

QUESTIONS FOR YOGA QUIZ

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,BrahmacharyaSatya,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)01
- B)02
- C)03
- D)04

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)08
- 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)05
- B)02
- C)03
- D)04

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-

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) 1:2:4
- B) 2:4:1
- C) 1:4:2
- D) 2:4:2

51.The functional unit of kidney is ---?

- A)Neuron
- B)Medulla
- C)Nephron
- D)Cortex

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

- A)01
- B)02
- C)03
- D)04

52.Jnana Yoga is the work of?

- A)Ramana Maharshi
- B)Osho
- C)Vivekanada
- D)SreeNarayana Guru

53.The nature of pingla swar is

- A)cold
- B)hot
- C)cold & hot
- D)none of the above

54.Contra-indication of Vajrasana is--?

- A)Diabetes mellitus

B)Rheumatism or Arthritis

C)Asthma

D)Constipation

E)Neck pain

55.Is not a Neo Vedantist

A)M.K. Gandhi

B)Vivekananda

C)Aurobindo

D)Patanjali

56.Which is the Ultimate Purushartha?

A)Dharma

B)Kama

C)Artha

D)Moksha

57.Who is not an Acharya of ‘Hathayoga’?

A)Matsyendra

B)Goraksha

C)Swatmarama

D)Kapil

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

A)Real

B)Unreal

C)Brahma

D)Heaven

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

- A)8
- B)4
- C)3
- D)7

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

- A)Vajrasana
- B)Konasana
- C)Vrikshasana
- D)Bhujangasana

61.Which of these is a type of muscle?

- A)Smooth
- B)Skeletal
- C)Cardiac
- D)All of the above

62.Ida Nadi is related to which nostril?

- A)Left Nostril
- B)Right Nostril
- C)Left and Right Nostril
- D)None of these

63.Philosophy is originally a term.

A)English

B)French

C)Greek

D)Latin

64. Which one of the following is not a part of the SadhanaChatushtaya?

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

D)Bandha

68. Illusion is.....?

- A) Distortion of existing stimuli
- B) The same as hallucination
- C) The result of innate mechanism
- D) Not based on external reality

69. MitaHara in Hatha yoga means

- A) Little eating
- B) Neither overeating nor under eating
- C) Under eating
- D) Only over eating

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

- A) Manipura
- B) Anahata
- C) Ajna
- D) Visudhi

71. Brain and Spinal cord are called--?

- A) Autonomic Nervous System
- B) Central Nervous System
- C) Peripheral Nervous System
- D) Sympathetic Nervous System

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

- A)Parmeshwar
- B)Pranav
- C)Purush
- D)Samadhi

73.Asthma is a --?

- A)Digestive disorder
- B)Neurological disorder
- C)Pulmonary disorder
- D)Musculo skeletal disorder

74.The other name of Yogic Enema is?

- A)Nauli
- B)Dhouti
- C)Basti
- D)Trataka

75.Founder of Yoga Philosophy is?

- A)Kanada
- B)Kapila
- C)Patanjali
- D)Adishankaracharya

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

- A)Muladhara Chakra
- B)Anahata Chakra
- C)Manipura Chakra

D)Visuddha Chakra

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

- A)Knowledge
- B)Devotion
- C)Action
- D)All of these

78.Concept of Sthitapragya is described in

- A)Bhagvadgita
- B)Patanjali Yoga Sutra
- C)Charak Samhita
- D)Hath Yoga Pradipika

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

- A)10
- B)9
- C)8
- D)7

80.According to Patanjali, the number of Niyamas are

- A)Four
- B)Five
- C)Six
- D)Ten

81. Which one comes under Antaranga Yoga?

- A) Niyama
- B) Dharana
- C) Asana
- D) Pratyahara

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

- A) 03
- B) 04
- C) 08
- D) None of these

83. Which of the following is not a Vritti?

- A) Pramana
- B) Vikalpa
- C) Viveka
- D) Nidra

84. The Samkhya Darshan is:-

- A) Dvaita
- B) Advaita
- C) Dvaitadvaita
- D) Vishishtadvaita

85. Who is the author of Yoga Sutras?

- A) Kapila
- B) Kanada

C)Jaimini

D)Patanjali

86.The 'Chitta' may be controlled by

A)Yama

B)Pratyahara

C)Niyama

D)Samadhi

87.Chakras and Nadis are components of which Kosha?

A)Annamaya

B)Pranamaya

C)Manomaya

D)Vijnyayamaya

88.Self-actualization concept is given by

A)Carl Roger

B)Albert Bandura

C)Abraham Maslow

D)Sigmund Freud

89.Hatha Yoga

A)Work is done without attachment

B)A preliminary to Spiritual Yoga

C)Education in the Scriptures

D)The mastery of meditation

90.Plough pose otherwise called as --?

