



AYI

Ayurveda  
Yoga  
International



Mock MCQ examination for

**Certification of Yoga Professionals Examination Level 1.1**

1.		Our likes and dislikes are related to which koshas? (20thO)
	A	<b>Manomaya</b>
	B	Vijnanmaya
	C	Annamaya
	D	Pranamaya
2.		Yoga in the Bhagvad Geeta is defined as?
	A	Sathira Sukham Asanam
	B	Yogaschitta Vritti Nirodhah
	C	Tato Davindanbhigate
	D	<b>Yogah Karmasu Kausham</b>
3.		Which of the following is sattvic?
	A	Purusha
	B	<b>Mahat</b>
	C	None of these
	D	Both A & B
4.		Container of the other koshas is?
	A	<b>Annamaya</b>
	B	Pranamaya
	C	Manomaya
	D	Vijyanmaya

5		Karmendriyas related to the fire element are?
	A	Genitals
	B	<b>Legs</b>
	C	Ears
	D	Hands
6		Chakras and Nadis are components of which Kosha?
	A	<b>Pranamaya</b>
	B	Vjjanamaya
	C	Annamaya
	D	Manomaya
7		Sukshma Vyayama are the practices to?
	A	Cool down the body
	B	Tighten the joints of the body
	C	<b>Warm up the body</b>
	D	Increase the flexibility
8		The best technique to control mental disturbances is?
	A	Meditation
	B	Prayer
	C	Yoga Nindra
	D	<b>All of the above</b>
9		Which of these is not one of the main four Vedas?
	A	Sama Veda
	B	Atharva Veda
	C	Rig Veda
	D	<b>Ayurveda</b>

10		Axial skeleton system in human body contains _____ bones?
	A	126
	B	106
	C	<b>80</b>
	D	90
11		Which prana helps in urination?
	A	Udana
	B	<b>Apana</b>
	C	Vyana
	D	Samana
12		Which of the following is a suitable dress material while performing Yoga?
	A	A rayon and loose dress
	B	A silk and loose dress
	C	<b>A loose cotton dress</b>
	D	A cotton fabricated dress
13		Cleansing technique for intestinal region is?
	A	Tratak
	B	<b>Basti</b>
	C	Neti
	D	Nauli
14		The word "Paschimo" in Paschimottanasana refers to?
	A	Front side
	B	Up side
	C	<b>Back side</b>
	D	Down side

15		Steadiness is the result of practicing?
	A	Dharna
	B	<b>Mudra</b>
	C	Trataka
	D	Pranayama
16		How many asanas are mentioned in the Patanjali Yoga Sutra?
	A	17 asanas
	B	15 asanas
	C	32 asanas
	D	<b>None of the above</b>
17		Voluntary muscles in the human body are?
	A	Smooth muscles
	B	<b>Skeletal muscles</b>
	C	Cardiac muscles
	D	All of the above
18		Kapala randhara refers to which place?
	A	Under the tongue
	B	Root of the tongue
	C	<b>Uvula</b>
	D	Upper palate
19		Sutra neti should not be done by the patients of?
	A	Nasal Polyps
	B	Sinusitis
	C	Allergic bronchitis
	D	<b>All of the above</b>

20		Unwilling to understand, listen, follow or practice anything due to the mental lethargy is known as?
	A	Avriti
	B	<b>Styana</b>
	C	Anvastitva
	D	Alasya
21		Blood in our body is a?
	A	<b>Connective tissue</b>
	B	Fluid connective tissue
	C	Epithelial tissue
	D	Muscular tissue
22		Human heart has?
	A	Two chambers
	B	Three chambers
	C	<b>Four chambers</b>
	D	Five chambers
23		Practice of asanas includes?
	A	Breathing awareness
	B	Mental awareness
	C	Physical awareness
	D	<b>All of the above</b>
24		Krikala up-prana is responsible for?
	A	<b>Hunger</b>
	B	Sleep
	C	Respiration

