

Patanjali Yog Sutras

This is for class quiz

Hi, Ratnesh Kumar Sharma. When you submit this form, the owner will see your name and email address.

* Required

1. Which is the first Shloka of Yog Sutras ? * (1 Point)

- ☒ अथ योगानुशासनम्
- ☐ योगश्चित्तवृत्तिनिरोधः
- ☐ तदा द्रष्टुः स्वरूपेऽवस्थानम्
- ☐ वृत्तिसारूप्यम् इतरत्र

2. What is the goal of meditation as per Patanjali? * (1 Point)

- ☐ To be able to perform in life
- ☐ To have better health
- ☐ For mental well-being
- ☒ To see the self
- ☐ None of the above

3. Which are the vrittis mentioned in Patanjali yog sutras ? * (1 Point)

- ☒ pramanna - Right Knowledge
- ☒ viparyaya - indiscrimination
- ☒ vikalpa - verbal misconception
- ☐ swapna - dream
- ☒ smritayah - memory
- ☐ None of the above

4. What does हेयं दुःखमनागतम् mean * (1 Point)

- ☒ Sorrow is to be worked upon
- ☐ One should put effort to avoid the sorrow which is yet to come
- ☐ one should contemplate on the sorrow one is feeling
- ☐ Sorrow should not be thought about

5. Which chapter mentions the eight steps of the yoga ? * (1 Point)

- ☐ Chapter 1
- ☒ Chapter 2
- ☐ Chapter 3
- ☐ Chapter 4

6. What is the method of achieving 'Inner development' as per patanjali? *
(1 Point)

- ☒ Getting clarity on goals of life
- ☐ Freedom from unnecessary mental activities
- ☐ Understanding one's priorities in life
- ☐ Hardwork and commitment in life

7. What is the reason for sorrow as per yogsutras ? * (1 Point)

- ☒ The coming together of seer and seen
- ☐ The pursuit of happiness
- ☐ Laziness
- ☐ Lack of comfort in life

8. What is Annamayakosha?
* (1 Point)

- ☐ Mental activities
- ☐ Nervous system
- ☐ Blissful state
- ☒ Physical sheath

9. Our endocrine system is part of ... * (1 Point)

- ☒ Annamayakosha
- ☐ Pranamayakosha
- ☐ Manomayokosh
- ☐ None of the above

10. How many अध्याय (Chapters) in Shrimad Bhagwat Gita? * (1 Point)

- ☐ 15
- ☐ 16
- ☐ 11
- ☒ 18

11. In which chapters भक्ति योग (Bhakti Yoga) has been mentioned in Shrimad Bhagwat Gita ?

* (1 Point)

- ☐ 12
- ☐ 13
- ☒ 11
- ☐ 10

12. From the point of view of yoga how many gunas ?

* (1 Point)

☐ 2

☒ 3

☐ 5

☐ 1

13. According to Patanjali what is the purpose of yoga * (1 Point)

☒ To see the self

☐ To get better health

☐ To get better concentration

☐ To get to know one's past lives

14. Figure out the true orders in astanga yoga * (1 Point)

☒ Pratyahara dhayana dharana samadhi

☐ Samadhi dhyana dharana pratyahara

☐ Pratyahara Dharana dhyana samadhi

☐ Dharana dhyana pratyahara smadhi

15. how many chapters are there in Yog Darshana * (1 Point)

- ☐ 3
- ☒ 4
- ☐ 7
- ☐ 18

16. Pranmayakosha drives... * (1 Point)

- ☐ Digestive system
- ☐ Repiratory system
- ☐ Circulatory system
- ☒ All of the above

17. 'Ahinsa satya asteya brahcharya and aparigraha' are the part of * (1 Point)

- ☒ Yam
- ☐ Niyama
- ☐ Pratyahara
- ☐ Samadhi

18. Which is the fifth prana missing here: Parana, Vyana, Udana, Samana * (1 Point)

Apana

19. When is International Yoga Day celebrate every year?

* (1 Point)

- ☒ 21 june
- ☐ 23 june
- ☐ 21 july
- ☐ 21Aug

20. Bhagwad Geeta is the part of * (1 Point)

- ☐ Ramayana
- ☐ Upnishada
- ☒ Mahabharata
- ☐ Yog Darshana

21. Apart from Arjuna, who else listened to the Gita?

* (1 Point)

- ☒ Dhritrashtra and Sanjaya
- ☐ Only Sanjaya
- ☐ Kauravas
- ☐ None of the above

22. Who has written the Bhagavad Gita ?

* (1 Point)

- ☐ Valmiki
- ☒ Ved Vyasa
- ☐ Tulsidas
- ☐ Kalidas

23. Stability (स्थिरता) and Happiness (सुख) are traits called for ... * (1 Point)

- ☒ Asana
- ☐ Pranayama
- ☐ Dhayana
- ☐ Samadhi

24. Yoga is based on the philosophy from... * (1 Point)

- ☐ Nyaya
- ☐ Mimasa
- ☒ Sankhya
- ☐ Vedanta

25. EEG measures activities of... * (1 Point)

- ☐ Digestive system
- ☐ Circulatory system
- ☒ Nervous system
- ☐ Endocrine system

26. Whats the Sanskrit name of 'Cobra pose' * (1 Point)

- ☒ Bhujangasna
- ☐ Parwatasana
- ☐ Dhanurasana
- ☐ Shashakasana

27. EEG mesures activities in... * (1 Point)

- ☐ PNS
- ☒ CNS
- ☐ ANS
- ☐ None of the above

28. Which of this is not pranayama * (1 Point)

- ☐ Anulomviloma
- ☒ Jaladhar Bandhaa
- ☐ Bhastrika
- ☐ Bhramari

29. Which one is the first step in the techniques pranayama ?

* (1 Point)

- ☐ Kumbhaka
- ☒ Puraka
- ☐ Rechaka
- ☐ None of the above

30. What is the right meaning of 'Ishwarapranidhan'? * (1 Point)

- ☒ Surrender to God
- ☐ Get realisation of God
- ☐ To help others
- ☐ Become God

⚠ Sorry, something went wrong

This content is created by the owner of the form. The data you submit will be sent to the form owner. Microsoft is not responsible for the privacy or security practices of its customers, including those of this form owner. Never give out your password.

Powered by Microsoft Forms | [Privacy and cookies](#) | [Terms of use](#)