

QUESTIONS FOR YOGA QUIZ

Five types of Yama according to Patanjali are:

Ahimsa, Asteya, Satya, Brahmacharya and Asana.

Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha

Satya, Asteya, Brahmacharya, Aparigraha and Dhyana

Asteya, Brahmacharya, Satya, Dhyana and Asana

Who is the Sat-Chit-Ananda according to Sankara?

Para Brahman

Isvara

Soul

None of these

Raja Yoga is the yoga of controlling our:

Sense Organs

Organs of Action

Mind

Our Emotions

What is one word that occurs in every chapter of the Gita?

Maya

Avidya

Yoga

Sanyasa

How many chapters are in the Gita?

16

14

12

18

According to Yoga the Raga is:-

Klesh

Prem

Asakti

All of the above

The word "Nadi" is derived from the word "Nad" which means

To flow

To blow

To Run

To carry

Normal Blood Pressure is-----?

140/90mmHg

80/120mmHg

90/140mmHg

120/80 mmHg

Counter pose of Sarvangasana is ---?

Savasana

Matsyasana

Halasana

Sethubandhasarvangasana

Asana useful in diabetes is –

Padmasana

Virasana

Mandukasana

Siddhasana

Which one of the following attribute satisfies the criteria of Sattvic Food?

Spicy, hot, bitter, sour and pungent

Pure, essential, natural, vital, energy containing

Unnatural, overcooked, stale, left over and processed food

None of the above

Which asana affects the digestive system ?

Vajrasana

Udarakarshan asana

Matyendrasana

All of the above

A student is not able to practice as per your satisfaction. How will you deal with this student?

Force the student by applying physical pressure on the body

Encourage the student to have patience and continue to practice

Ask him not to practice at all

Ignore the student

The spinal nerves pairs are:-

28

30

31

33

Dress for yoga practice should be

Tight fitting jeans

Costly and sophisticated dresses

Protective covering from head to toe

Loose fitting and comfortable

Which one is the basic unit of the living organism?

Neuron

Nephron

Cell

Mitochondria

Where does Ajna Chakra located?

Eyebrow centre

Chest

Tongue

Legs

Which is not a Pancha Bhuta?

Earth

Water

Sunlight

Air

How many kinds of Kapalbhatai are said in 'Gherandsamhita'?

01

02

03

04

The great sayings of Upanishads are popularly referred as

Sutras

Karikas

Mahavakyas

All of these

How many Asanas are described in 'Gherandsamhita'?

84

84000

08

32

What is the name of the fourth chapter of Bhagavad Gita?

Karma Yoga

Gyankarma sanyaas Yoga

Karma sanyaas Yoga

Atmasanyam Yoga

Which Mudra destroys all diseases of the rectum and prevents premature death?

Brahmi Mudra

Shambhavi Mudra

Akashachari Mudra

Ashvini Mudra

Which of the following is not a Chittavritti?

Nidra

Vairagya

Pramana

Smriti

The number of Chittabhumi in Yoga is:-

05

02

03

04

Which of the following is not a Pancha Bhoota?

Air

Water

Sunlight

Fire

Which is not a sort of 'Panchaklesh'?

Avidya

Abhinivesh

Asmita

Dukha

Astangamarga is a contribution of_ to philosophy.

Jainism

Yoga System

Mimansa

Vedanta

Which one of the following is not Kleshas?

Asmita

Trishna

Raga

Avidya

In which canto (Parva or book) does the Gita occur in?

BhishmaParva

DronaParva

BhimParva

Upanishad

Which of following is /are included in Triratna?

Asteya, Ahimsa, Satya

SamyakBhava

SamyakJnana and SamyakCharitra

Ahimsa, Mudita, Maitri

.....is a heterodox system of classical Indian Philosophy.

Nyaya

Yoga

Carvaka

None of these

In which stage of Chitta the yoga is begin-

Mudavastha

Ekagravastha

Vichipttavasta

Nirudhavasta

What is not the three Gunas?

