

## QUESTIONS FOR FIRST YOGA QUIZ 2017

1	<p>Five types of Yama according to Patanjali are:</p> <p>aAhimsa,Asteya,Satya,Brahmacharya and Asana.</p> <p>bAhimsa,Satya,Asteya,Brahmacharya and Aparigraha</p> <p>cSatya,Asteya,Brahmacharya, Aparigraha and Dhyana</p> <p>dAsteya,BrahmacharyaSatya,Dhyana and Asana</p>
2	<p>Who is the Sat-Chit-Ananda according to Sankara?</p> <p>aPara Brahman</p> <p>bIsvara</p> <p>cSoul</p> <p>dNone of these</p>
3	<p>Raja Yoga is the yoga of controlling our:</p> <p>aSense Organs</p> <p>bOrgans of Action</p> <p>cMind</p> <p>dOur Emotions</p>
4	<p>What is one word that occurs in every chapter of the Gita?</p> <p>aMaya</p> <p>bAvidya</p> <p>cYoga</p> <p>dSanyasa</p>
5	<p>How many chapters are in the Gita?</p> <p>a16</p> <p>b14</p> <p>c12</p>

	d18
6	According to Yoga the Raga is:- aKlesh bPrem cAsakti dAll of the above
7	The word “Nadi” is derived from the word “Nad” which means aTo flow bTo blow cTo Run dTo carry
8	Normal Blood Pressure is----? a140/90mmHg b80/120mmHg c90/140mmHg d120/80 mmHg
9	Counter pose of Sarvangasana is ---? aSavasana bMatsyasana cHalasana dSethubandhasarvangasana
10	Asana useful in diabetes is – aPadmasana bVirasana

	<p>cMandukasana</p> <p>dSiddhasana</p>
11	<p>Which one of the following attribute satisfies the criteria of Sattvic Food?</p> <p>aSpicy, hot, bitter, sour and pungent</p> <p>bPure, essential, natural, vital, energy containing</p> <p>cUnnatural, overcooked, stale, left over and processed food</p> <p>dNone of the above</p>
12	<p>Which asana affects the digestive system ?</p> <p>aVajrasana</p> <p>bUdarakarshan asana</p> <p>cMatyendrasana</p> <p>dAll of the above</p>
13	<p>A student is not able to practice as per your satisfaction. How will you deal with this student?</p> <p>aForce the student by applying physical pressure on the body</p> <p>bEncourage the student to have patience and continue to practice</p> <p>cAsk him not to practice at all</p> <p>dIgnore the student</p>
14	<p>The spinal nerves pairs are:-</p> <p>a28</p> <p>b30</p> <p>c31</p> <p>d33</p>

15	Dress for yoga practice should be aTight fitting jeans bCostly and sophisticated dresses cProtective covering from head to toe dLoose fitting and comfortable
16	Which one is the basic unit of the living organism? aNeuron bNephron cCell dMitochondria
17	Where does Ajna Chakra located? aEyebrow centre bChest cTongue dLegs
18	Which is not a Pancha Bhuta? aEarth bWater cSunlight dAir
19	How many kinds of Kapalbhati are said in 'Gherandsamhita'? a01 b02 c03

	d04
20	<p>The great sayings of Upanishads are popularly referred as .....</p> <p>aSutras bKarikas cMahavakyas dAll of these</p>
21	<p>How many Asanas are described in 'Gherandsamhita'?</p> <p>a84 b84000 c08 d32</p>
22	<p>What is the name of the fourth chapter of Bhagavad Gita?</p> <p>aKarma Yoga bGyankarma sanyaas Yoga cKarma sanyaas Yoga dAtmasanyam Yoga</p>
23	<p>Which Mudra destroys all diseases of the rectum and prevents premature death?</p> <p>aBrahmi Mudra bShambhavi Mudra cAkashachari Mudra dAshvini Mudra</p>
24	<p>Which of the following is not a Chittavritti?</p>

	<p>aNidra</p> <p>bVairagya</p> <p>cPramana</p> <p>dSmriti</p>
25	<p>The number of Chittabhumi in Yoga is:-</p> <p>a05</p> <p>b02</p> <p>c03</p> <p>d04</p>
26	<p>Which of the following is not a Pancha Bhoota?</p> <p>aAir</p> <p>bWater</p> <p>cSunlight</p> <p>dFire</p>
27	<p>Which is not a sort of 'Panchaklesh'?</p> <p>aAvidya</p> <p>bAbhinivesh</p> <p>cAsmita</p> <p>dDukha</p>
28	<p>Astangamarga is a contribution of_to philosophy.</p> <p>aJainism</p> <p>bYoga System</p> <p>cMimansa</p> <p>dVedanta</p>

