

Yoga Teacher & Evaluator

1. Abhyas and Vairagya are.....
 - a. Chitta Vruttinirodhak Bhava
 - b. Chitta Kleshkarak Bhava
 - c. Chitta Prasadak Bhava
 - d. Chitta Bhumi

2. Two main part of Central Nervous system are.....
 - a. Brain and pituitary gland
 - b. Brain and spinal cord
 - c. Brain and neck
 - d. Brain and vertebral column

3. Which of the following is Yog Pratibandhak Bhava as per Patanjali Yog sutra?
 - a. Aalasya (Laziness)
 - b. Vyadhi (Disease)
 - c. Sanshaya (Suspicion)
 - d. All of these

4. Panchashil is described in which religion?
 - a. Buddhism
 - b. Jainism
 - c. Hindu

5. Which of the following is type of Tratak?
 - a. Antarang and Bahirang
 - b. Jal and Shtala
 - c. Vam and Dakshina
 - d. Sutra and Jal

6. As per Hathayogpradipika kapalbhati is
 - a. Pranayam
 - b. Body Cleansing process
 - c. Type of shatkarma
 - d. B & C both

7. Vajrasana is contraindicated in.....
 - a. Piles
 - b. Gastric disorders
 - c. Acidity
 - d. None of these

8. Which of the following is not included in Tribandh?

- a. Mool bandh
- b. Udiyan bandh
- c. Nadhi bandh
- d. Jalandhar bandh

9. Eda Nadi is related to which God?

- a. Bramha
- b. Vishnu
- c. Mahesh
- d. Tridev

10. Pingla nadi is responsible for activities which are.....in nature

- a. Constructive
- b. Destructive
- c. Both A and B
- d. None of these

11. Total nadis in human body as per shiv samhita is.....

- a. 3.5lacs
- b. 72 thousand
- c. 3 lacs
- d. 10 thousand

12. Which of the following chakras are satwik or positive in nature

- a. Manipur
- b. Vishuddhi
- c. Ajna
- d. Both B & C

13. Which is param purushartha

- a. Dharma
- b. Artha
- c. Kam
- d. Moksha

14. Which of the following text is not written by maharshi Patanjali

- a. Mahabhashya
- b. Patanjali yog sutra
- c. Samvediya nidansutra
- d. None of these

15. Shri Aurobindo was under influence of

- a. Shri Ramakrishna paramhansa
- b. Swami Vivekanand
- c. Swami Dayanand Saraswati
- d. All of these

Which of the following principles should be followed before Yogic practice?

- e. Atmosphere should be calm and quite
- f. One should be empty stomach/light stomach
- g. Bladder and bowel should be evacuated
- h. All of these

The Yoga of devotion refers to

- i. Karma yoga
- j. Bhakti Yoga
- k. Jnan yoga
- l. Hatha Yoga

16. Yashswini Nadi situated in

- a. Right eye
- b. Right ear
- c. Left ear
- d. Mouth

17. Which of the following is not a type of personality?

- a. Introvert
- b. Extrovert
- c. Both A & B
- d. None of these

18. Which of two following is included in sayam as per as Patanjali Yog Sutra?

- a. Dharana
- b. Dhyan
- c. Samadhi
- d. All of these

19. How many types of hrudhouthi according to gherand samhita?

- a. 3
- b. 4
- c. 5
- d. None of these

20. Saptanga Yoga is the concept of

- a. Hathayogpradipika
- b. Patanjali Yog sutra
- c. Gherand Samhita
- d. None of these

23.....is more body oriented compared to.....which is mind oriented

- a. Hatha Yoga, Raja Yoga

- b. Raja Yoga, Hatha Yoga
- c. Bhakti Yoga, Karma yoga
- d. Mantra yoga, Jnana yoga