Sattva

Rajas

Tamas

Ekagra

Who is the author of Vaisesika Sutras?

Kapila

Kanada

Jaimini

Patanjali

Yama is not followings-

Aparigraha

Asteya

Santosh

Bhramcharya

What is not a Sadhak Tatva according to Hatha Yoga Pradipika?

Utsah

Dhairya

Prajalpo

Dhyana

Who is Yogi Svatmarama?

Author of Hathapradipika

Author of Synthesis of Yoga

Author of Life Divine

Author of Yoga Sutra

Tatra_Dhyanam

Pratyayaiktanta

Pratityasamutpada

Pratyaksha

Prtyktanta

Stress hormone--?

Melatonin

Insulin

Cortisol

Serotonin

Which type of Asana should avoid during disc prolapse (herniation) in Low back pain?

Backward asana

Forward asana

Twisting asana

Side bend asana

The practice of yoga should be commenced in season of:-

Greeshm and Sharad

Shishir and Hemant

Basant and Sharad

Varsha and Sharad

Shoulder and Hip joints are the examples of -----?

Hinge joints

Ball and Socket joint

Condylloid joint

Pivot joint

Muscles are attached to the bones by through fibres called ---?

Ligament

Cartilage

Tendon

Capsule

The meaning of prana is

vital energy

air

oxygen

all of the above

Which one helps to form blood clot during injury?

RBC

Platelets

WBC

Haemoglobin

Who is the author of Nyaya Sutras?

Kapila

Kanada

Jaimini

Patanjali

Which one is not a Spinal deformity?

Scoliosis

Kyphosis

Osteoporosis

Lordosis

Bile is secreted from ---?

Pancreas

Spleen

Liver

Stomach

The ratio between the Puraka, Kumbhaka and Rechaka is ---?

1:2:4

2:4:1

1:4:2

2:4:2

The functional unit of kidney is ---?

Neuron

Medulla

Nephron

Cortex

How many types of Pranayama explained in Yoga Sutra?

01

02

03

04

Jnana Yoga is the work of?

Ramana Maharshi

Osho

Vivekanada

SreeNarayana Guru

The nature of pingla swar is

cold

hot

cold & hot

none of the above

Contra-indication of Vajrasana is--?

Diabetes mellitus

Rheumatism or Arthritis

Asthma

Constipation

Neck pain

Is not a Neo Vedantist

M.K. Gandhi

Vivekananda

Aurobindo

Patanjali

Which is the Ultimate Purushartha?

Dharma

Kama

Artha

Moksha

Who is not an Acharya of 'Hathayoga'?

Matsyendra

Goraksha

Swatmarama

Kapil

The Core teaching of Sankaracharya is--"Brahman alone is real. The world is

Real

Unreal

Brahma

Heaven

How many types of Aahar are there according to Yogic diet?

8

4

3

7

Which asana improves neuro-muscular coordination, balance and alertness --?

Vajrasana

Konasana

Vrikshasana

Bhujangasana

Which of these is a type of muscle?

Smooth

Skeletal

Cardiac

All of the above

Ida Nadi is related to which nostril?

Left Nostril

Right Nostril

Left and Right Nostril

None of these

Philosophy is originally a term.

English

French

Greek

Latin

Which one of the following is not a part of the SadhanaChatustaya?

Viveka

Vairagya

Dhyan

Mumukshutva

According to Yoga the Raga is:-

Klesh

Prem

Asakti

All of the above

Which one is Long bone in our body?

Carpal bones

Scapula

Vertebra

Femur

Mind becomes in Alpha state due to the practice of---?

Asana

Exercise

Meditation

Bandha

Illusion is.....?

Distortion of existing stimuli

The same as hallucination

The result of innate mechanism

Not based on external reality

MitaHara in Hatha yoga means

Little eating

Neither overeating nor under eating

Under eating

Only over eating

71. At which Chakra, the union of Ida and Pingalanadi takes place

Manipura

Anahata

Ajna

Visudhi

Brain and Spinal cord are called--?