- A)Sarvangasana
- B)Halasana
- C)Bhujangasana
- D)Chakrasana

91.Which method is suitable for teaching Yoga Practices---

- A)Lecture Method
- B)Practice Method
- C)Lecture cum Demonstration Method
- D)Group Discussion Method

92.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. 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. Vivekakhyaatiyogi'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 Bhagavad 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 ‘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. 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
- 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.Doing duty without attachment of fruits is

- A)Nishkama Karma
- B)Akarma
- C)Vikarma
- D)None of these

138.The three key processes in Pranayama are

- A)Puraka,Kumbhaka and Rechaka
- B)Sagarbha,Nigarbha and Sahita
- C)Sahita,Kevala and Sagarbha
- D)None of these

140.Chitta means:

- A)Mind
- B)Consciousness
- C)Thoughts
- D)Self

141.Bhakti Yoga is the path of

- A)Action
- B)Inner wisdom
- C)Devotion
- D)None of these

142. Which of the following Chakra is called is otherwise called “ Heart Chakra”

- A) Manipura
- B) Visuddhi
- C) Anahata Chakra
- D) Ajna

143. Mumukshutva

- A) The State of Samadhi
- B) Intense longing for liberation
- C) A sacred person
- D) A Sage

144. Who was the 24th Tirthankara of Jainism?

- A) Mahavira
- B) Jina Sena
- C) Rushabhanath
- D) Kshemendra

145. Which is the first Chapter of Patanjali Yoga Sutra?

- A) Kaivalyapada
- B) Sadhanapada
- C) Samadhipada
- D) Vibhutipada

146. Who had founded the Nath Cult?

- A) Swami Matsyendranath
- B) Swami Gorakhnath
- C) Adinath

D)None of these

147. Who has named Ashtanga Yoga of Patanjali as Raja Yoga?

- A)Swami Shivananda
- B)Swami Vivekananda
- C)Swami Kuvalayananda
- D)Swami Satyananda

148. The sense of surrendering to the Divine is

- A)Indriya Nigraha
- B)Saranagati
- C)Bhakti
- D)None of the above

149. 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

150. 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

151. Which of the following is not a Chitta Bhoomi?

- A) Kshipta
- B) Vikshipta
- C) Chanchala
- D) Moodha

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

- A) Nyaya
- B) Sankhya
- C) Vaishesika
- D) Vedanta

153. *Desh Bandhasya Chittasya*-----

- A) Dhayana
- B) Dharana
- C) Samadhi
- D) None of the above

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

- A) Shravanam
- B) Keertanam
- C) Archanam
- D) Vandanam

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

- A) Rigveda
- B) Samaveda

C)Atharvaveda

D)Ayurveda

156.According to Bhagavad gita, Yoga is

A)Yogaschitta vritti nirodhah

B)Yoga karmasu kaushalam

C)Manoprasamana upayah Yogah

D)Yogena chittasya padena vacham

157.Which ancient Indian sage authored the ‘Sankhya Darshan’?

A)Gautama

B)Jaimini

C)Kapil Muni

D)Patanjali

158.What do you mean by Shravan?

A)Being God’s servant

B)Hearing about God

C)Chanting His name and glory

D)Befriending him

159.The word yoga was first mentioned in which Veda

A)Sama Veda

B)Rig Veda

C)Atharva Veda

D)Yajur Veda

160. The meaning of ‘*Samatvam yoga uchyate*’ is

- A) Balance in life
- B) Way of life
- C) Holistic living
- D) Work done with dexterity

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

- A) Asana
- B) Pranayama
- C) Mudra
- D) Shatkriyas

162. Ashtanga yoga is whose contribution

- A) Svamarama
- B) Maharshi Patanjali
- C) Gheranda
- D) Gorakshanath

163. Gheranda Samhita is the collection of dialogues between Gheranda and whom

- A) Bhrigu
- B) Dhruva
- C) Chanda kapali
- D) None of the above

164. 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

165. 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

166. In which form of Neti, salt is used?

- A) Sutra
- B) Jala
- C) Dugdha
- D) Ghrita

167. How many sadhaka tattvas are described in Hathapradipka?

- A) 2
- B) 4
- C) 6
- D) 8

168. According to Hatha pradeepika, which asana is the best?

- A) Padmasana
- B) Siddhasana
- C) Swastikasana
- D) Vajrasana

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

- A) Ujjayi
- B) Sitkari

C)Bhramari

D)Bhastrika

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

A)Sitali

B)Bhastrika

C)Nadi sodhana

D)Plavini

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

A)Friendliness towards pleasure

B)Disturbed state of the mind

C)Not Becoming compassionate

D)Sleep

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

A)Neti

B)Dhauti

C)Trataka

D)Nauli

173. Which muscle works at our will.

A)Skeletal

B)Smooth

C)Cardiac

D)None of the above

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

- A)Cone
- B)Rods
- C)Both
- D)None of the above

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

- A)Liver
- B)Pancreas
- C)Adrenal
- D)Thymus

176. 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

177. Sarvangasana is good for complications of which gland?

- A)Pancreas
- B)Thyroid
- C)Adrenal
- D)Ovary

178. Chakrasana is contraindicated for

- A)Anxiety
- B)Stress
- C)Recent surgery

D)None of the above

179.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

180.Which type of vyadhis are stress borne diseases?

