

QUESTIONS FOR YOGA QUIZ

1.

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

2.

Raja Yoga is the yoga of controlling our:

Sense Organs

Organs of Action

Mind

Our Emotions

3.

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

To flow

To blow

To Run

To carry

4.

Where does Ajna Chakra located?

Eyebrow centre

Chest

Tongue

Legs

5.

Which is not a Pancha Bhuta?

Earth

Water

Sunlight

Air

6.

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

Brahmi Mudra

Shambhavi Mudra

Akashachari Mudra

Ashvini Mudra

7.

Astangamarga is a contribution of to philosophy.

Jainism

Yoga System

Mimansa

Vedanta

8.

What is not the three Gunas?

Sattva

Rajas

Tamas

Ekagra

9.

Yama is not followings-

Aparigraha

Asteya

Santosh

Bhramcharya

10.

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

11.

Stress hormone--?

Melatonin

Insulin

Cortisol

Serotonin

12.

The meaning of prana is

vital energy

air

oxygen

all of the above

13.

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

1:2:4

2:4:1

1:4:2

2:4:2

14.

The nature of pingla swar is

cold

hot

cold & hot

none of the above

15.

Who is not an Acharya of 'Hathayoga'?

Matsyendra

Goraksha

Swatmarama

Kapil

16.

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

Real

Unreal

Brahma

Heaven

17.

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

Viveka

Vairagya

Dhyan

Mumukshutva

18.

According to Yoga the Raga is:-

Klesh

Prem

Asakti

All of the above

19.

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

Asana

Exercise

Meditation

Bandha

20.

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

Manipura

Anahata

Ajna

Visudhi

21.

The other name of Yogic Enema is?

- Nauli
- Dhouti
- Basti
- Trataka

22.

Concept of Sthitapragya is described in

- Bhagvadgita
- Patanjali Yoga Sutra
- Charak Samhita
- Hath Yoga Pradipika

23.

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

- 03
- 04
- 08
- None of these

24.

The 'Chitta' may be controlled by

- Yama
- Pratyahara
- Niyama
- Samadhi

25.

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

26.

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

27.

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

Courage

Over eating

Perseverance

Absolute faith

28.

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

Sitali

Bhastrika

Nadi sodhana

Plavini

29.

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

30.

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

Neti

Trataka

Kapalbhati

None of the above

31.

Tanmatra 'smell' corresponds to which of the following?

Jala

Prithvi

Vayu

Akash

32.

The basis of 'Pancha kosha' is

Kena Upanishad

Prashna Upanishad

Taitriya Upanishad

Isha Upanishad

33.

Which of the following is not one of the Antahkarana?

Manas

Buddhi

Jnana

Chitta

34.

Which state of our consciousness corresponds to deep sleep?

Jagrata

Svapna

Sushupti

Turiya

35.

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

Gorakshanatha

Svatmarama

Matsyendranath

Maharshi Patanjali

36.

How many vedas are there?

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

37.

How many Principal Upanishads are there?

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

38.

What is the Intense longing for achieving liberation known as?

- a. Viveka
- b. Vairagya
- c. Mumukshutva
- d. Moksha

39.

Which of the following nadis corresponds to the state of equilibrium?

- a. Ida
- b. Pingala
- c. Sushumna
- d. Saraswati

40.

Which of the following is a Bahiranga yoga practice?

- a. Dharana
- b. Pratyahara
- c. Dhyana
- d. Samadhi

41.

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

42.

Blood in our body is the manifestation of which mahabhuta.

- a. Vaayu
- b. Agni
- c. Prithvi
- d. Akasha

43.

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

- a. Rig veda
- b. Sama veda
- c. Atharva veda
- d. Dhanurveda

44.

What is Pranayama, one of the yogic practice used for?

- a. Annamaya kosha
- b. Pranamaya kosha
- c. Manomaya kosha
- d. Vijnanamaya kosha

45.

Guru is the one, who dispels

- a. Darkness of ignorance
- b. Light of arrogance
- c. Haziness of love
- d. Renunciation of World

46.

Which of the following state cannot be suppressed?

- a. Jagrata
- b. Svapna
- c. Susupti
- d. Turiya

47.

What is the ability to be patient during demanding situation known as?

- a. Sama
- b. Dama
- c. Uparati
- d. Titiksha

48.

Which of the following is related to Chitta prasadanam?

- a. Abhyasa
- b. Vairagya
- c. Maitri
- d. Samapatti

49.

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

50.

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
