

QUESTIONS FOR YOGA QUIZ

<p>1. Raja Yoga is the yoga of controlling our:</p> <ul style="list-style-type: none">a. Sense Organsb. Organs of Actionc. Mindd. Our Emotions
<p>2. What is one word that occurs in every chapter of the Gita?</p> <ul style="list-style-type: none">a. Mayab. Avidyac. Yogad. Sanyasa
<p>3. Counter pose of Sarvangasana is ---?</p> <ul style="list-style-type: none">a. Savasanab. Matsyasanac. Halasanad. Sethubandhasarvangasana
<p>4. Asana useful in diabetes is –</p> <ul style="list-style-type: none">a. Padmasanab. Virasanac. Mandukasanad. Siddhasana
<p>5. Which one of the following attribute satisfies the criteria of Sattvic Food?</p> <ul style="list-style-type: none">a. Spicy, hot, bitter, sour and pungentb. Pure, essential, natural, vital, energy containingc. Unnatural, overcooked, stale, left over and processed foodd. None of the above
<p>6. Which asana affects the digestive system ?</p> <ul style="list-style-type: none">a. Vajrasanab. Udarakarshan asanac. Matyendrasanad. All of the above
<p>7. A student is not able to practice as per your satisfaction. How will you deal with this student?</p> <ul style="list-style-type: none">a. Force the student by applying physical pressure on the body

<ul style="list-style-type: none"> b. Encourage the student to have patience and continue to practice c. Ask him not to practice at all d. Ignore the student
<p>8. Dress for yoga practice should be</p> <ul style="list-style-type: none"> a. Tight fitting jeans b. Costly and sophisticated dresses c. Protective covering from head to toe d. Loose fitting and comfortable
<p>9. Where does Ajna Chakra located?</p> <ul style="list-style-type: none"> a. Eyebrow centre b. Chest c. Tongue d. Legs
<p>10. How many kinds of Kapalhati are said in 'Gherandsamhita'?</p> <ul style="list-style-type: none"> a. 01 b. 02 c. 03 d. 04
<p>11. How many Asanas are described in 'Gherandsamhita'?</p> <ul style="list-style-type: none"> a. 84 b. 84000 c. 08 d. 32
<p>12. Which Mudra destroys all diseases of the rectum and prevents premature death?</p> <ul style="list-style-type: none"> a. Brahmi Mudra b. Shambhavi Mudra c. Akashachari Mudra d. Ashvini Mudra
<p>13. Which type of Asana should avoid during disc prolapse (herniation) in Low back pain?</p> <ul style="list-style-type: none"> a. Backward asana b. Forward asana c. Twisting asana d. Side bend asana
<p>14. The practice of yoga should be commenced in season of:-</p>

- a. Greeshm and Sharad
- b. Shishir and Hemant
- c. Basant and Sharad
- d. Varsha and Sharad

15. How many types of Pranayama explained in Yoga Sutra?

- a. 01
- b. 02
- c. 03
- d. 04

16. Jnana Yoga is the work of

- a. Ramana Maharshi
- b. Osho
- c. Vivekanada
- d. SreeNarayana Guru

17. Who is not an Acharya of 'Hathayoga'?

- a. Matsyendra
- b. Goraksha
- c. Swatmarama
- d. Kapil

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

- a. 8
- b. 4
- c. 3
- d. 7

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

- a. Vajrasana
- b. Konasana
- c. Vrikshasana
- d. Bhujangasana

20. According to Yoga the Raga is:-

- a. Klesh
- b. Prem
- c. Asakti
- d. All of the above

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

- a. Asana
- b. Exercise
- c. Meditation
- d. Bandha

22. Which Chakra Symbolized by a lotus of ten petals?

- a. Muladhara Chakra
- b. Anahata Chakra
- c. Manipura Chakra
- d. Visuddha Chakra

