

TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.A. YOGA

EXAMINATION : NOVEMBER/ DECEMBER -2025

SECOND SEMESTER

Sub. : Yogic Diet - Holistic Approach (MA24N -207TH)

Date: 5/12/2025

Total marks: 60

Time: 10.00 am to 12.30 pm

Instructions:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

Q. 1. Multiple choice questions

(10)

1. How many Aharavidhi visheshayatana are described in Ayurveda?
a) 6
b) 8
c) 10
d) 12
2. Aharavidhi vidhana mainly emphasizes on _____
a) Cooking methods
b) Dietetic rules
c) Ritualistic offering
d) Fasting
3. Rajasika Aahara is characterized by _____
a) Promoting tranquility
b) Stimulating activity and passion
c) Inducing lethargy
d) Balancing the doshas
4. Which of the following is a disaccharide?
a) Glucose
b) Fructose
c) Lactose
d) Galactose
5. Fat-soluble vitamins include _____
a) B & C
b) A, D, E, K
c) A, B, K
d) C & D
6. Which mineral is essential for oxygen transport in blood?
a) Calcium
b) Iron
c) Sodium
d) Magnesium
7. In Aharavidhi vidhana, the rule “Na atishighram na ati vilambitam” means:
a) Eat in small quantities
b) Eat neither too fast nor too slow
c) Avoid incompatible food
d) Consume fresh food
8. Kwashiorkor is caused due to deficiency of _____
a) Carbohydrates
b) Fats
c) Proteins
d) Vitamins
9. Vitamin D deficiency leads to _____
a) Scurvy
b) Rickets
c) Pellagra
d) Beriberi

- Q. 2. Write the answers in short (Any Four) (20)**

- Q. 3. Write the answers in brief (any two) (30)**

- मराठी रूपांतर

प्र.१. योग्य पर्याय निवडा.

(१०)

- Yogic Diet - Holistic Approach (MA24N -207TH) AOD / Set - I

