YOGA QUIZ 2017

Rules:

1. All questions are of equal weightage.

2. There is one correct response for each question out of the responses given.

3. There is no penalty for incorrect answer.

4. Participants must write the question number and correct answer corresponding to it, on a word document and send the document to culture@embassyindia.es before 25th June 2017.
1. Five types of Yama according to Patanjali are:
   a. Ahimsa, Asteya, Satya, Brahmacharya and Asana.
   b. Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha
   c. Satya, Asteya, Brahmacharya, Aparigraha and Dhyana
   d. Asteya, Brahmacharya, Satya, Dhyana and Asana

2. Who is the Sat-Chit-Ananda according to Sankara?
   a. Para Brahman
   b. Isvara
   c. Soul
   d. None of these

3. Raja Yoga is the yoga of controlling our:
   a. Sense Organs
   b. Organs of Action
   c. Mind
   d. Our Emotions

4. What is one word that occurs in every chapter of the Gita?
   a. Maya
   b. Avidya
   c. Yoga
   d. Sanyasa

5. How many chapters are in the Gita?
   a. 16
   b. 14
   c. 12
   d. 18

6. According to Yoga the Raga is:-
   a. Klesh
   b. Prem
   c. Asakti
   d. All of the above

7. The word “Nadi” is derived from the word “Nad”
which means
a To flow
b To blow
c To Run
d To carry
8 Normal Blood Pressure is ----?
a 140/90mmHg
b 80/120mmHg
c 90/140mmHg
d 120/80 mmHg
9 Counter pose of Sarvangasana is ---?
a Savasana
b Matsyasana
c Halasana
d Sethubandhasarvangasana
10 Asana useful in diabetes is –
a Padmasana
b Virasana
c Mandukasana
d Siddhasana
11 Which one of the following attribute satisfies the criteria of Sattvic Food?
a Spicy, hot, bitter, sour and pungent
b Pure, essential, natural, vital, energy containing
Unnatural, overcooked, stale, left over and processed food
d None of the above
12 Which asana affects the digestive system?
a Vajrasana
b Udarakarshan asana
c Matyendrasana
d All of the above
13 A student is not able to practice as per your satisfaction. How will you deal with this student?
a Force the student by applying physical pressure on the body
b Encourage the student to have patience and continue
to practice

c  Ask him not to practice at all
d  Ignore the student

14  The spinal nerves pairs are:-
   a  28
   b  30
   c  31
   d  33

15  Dress for yoga practice should be
   a  Tight fitting jeans
   b  Costly and sophisticated dresses
   c  Protective covering from head to toe
   d  Loose fitting and comfortable

16  Which one is the basic unit of the living organism?
   a  Neuron
   b  Nephron
   c  Cell
   d  Mitochondria

17  Where does Ajna Chakra located?
   a  Eyebrow centre
   b  Chest
   c  Tongue
   d  Legs

18  Which is not a Pancha Bhuta?
   a  Earth
   b  Water
   c  Sunlight
   d  Air

19  How many kinds of Kapalbhati are said in ‘Gherandsamhita’?
   a  1
   b  2
   c  3
   d  4

20  The great sayings of Upanishads are popularly referred as ……………?
   a  Sutras
Yoga Quiz

b Karikas
c Mahavakyas
d All of these

21 How many Asanas are described in ‘Gherandsamhita’?
a 84
b 84000
c 8
d 32

22 What is the name of the fourth chapter of Bhagavad Gita?
a Karma Yoga
b Gyankarma sanyaas Yoga
c Karma sanyaas Yoga
d Atmasanyam Yoga

23 Which Mudra destroys all diseases of the rectum and prevents premature death?
a Brahmi Mudra
b Shambhavi Mudra
c Akashachari Mudra
d Ashvini Mudra

24 Which of the following is not a Chittavritti?
a Nidra
b Vairagya
c Pramana
d Smriti

25 The number of Chittabhumi in Yoga is:-
a 5
b 2
c 3
d 4

26 Which of the following is not a Pancha Bhoota?
a Air
b Water
c Sunlight
d Fire

27 Which is not a sort of ‘Panchaklesh’?
28. Astangamarga is a contribution of to philosophy.
   a. Jainism
   b. Yoga System
   c. Mimansa
   d. Vedanta

