

Level- II

1. 'Samatvam Yoga Uchyate' is described in which verse of the Bhagvadgeeta?
 - A. 3/48
 - B. 2/50
 - C. 3/50
 - D. 2/48
2. Which of the following was not established by Swami Vivekananda?
 - A. Ramakarishna Mission
 - B. Vedanata Society
 - C. Ramakarishna Matha
 - D. Aarya Samaj
3. Which is the largest bone in the human body?
 - A. Femur
 - B. Tibia
 - C. Febulla
 - D. Backbone
4. Swamiji's Chicago speech held on:
 - A. 1894
 - B. 1895
 - C. 1892
 - D. 1893
5. Which mudra destroys all kleshas?
 - A. Mahamudra
 - B. Mahabheda mudra
 - C. Shaktichalini mudra
 - D. Vajroli mudra
6. De-attachment from the worldly objects and not desiring the results of actions by dedicating all the acts to the almighty god, is known as –
 - A. Sharadhha
 - B. Sama
 - C. Dama
 - D. Uparate
7. Who was the proponent of Bhakti Yoga?
 - A. Shri Krishna
 - B. Swami Vivekananda
 - C. Chaitanya Mahaprabhu
 - D. Shiva
8. Krishna karmas are –

- A. Good karmas
 - B. Bad karmas
 - C. Shrada karmas
 - D. Virtuous karmas
9. Which of the following part of the human brain controls the respiratory system?
- A. Cerebrum
 - B. Cerebellum
 - C. Cerebral
 - D. Medulla oblongata
10. Padamula sakti vikashaka is the practice of –
- A. Neck
 - B. Trunk
 - C. Ankle
 - D. Shoulder
11. According to Gheranda, the first limb of the Hatya yoga is –
- A. Asanas
 - B. Pranayama
 - C. Mudra
 - D. Shudhi Kriyas
12. An extrovert person –
- A. Is interested in reading
 - B. Is interested in social acts
 - C. Is victim of shyness
 - D. Remains isolated
13. What is meaning of word ‘vahnisara’?
- A. Vayu tatva
 - B. Jala tatva
 - C. Agni tatva
 - D. Aakash tatva
14. Symptom of the acute stress is –
- A. Thurst
 - B. Lack of appetite
 - C. Heart burn
 - D. More sleeping
15. Which chakra is activated by practice of Uddiyana bandha?
- A. Manipura
 - B. Visuddhi
 - C. Anahata
 - D. Swathisthana

16. In which pada of 'Patanjali Yoga Sutra', karmas are explained?
- A. Samadhipada
 - B. Sadhanapada
 - C. Vibhutipada
 - D. Kaivalyapada
17. What is the meaning of word 'bhati' in Kapalabhati?
- A. Shine
 - B. Hard
 - C. Light
 - D. Energy
18. According to Samkhya philosophy what characteristic does 'purusha' not have?
- A. Purusha is trigunatmika
 - B. Purusha is cognizable
 - C. Purusha is subject
 - D. All of the above
19. Which of the following yogic activity helps in curing metabolic syndrome?
- A. Asana
 - B. Suryanamaskara
 - C. Pranayam
 - D. All the above
20. Which of the following is not a quality of a Sattvic person?
- A. Focused
 - B. Committed
 - C. Shabby
 - D. Positive
21. Deterioration of which vayu causes the disorders of lungs and heart?
- A. Prana vayu
 - B. Apana vayu
 - C. Udana vayu
 - D. Vyana vayu
22. How many asanas are described in the text Hatha Yoga Pradipika?
- A. 16
 - B. 17
 - C. 32
 - D. 34
23. According to _____, 'Pranayama is the cessation of the movement of inhalation and exhalation'.
- A. Gheranda
 - B. Savatmarama

C. Gorakshanatha

D. Patanjali

24. Diabetes affects which organ of the human body?

A. Pancreas

B. Kidney

C. Eyes

D. All the above

25. Meaning of the word 'uddiyana' is –

A. To give up

B. To gain up

C. To rise up

D. To bring up

26. Which gland is responsible for stress response?

A. Thymus

B. Pancreas

C. Pituitary

D. Pineal

27. The element related to eyes is –

A. Space

B. Fire

C. Water

D. Earth

28. Which is the fourth limb of shaptanga yoga sadhna?

A. Mudra

B. Pranayama

C. Pratyahara

D. Dharna

29. People suffering from slipped disc should not perform –

A. Forward bending asanas

B. Ujjai pranayama

C. Nadishodhan pranayama

D. All the above

Which of the following method is not a part of the cyclic meditation?

