29 13372029

What is the primary aim of Kriyas in yogic traditions?

1. Attaining deep meditation
2. Purifying the inner organs of the body
3. Building physical strength
4. Enhancing flexibility

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

30 13372030

Which yogic practice involves concentration on a flame and includes steps of intense focusing, de-focusing, and silence?

1. Pranayama
2. Vamana Dhouti
3. Jyothi Trataka
4. Kapalabhati Kriya

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

31 13372031

2.0 0.00

Which research study discovered that yoga lifestyle intervention helped retard coronary atherosclerosis progression in severe coronary artery disease patients?

1. Study 1: Retardation of coronary atherosclerosis with yoga lifestyle intervention
2. Study 2: Yoga-based cardiac rehabilitation after coronary artery bypass surgery
3. Study 3: Yoga as a Preventive Intervention for Cardiovascular Diseases
4. Study 4: Effects of yoga on cardiovascular disease risk factors

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

32	13372032	<p>In Study 2, which group of patients exhibited significant improvement in left ventricular ejection fraction (LVEF) after one year of intervention?</p> <ol style="list-style-type: none"> 1. The control group 2. The yoga group 3. Both groups equally 4. Neither group showed improvement <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

33	13372033	<p>What does "Common Yoga Protocol" (CYP) refer to in Study 3?</p> <ol style="list-style-type: none"> 1. A yoga research institute 2. A type of yoga meditation technique 3. A standardized yoga protocol developed by experts 4. A yoga retreat center <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

34	13372034		2.0	0.00
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As per Study 4, what is the clinical practice implication regarding the use of yoga for cardiovascular disease prevention?

1. Yoga is unsafe for clinical practice
2. Yoga should be considered only for high-risk disease groups
3. Yoga can be used as an ancillary intervention in primary care cardiovascular prevention
4. Yoga is ineffective in improving cardiovascular risk factors

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

35	13372035	<p>What was the primary finding of the meta-analysis in Study 4 concerning yoga's effects on cardiovascular disease risk factors?</p> <ol style="list-style-type: none"> 1. Yoga had no significant impact on any risk factors 2. Yoga improved some but not all risk factors 3. Yoga significantly benefited various cardiovascular risk factors 4. Yoga was effective only with practice exceeding 12 weeks <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

36	13372036	<p>During the "Pindali Shakhthivikasaka" routine, what action is performed while exhaling sharply?</p> <ol style="list-style-type: none"> 1. Bending forward at the waist 2. Expanding the chest and pulling the arms backward 3. Lifting the legs off the ground 4. Closing the eyes tightly <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

37	13372037		2.0	0.00
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What is the primary focus of the "Hands In and Out Breathing" routine?

1. Strengthening the legs
2. Reducing stress and anxiety
3. Improving flexibility in the spine
4. Increasing range of movements

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

38 13372038

In the "Hands Stretch Breathing" routine, at what angle are the arms stretched above the head?

1. 45 degrees
2. 90 degrees
3. 135 degrees
4. 180 degrees

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

39 13372039

Which part of the lungs does "Hands Stretch Breathing" primarily facilitate in utilizing?

1. Lower lobes
2. Middle lobes
3. Upper lobes
4. All lobes equally

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

40 13372040

2.0 0.00

What is the main benefit of the "Ankle Stretch Breathing" routine?

1. Improving concentration and balance
2. Strengthening the muscles in the arms
3. Reducing blood pressure
4. Enhancing digestion

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

41 13372041

2.0 0.00

"Samatvam Yoga Uchayathe" – line is illustrated in which text?

1. Sri Bhagavad Gita
2. Patanjali Yoga Sutra
3. Yoga Vasishta
4. Hatha Yoga

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

42 13372042

2.0 0.00

Which pose serves as the starting position for the "Side Bending" practice?

1. Vajrasana
2. Dandasana
3. Tadasana
4. Shavasana

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

43 13372043

2.0 0.00

During inhalation in the "Wrist Movement" practice, what direction should the wrist movement be?

1. Bending the palms forward
2. Rotating the wrists clockwise
3. Bending the palms backward
4. Rotating the wrists anti-clockwise

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

44	13372044		2.0	0.00
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What is the primary benefit mentioned for the "Wrist Rotation" practice?

1. Improved knee flexibility
2. Strengthening of calf muscles
3. Increased wrist joint flexibility
4. Enhanced hip mobility

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

45	13372045		2.0	0.00
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In the "Elbow Movement" practice, what direction should the arm movement be during exhalation?

1. Bending the arms at the elbow
2. Touching the fingers to the shoulders
3. Stretching the arms in front of the body
4. Raising the hands with palms facing upwards

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

46	13372046		2.0	0.00
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How many phases are there in the Deep Relaxation Technique (DRT)?

- 1. 3
- 2. 4
- 3. 5
- 4. 6

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

47 13372047

2.0 0.00

In which phase of DRT relaxation is focused on from the waist to the neck?

- 1. Phase 1
- 2. Phase 2
- 3. Phase 3
- 4. Phase 4

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

48 13372048

2.0 0.00

What is the purpose of chanting specific sounds (A-kara, U-kara, M-kara) during the DRT practice?

- 1. To increase heart rate
- 2. To enhance relaxation and vibrations
- 3. To induce stress
- 4. To improve flexibility

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

49 13372049

2.0 0.00

During Phase 5 of DRT, where do you visualize yourself while feeling body apartness?

- 1. In a forest
- 2. On the ground
- 3. On the ceiling
- 4. In outer space

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

50 13372050

What is the final phase of DRT where you merge with the infinite and experience a sense of bliss and freedom?

- 1. Phase 1
- 2. Phase 3
- 3. Phase 4
- 4. Phase 6

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00