

## 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](mailto:culture@embassyindia.es) before **25th June 2017.**



Yoga para la Armonía y la Paz

- 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
  - c 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 Kapalbhatai are said in 'Gherandsamhita'?
- a 1
- b 2
- c 3
- d 4
- 20 The great sayings of Upanishads are popularly referred as .....
- a Sutras

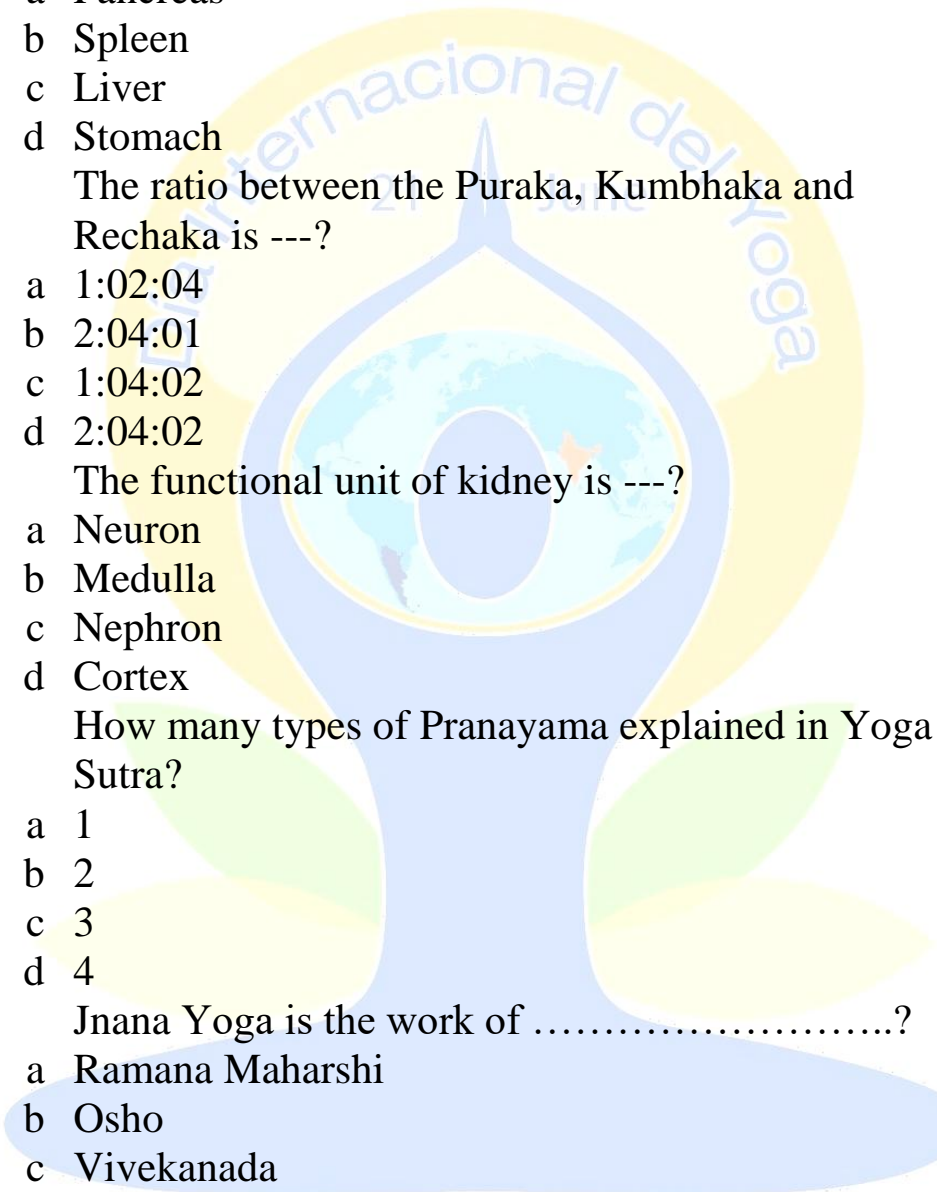
- b Karikas  
c Mahavakyas  
d All of these
- 21 How many Asanas are described in 'Gherandsamhita'?
- a 84  
b 84000  
c 8  
d 32
- 22 What is the name of the fourth chapter of Bhagavad Gita?
- a Karma Yoga  
b Gyankarma sanyaas Yoga  
c Karma sanyaas Yoga  
d Atmasanyam Yoga
- 23 Which Mudra destroys 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'?

- a Avidya  
b Abhinivesh  
c Asmita  
d Dukha
- 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- June  
a Aparigraha  
b Asteya  
c Santosh  
d Bhramcharya
- 37 What is not a Sadhak Tatva according to Hatha Yoga Pradipika?  
a Utsah  
b Dhairya  
c 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 Prtyktanta
- 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?