29. Which one of the following is not Kleshas?
   a. Asmita
   b. Trishna
   c. Raga
   d. Avidya

30. In which canto (Parva or book) does the Gita occur in?
   a. BhishmaParva
   b. DronaParva
   c. BhimParva
   d. Upanishad

31. Which of following is /are included in Triratna?
   a. Asteya, Ahimsa, Satya
   b. SamyakBhava
   c. SamyakJnana and SamyakCharitra
   d. Ahimsa, Mudita, Maitri

32. ...............is a heterodox system of classical Indian Philosophy.
   a. Nyaya
   b. Yoga
   c. Carvaka
   d. None of these

33. In which stage of Chitta the yoga is begin?
   a. Mudavastha
   b. Ekagravastha
   c. Vichipttavasta
   d. Nirudhavasta

34. What is not the three Gunas?
a Sattva
b Rajas
c Tamas
d Ekagra

35 Who is the author of Vaisesika Sutras?
a Kapila
b Kanada
c Jaimini
d Patanjali

36 Yama is not followings-
a Aparigraha
b Asteya
c Santosh
d Bhramcharya

37 What is not a Sadhak Tatva according to Hatha Yoga Pradipika?
a Utsah
b Dhairyata
b Prajalpo
d Dhyana

38 Who is Yogi Svatmarama?
a Author of Hathapradipika
b Author of Synthesis of Yoga
c Author of Life Divine
d Author of Yoga Sutra

39 Tatra Dhyanam
a Pratyayaiktanta
b Pratityasamutpada
c Pratyaksha
d Ptryktanta

40 Stress hormone--?
a Melatonin
b Insulin
c Cortisol
d Serotonin

41 Which type of Asana should avoid during disc prolapse (herniation) in Low back pain?
42 The practice of yoga should be commenced in season of:—
   a Greeshm and Sharad
   b Shishir and Hemant
   c Basant and Sharad
   d Varsha and Sharad

43 Shoulder and Hip joints are the examples of ———?
   a Hinge joints
   b Ball and Socket joint
   c Condyloid joint
   d Pivot joint

44 Muscles are attached to the bones by through fibres called ---?
   a Ligament
   b Cartilage
   c Tendon
   d Capsule

45 The meaning of prana is
   a vital energy
   b air
   c oxygen
   d all of the above

46 Which one helps to form blood clot during injury?
   a RBC
   b Platelets
   c WBC
   d Haemoglobin

47 Who is the author of Nyaya Sutras?
   a Kapila
   b Kanada
   c Jaimini
   d Patanjali

48 Which one is not a Spinal deformity?
a Scoliosis  
b Kyphosis  
c Osteoporosis  
d Lordosis  

49 Bile is secreted from ---?
  a Pancreas  
b Spleen  
c Liver  
d Stomach

50 The ratio between the Puraka, Kumbhaka and Rechaka is ---?
  a 1:02:04  
b 2:04:01  
c 1:04:02  
d 2:04:02

51 The functional unit of kidney is ---?
  a Neuron  
b Medulla  
c Nephron  
d Cortex

52 How many types of Pranayama explained in Yoga Sutra?
  a 1  
b 2  
c 3  
d 4

53 Jnana Yoga is the work of .........................?
  a Ramana Maharshi  
b Osho  
c Vivekanada  
d SreeNarayana Guru

54 The nature of pingla swar is
  a cold  
b hot  
c cold & hot  
d none of the above

55 Contra-indication of Vajrasana is--?
Yoga Quiz 2017

56. Who is not a Neo Vedantist?
   a. M.K. Gandhi
   b. Vivekananda
   c. Aurobindo
   d. Patanjali

57. Which is the Ultimate Purushartha?
   a. Dharma
   b. Kama
   c. Artha
   d. Moksha

58. Who is not an Acharya of ‘Hathayoga’?
   a. Matsyendra
   b. Goraksha
   c. Swatmarama
   d. Kapil

59. The Core teaching of Sankaracharya is—“Brahman alone is real. The world is
   a. Real
   b. Unreal
   c. Brahma
   d. Heaven