Autonomic Nervous System

Central Nervous System

Peripheral Nervous System

Sympathetic Nervous System

What is symbol of Ishwar as per Patanjali Yogasutra?

Parmeshwar

Pranav

Purush

Samadhi

Asthma is a --?

Digestive disorder

Neurological disorder

Pulmonary disorder

Musculo skeletal disorder

The other name of Yogic Enema is?

Nauli

Dhouti

Basti

Trataka

Founder of Yoga Philosophy is?

Kanada

Kapila

Patanjali

Adishankaracharya

Which Chakra Symbolized by a lotus of ten petals?

Muladhara Chakra

Anahata Chakra

Manipura Chakra

Visuddha Chakra

Karma Yoga is the path of.....?

Knowledge

Devotion

Action

All of these

Concept of Sthitapragya is described in

Bhagvadgita

Patanjali Yoga Sutra

Charak Samhita

Hath Yoga Pradipika

How many types of Bhaktis are there in Bhakti Yoga?

10

9

8

7

According to Patanjali, the number of Niyamas are

Four

Five

Six

Ten

Which one comes under Antaranga Yoga?

Niyama

Dharana

Asana

Pratyahara

How many sorts of 'Kumbhak' are said in 'Gherandsamhita'?

03

04

08

None of these

Which of the following is not a Vritti?

Pramana

Vikalpa

Viveka

Nidra

The Samkhya Darshan is:-

Dvaita

Advaita

Dvaitadvaita

Vishishtadvaita

Who is the author of Yoga Sutras?

Kapila

Kanada

Jaimini

Patanjali

The 'Chitta' may be controlled by

Yama

Pratyahara

Niyama

Samadhi

Chakras and Nadis are components of which Kosha?

Annamaya

Pranamaya

Manomaya

Vijnayamaya

Self-actualization concept is given by

Carl Roger

Albert Bandura

Abraham Maslow

Sigmund Freud

Hatha Yoga

Work is done without attachment

A preliminary to Spiritual Yoga

Education in the Scriptures

The mastery of meditation

Plough pose otherwise called as --?

Sarvangasana

Halasana

Bhujangasana

Chakrasana

Which method is suitable for teaching Yoga Practices---?

Lecture Method

Practice Method

Lecture cum Demonstration Method

Group Discussion Method

The part of the autonomic nervous system, when activated, is responsible for the body's 'fight or flight' sensation.

Brain System

Limbic system

Sympathetic nervous system

Para- Sympathetic nervous system

94. Concept of Id, ego and super ego is given by....?

H.J. Eysenck

Sigmund Freud

Anna Freud

Carl Jung

"Yogabhasya" is a commentary on Patanjali sutra or yoga sutra is written by

Ramanuja

Vyas

Sankara

None of them

Vivekakhayatiyogi's Prajya is

Seven types

Eight types

Eighteen types

None of these

The Bhagavad Gita is part of the

Ramayana

Veda

Upanishad

Mahabharata

How many types of Bhakta according to Bhagavad Geeta-

2

3

4

5

The word meaning of 'Gita' in Bhagvad Gita is

The song of the Lord

Song of everybody

Sacred Song

Beautiful Song

100. Samatvam Yoga Uchyate definition is given in:-

Shrimadbhagavatgita

Gherandsamhita

Yoga Sutra

Hathayog Pradeepika

Which Endocrine gland is Master gland in our body?

Pancreas

Adrenal

Pituitary

Pineal

Haemoglobin is-

Vitamin

Protein and Iron

Melanin

Carbohydrate

While arranging your Yoga classroom/Studio/Hall in general, what 'back ground sound' will you prefer among the following

Good Rhythmic Music

Soothing and meditative instrumental music

Silence

Sounds of nature [eg. Water, birds, Windsounds]

104. Samana Vayu is situated in which region of the body?

Throat

Heart

Naval

Whole body

How many elements are described in Samkhya Shastra?

20

22

24

25

How many mudras are described in Hathapradipika?

8

10

12

15

Sciatica is related to ----?