- a Backward asana  
b Forward asana  
c Twisting asana  
d Side bend asana
- 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--?
- 

- a Diabetes mellitus  
b Rheumatism or Arthritis  
c Asthma  
d Constipation  
e Neck pain
- 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

- d Bhujangasana
- 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
- 65 Which one of the following is not a part of the SadhanaChatushtaya?
- a Viveka
  - b Vairagya
  - c Dhyan
  - d Mumukshutva
- 66 According to Yoga the Raga is:-
- a Klesh
  - b Prem
  - c Asakti
  - d All of the above
- 67 Which one is Long bone in our body?
- a Carpal bones
  - b Scapula
  - c Vertebra
  - d Femur
- 68 Mind becomes in Alpha state due to the practice of--  
-?
- a Asana
  - b Exercise
  - c Meditation

- d Bandha
- 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 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 Patanjali 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

- d Trataka
- 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'?
- 3
  - 4
  - 8
  - None of these
- 84 Which of the following is not a Vritti?
- Pramana
  - Vikalpa
  - Viveka
  - Nidra
- 85 The Samkhya Darshan is:-
- Dvaita
  - Advaita
  - Dvaitadvaita
  - Vishishtadvaita
- 86 Who is the author of Yoga Sutras?
- Kapila
  - Kanada
  - Jaimini
  - Patanjali
- 87 The 'Chitta' may be controlled by
- Yama
  - Pratyahara
  - Niyama
  - Samadhi
- 88 Chakras and Nadis are components of which Kosha?
- Annamaya
  - Pranamaya
  - Manomaya
  - Vijnnyamayaya
- 89 Self-actualization concept is given by
- Carl Roger
  - Albert Bandura
  - Abraham Maslow
  - 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
- 92 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
- 100 100. 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 'back ground 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]
- 104 104. 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
- 108 108. 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

- b UttaraMimansa  
c PurvaMimansa  
d DakshinMimansa
- 110 Who is the Guru of Swami Vivekananda?  
a Yoganand  
b Ramkrishna Paramhansa  
c Satyananda Saraswati  
d Shivanand
- 111 Which of the following is the largest artery in the body?  
a Cerebral Artery  
b Coronary Artery  
c Aorta  
d Carotid Artery
- 112 Which of the following organ is involved in exchange of gases?  
a Stomach  
b Lungs  
c Liver  
d Kidney
- 113 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
- 114 Which of the text is also called as “Shruti”  
a Upanishad  
b Darshan  
c Veda  
d Samhita
- 115 The word “Yoga” is derived from Sanskrit root  
a Yaju  
b Yuj  
c Riju  
d None of the above
- 116 Which of these is not an authentic text of Hathyoga?

- a Goraksh Samhita  
b Gherand Samhita  
c Hathratnavalli  
d Light on Yoga
- 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 Dhairyam
- 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

- c Pratipaksha Bhavana  
d Pratyahara
- 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, Brahmasutra and Mukhya Upanishads are collectively  
a 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 Concioussness  
d Thoughts  
Self
- 140 Bhakti Yoga is the path of  
a Action  
b Inner wisdom  
c 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

- b Jina Sena  
c Rushabhanath  
d Kshemendra
- 144 Which is the first Chapter of Patanjali Yoga Sutra?  
a Kaivalyapada  
b Sadhanapada  
c Samadhipada  
d Vibhutipada
- 145 Who had founded the Nath Cult?  
a Swami Matsyendranath  
b Swami Gorakhnath  
c Adinath  
d None of these
- 146 Who has named Ashtanga Yoga of Patanjali as Raja Yoga?  
a Swami Shivananda  
b Swami Vivekananda  
c Swami Kuvalayananda  
d Swami Satyananda
- 147 The sense of surrendering to the Divine is  
a Indriya Nigraha  
b Saranagati  
c Bhakti  
d None of the above
- 148 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
- 149 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
- 150 Which of the following is not a Chitta Bhoomi?

- a Kshipta  
b Vikshipta  
c Chanchala  
d Moodha
- 151 ----- 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?



- 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 Svamarama  
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?

- a Pancreas  
b Thyroid  
c Adrenal  
d Ovary
- 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
- Kena Upanishad
  - Prashna Upanishad
  - Taitriya Upanishad
  - Isha Upanishad
- 191 Which of the following is not one of the Antahkarana?
- Manas
  - Buddhi
  - Jnana
  - Chitta
- 192 Which is the operational tool for Annamaya kosha is
- Pranayama
  - Dhyana
  - Pratyahara
  - Kriya
- 193 Which state of our consciousness corresponds to deep sleep?
- Jagrata
  - Svapna
  - Sushupti
  - Turiya
- 194 What is the key feature of Yoga practice?
- Only maintaining posture
  - Only breathing in and out during practice
  - Awareness
  - Normal breathing
- 195 Who is the author of Siddha Siddhanta Paddhati?
- Gheranda rishi
  - Matsyendranath
  - Gorakshanath
  - Adinath
- 196 Which of the following is one of the of the classical Hatha yoga texts?
- Patanjali Yoga Sutra
  - Bhagavad Gita

- c Gheranda Samhita  
d Yoga Vasistha
- 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

