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
    Pratyasamutpada
    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 supressed?
   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

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