60. How many types of Aahar are there according to Yogic diet?
   a. 8
   b. 4
   c. 3
   d. 7

61. Which asana improves neuro-muscular coordination, balance and alertness --?
   a. Vajrasana
   b. Konasana
   c. Vrikshasana
Yoga Quiz

62 Which of these is a type of muscle?
   a Smooth
   b Skeletal
   c Cardiac
   d All of the above

63 Ida Nadi is related to which nostril?
   a Left Nostril
   b Right Nostril
   c Left and Right Nostril
   d None of these

64 Philosophy is originally a term.
   a English
   b French
   c Greek
   d Latin
   Which one of the following is not a part of the Sadhana Chatushtaya?
   a Viveka
   b Vairagya
   c Dhyan
   d Mumukshutva

65 According to Yoga the Raga is:
   a Klesh
   b Prem
   c Asakti
   d All of the above

66 Which one is Long bone in our body?
   a Carpal bones
   b Scapula
   c Vertebra
   d Femur

67 Mind becomes in Alpha state due to the practice of--?
   a Asana
   b Exercise
   c Meditation
69. Illusion is………?
   a. Distortion of existing stimuli
   b. The same as hallucination
   c. The result of innate mechanism
   d. Not based on external reality

70. MitaHara in Hatha yoga means
   a. Little eating
   b. Neither overeating nor under eating
   c. Under eating
   d. Only over eating

71. At which Chakra, the union of Ida and Pingalanadi takes place
   a. Manipura
   b. Anahata
   c. Ajna
   d. Visudhi

72. Brain and Spinal cord are called--?
   a. Autonomic Nervous System
   b. Central Nervous System
   c. Peripheral Nervous System
   d. Sympathetic Nervous System

73. What is symbol of Ishwar as per Patanjal Yogasutra?
   a. Parmeshwar
   b. Pranav
   c. Purush
   d. Samadhi

74. Asthma is a --?
   a. Digestive disorder
   b. Neurological disorder
   c. Pulmonary disorder
   d. Musculo skeletal disorder

75. The other name of Yogic Enema is?
   a. Nauli
   b. Dhouti
   c. Basti
76 Founder of Yoga Philosophy is?
   a Kanada
   b Kapila
   c Patanjali
   d Adishankaracharya

77 Which Chakra Symbolized by a lotus of ten petals?
   a Muladhara Chakra
   b Anahata Chakra
   c Manipura Chakra
   d Visuddha Chakra

78 Karma Yoga is the path of……………..?
   a Knowledge
   b Devotion
   c Action
   d All of these

79 Concept of Sthitapragya is described in
   a Bhagvadgita
   b Patanjali Yoga Sutra
   c Charak Samhita
   d Hath Yoga Pradipika

80 How many types of Bhaktis are there in Bhakti Yoga?
   a 10
   b 9
   c 8
   d 7

81 According to Patanjali, the number of Niyamas are
   a Four
   b Five
   c Six
   d Ten

82 Which one comes under Antaranga Yoga?
   a Niyama
   b Dharana
   c Asana
   d Pratyahara
83. How many sorts of ‘Kumbhak’ are said in ‘Gherandsamhita’?
   a. 3
   b. 4
   c. 8
   d. None of these