23. How many types of Bhaktis are there in Bhakti Yoga?

- a. 10
- b. 9
- c. 8
- d. 7

24. Which one comes under Antaranga Yoga?

- a. Niyama
- b. Dharana
- c. Asana
- d. Pratyahara

25. Which of the following is not a Vritti?

- a. Pramana
- b. Vikalpa
- c. Viveka
- d. Nidra

26. The Samkhya Darshan is:-

- a. Dvaita
- b. Advaita
- c. Dvaitadvaita
- d. Vishishtadvaita

27. Who is the author of Yoga Sutras?

- A. Kapila
- B. Kanada
- C. Jaimini
- D. Patanjali

28. "Yogabhasya" is a commentary on Patanjali sutra or yoga sutra is written by a. Ramanuja b. Vyas c. Sankara d. None of them
29. The word "Yoga" is derived from Sanskrit root a. Yaju b. Yuj c. Riju d. None of the above
30. Which of these is not an authentic text of Hathayoga? a. Goraksh Samhita b. Gherand Samhita c. Hathratnavalli d. Light on Yoga
31. In Sanskrit "Yoga" means a. To multiply b. To Understand c. To Unite d. To Comprehend
32. 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
33. Which of the following is a part of the eight –fold- path of Patanjali? a. Abhyasa b. Vairagya c. Pratipaksha Bhavana d. Pratyahara
34. The fourth Chapter of the Yoga Sutras is termed as a. Moksha pada b. Phala pada c. Kaivalya pada d. Samadhi pada

<p>35. Which one of these is not a “Purushartha”?</p> <ul style="list-style-type: none">a. Dharmab. Kamac. Mokshad. Samadhi
<p>36. Who amongst the following was a Hatha Yogi?</p> <ul style="list-style-type: none">a. Maharshi Patanjalib. Viswamitrac. Swami Gorakhnathd. Vasistha
<p>37. Which of the following is not a process of Pranayama?</p> <ul style="list-style-type: none">a. Rechakab. Purakac. Kumbhakad. Samyaka
<p>38. Asana according to Patanjali is</p> <ul style="list-style-type: none">a. Sthramasanamb. Sukhamasanamc. Sthirmsukhamasanamd. Chiramasanam
<p>39. According to Bhagavad gita, Yoga is</p> <ul style="list-style-type: none">a. Yagaschitta vritti nirodhahb. Yoga karmasu kaushalamc. Manoprasamana upayah Yogahd. Yogena chittasya padena vacham
<p>40. Ashtanga yoga is whose contribution</p> <ul style="list-style-type: none">a. Svatmaramab. Maharshi Patanjalic. Gherandad. Gorakshanath
<p>41. According to Hatha pradeepika, which asana is the best?</p> <ul style="list-style-type: none">a. Padmasanab. Siddhasanac. Swastikasanad. Vajrasana

<p>42. Which practice of Hatha yoga involves drawing of air through the mouth?</p> <p>a. Ujjayi b. Sitkari c. Bhramari d. Bhastrika</p>
<p>43. By mastering which practice one can float like a lotus leaf on the water.</p> <p>a. Sitali b. Bhastrika c. Nadi sodhana d. Plavini</p>
<p>44. Which of these enables one to overcome the obstacles in the path of yoga, according sage Patanjali?</p> <p>a. Friendliness towards pleasure b. Disturbed state of the mind c. Not Becoming compassionate d. Sleep</p>
<p>45. Which of the following kriya is good for cleansing the eyes?</p> <p>a. Neti b. Dhauti c. Trataka d. Nauli</p>
<p>46. Which of the following Kriya is beneficial for reducing excess fats from the body?</p> <p>a. Neti b. Trataka c. Kapalbhata d. None of the above</p>
<p>47. Sarvangasana is good for complications of which gland?</p> <p>a. Pancreas b. Thyroid c. Adrenal d. Ovary</p>
<p>48. Chakrasana is contraindicated for</p> <p>a. Anxiety b. Stress c. Recent surgery d. None of the above</p>
<p>49. Nadi shodhana pranayama is one of the practices helpful for regulating which of the following?</p>