24. Iyengar Yoga and Power Yoga are types of..... practice ?

- a. Karma yoga
- b. Bhakti yoga
- c. Hatha yoga
- d. Jnan yoga

25. According to Gherand samhita which of the following provides strength to the body

- a. Shatkarma
- b. Asanas
- c. Mudra
- d. Pranayama

26. Which of the following is not included in kriyayog?

- a. Tap
- b. Jap
- c. Swadhyaya
- d. Ishwarpranidhan

27. Which among following is non-communicable disease?

- a. Osteoarthritis
- b. Osteoporosis
- c. Both A & B
- d. None of these

28. Tadasana is contraindicated in which disease?

- a. Cardiac problems
- b. Varicose veins
- c. Both A and B
- d. None of these

29. Which of the following is type of Pranayama according Patanjali yoga sutra?

- a. Stambhavrutti
- b. Bhayabhyantar vishayakshepi Pranayam
- c. Both A & B
- d. None of these

30. Which of the following Asana contradicted in Sciatica?

- a. Vajrasana
- b. Paschimottasana
- c. Shavasana
- d. None of these

31. Who am I? is concept of

- a. Shri Ramna Maharshi
- b. Maharshi Patanjali
- c. Maharshi Vyas
- d. Swatmaram

32. Which of the following is not related to Anahat Chakra?

- a. 12 Petals
- b. Heart
- c. Pruthvi Tatva
- d. Vayu Tatva

Which qualities are important in Yoga Teacher?

- e. Good Communication Skill
- f. Knowledge of Ashtangyog
- g. Both A & B
- h. None of these

33. Which of the following Acharyas are not related to Darshan Shastra?

- a. Shankracharya
- b. Ramanujacharya
- c. Narad muni
- d. Madhavacharya

34. The Upanishad are commonly referred as.....

- a. Darshana
- b. Vedanta
- c. Veda
- d. Aranyak

35. Who is the author of Satyarth Prakash?

- a. Mahatma Gandhi
- b. Maharshi Dayanand Saraswati
- c. Ravindranath Tagor
- d. Swami Vivekanand

36. Narendranath was the name of

- a. Swami Dayananda Saraswati
- b. Swami Vivekanand
- c. Swami Satyananda
- d. Swatmaram

37. As per Yog Vashishtha are the pillars to liberation (Moksha)

- a. 5
- b. 4
- c. 6
- d. 8

38. Tatra Pratyay Ektanta.....

- a. Dhyanam
- b. Asanam
- c. Pranayamam
- d. Dharnam

39. Gustatory cells are present in.....

- a. Nose
- b. Eyes
- c. Tongue
- d. Ear

40. Obstacles in Yoga practices (Antarayasya) as per Patanjali Yog Sutra is...

- a. Vyadhi (illness)
- b. Alasya(idleness)
- c. Styana(mental illness)
- d. All of these

41. Patanjali yog sutra accepted following Pramana(right knowledge)

- a. Pratyaksha (direct perception)
- b. Anumana (inference)
- c. Aagama (testimony)
- d. All of these

42. Parasympathetic nervous system get stimulated by....

- a. Classical Yoga practices
- b. Physical exercise
- c. Exertion
- d. All of these

43. Which of the following is included in prescribed (pathya) diet for yogis?

- a. Wheat
- b. Rice
- c. Milk
- d. All of these

44. Which of the following text is more ancient hathyogic text ?
- Hathyogpradipika
 - Hathratnvali
 - Gherand samhita
 - Pathanjali yog sutra
45. Which of the following Karma is useful in Kapha Disorder?
- Basti Karma
 - Neeti
 - Tratak
 - Dhauti
46. Among Triguna.....stands for darkness
- Satva
 - Raja
 - Tama
 - None of these
47. Six factors facilitating and obstructing progress in yoga is mentioned by....
- Gherand samhita
 - Hathyogpradipika
 - Patanjali yog sutra
 - Bhagvadgeeta
48. Which of the following is Upa Prana Vayu?
- Nag
 - Karma
 - Krukal
 - All of these
49. Which of the following is type of chittabhumi(chitta states) ?
- Praman
 - Vikalpa
 - Ekagra
 - Nidra
50. Drawatwa (Liquidity) is related to which type of Mahabhuta
- Pruthvi
 - Aap
 - Tej
 - Vayu
51. According to Patanjali Yog sutra vivek khyati (enlightened discrimination) leads to
- Kaiwalya
 - Nidra
 - Bhranti
 - Smriti
52. Tap,Swadhyay,Eshwarpranidhan collectively called as ...

