

Philosophy of Yoga

Semester VI

1. Yoga in Patanjali Yoga Sutra is defined as
 - a. Yujyate anena iti yoga
 - b. Yogah chitta vritti nirodhah
 - c. *Manah prasamana upayah yogah*
 - d. *Yogah karmasu kausalam*
2. is the path of wisdom
 - a. Raja yoga
 - b. Jnana yoga
 - c. Bhakti yoga
 - d. Karma yoga
3. Which of the following has three major constituents i. e., Sattva, Rajas and Tamas?
 - a. Purusha
 - b. Prakriti
 - c. Mahat
 - d. Maya
4. (mahabhuta) forms the gross constituent for Annamaya kosa.
 - a. Earth
 - b. Water
 - c. Fire
 - d. Air
5. Which of the following 'organ of action' represents to Earth element?
 - a. Genitals
 - b. Anus
 - c. Feet
 - d. Hand
6. Which of the following is a state of our consciousness?
 - a. Sruti
 - b. Swapna
 - c. Smriti
 - d. None of the above
7. Which of the following indicates the attribute 'Purity'?
 - a. Sattva
 - b. Rajas
 - c. Tamas
 - d. None of the above
8. is the cause of our suffering.
 - a. Abhyasa
 - b. Avidya
 - c. Vairagya
 - d. Avirati
9. To stabilize and focus the mind on one object, image, sound or idea is

- a. Dharana
 - b. Dhyana
 - c. Samadhi
 - d. Pratyahara
10. Which of the following Kosha is shaped by thoughts, emotions, memories, habits and desires?
- a. Annamaya
 - b. Pranamaya
 - c. Manomaya
 - d. Vijnanamaya
11. ----- is a Yoga practice for Annamaya kosa?
- a. Asana
 - b. Pranayama
 - c. Dharana
 - d. Dhyana
12. Location of our Ajna chakra is
- a. Crown of the head
 - b. eyebrow center
 - c. Base of throat
 - d. Heart
13. The primary function of *Prana* is
- a. Respiration
 - b. Digestion
 - c. Elimination
 - d. Circulation
14. Which of the following Asana is the best according to Hathayoga?
- a. Siddhasana
 - b. Simhasana
 - c. Padmasana
 - d. Bhadrasana
15. According to Hathayoga, Siddhasana is otherwise known as
- a. Muktasana
 - b. Guptasana
 - c. Bhadrasana
 - d. Both 'a' and 'b'
16. Mitahara is defined as
- a. Only agreeable food
 - b. Only sweet food
 - c. Agreeable and sweet food
 - d. None of the above
17. Which of the following Pranayama eliminates worm from the body according to Hathayoga pradipika?
- a. Chandrabhedha
 - b. Suryabhedha

- c. Nadishodhana
 - d. Ujjayi
18. Which of the following Pranayama can be done while moving, standing, sitting, walking according to Hathayoga pradipika?
- a. Bhastrika
 - b. Ujjayi
 - c. Nadishodhana
 - d. Suryabheda
19. Which of the following Asana can be practiced immediately after food?
- a. Siddhasana
 - b. Simhasana
 - c. Swastikasana
 - d. Vajrasana
20. The purpose of all pranayama practices is to attain.....according to Hathayoga pradipika.
- a. Antaranga kumbhaka
 - b. Bahiranga kumbhaka
 - c. Kevala kumbhaka
 - d. None of the above
21. According to Gheranda Samhita, one of the form of Kapalbhathi is
- a. Vatkarma
 - b. Agnikarma
 - c. Varikarma
 - d. None of the above
22. Which of the following is not a Chittabhumi?
- a. Ksipta
 - b. Mudha
 - c. Chanchala
 - d. Ekagra
23. Which of the option given below is not a Klesa according Maharshi Patanjali?
- a. Avidya
 - b. Raga
 - c. Dvesa
 - d. Abhyasa
24. The literal meaning of 'Vritti' in Patanjali Yoga Sutra is
- a. Calm state of the mind
 - b. Balanced state of the mind
 - c. Modification of mind
 - d. None of the above
25. Chittaprasadanam refers to
- a. A tranquil state of the mind
 - b. A blessed state of the mind
 - c. An ill mind
 - d. A healthy mind