A. P.R.T.

B. D.R.T.

C. I.R.T.

D. Q.R.T

30. Which of the following kosha is known as the 'emotional sheath'?
- A. Vijanmaya
 - B. Pranamaya
 - C. Manomaya
 - D. Annamaya
31. Yama includes –
- A. Social behaviour
 - B. Samadhi
 - C. Cognitive behaviour
 - D. Liberty
32. Sri Aurobindo ashram is located in –
- A. Calcutta
 - B. Pune
 - C. Rishikesh
 - D. Pondicherry
33. In which pada of the Patanjali Yoga Sutra, the means to eliminate the kaleshas are described?
- A. Samadhi pada
 - B. Sadhana pada
 - C. Vibhuti pada
 - D. Kaivalya pada
34. Gaining correct knowledge or right perception about a fact, situation, thing, person or incident is called –
- A. Vikalpa vritti
 - B. Smriti vritti
 - C. Pramana vritti
 - D. Viparyaya vritti
35. Oral presentation given by an instructor to a group of student is called –
- A. Demonstration method
 - B. Lecture method
 - C. Project method
 - D. Individualized instruction method
36. Which following a statement is true –
- A. Yoga practice increase muscle tension while exercises reduces muscle tension.
 - B. In yoga practice the metabolic rate is increased while exercise metabolic rate is reduced.
 - C. Practice of yoga purifies our body, mind and soul but some effect are not seen in exercise.
 - D. Regular practice of yoga needs more food but regular exercise needs less food.

37. During the practice of vastra dhauti kriya, the width of cloth used is –
- A. 6 inches
 - B. 5 inches
 - C. 2 inches
 - D. 3 inches
38. How many type of Bandhas described in the Gheranda Samhita?
- A. 5 types
 - B. 6 types
 - C. 3 types
 - D. 4 types
39. To maintain stable level of body temperature, fluid balance, blood pH, calcium, iron, level blood glucose etc. in the body or cells is called_____.
- A. Homeotactice
 - B. Stress
 - C. Homeostasis
 - D. None of the above
40. Ankle joints, elbow joints and interphaleangeal joints are which kind of joint –
- A. Hinge joints
 - B. Ball and socket joints
 - C. Saddle joints
 - D. Pivot joints
41. In Vibhutipada, what does the word ‘vibhuti’ mean?
- A. Sidhi
 - B. Power
 - C. Pure
 - D. To adore
42. The main cause of kaleshas is –
- A. Asmita
 - B. Avidya
 - C. Raga
 - D. Devesha
43. Which of the following state of mind is lethargic, dull and listless?
- A. Vikshipta
 - B. Ekagra
 - C. Muddha
 - D. Ksipta
44. The process of holding or fixing the concentration or attention of the mind into one object is called –
- A. Dhyana

- B. Dharana
- C. Pratyahara
- D. Samadhi

45. Manipura chakra is situated in which region of spinal column?

- A. Navel region
- B. Behind the sternum
- C. Base of throat
- D. Root of sexual organs

46. Which of the following type of devotee prays to God with the desires of wealth, victory name and fame?

- A. Jnani
- B. Jigyasu
- C. Artharthi
- D. Arta

47. Anadhija vyadhi mainly affects the –

- A. Annamaya kosha
- B. Pranaaya kosha
- C. Manomaya kosha
- D. Anadmaya kosha

48. How many sutras are there in Vibhutipada, Patanjali Yoga Sutra?

- A. 34
- B. 51
- C. 55
- D. 56

49. Prayer helps in reducing –

- A. Stress, Anxiety
- B. High Blood Pressure
- C. Negative emotion
- D. All the above

50. Satvic, rajasic and tamasic food concept associated with –

- A. Mitahara
- B. Yuktahara
- C. Shalpahara
- D. None of the above

51. In which text says – wine, fish, meat, berries, garlic, mustard and sesame oil, ferula asafetida, bitter, pungent and salty foods are prohibited for a yogi.
- A. Hathayoga Pradipika
 - B. Gheranda Samhita
 - C. Bhagavad Gita
 - D. Hata Ratnabali
52. A yoga teacher can provide moral education to his student by means of –
- A. Religious songs
 - B. Worship
 - C. Telling difference between bad and good
 - D. Mantra chanting
53. Which of the following is a type of kapalbhati kriya?
- A. Vaman
 - B. Moolsodhan
 - C. Vahnisara
 - D. Vayutkrama
54. Kalista vrittis are dominant in –
- A. Tamas guna
 - B. Rajas guna
 - C. Sattva guna
 - D. All the above
55. 'Prasthanatrayi' includes –
- A. Upanishad, Samaveda, Bhagavad Gita
 - B. Bhagavad Gita, Upanishad, Brahmasutra
 - C. Samaveda, Upanishad, Rigveda
 - D. Bhagavad Gita, Rigveda, Yajurveda
56. Adhija vyadhi means –
- A. Disturbances in the body at physical level.
 - B. Disturbances in the body at mental level.
 - C. Treatment of physical diseases.
 - D. Treatment of mental disease.
57. Lower category sadhakas can attain Samadhi by the means of –
- A. Kriya yoga
 - B. Jnana yoga
 - C. Ashtanga yoga
 - D. Mantra yoga
58. Maharishi Patanjali is also known by which another name?
- A. Ahipati
 - B. Shesa-avatara

- C. Naganatha
- D. All of the above

59. How many types of chitta vrittis are there according to the Patanjali Yoga Sutra?

- A. 4
- B. 5
- C. 6
- D. 7