<ul style="list-style-type: none">a. Pulse rateb. Elevated blood pressurec. Sweatingd. Urination
<p>50. Pranayama is cutting down the speed of</p> <ul style="list-style-type: none">a. Mindb. Angerc. Jealousyd. Inhalation-Exhalation
<p>51. What is the key feature of Yoga practice?</p> <ul style="list-style-type: none">a. Only maintaining postureb. Only breathing in and out during practicec. Awarenessd. Normal breathing
<p>52. Which of these is not one of the main four Vedas?</p> <ul style="list-style-type: none">a. Rig vedab. Sama vedac. Atharva vedad. Dhanurveda
<p>53. What is Pranayama, one of the yogic practice used for?</p> <ul style="list-style-type: none">a. Annamaya koshab. Pranamaya koshac. Manomaya koshad. Vijnanamaya kosha
<p>54. Guru is the one, who dispels</p> <ul style="list-style-type: none">a. Darkness of ignoranceb. Light of arrogancec. Haziness of loved. Renunciation of World
<p>55. Which Asana is good for the thyroid gland?</p> <ul style="list-style-type: none">a. Matsyendrasanab. Veerasanac. Halasanad. Dhanurasana
<p>56. Which practices are beneficial for hypertension and cardiac problems?</p>

<ul style="list-style-type: none"> a. Asanas b. Relaxation c. Dynamic kriya d. Dynamic pranayama like Bhastrika
<p>57. Suryanamaskar incorporates</p> <ul style="list-style-type: none"> a. 12 mantras b. Sequence of body positions c. Breathing awareness d. All the above
<p>58. Which of the following are important during the practice of asanas?</p> <ul style="list-style-type: none"> a. Stability b. Comfort c. Effortlessness d. All the above
<p>59. How many vayus are mentioned in yogic texts?</p> <ul style="list-style-type: none"> a. 4 b. 6 c. 8 d. 10
<p>60. From where has the whole knowledge of yoga believed to be originated?</p> <ul style="list-style-type: none"> a. Upanishads b. Vedas c. Darshanas d. Buddhism
<p>61. Karma yoga is a branch of yoga based on the teachings of which text?</p> <ul style="list-style-type: none"> a. Patanjali Yoga sutras b. Bhagavad Gita c. Hatha pradipika d. Upanishads <p>62. Who is the Sat-Chit-Ananda according to Sankara?</p> <ul style="list-style-type: none"> a. Para Brahman b. Isvara c. Soul d. None of these
<p>63. What is not a Sadhak Tatva according to Hatha Yoga Pradipika?</p>

- a. Utsah
- b. Dhairya
- c. Prajalpo
- d. Dhyana

64. who is Yogi Svatmarama?

- a. Author of Hathapradipika
- b. Author of Synthesis of Yoga
- c. Author of Life Divine
- d. Author of Yoga Sutra

65. Tatra _____ Dhyanam

- a. Pratyayaiktanta
- b. Prativityasamutpada
- c. Pratyaksha
- d. Prtyktanta

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

- a. 1:2:4
- b. 2:4:1
- c. 1:4:2
- d. 2:4:2

67. nature of pingla swar is

- b. cold
- c. hot
- d. cold & hot
- e. none of the above

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

- a. Real
- b. Unreal
- c. Brahma
- d. Heaven

69. What is symbol of Ishwar as per Patanjali Yogasutra?

- a. Parmeshwar
- b. Pranav
- c. Purush
- d. Samadhi

70. How many sorts of ‘Kumbhak’ are said in ‘Gherandsamhita’?

- a. 03
- b. 04
- c. 08
- d. None of these

71. Which of the following is not a Pancha Bhoota?

- a. Air
- b. Water
- c. Sunlight
- d. Fire

72. Plough pose otherwise called as --?

- a. Sarvangasana
- b. Halasana
- c. Bhujangasana
- d. Chakrasana

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

- a. Lecture Method
- b. Practice Method
- c. Lecture cum Demonstration Method
- d. Group Discussion Method

75. 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

76. How many types of Bhakta according to Bhagavad Geeta-

- a. 2
- b. 3
- c. 4
- d. 5

77. 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

78. Samatvam Yoga Uchyate definition is given in:-

- a. Shrimadbhagavatgita
- b. Gherandsamhita
- c. Yoga Sutra
- d. Hathayog Pradeepika

79. Which Endocrine gland is Master gland in our body?

- a. Pancreas
- b. Adrenal
- c. Pituitary
- d. Pineal

80 . 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