- a. Karmayoga
- b. Kriyayog
- c. Yogkarma
- d. Bhakti Yoga

53. Hathyogpradipika mentioned how many types of Yama

- a. 8
- b. 10
- c. 12
- d. 5

54. Which of the following Yoga is for Alpabuddhi (less intellectual people)

- a. Bhakti Yoga
- b. Karma yoga
- c. Jnana yoga
- d. Mantra Yoga

55. According to Bhagvadgeeta bhakta (devotees) are of....types

- a. 3
- b. 4
- c. 5
- d. 8

56. Rajyoga includes.....

- a. Ashtanga yoga of Maharshi Patanjali
- b. Hathyoga
- c. Bhakti Yoga
- d. Karma yoga

57. Antakaran chatushtay related with which type of kosha

- a. Pranmaya
- b. Manomaya
- c. Annamaya
- d. Vijnanmaya

58. According to Hathyogpradipika which is correct time for Pranayama ?

- a. Early morning
- b. Afternoon
- c. Evening
- d. All of these

59. Which types of kumbhaka is best as per Hathyogpradipika

- a. Sahitkumbhahk
- b. Kewalkumhak
- c. Both A And B
- d. None of these

60. Today's teaching approach of yogic practice is...

- a. Students centered
- b. Teacher centered
- c. Both A & B
- d. None of these

61. Pernicious anaemia is due to deficiency of which type of vitamin ?

- a. Niyacin
- b. Thymin
- c. Cynocobalmine
- d. All of these

62. As per Patanjali yog sutra how many external component parts(Bahirang) are among Astang yoga ?

- a. 5
- b. 4
- c. 6
- d. 7

63. As per Patanjali Yog Sutra Samyama includes

- a. Dhyan
- b. Dharna
- c. Samadhi
- d. All of these

64. What is best time to do Suyanamaskara?

- a. Before the yogic postures
- b. After yogic postures
- c. After Pranayama
- d. All of these

65. Paschimottanasana (seated forward bend) is useful in ?

- a. Reducing abdominal fat
- b. Diabetes
- c. Enlargement of liver
- d. All of these

66. Shalabhasana (locust pose) is contraindicated in.....

- a. Pregnancy
- b. Obesity
- c. Lumbago
- d. Both A And B

67. Bhakti Yoga is well described in

- a. Patanjali yog sutra
- b. Gherand samhita
- c. Hathayogpradipika
- d. Bhagvadgeeta

68. Every Yoga teacher should teach the students about yogic practices....

- a. To do as per one's capacity
- b. Always compare with others
- c. Concentrate on breath
- d. Both A and C

69. Psychosomatic disorders mainly caused by...

- a. Stress
- b. Diet
- c. Sleep
- d. Exercise

70. "GuntrayaVibhag Yoga" is chapter of

- a. Bhagvatgeeta
- b. Patanjali Yog sutra
- c. Gherand Samhita
- d. Hathayogpradipika

71. Concept of Ghata and Ghatashuddhi is mentioned in

- a. Gherand Samhita
- b. Hathayogpradipika
- c. Patanjali Yog sutra
- d. All of these

72. Which Mudra is best as per Hathayogpradipika?

- a. Mahamudra
- b. Mahabandh
- c. Mahavedh
- d. Khechari Mudra

73. Gustatory cells are present in..

- a. Nose
- b. Eyes
- c. Tongue
- d. Ear

74. Which of the following diet is not advised for Yoga Aspirants?

- a. Rajasik Aahar
- b. Tamsik Aahar
- c. Both A & B
- d. None of these

75. Gajkarn.....

- a. Gherand Samhita
- b. Hathyogpradipika
- c. Patanjali Yog Sutra
- d. Bhagvatgeeta

77. Which of the following is not Upaprana?

- a. Dhananjay
- b. Krukar
- c. Kurma
- d. Udana

78. Dhirendra Bramhachari is related to.....

- a. Sukshma Vyayama
- b. Pranayama
- c. Dhyan
- d. None of the above

79. As per Patanjali Yog sutra the purpose of the practice of Kriyayog is

- a. Vairagya
- b. Samadhibhav
- c. Kleshtanukaran
- d. Both B & C

80. Surya Namaskara is

- a. A sequence of 12 postures
- b. An Asana
- c. Body cleansing
- d. All of above