A)Adhija

B)Anadhija

C)Both Adhija and Anadhija

D)None of the above

181.Our inner wisdom is the component of which kosha.

A)Annamaya

B)Pranamaya

C)Manomaya

D)Vijnanamaya

182.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

183. Tanmatra 'smell' corresponds to which of the following?

- A) Jala
- B) Prithvi
- C) Vayu
- D) Akash

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

- A) Nose
- B) Eye
- C) Ear
- D) Tongue

185. 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

186. Which of the principle is vital for good health is

- A) Over exhaustion
- B) Adequate rest
- C) Over eating
- D) Over working

187. Pranayama is cutting down the speed of

- A) Mind

B)Anger

C)Jealousy

D)Inhalation-Exhalation

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

A)Adrenalin

B)Thyroxine

C)Growth hormone

D)Insulin

189.HPA axis stands for

A)Hypothalamus-pituitary-adrenal axis

B)Hypothalamus-pineal-adrenal axis

C)Hypothalamus-pituitary-amacrine axis

D)Hypothalamico-Pinealic- Amylic axis

190.What is the vehicle of our mind.

A)Blood

B)Breath

C)Body fluid

D)Prana

191.The basis of ‘Pancha kosha’ is

A)Kena Upanishad

B)Prashna Upanishad

C)Taitriya Upanishad

D)Isha Upanishad

192.Which of the following is not one of the Antahkarana?

A)Manas

B)Buddhi

C)Jnana

D)Chitta

193. Which is the operational tool for Annamaya kosha is

A)Pranayama

B)Dhyana

C)Pratyahara

D)Kriya

194. Which state of our consciousness corresponds to deep sleep?

A)Jagrata

B)Svapna

C)Sushupti

D)Turiya

195. 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

196. Who is the author of Siddha Siddhanta Paddhati?

A)a Gheranda rishi

b. Matsyendranath

c. Gorakshanath

d. Adinath

197. 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

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

- a. Gorakshanatha
- b. Svamarama
- c. Matsyendranath
- d. Maharshi Patanjali

199. How many vedas are there?

- a. 2
- b. 4
- c. 6
- d. 8

200. How many Principal Upanishads are there?

- a. 7
- b. 10
- c. 14
- d. 18

201. What is the Intense longing for achieving liberation known as?

- a. Viveka
- b. Vairagya

c. Mumukshutva

d. Moksha

202. 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
- 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

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)PanchaPranas
- b)PanchaMahabhootas
- c)Panchatantra
- D)Pancha Koshas

230.How many major puranas are there?

- A)18
- B)10
- C)108
- D)07

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

233.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

FORMAT FOR ANSWERS FOR YOGA QUIZ

Q. NO.	KEY	Q. NO.	KEY	Q. NO.	KEY	Q. NO.	KEY	Q. NO.	KEY	Q. NO.	KEY
1		41		81		121		161		201	
2		42		82		122		162		202	
3		43		83		123		163		203	
4		44		84		124		164		204	
5		45		85		125		165		205	
6		46		86		126		166		206	
7		47		87		127		167		207	
8		48		88		128		168		208	
9		49		89		129		169		209	
10		50		90		130		170		210	
11		51		91		131		171		211	
12		52		92		132		172		212	
13		53		93		133		173		213	
14		54		94		134		174		214	
15		55		95		135		175		215	
16		56		96		136		176		216	

17		57		97		137		177		217	
18		58		98		138		178		218	
19		59		99		139		179		219	
20		60		100		140		180		220	
21		61		101		141		181		221	
22		62		102		142		182		222	
23		63		103		143		183		223	
24		64		104		144		184		224	
25		65		105		145		185		225	
26		66		106		146		186		226	
27		67		107		147		187		227	
28		68		108		148		188		228	
29		69		109		149		189		229	
30		70		110		150		190		230	
31		71		111		151		191		231	
32		72		112		152		192		232	
33		73		113		153		193			
34		74		114		154		194			

35		75		115		155		195			
36		76		116		156		196			
37		77		117		157		197			
38		78		118		158		198			
39		79		119		159		199			
40		80		120		160		200			