84. Which of the following is not a Vritti?
   a. Pramana
   b. Vikalpa
   c. Viveka
   d. Nidra

85. The Samkhya Darshan is:
   a. Dvaita
   b. Advaita
   c. Dvaitadvaita
   d. Vishishtadvaita

86. Who is the author of Yoga Sutras?
   a. Kapila
   b. Kanada
   c. Jaimini
   d. Patanjali

87. The ‘Chitta’ may be controlled by
   a. Yama
   b. Pratyahara
   c. Niyama
   d. Samadhi

88. Chakras and Nadis are components of which Kosha?
   a. Annamaya
   b. Pranamaya
   c. Manomaya
   d. Vijnyayamaya

89. Self-actualization concept is given by
   a. Carl Roger
   b. Albert Bandura
   c. Abraham Maslow
   d. Sigmund Freud
90  Hatha Yoga
   a  Work is done without attachment
   b  A preliminary to Spiritual Yoga
   c  Education in the Scriptures
   d  The mastery of meditation
91  Plough pose otherwise called as --?
   a  Sarvangasana
   b  Halasana
   c  Bhujangasana
   d  Chakrasana
5 Which method is suitable for teaching Yoga Practices---?
   a  Lecture Method
   b  Practice Method
   c  Lecture cum Demonstration Method
   d  Group Discussion Method
93  The part of the autonomic nervous system, when activated, is responsible for the body’s fight or flight’ sensation.
   a  Brain System
   b  Limbic system
   c  Sympathetic nervous system
   d  Para- Sympathetic nervous system
94  94. Concept of Id, ego and super ego is given by....?
   a  H.J. Eysenck
   b  Sigmund Freud
   c  Anna Freud
   d  Carl Jung
95  “Yogabhasya” is a commentary on Patanjali sutra or yoga sutra is written by
   a  Ramanuja
   b  Vyas
   c  Sankara
   d  None of them
96  Vivekakhyatiyogi’s Prajya is
   a  Seven types
   b  Eight types
c  Eighteen types  
  d  None of these

97  The Bhagavad Gita is part of the  
  a  Ramayana  
  b  Veda  
  c  Upanishad  
  d  Mahabharata

98  How many types of Bhakta according to Bhagavad Geeta-  
  a  2  
  b  3  
  c  4  
  d  5

99  The word meaning of ‘Gita’ in Bhagvad Gita is  
  a  The song of the Lord  
  b  Song of everybody  
  c  Sacred Song  
  d  Beautiful Song

100  Samatvam Yoga Uchyate definition is given in:-  
  a  Shrimadbhagavatgita  
  b  Gherandsamhita  
  c  Yoga Sutra  
  d  Hathayog Pradeepika

101  Which Endocrine gland is Master gland in our body?  
  a  Pancreas  
  b  Adrenal  
  c  Pituitary  
  d  Pineal

102  Haemoglobin is-  
  a  Vitamin  
  b  Protein and Iron  
  c  Melanin  
  d  Carbohydrate
103 While arranging your Yoga classroom/Studio/Hall in general, what ‘background sound’ will you prefer among the following
a Good Rhythmic Music
b Soothing and meditative instrumental music
c Silence
d Sounds of nature [eg. Water, birds, Windsounds]

104 Samana Vayu is situated in which region of the body?
a Throat
b Heart
c Naval
d Whole body

105 How many elements are described in Samkhya Shastra?
a 20
b 22
c 24
d 25

106 How many mudras are described in Hathapradipika?
a 8
b 10
c 12
d 15

107 Sciatica is related to ----?
a Shoulder pain
b Neck pain
c Low back pain
d Knee pain

108 In a group discussion, questions can be best entertained at what time?
a while relaxing between two practices
b next day
c while doing the practice
d not necessary to entertain questions, keep practicing

109 Vedanta is also called …………………..………..
a Mimansa
Who is the Guru of Swami Vivekananda?

a Yoganand
b Ramkrishna Paramhansa
c Satyananda Saraswati
d Shivanand

Which of the following is the largest artery in the body?

a Cerebral Artery
b Coronary Artery
c Aorta
d Carotid Artery

Which of the following organ is involved in exchange of gases?

a Stomach
b Lungs
c Liver
d Kidney

Which of these is not an important consideration for Yoga teacher before class?

a Freshness of air
b Clean Environment
c Availability of food and water supplies
d Enough space for Sadhaks to sit

Which of the text is also called as “Shruti”

a Upanishad
b Darshan
c Veda
d Samhita

The word “Yoga” is derived from Sanskrit root

a Yaju
b Yuj
c Riju
d None of the above

Which of these is not an authentic text of Hathyoga?
117. Who is the Sthitaprajna?
   a. One who is free from family attachment
   b. One who gives up non-vegetarian food
   c. One who does not marry
   d. One who is free from pleasure and pain

118. How many types of Chitta Vikshepas are there in Yog Sutras?
   a. 5
   b. 3
   c. 10
   d. 2

119. Which of these is characterized by activity or movement?
   a. Sattva
   b. Rajas
   c. Tamas
   d. Nirudh

120. Which of these is not an outcome of Asana according to Hatha Pradipika?
   a. Arogya
   b. Laghavam
   c. Sthairyam
   d. Dhairya