- practice?
- a Dharana
  - b Pratyahara
  - c Dhyana
  - d Samadhi
- 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 suppressed?
- 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

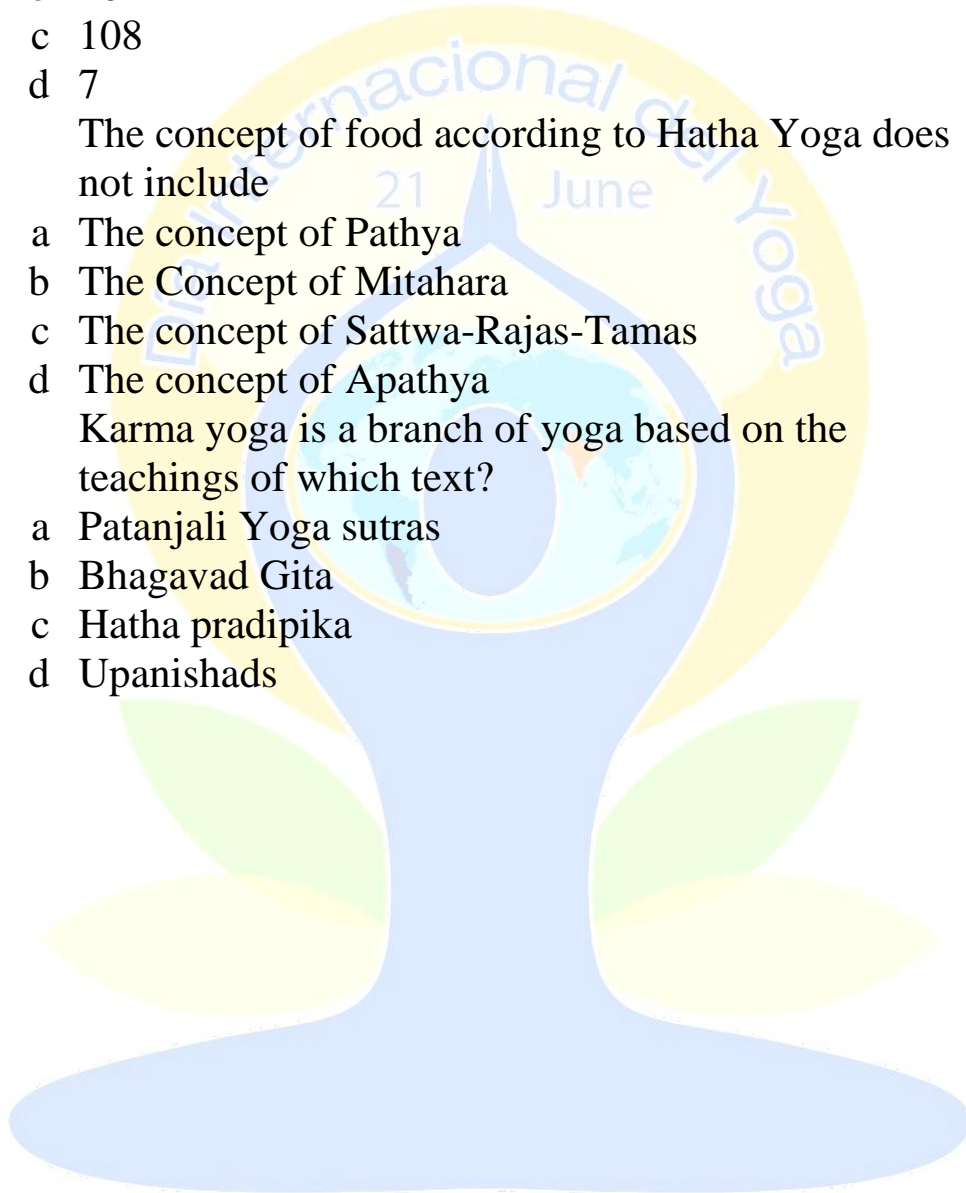


- 210 d Titiksha  
Which of the following is related to Chitta prasadanam?  
a Abhyasa  
b Vairagya  
c Maitri  
d Samapatti
- 211 Which is the final and eighteenth chapter of Bhagavad gita?  
a Visvarupa darshana yoga  
b Vibhuti vistara yoga  
c Purusottama yoga  
d Moksha sanyasa yoga
- 212 What is the ultimate aim of hatha yoga, according to Hatha pradipika?  
a breath control  
b steadiness and flexibility  
c Raja Yoga  
d Mantra Siddhi
- 213 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
- 214 Ardhamatsyendrasana is very beneficial for which disease?  
a Hypertension  
b Diabetes  
c Peptic ulcer  
d Migraine
- 215 In which disease caution must be taken while performing kapalbhatai?  
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
- 217 Which practices are beneficial for hypertension and cardiac problems?
- a Asanas
  - b Relaxation
  - c Dynamic kriya
  - d Dynamic pranayama like Bhastrika
- 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
- 221 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

- d Forceful exhalation
- 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 YogahKarmasuKaushalam
  - 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 PanchaPranas

- 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



Yoga para la Armonía y la Paz