Shoulder pain

Neck pain

Low back pain

Knee pain

108. In a group discussion, questions can be best entertained at what time?

while relaxing between two practices

next day

while doing the practice

not necessary to entertain questions, keep practicing

Vedanta is also called

Mimansa

UttaraMimansa

PurvaMimansa

DakshinMimansa

Who is the Guru of Swami Vivekananda?

Yoganand

Ramkrishna Paramhansa

Satyananda Saraswati

Shivanand

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

Cerebral Artery

Coronary Artery

Aorta

Carotid Artery

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

Stomach

Lungs

Liver

Kidney

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

Freshness of air

Clean Environment

Availability of food and water supplies

Enough space for Sadhaks to sit

Which of the text is also called as "Shruti"

Upanishad

Darshan

Veda

Samhita

The word "Yoga" is derived from Sanskrit root

Yaju

Yuj

Riju

None of the above

Which of these is not an authentic text of Hathyoga?

Goraksh Samhita

Gherand Samhita

Hathratnavalli

Light on Yoga

Who is the Sthitaprajna?

One who is free from family attachment

One who gives up non vegetarian food

One who does not marry

One who is free from pleasure and pain

How many types of Chitta Vikshepas are there in Yog Sutras?

5

3

10

2

Which of these is characterized by activity or movement?

Sattva

Rajas

Tamas

Nirudh

Which of these is not an outcome of Asana according to Hatha Pradipika?

Arogya

Laghavam

Sthairyam

Dhairyam

Which is not a synonym of Kundalini?

Arundhati

Bhujangi

Kutilangi

Kalavati

The qualities of Sattva Guna is not:

Laghoo

Prakashak

Sukha

Moha

What is the importance of session planning?

For a session to be well accepted

For a systematic teaching

For our self improvement

None of the above

Why giving a feedback about the class is important?

For our understanding

For updating ourselves

For self monitoring

None of the above

Why do we need to explain the contraindications of a practice before we go for a practice?

For our benefit

For making the Sadhak aware of his/ her limitations

Brings clarity of mind and physical health

None of the above

In Sanskrit "Yoga" means

To multiply

To Understand

To Unite

To Comprehend

"Yogah karmasu kaushalam" is according to which of the following text?

Patanjali Yoga Sutra

Yoga Vasistha

Gheranda Samhita

Bhagavad Gita

According to Bhagwad Gita the main forms of Yoga are?

Laya, Hatha, Raja

Mantra, Tantra, Yantra

Karma, Jnana, Bhakti

None of the above

Which of the following is a part of the eight –fold- path of Patanjali?

Abhyasa

Vairagya

Pratipaksha Bhavana

Pratyahara

The fourth Chapter of the Yoga Sutras is termed as

Moksha pada

Phala pada

Kaivalya pada

Samadhi pada

Which one of these is not a “Purushartha”?

Dharma

Kama

Moksha

Samadhi

Who amongst the following was a Hatha Yogi?

Maharshi Patanjali

Viswamitra

Swami Gorakhnath

Vasistha

Number of Kumbhakas mentioned in Hatha Yoga Pradipika is

4

7

8

10

Which of the following is not a process of Pranayama?

Rechaka

Puraka

Kumbhaka

Samyaka

Asana according to Patanjali is

Sthramasanam

Sukhamasanam

Sthirmsukhamasanam

Chiramasanam

The Bhagavad Gita, Brahmasutra and Mukhya Upanishads are collectively called

Brahmanas

Aranyakas

Prasthantraya

Vedanta

Doing duty without attachment of fruits is

Nishkama Karma

Akarma

Vikarma

None of these

The three key processes in Pranayama are

Puraka, Kumbhaka and Rechaka

Sagarbha, Nigarbha and Sahita

Sahita, Kevala and Sagarbha

None of these

Chitta means:

Mind

Consciousness

Thoughts

Self

Bhakti Yoga is the path of

Action

Inner wisdom

Devotion

None of these

Which of the following Chakra is called is otherwise called " Heart Chakra"

Manipura

Visuddhi

Anahata Chakra

Ajna

Mumukshutva

The State of Samadhi

Intense longing for liberation

A sacred person

A Sage

Who was the 24th Tirthankara of Jainism?