121. Which is not a synonym of Kundalini?
   a. Arundhati
   b. Bhujangi
   c. Kutilangi
   d. Kalavati

122. The qualities of Sattva Guna is not:
   a. Laghoo
   b. Prakashak
   c. Sukha
   d. Moha
123. What is the importance of session planning?
   a. For a session to be well accepted
   b. For a systematic teaching
   c. For our self improvement
   d. None of the above

124. Why giving a feedback about the class is important?
   a. For our understanding
   b. For updating ourselves
   c. For self monitoring
   d. None of the above

125. Why do we need to explain the contraindications of a practice before we go for a practice?
   a. For our benefit
   b. For making the Sadhak aware of his/her limitations
   c. Brings clarity of mind and physical health
   d. None of the above

126. In Sanskrit “Yoga” means
   a. To multiply
   b. To Understand
   c. To Unite
   d. To Comprehend

127. “Yogah karmasu kaushalam” is according to which of the following text?
   a. Patanjali Yoga Sutra
   b. Yoga Vasistha
   c. Gheranda Samhita
   d. Bhagavad Gita

128. According to Bhagwad Gita the main forms of Yoga are?
   a. Laya, Hatha, Raja
   b. Mantra, Tantra, Yantra
   c. Karma, Jnana, Bhakti
   d. None of the above

129. Which of the following is a part of the eight–fold-path of Patanjali?
   a. Abhyasa
   b. Vairagya
130 The fourth Chapter of the Yoga Sutras is termed as
a Moksha pada
b Phala pada
c Kaivalya pada
d Samadhi pada

131 Which one of these is not a “Purushartha”?
a Dharma
b Kama
c Moksha
d Samadhi

132 Who amongst the following was a Hatha Yogi?
a Maharshi Patanjali
b Viswamitra
c Swami Gorakhnath
d Vasistha

133 Number of Kumbhakas mentioned in Hatha Yoga Pradipika is
a 4
b 7
c 8
d 10

134 Which of the following is not a process of Pranayama?
a Rechaka
b Puraka
c Kumbhaka
d Samyaka

135 Asana according to Patanjali is
a Sthramasanam
b Sukhamasanam
c Sthirmsukhamasanam
d Chiramasanam

136 The Bhagavad Gita, Brahma Sutra and Mukhya Upanishads are collectively called
b  Brahmanas
  c  Aranyakas
  d  Prasthantraya
      Vedanta
137  a  Doing duty without attachment of fruits is
  b  Nishkama Karma
  c  Akarma
  d  Vikarma
      None of these

138  a  The three key processes in Pranayama are
  b  Puraka,Kumbhaka and Rechaka
  c  Sagarbha,Nigarbha and Sahita
  d  Sahita,Kevala and Sagarbha
      None of these

139  a  Chitta means:
  b  Mind
  c  Consciousness
  d  Thoughts
      Self

140  a  Bhakti Yoga is the path of
  b  Action
  c  Inner wisdom
  d  Devotion
  d  None of these

141  Which of the following Chakra is called is
     otherwise called “Heart Chakra”
  a  Manipura
  b  Visuddhi
  c  Anahata Chakra
  d  Ajna

142  Mumukshutva
  a  The State of Samadhi
  b  Intense longing for liberation
  c  A sacred person
  d  A Sage

143  Who was the 24th Tirthankara of Jainism?
  a  Mahavira
Which is the first Chapter of Patanjali Yoga Sutra?
- a. Kaivalyapada
- b. Sadhanapada
- c. Samadhipada
- d. Vibhutipada

Who had founded the Nath Cult?
- a. Swami Matsyendranath
- b. Swami Gorakhnath
- c. Adinath
- d. None of these

Who has named Ashtanga Yoga of Patanjali as Raja Yoga?
- a. Swami Shivananda
- b. Swami Vivekananda
- c. Swami Kuvalayananda
- d. Swami Satyananda

The sense of surrendering to the Divine is
- a. Indriya Nigraha
- b. Saranagati
- c. Bhakti
- d. None of the above

One of the Qualities of Jnana Yogi – VIVEKA- means:
- a. Renunciation of the worldly pleasures
- b. Withdrawal of senses from its object of pleasure
- c. A burning aspiration for God realization
- d. Discrimination of immortal and mortal objects