29	Which one of the following is not Kleshas? aAsmita bTrishna cRaga dAvidya
30	In which canto (Parva or book) does the Gita occur in? aBhishmaParva bDronaParva cBhimParva dUpanishad
31	Which of following is /are included in Triratna? aAsteya, Ahimsa, Satya bSamyakBhava cSamyakJnana and SamyakCharitra dAhimsa, Mudita, Maitri
32	.....is a heterodox system of classical Indian Philosophy. aNyaya bYoga cCarvaka dNone of these
33	In which stage of Chitta the yoga is begin- aMudavastha bEkagravastha

	<p>cVichipttavasta dNirudhavasta</p>
34	<p>What is not the three Gunas? aSattva bRajas cTamas dEkagra</p>
35	<p>Who is the author of Vaisesika Sutras? aKapila bKanada cJaimini dPatanjali</p>
36	<p>Yama is not followings- aAparigraha bAsteya cSantosh dBhramcharya</p>
37	<p>What is not a Sadhak Tatva according to Hatha Yoga Pradipika? aUtsah bDhairya cPrajalpo dDhyana</p>
38	<p>Who is Yogi Svatmarama? aAuthor of Hathapradipika</p>



	<p>bAuthor of Synthesis of Yoga</p> <p>cAuthor of Life Divine</p> <p>dAuthor of Yoga Sutra</p>
39	<p>Tatra_Dhyanam</p> <p>aPratyayaiktanta</p> <p>bPratityasamutpada</p> <p>cPratyaksha</p> <p>dPrtyktanta</p>
40	<p>Stress hormone--?</p> <p>aMelatonin</p> <p>bInsulin</p> <p>cCortisol</p> <p>dSerotonin</p>
41	<p>Which type of Asana should avoid during disc prolapse (herniation) in Low back pain?</p> <p>aBackward asana</p> <p>bForward asana</p> <p>cTwisting asana</p> <p>dSide bend asana</p>
42	<p>The practice of yoga should be commenced in season of:-</p> <p>aGreeshm and Sharad</p> <p>bShishir and Hemant</p> <p>cBasant and Sharad</p> <p>dVarsha and Sharad</p>

43	Shoulder and Hip joints are the examples of -----? aHinge joints bBall and Socket joint cCondyloid joint dPivot joint
44	Muscles are attached to the bones by through fibres called ---? aLigament bCartilage cTendon dCapsule
45	The meaning of prana is avital energy bair coxygen dall of the above
46	Which one helps to form blood clot during injury? aRBC bPlatelets cWBC dHaemoglobin
47	Who is the author of Nyaya Sutras? aKapila bKanada

	cJaimini dPatanjali
48	Which one is not a Spinal deformity? aScoliosis bKyphosis cOsteoporosis dLordosis
49	Bile is secreted from ---? aPancreas bSpleen cLiver dStomach
50	The ratio between the Puraka, Kumbhaka and Rechaka is ---? a1:2:4 b2:4:1 c1:4:2 d2:4:2
51	The functional unit of kidney is ---? aNeuron bMedulla cNephron dCortex
52	How many types of Pranayama explained in Yoga Sutra? a01

	<p>b02</p> <p>c03</p> <p>d04</p>
53	<p>Jnana Yoga is the work of .....?</p> <p>aRamana Maharshi</p> <p>bOsho</p> <p>cVivekanada</p> <p>dSreeNarayana Guru</p>
54	<p>The nature of pingla swar is</p> <p>a cold</p> <p>b hot</p> <p>c cold &amp; hot</p> <p>d none of the above</p>
55	<p>Contra-indication of Vajrasana is--?</p> <p>a Diabetes mellitus</p> <p>b Rheumatism or Arthritis</p> <p>c Asthma</p> <p>d Constipation</p> <p>e Neck pain</p>
56	<p>Is not a Neo Vedantist</p> <p>a M.K. Gandhi</p> <p>b Vivekananda</p> <p>c Aurobindo</p> <p>d Patanjali</p>
57	<p>Which is the Ultimate Purushartha?</p>

	aDharma bKama cArtha dMoksha
58	Who is not an Acharya of 'Hathayoga'? aMatsyendra bGoraksha cSwatmarama dKapil