

1. Backbends such as Cobra Pose (Bhujangasana) facilitate spinal _____.
 - a. Flexion
 - b. Extension
 - c. Adduction
 - d. Abduction
2. In Paschimottasana, Paschim means _____.
 - a. Back
 - b. Front
 - c. Lateral
 - d. None of the above
3. The Sanskrit name of Shoulder _____.
 - a. Janu
 - b. Manibandha
 - c. Gulpha
 - d. Skanda
4. Full yogic breathing involves ____ types of breathing
 - a. 2
 - b. 3
 - c. 4
 - d. 1
5. _____ pranayama is a heating pranayama
 - a. Chandrabhedhan
 - b. Bhramari
 - c. Sheetal
 - d. Bhastrika
6. _____ is also called Victorious breath.
 - a. Ujjayi
 - b. Bhastrika
 - c. Kapalabhati
 - d. None of the above
7. _____ pranayama is also called Nadi Shodhan
 - a. Anulom Vilom
 - b. Alternate nostril breathing
 - c. Chandrabhedhan
 - d. Both a and b
8. Abdominal breathing also called _____.
 - a. Vertical breathing
 - b. Diaphragmatic breathing
 - c. 'Both A & B
 - d. None of these
9. Which asana can be performed after meals
 - a. Padmasana
 - b. Vajrasana
 - c. Supta Vajrasana
 - d. Swastikasana
10. In Pranayama, ayam means
 - a. Extended
 - b. Stretched

- c. Control
 - d. Prolong
11. Paschimotanasana is also called _____
- a. Simhasana
 - b. Ugrasana
 - c. Veerasana
 - d. None of the above
12. Matsyendrasana is beneficial for
- a. Diabetes
 - b. Thyroid
 - c. Arthritis
 - d. Sciatica
13. Which asana is helpful for abdominal ailments
- a. Pawanmuktasana
 - b. Utkatasana
 - c. Matsyasana
 - d. Tadasana
14. Nephron is the structural and functional unit of _____.
- a. Kidney
 - b. Lungs
 - c. Heart
 - d. Stomach
15. Arteries in our body carry _____ blood except Pulmonary arteries.
- a. Deoxygenated blood
 - b. Oxygenated blood
 - c. Both oxygenated and deoxygenated blood
 - d. None of the above.
16. _____ postures are not good for hypertensive.
- a. Forward bending
 - b. Backward bending
 - c. Lateral bending
 - d. None of the above
17. _____ is a very good practice for eliminating the wind from the food pipe?
- a. Sarvangasana
 - b. Setubandhasana
 - c. Pawanmuktasana
 - d. Vakrasana
18. Which of these is good for thyroid disorders?
- a. Matsyendrasana
 - b. Veerasana
 - c. Halasana
 - d. Dhanurasana
19. During the Pranayama practice what would you emphasize?

- a. Watch the breath
- b. Be aware of the posture
- c. Follow a breathing pattern
- d. All the above

20. Suryanamaskar has the inclusion of

- a. 12 mantras
- b. Specific postures
- c. Breathing rhythms
- d. All the above

21. Nadi Shodhan if practiced for ____ months eradicates all diseases

- a. 2 Months
- b. 3 Months
- c. 2 Weeks
- d. None of the above

22. Which of the following Pranayama eliminates worm from the body according to Hathayoga pradipika?

- a. Chandrabhedha
- b. Suryabhedha
- c. Nadishodhana
- d. Ujjayi

23. Which of the following Pranayama can be done while moving, standing, sitting, walking according to Hathayoga pradipika?

- a. Bhastrika
- b. Ujjayi
- c. Nadishodhana
- d. Suryabhedha

24. The purpose of all pranayama practices is to attainaccording to Hathayoga pradipika.

- a. Antaranga kumbhaka
- b. Bahiranga kumbhaka
- c. Kevala kumbhaka

d. None of the above

25. Blood in our body is a

- a. Connective tissue
- b. Fluid connective tissue
- c. Epithelial tissue
- d. Muscular tissue

26. The only vein that carry oxygenated blood are the

- a. Aorta
- b. Pulmonary Arteries
- c. Pulmonary Veins
- d. Vena cava

27. Human heart has

- a. Two chambers
- b. Three chambers
- c. Four chambers
- d. No chambers

28. Muscles involved in movement is

- a. Skeletal muscle
- b. Smooth muscle
- c. Cardiac muscle
- d. None of the above

29. Which of the following is a balancing yoga posture?

- a. Hasta padasana
- b. Ushtrasana
- c. Natarajasana
- d. Ardhamatsyendrasana

30. Which of the following is a heating pranayama?

- a. Nadishodhana
- b. Ujjayi
- c. Chandrabhedana
- d. Sitali

31. Which of the following Asana is named after the Rishi Matsyendra?

- a. Matsyasana
- b. Vakrasana
- c. Ardhamatsyendrasana
- d. Matsyakridasana

32. Which posture makes a wonderful combination of Bhujangasana and Salabhasana?

- a. Sarpasana
- b. Dhanurasana
- c. Halasana
- d. Chakrasana

33. Which pranayama has the power of overcoming hunger and thirst?

- a. Ujjayi
- b. Plavini
- c. Bhastrika
- d. Sheetali