Shatkarmas are the techniques used for
- a. External Cleansing
- b. Cleansing of GIT
- c. To remove the excessive dosahs from all parts of the body
- d. To clean the mind

Which of the following is not a Chitta Bhoomi?
151. Which of these is also known as Uttara Mimansa?
   a) Nyaya  
   b) Sankhya  
   c) Vaisesika  
   d) Vedanta

152. Desh Bandhasya Chittasya----------------
   a) Dhayana  
   b) Dharana  
   c) Samadhi  
   d) None of the above

153. Which form of Navadha Bhakti involves chanting and glorifying the God?
   a) Shravanam  
   b) Keertanam  
   c) Archanam  
   d) Vandanam

154. Which of these is not one of the main four Vedas?
   a) Rigveda  
   b) Samaveda  
   c) Atharvaveda  
   d) Ayurveda

155. According to Bhagavad gita, Yoga is
   a) Yagaschitta vritti nirodhah  
   b) Yoga karmasu kaushalam  
   c) Manoprasamana upayah Yogah  
   d) Yogena chittasya padena vacham

156. Which ancient Indian sage authored the ‘Sankhya Darshan’?
   a) Gautama  
   b) Jaimini  
   c) Kapil Muni  
   d) Patanjali

157. What do you mean by Shravan?
Yoga Quiz 2017

a  Being God’s servant
b  Hearing about God
c  Chanting His name and glory
d  Befriending him

158  The word yoga was first mentioned in which Veda
a  Sama Veda
b  Rig Veda
c  Atharva Veda
d  Yajur Veda

159  The meaning of ‘Samatvam yoga uchyate’ is
a  Balance in life
b  Way of life
c  Holistic living
d  Work done with dexterity

160  Which is the first component of Hatha yoga according to Hatha pradeepika?
___________________________
a  Asana
b  Pranayama
c  Mudra
d  Shatkriyas

161  Ashtanga yoga is whose contribution
___________________________
a  Svatmarama
b  Maharshi Patanjali
c  Gheranda
d  Gorakshanath

162  Gheranda Samhita is the collection of dialogues between Gheranda and whom
___________________________
a  Bhrigu
b  Dhruva
c  Chanda kapali
d  None of the above

163  What is a diet which is juicy, unctuous, nourishing and pleasing to the heart known as?
___________________________
a  Rajasic food
b  Tamasic food
c  Satvic food
d  None of the above
164 Which of the following is one of the reasons for the failure in Hatha yoga sadhana?
   a) Courage
   b) Over eating
   c) Perseverance
   d) Absolute faith

165 In which form of Neti, salt is used?
   a) Sutra
   b) Jala
   c) Dugdha
   d) Ghrita

166 How many sadhaka tattvas are described in Hathapradipka?
   a) 2
   b) 4
   c) 6
   d) 8

167 According to Hatha pradeepika, which asana is the best?
   a) Padmasana
   b) Siddhasana
   c) Swastikasana
   d) Vajrasana

168 Which practice of Hatha yoga involves drawing of air through the mouth?
   a) Ujjayi
   b) Sitkari
   c) Bhramari
   d) Bhastrika

169 By mastering which practice one can float like a lotus leaf on the water.
   a) Sitali
   b) Bhastrika
   c) Nadi sodhana
   d) Plavini

170 Which of these enables one to overcome the obstacles in the path of yoga, according sage
Patanjali?

a  Friendliness towards pleasure
b  Disturbed state of the mind
c  Not Becoming compassionate
d  Sleep

171 Which of the following kriya is good for cleansing the eyes?

a  Neti  
b  Dhauti  
c  Trataka  
d  Nauli

172 Which muscle works at our will.

a  Skeletal  
b  Smooth  
c  Cardiac  
d  None of the above

173 Which of the following cells is/are not sensitive to colour?

a  Cone  
b  Rods  
c  Both  
d  None of the above

174 Which gland in our body is both endocrine and exocrine in nature?

a  Liver  
b  Pancreas  
c  Adrenal  
d  Thymus

175 Which of the following Kriya is beneficial for reducing excess fats from the body?

a  Neti  
b  Trataka  
c  Kapalbhati  
d  None of the above

176 Sarvangasana is good for complications of which gland?
Yoga Quiz 2017

177 Chakrasana is contraindicated for
   a Anxiety
   b Stress
   c Recent surgery
   d None of the above

178 Nadi shodhana pranayama is one of the practices helpful for regulating which of the following?
   a Pulse rate
   b Elevated blood pressure
   c Sweating
   d Urination