Mahavira

Jina Sena

Rushabhanath

Kshemendra

Which is the first Chapter of Patanjali Yoga Sutra?

Kaivalyapada

Sadhanapada

Samadhipada

Vibhutipada

Who had founded the Nath Cult?

Swami Matsyendranath

Swami Gorakhnath

Adinath

None of these

Who has named Ashtanga Yoga of Patanjali as Raja Yoga?

Swami Shivananda

Swami Vivekananda

Swami Kavalayananda

Swami Satyananda

The sense of surrendering to the Divine is

Indriya Nigraha

Saranagati

Bhakti

None of the above

One of the Qualities of Jnana Yogi –VIVEKA- means:

Renunciation of the worldly pleasures

Withdrawal of senses from its object of pleasure

A burning aspiration for God realization

Discrimination of immortal and mortal objects

Shatkarmas are the techniques used for

External Cleansing

Cleansing of GIT

To remove the excessive dosahs from all parts of the body

To clean the mind

Which of the following is not a Chitta Bhoomi?

Kshipta

Vikshipta

Chanchala

Moodha

----- is also known as Uttara Mimansa.

Nyaya

Sankhya

Vaisesika

Vedanta

Desh Bandhasya Chittasya-----

Dhayana

Dharana

Samadhi

None of the above

Which form of Navadha Bhakti involves chanting and glorifying the God?

Shravanam

Keertanam

Archanam

Vandanam

Which of these is not one of the main four Vedas?

Rigveda

Samaveda

Atharvaveda

Ayurveda

According to Bhagavad gita, Yoga is

Yogaschitta vritti nirodhah

Yoga karmasu kaushalam

Manoprasamana upayah Yogah

Yogena chittasya padena vacham

Which ancient Indian sage authored the 'Sankhya Darshan'?

Gautama

Jaimini

Kapil Muni

Patanjali

What do you mean by Shravan?

Being God's servant

Hearing about God

Chanting His name and glory

Befriending him

The word yoga was first mentioned in which Veda

Sama Veda

Rig Veda

Atharva Veda

Yajur Veda

The meaning of '*Samatvam yoga uchyate*' is

Balance in life

Way of life

Holistic living

Work done with dexterity

Which is the first component of Hatha yoga according to Hatha pradeepika?

Asana

Pranayama

Mudra

Shatkriyas

Ashtanga yoga is whose contribution

Svatmarama

Maharshi Patanjali

Gheranda

Gorakshanath

Gheranda Samhita is the collection of dialogues between Gheranda and whom

Bhrigu

Dhruva

Chanda kapali

None of the above

What is a diet which is juicy, unctuous, nourishing and pleasing to the heart known as?

Rajasic food

Tamasic food

Satvic food

None of the above

Which of the following is one of the reasons for the failure in Hatha yoga sadhana?

Courage

Over eating

Perseverance

Absolute faith

In which form of Neti, salt is used?

Sutra

Jala

Dugdha

Ghrita

How many sadhaka tattvas are described in Hathapradipka?

2

4

6

8

According to Hatha pradeepika, which asana is the best?

Padmasana

Siddhasana

Swastikasana

Vajrasana

Which practice of Hatha yoga involves drawing of air through the mouth?

Ujjayi

Sitkari

Bhramari

Bhastrika

By mastering which practice one can float like a lotus leaf on the water.

Sitali

Bhastrika

Nadi sodhana

Plavini

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

Friendliness towards pleasure

Disturbed state of the mind

Not Becoming compassionate

Sleep

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

Neti

Dhauti

Trataka

Nauli

Which muscle works at our will.

Skeletal

Smooth

Cardiac

None of the above

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

Cone

Rods

Both

None of the above

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

Liver

Pancreas

Adrenal

Thymus

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

Neti

Trataka

Kapalbhati

None of the above

Sarvangasana is good for complications of which gland?