26. Which of the following is not a practice of Bahiranga yoga?
- Asana
 - Pranayama
 - Pratyahara
 - Dhyana
27. Withdrawal of senses from the sensory objects is
- Dharana
 - Dhyana
 - Pratyahara
 - Samadhi
28. Which of the following 'Antahkarana' corresponds to our memory?
- Manas
 - Chitta
 - Buddhi
 - Ahamkara
29. Effortless dwelling on a single object is called
- Pratyahara
 - Dharana
 - Dhyana
 - Samadhi
30. Blood in our body is a
- Connective tissue
 - Fluid connective tissue
 - Epithelial tissue
 - Muscular tissue
31. Human heart has
- Two chambers
 - Three chambers
 - Four chambers
 - No chambers
32. Muscles involved in movement is
- Skeletal muscle
 - Smooth muscle
 - Cardiac muscle
 - None of the above
33. Which of the following Asana is good for thyroid gland?
- Dhanurasana
 - Paschimottanasana
 - Chakrasana
 - Sarvangasana
34. is a very good Kriya practice to get rid of Nasal allergy?
- Vastra dhouti
 - Danda dhouti

- c. Neti
 - d. Kapalbhati
35. Which of the following Kriya is contraindicated for Epilepsy?
- a. Trataka
 - b. Kapalbhati
 - c. Neti
 - d. Both 'a' and 'b'
36. The literal meaning of 'Bandha' in Sanskrit is
- a. To unlock
 - b. To strengthen
 - c. To lock
 - d. To loosen
37. Which of the following is otherwise called 'Stress born disease'?
- a. Adhija vyadhi
 - b. Anadhija vyadhi
 - c. Amadhija vyadhi
 - d. None of the above
38. The theory of 'Pancha kosa' is derived from
- a. Mandukya Upanishad
 - b. Kena Upanishad
 - c. Taittiriya Upanishad
 - d. Katha Upanishad
39. Which 'organ of action' represents to 'Air'?
- a. Anus
 - b. Genitals
 - c. Feet
 - d. Hand
40. Which of the following 'Mahabhuta' corresponds to the sense organ 'Ears'?
- a. Earth
 - b. Water
 - c. Air
 - d. Ether
41. is the state of truth, simplicity and equanimity in action.
- a. Tamas
 - b. Rajas
 - c. Sattva
 - d. None of the above
42. Which of the following Prana is confined to only thorax?
- a. Udana
 - b. Prana
 - c. Samana
 - d. Apana
43. Vyana governs the
- a. Respiration

- b. Digestion
 - c. Elimination
 - d. Circulation
44. Prolonged concentration leads to
- a. Dharana
 - b. Dhyana
 - c. Pratyahara
 - d. Samadhi
45. To dedicate and surrender oneself to higher principles is
- a. Shaucha
 - b. Santosha
 - c. Tapas
 - d. Isvara Pranidhana
46. The ability to be patient during demanding situation is
- a. Shama
 - b. Dama
 - c. Uparati
 - d. Titiksa
47. According to, 'Yoga is the process of calming down the mind'
- a. Patanjala Yoga Darshan
 - b. Hathayoga Pradipika
 - c. Yoga Vasistha
 - d. Gheranda Samhita
48. Which of the following is the first stage of Nadanusandhana?
- a. Arambha avastha
 - b. Nishpatti avastha
 - c. Ghata avastha
 - d. Parichaya avastha
49. "Vibhuti" is the Sanskrit word for
- a. Achievements
 - b. Force
 - c. Work
 - d. Power
50. is not a negative emotion?
- a. Hatred
 - b. Jealousy
 - c. Anger
 - d. Sympathy
51. The ailments brought about by the Stress are
- a. Life style diseases
 - b. Communicable diseases
 - c. Non communicable diseases

- d. Psychosomatic diseases
52. Doing duty without attachment of fruits is_____.
- Nishkama karma
 - Akarma
 - Vikarma
 - None of the above
53. To bring steadiness is the objective of practicing
- Pranayama
 - Yama
 - Niyama
 - Asana
54. Pranayama is one of the forms of yogic practice that brings correction in
- Annamaya kosa
 - Pranamaya kosa
 - Manomaya kosa
 - Vijnanamaya kosa
55. is the ability to see, hear, or become aware of something through the senses.
- Attention
 - Learning
 - Perception
 - Memory
56. Which of the following is a balancing yoga posture?
- Hasta padasana
 - Ushtrasana
 - Natrajasana
 - Ardhamatsyendrasana
57. Which of the following is a heating pranayama?
- Nadishodhana
 - Ujjayi
 - Chandrabhedana
 - Sitali
58. Who compiled Hathayoga pradipika?
- Patanjali
 - Gheranda
 - Svatmarama
 - None of the above
59. is the inability to understand, listen, follow or practice anything.
- Vyadhi
 - Styana
 - Samshaya
 - Pramada