179 Which type of vyadhis are stress borne diseases?
   a Adhija
   b Anadhija
   c Both Adhija and Anadhija
   d None of the above

180 Our inner wisdom is the component of which kosha.
   a Annamaya
   b Pranamaya
   c Manomaya
   d Vijnanamaya

181 Which of the following attribute is of ‘Rajasic’ personality?
   a Anger and egoism
   b Inertia and sluggishness
   c Calm and balanced
   d None of the above

182 Tanmatra ‘smell’ corresponds to which of the following?
   a Jala
   b Prithvi
   c Vayu
   d Akash
183 Which of the sensory organ is connected with ‘Akash’ element?
   a) Nose  
   b) Eye  
   c) Ear  
   d) Tongue

184 Yogic diet is the one that
   a) Tasty diet  
   b) Good for health  
   c) Conducive to the practice of Yoga sadhana  
   d) All of the above

185 Which of the principle is vital for good health is
   a) Over exhaustion  
   b) Adequate rest  
   c) Over eating  
   d) Over working

186 Pranayama is cutting down the speed of
   a) Mind  
   b) Anger  
   c) Jealousy  
   d) Inhalation-Exhalation

187 Which of the following hormone activates the flight and fight reactions?
   a) Adrenalin  
   b) Thyroxine  
   c) Growth hormone  
   d) Insulin

188 HPA axis stands for
   a) Hypothalamus-pituitary-adrenal axis  
   b) Hypothalamus-pineal-adrenal axis  
   c) Hypothalamus-pituitary-amacrine axis  
   d) Hypothalamico-Pinealic- Amylic axis

189 What is the vehicle of our mind.
   a) Blood  
   b) Breath  
   c) Body fluid  
   d) Prana
190. The basis of ‘Pancha kosha’ is
   a. Kena Upanishad
   b. Prashna Upanishad
   c. Taitriya Upanishad
   d. Isha Upanishad

191. Which of the following is not one of the Antahkarana?
   a. Manas
   b. Buddhi
   c. Jnana
   d. Chitta

192. Which is the operational tool for Annamaya kosha is
   a. Pranayama
   b. Dhyana
   c. Pratyahara
   d. Kriya

193. Which state of our consciousness corresponds to deep sleep?
   a. Jagrata
   b. Svpna
   c. Sushupti
   d. Turiya

194. What is the key feature of Yoga practice?
   a. Only maintaining posture
   b. Only breathing in and out during practice
   c. Awareness
   d. Normal breathing

195. Who is the author of Siddha Siddhanta Paddhati?
   a. Gheranda rishi
   b. Matsyendranath
   c. Gorakshanath
   d. Adinath

196. Which of the following is one of the of the classical Hatha yoga texts?
   a. Patanjali Yoga Sutra
   b. Bhagavad Gita
Yoga Quiz 2017

197 The entire wisdom of yoga in Sanskrit was first compiled by whom?
   a Gorakshanatha  
   b Svatmarama  
   c Matsyendranath  
   d Maharshi Patanjali  

198 How many Vedas are there?
   a 2  
   b 4  
   c 6  
   d 8  

199 How many Principal Upanishads are there?
   a 7  
   b 10  
   c 14  
   d 18  

200 What is the intense longing for achieving liberation known as?
   a Viveka  
   b Vairagya  
   c Mumukshutva  
   d Moksha  

201 Which of the following Nadis corresponds to the state of equilibrium?
   a Ida  
   b Pingala  
   c Sushumna  
   d Saraswati  