Pancreas

Thyroid

Adrenal

Ovary

Chakrasana is contraindicated for

Anxiety

Stress

Recent surgery

None of the above

Nadi shodhana pranayama is one of the practices helpful for regulating which of the following?

Pulse rate

Elevated blood pressure

Sweating

Urination

Which type of vyadhis are stress borne diseases?

Adhija

Anadhija

Both Adhija and Anadhija

None of the above

Our inner wisdom is the component of which kosha.

Annamaya

Pranamaya

Manomaya

Vijnanamaya

Which of the following attribute is of 'Rajasic' personality?

Anger and egoism

Inertia and sluggishness

Calm and balanced

None of the above

Tanmatra 'smell' corresponds to which of the following?

Jala

Prithvi

Vayu

Akash

Which of the sensory organ is connected with 'Akash' element?

Nose

Eye

Ear

Tongue

Yogic diet is the one that

Tasty diet

Good for health

Conducive to the practice of Yoga sadhana

All of the above

Which of the principle is vital for good health is

Over exhaustion

Adequate rest

Over eating

Over working

Pranayama is cutting down the speed of

Mind

Anger

Jealousy

Inhalation-Exhalation

Which of the following hormone activates the flight and fight reactions?

Adrenalin

Thyroxine

Growth hormone

Insulin

HPA axis stands for

Hypothalamus-pituitary-adrenal axis

Hypothalamus-pineal-adrenal axis

Hypothalamus-pituitary-amacrine axis

Hypothalamico-Pinealic- Amylic axis

What is the vehicle of our mind.

Blood

Breath

Body fluid

Prana

The basis of 'Pancha kosha' is

Kena Upanishad

Prashna Upanishad

Taitriya Upanishad

Isha Upanishad

Which of the following is not one of the Antahkarana?

Manas

Buddhi

Jnana

Chitta

Which is the operational tool for Annamaya kosha is

Pranayama

Dhyana

Pratyahara

Kriya

Which state of our consciousness corresponds to deep sleep?

Jagrata

Svapna

Sushupti

Turiya

What is the key feature of Yoga practice?

Only maintaining posture

Only breathing in and out during practice

Awareness

Normal breathing

Who is the author of Siddha Siddhanta Paddhati?

a. Gheranda rishi

b. Matsyendranath

c. Gorakshanath

d. Adinath

Which of the following is one of the of the classical Hatha yoga texts?

a. Patanjali Yoga Sutra

b. Bhagavad Gita

c. Gheranda Samhita

d. Yoga Vasistha

The entire wisdom of yoga in Sanskrit was first compiled by whom?

a. Gorakshanatha

b. Svatmarama

c. Matsyendranath

d. Maharshi Patanjali

How many vedas are there?

a. 2

b. 4

c. 6

d. 8

How many Principal Upanishads are there?

a. 7

b. 10

c. 14

d. 18

What is the Intense longing for achieving liberation known as?

a. Viveka

b. Vairagya

c. Mumukshutva

d. Moksha

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

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
- d. Titiksha

210. 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 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

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. Kapalbhata
- 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

What is the definition of yoga according to Yoga Vasistha?

Yujyate Aneneti Yogah

YogahKarmasuKaushalam

Manah Prashamanopayah Yogah

Yogashchittavritti Nirodhah

From where has the whole knowledge of yoga believed to be originated?

Upanishads

Vedas

Darshanas

Buddhism

Upanishads are also known as :

Upavedas

Vedanga

Vedantas

Aranyakas

Taittiriya Upanishad talks about which of the following?

PanchaPranas

PanchaMahabhootas

Panchatantra

Pancha Koshas

How many major puranas are there?

18

10

108

07

The concept of food according to Hatha Yoga does not include

The concept of Pathya

The Concept of Mitahara

The concept of Sattwa-Rajas-Tamas

The concept of Apathya

Karma yoga is a branch of yoga based on the teachings of which text?

Patanjali Yoga sutras

Bhagavad Gita

Hatha pradipika

Upanishads