60. is described as a reaction of the human body to a demanding situation.
- Hunger
 - Sleep
 - Stress
 - Sweating
61. Suryanamaskar is a well-devised combination of..... and breathing.
- Pranayama
 - Dhyana
 - Bandha
 - Asana
62. Which of the following Asana is named after the Rishi Matsyendra?
- Matsyasana
 - Vakrasana
 - Ardhamatsyendrasana
 - Matsyakridasana
63. Which posture makes a wonderful combination of Bhujangasana and Salabhasana?
- Sarpasana
 - Dhanurasana
 - Halasana
 - Chakrasana
64. Which of these is a Kriya?
- Kapalbhati
 - Bhastrika
 - Ujjayi
 - Nadishodhana
65. Every Yoga teacher must start the practice session with
- Asana
 - Pranayama
 - Kriya
 - Silence
66. What should be the minimum gap between a meal and Yoga practice?
- 6 hours
 - 4 hours
 - 2 hours
 - None of the above

67. Asana are classified into _____ types

- 7
- 3
- 4
- 8

68. The word Pranayama means

- Therapeutic breathing

- b)The dissipat i onofener gy
c)Subt l ehandgest ur es
d)t hebodyst r engt
69. The primary function of "Prana" is
a) Respiration b) Digestion c) Elimination d) Circulation
70. The word "pranayama" refers to
a) meditation b) relaxation c) breathing control d) none
71. Yoga Consist of _____ Components
a) Six b) Four c) Eight d) nine
72. Every Yoga teacher must start the practice session with.
a) Pranayama b) Asana c) Kriya d) Silence
73. Yoga was first referenced as a form of _____
a) Asana b) Kabalapati c) Meditation d) Balance diet
74. The word "Yoga" is derived from .
a) Latin b) Urdu c) Sanskrit d) Tamil
75. Yoga Karmasu _____
a) Nischalam b) Chalam c) Kausalam d) Phalam
76. Which of the following pranayama purifies the Astral body?
a) Ujjai b) NadiShodhana c) Surya Bedha d) Moorcha
77. The word "Nadi" is derived from the word "Nad" which means .
a. To flow b. To blow c. To Run d. To carry
78. Raja Yoga is the yoga of controlling our
a) Sense Organs b) Organs of Action c) Mind d) Our emotions
79. Which Prana governs our digestive system?
a)Apana b)Vyana c)Samana d)Udana
80. Chakras and Nadis are components of which Kosha .
a)Annamaya b)Pranamaya c)Manomaya d)Vijnyayamaya
81. Yoga of Synthesis is the contribution of which Yogi?
a) Sri Aurobindo b)Swami Vivekananda c)Sri Yogananda d)Sri Chaitanya
82. Which of the following is not a Vritti?
a) Pramana b) Vikalpa c) Viveka d) Nidra
83. Who authored the SrimadBhagavatham .
a) Vishwamitra b) Vedavyasa c) Vasishtha d) Vidura
84. When the result of a deed is not expected it is called .
a) Bhakti Yoga b) Kriya Yoga c) Raja Yoga d) Karma Yoga
85. MitaHara in yoga means
A. Little eating B. Neither overeating nor under eating C. Under eating D. Only over eating

86. What moves when Prana moves according to Yoga?
 A. Manas B. Mana Shakti C. Chitta D. Buddhi
87. Which Asana is good for chronic low back pain?
 a. Dhanurasana b. Bhujangasana c. Chakrasana d. Halasana
88. 'Yoga Sutra' compiled by whom
 a) Patanjali b) Gheranda c) Svatomaramal d) Kapil muni
89. Which is the basic text of Yoga Philosophy?
 A. Hatha Yoga Pradipika B. Gheranda Samhitha C. Patanjali Yoga Sutra D. Shiva Samhitha
90. Which of the following is not a Chittabhumi?
 a. Ksipta b. Mudha c. Chanchala d. Ekagra
91. Which of the option given below is not a Klesa according Maharshi Patanjali?
 a. Avidya b. Raga
 c. Dvesa d. Abhyasa
92. Which of the following Kriya is contraindicated for Epilepsy?
 a. Trataka b. Kapalbhati c. Neti d. Both 'a' and 'b'
93. is the state of truth, simplicity and equanimity in action.
 a. Tamas b. Rajas c. Sattva d. Ekagra.
94. Which of the following Prana is confined to only thorax?
 a. Udana b. Prana c. Samana d. Apana
95. Which is the 6th limb of yoga, as described by Maharshi Patanjali ?
 (A) Yama (B) Niyama (C) Dharana (D) Dhyana
96. Practice of withdrawing senses from contact with external objects is called as
 (A) Yama (B) Niyama (C) Pranayama (D) Pratyahara
97. Aparigraha is included under.
 (A) Niyama (B) Yama (C) Antaranga Yoga (D) Samadhi
98. The coverings over light of knowledge get removed by
 (A) Pranayama (B) Pratyahara (C) Yama (D) Asana
99. Yoga does not embody unity of
 (A) Mind and body (B) Thoughts and actions (C) Man and nature (D) Thoughts and dreams
100. Which of the following is not a type of Pranayama ?
 (A) Bahyavritti (B) Stambhavritti (C) Manovritti (D) Abhyantaravritti