202 Which of the following is a Bahiranga yoga practice?
   a Dharana  
   b Pratyahara  
   c Dhyana  
   d Samadhi  

203 Which of the following is a Bahiranga yoga
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| 204 | Blood in our body is the manifestation of which mahabhuta | a Vaayu  
 b Agni  
 c Prithvi  
 d Akasha |
| 205 | Which of these is not one of the main four Vedas? | a Rig veda  
 b Sama veda  
 c Atharva veda  
 d Dhanurveda |
| 206 | What is Pranayama, one of the yogic practice used for? | a Annamaya kosha  
 b Pranamaya kosha  
 c Manomaya kosha  
 d Vijnanamaya kosha |
| 207 | Guru is the one, who dispels | a Darkness of ignorance  
 b Light of arrogance  
 c Haziness of love  
 d Renunciation of World |
| 208 | Which of the following state cannot be supressed? | a Jagrata  
 b Svapna  
 c Susupti  
 d Turiya |
| 209 | What is the ability to be patient during demanding situation known as? | a Sama  
 b Dama  
 c Uparati |
Which of the following is related to Chitta prasadanam?

a) Abhyasa
b) Vairagya
c) Maitri
d) Samapatti

Which is the final and eighteenth chapter of Bhagavad Gita?

a) Visvarupa darshana yoga
b) Vibhuti vistara yoga
c) Purusottama yoga
d) Moksha sanyasa yoga

What is the ultimate aim of hatha yoga, according to Hatha Pradipika?

a) Breath control
b) Steadiness and flexibility
c) Raja Yoga
d) Mantra Siddhi

Which kind of blood is carried by Arteries in our body?

a) Deoxygenated blood
b) Oxygenated blood
c) Both oxygenated and deoxygenated blood
d) Carbonated Blood

Ardhamatsyendrasana is very beneficial for which disease?

a) Hypertension
b) Diabetes
c) Peptic ulcer
d) Migraine

In which disease caution must be taken while performing Kapalbhati?

a) Epilepsy
b) Constipation
c) Asthma
d) Diabetes
216 Which Asana is good for the thyroid gland?
   a Matsyendrasana
   b Veerasana
   c Halasana
   d Dhanurasana

Which practices are beneficial for hypertension and cardiac problems?
   a Asanas
   b Relaxation
   c Dynamic kriya
   d Dynamic pranayama like Bhashrika

218 Which is a characteristic of an extrovert personality?
   a Thought oriented
   b Action oriented
   c Emotions oriented
   d Expectations oriented

219 Which is the first step in cognitive learning process?
   a Memory
   b Perception
   c Attention
   d Learning

220 For whom, meditation practices are not useful?
   a Asthmatics
   b Hypertensive
   c Diabetes
   d State of poisoning

What precautions must be taken while performing jalneti?
   a Proper posture
   b Temperature of water
   c Amount of salt in water
   d All the above

222 Which practice is recommended immediately after the practice of Jalaneti?
   a Trataka
   b Kapalbhati
   c Nauli
223. Suryanamaskar incorporates
   a. 12 mantras
   b. Sequence of body positions
   c. Breathing awareness
   d. All the above

224. Which of the following are important during the practice of asanas?
   a. Stability
   b. Comfort
   c. Effortlessness
   d. All the above

225. How many vayus are mentioned in yogic texts?
   a. 4
   b. 6
   c. 8
   d. 10

226. What is the definition of yoga according to Yoga Vasistha?
   a. Yujyate Aneneti Yogah
   b. Yogah Karmasu Kaushalam
   c. Manah Prashamanopayah Yogah
   d. Yogashchittavritti Nirodhah

227. From where has the whole knowledge of yoga believed to be originated?
   a. Upanishads
   b. Vedas
   c. Darshanas
   d. Buddhism

228. Upanishads are also known as:
   a. Upavedas
   b. Vedanga
   c. Vedantas
   d. Aranyakas

229. Taittiriya Upanishad talks about which of the following?
   a. Pancha Pranas
b  PanchaMahabhootas  
c  Panchatantra  
d  Pancha Koshas  

230  How many major puranas are there?  
   a  18  
   b  10  
   c  108  
   d  7  

231  The concept of food according to Hatha Yoga does not include  
   a  The concept of Pathya  
   b  The Concept of Mitahara  
   c  The concept of Sattwa-Rajas-Tamas  
   d  The concept of Apathya  

232  Karma yoga is a branch of yoga based on the teachings of which text?  
   a  Patanjali Yoga sutras  
   b  Bhagavad Gita  
   c  Hatha pradipika  
   d  Upanishads