	D	Yawning
25		Which of the following is not included in ten major Upanishads?
	A	Parshana Upanishad
	B	Mundaka Upanishad
	C	<b>Sevetasvtra Upanishad</b>
	D	Mandukya Upanishad
26		Keeping a constant physiological environment in our body is called?
	A	Blood Pressure
	B	<b>Homeostasis</b>
	C	Necrosis
	D	Circulation
27		Which of the following is an exocrine gland?
	A	<b>Salivary gland</b>
	B	Pituitary gland
	C	Pineal gland
	D	Thymus gland
28		Nephron is the structural and functional unit of?
	A	<b>Kidney</b>
	B	Lungs
	C	Heart
	D	Stomach
29		Metabolism rate of the human body does not increase during?
	A	Fever
	B	Anxiety
	C	<b>Fast</b>

	D	Smoking
30		Ardha- Matsayendrasana is very beneficial for?
	A	Asthma
	B	<b>Diabetes</b>
	C	Ulcer
	D	Headache
31		Feeling of being upset or annoyed as a result of being unable to change or achieve something is known as?
	A	<b>Frustration</b>
	B	Depression
	C	Conflict
	D	Anxiety
32		Which of the following is Nastika darshana?
	A	Charvaka
	B	Buddhism
	C	Jainism
	D	<b>All of the above</b>
33		The primary function of samana prana is?
	A	Respiration
	B	<b>Digestion</b>
	C	Elimination
	D	Circulation
34		Which of the following Pranayama helps in removing the stomach worms?
	A	<b>Suryabhedhi</b>
	B	Nandishodhana

	C	Bhastrika
	D	Ujjayi
35		Wandering mind is found in _____avastha?
	A	<b>Ksipta</b>
	B	Viksipta
	C	Mudha
	D	Ekagra
36		Which of the following is not a part of bhavna chatustaya?
	A	Maitri
	B	<b>Asmita</b>
	C	Karuna
	D	Mudita
37		Mental ailments are known as?
	A	<b>Adhija</b>
	B	Anadhija
	C	Samshaya
	D	Parmada
38		_____ is a particular purusa who is untouched by afflictions of life?
	A	Parama-Purusha
	B	<b>Ishvara</b>
	C	Maya
	D	Prakriti
39		Bhagvad gita consists of _____ chapters?
	A	12
	B	16



	C	<b>18</b>
	D	22
40		For whom, you would not recommend the practice if meditation?
	A	Asthmatics
	B	<b>Hypertensive</b>
	C	Diabetic
	D	Anxiety
41		What should be the qualities of a good lesson plan for the yoga session?
	A	Planned but flexible
	B	Clear objective
	C	Effective teaching method
	D	<b>All of the above</b>
42		The body of the elderly person does not require?
	A	Vegetables
	B	Fruits
	C	<b>Dairy products</b>
	D	Sprouts
		AYURVEDA SUVARNAPRASHAN YOGA HOMOEOPATHY
43		To bring "laghav" is the objective of practicing?
	A	<b>Pranayama</b>
	B	Yama
	C	Niyama
	D	Asana
44		Which of the following mahabhuta represents to the tanmatra "smell"?
	A	Jala
	B	Akasha

	C	Agni
	D	<b>Prithavi</b>
45		The structural and functional unit of our nervous system is?
	A	Nephron
	B	Nexon
	C	<b>Neuron</b>
	D	Red blood cells
46		Which of the following texts are also called “Shruti” literature?
	A	Puranas
	B	Sutras
	C	Darshanas
	D	<b>Vedas</b>
47		Stimulation followed by _____ is the key essence of Yoga practice?
	A	Asanas
	B	Continous stimulation
	C	<b>Relaxation</b>
	D	Suksham vyayama
48		Which type of bhakta is considered as the best bhakta?
	A	Kami
	B	Artharthi
	C	Jigyasu
	D	<b>Jnani</b>
49		Which pranayama has the power of overcoming hunger and thirst?
	A	Kevali
	B	Ujjayi

	C	Plavini
	D	<b>Sheetali</b>
50		Pratyahara brings?
	A	<b>Calmness</b>
	B	Steadiness
	C	Lightness
	D	Firmness

