

1. Who first introduced yoga in a classical way?
 - a. Kapil Muni
 - b. Maharishi Patanjali
 - c. Agastya Muni
 - d. Jaimini
2. Which day is celebrated as 'International Day of Yoga'
 - a. June 20
 - b. June 21
 - c. June 22
 - d. June 23
3. The appropriate amount of time to wait after a meal before beginning a yoga practice is:
 - a. 30 mins
 - b. 90 mins
 - c. 1 hour
 - d. 2 hours
4. Every Yoga teacher must start the practice session with
 - a. Pranayam
 - b. Asana
 - c. Silence
 - d. Kriya
5. The purpose of Yoga as taught by the ancients is to attain:
 - a. Attain Good health
 - b. Release Stress
 - c. Good Body
 - d. Self Realisation
6. Who compiled Hatha Yoga Pradipika
 - a. Swami Swatmaram
 - b. Gherand
 - c. Matsyendranath
 - d. Gorakshanath
7. What is the Sanskrit root word for the etymological derivation of the word Yoga?
 - a. Yuj
 - b. Yuge
 - c. Yuje
 - d. Yug
8. The kaivalyadham institute of yoga was founded by ____
 - a. Swami Kuvalayananda
 - b. Madhav Das
 - c. Yogendra
 - d. Sivananda
9. Purusha and Prakriti are the 2 main concepts of ____
 - a. Yoga Darshan
 - b. Sankhya Darshan
 - c. Purva mimamsa
 - d. Uttara mimamsa
10. Founder of Sankhya Darshan is
 - a. Kapil Muni
 - b. Jaimini
 - c. Kanada
 - d. Gautam
11. Concept of Pancha Kosha is mentioned in
 - a. Mandukya Upanishad
 - b. Taittiriya Upanishad
 - c. Chhandogya Upanishad
 - d. Patanjali yoga sutra
12. ____ belongs to astik darshan
 - a. Sankhya Darshan
 - b. Yoga Darshan
 - c. Buddhism
 - d. Both a) and b)
13. The means of Jnana yoga is
 - a. Shrivana
 - b. Manana
 - c. Nidhidhyasana
 - d. All of the above
14. Yoga karmasu kaushalam means

- a. Perfect action
 - b. Clevered action
 - c. Skilled action
 - d. Selfless action
15. Acquisition of wealth in order to progress towards higher pursuits of life is called
- a. Moksha
 - b. Dharma
 - c. Artha
 - d. Kama
16. Upanishads belongs to
- a. Karma kanda
 - b. Jnana Kanda
 - c. Vedas
 - d. None of the above
17. _____ belongs to Smriti Prasthan
- a. Bhagwad gita
 - b. Veda
 - c. Brahmasutra
 - d. All of the above
18. Aham Brahmasi means
- a. I am god
 - b. God is me
 - c. God is in me
 - d. All the above
19. Gayatri mantra is written by
- a. Yadnyavalka
 - b. Maharishi Vishwamitra
 - c. Lord Krishna
 - d. Lord Shiva
20. The characteristics of Rajasic personality of an individual are:
- a. Detached
 - b. Active
 - c. Lazy
 - d. Inertia
21. Raja Yoga is the yoga of controlling our:
- a. Sense organs
 - b. Mind
 - c. Emotions
 - d. Organs of action
22. What is one word that occurs in every chapter of the Gita?
- a. Maya
 - b. Avidya
 - c. Yoga
 - d. Sanyasa
23. A student is not able to practice as per your satisfaction. How will you deal with this student?
- a. Force the student by applying physical pressure on the body
 - b. Encourage the student to have patience and continue to practice
 - c. Ask him not to practice at all
 - d. Ignore the student
24. Dress for yoga practice should be
- a. Tight fitting jeans
 - b. Costly and sophisticated dresses
 - c. Loose fitting and comfortable
 - d. Cotton Saree
25. Where does ajna chakra located
- a. Throat region
 - b. Navel region
 - c. Crown of the head
 - d. In between the eyebrows
26. Who is not an acharya of hatha yoga
- a. Matsyendranath
 - b. Swatmaram
 - c. Gheranda
 - d. Kapil muni
27. Sankhya Darshan is
- a. Advaita

- b. Dvaita
 - c. Dvaitadvaita
 - d. Vishishtadvaita
- 28. "Yogabhasya" is a commentary on Patanjali sutra or yoga sutra is written by
 - a. Patanjali
 - b. Vyas
 - c. Sankara
 - d. Raja Bhoj
- 29. Which of the below is not an authentic text on hatha yoga
 - a. Hatha Yoga Pradipika
 - b. Gherand Samhita
 - c. Hatharatnavali
 - d. Patanjali Yoga Sutra
- 30. In Sanskrit Yoga means
 - a. To multiply
 - b. To understand
 - c. To unite
 - d. All of the above
- 31. According to Bhagwad Gita the main forms of Yoga are?
 - a. Laya, Hatha, Raja
 - b. Mantra, Tantra, Yantra
 - c. Karma, Jnana, Bhakti
 - d. None of the above
- 32. Which one of these is not a "Purushartha"?
 - a. Dharma
 - b. Kama
 - c. Moksha
 - d. Samadhi
- 33. According to Bhagavad gita, Yoga is
 - a. Yagaschitta vritti nirodhah
 - b. Yoga karmasu kaushalam
 - c. Manoprasamana upayah Yogah
 - d. Yogen chittasya padena vacham
- 34. What is the key feature of Yoga practice?
 - a. Only maintaining posture
 - b. Only breathing in and out during practice
 - c. Awareness
 - d. Normal breathing
- 35. Which of these is not one of the main four Vedas?
 - a. Rig veda
 - b. Sama veda
 - c. Atharva Veda
 - d. Dhanurveda
- 36. Which of the following are important during the practice of asanas?
 - a. Stability
 - b. Comfort
 - c. Effortlessness
 - d. All the above
- 37. From where has the whole knowledge of yoga believed to be originated?
 - a. Upanishads
 - b. Vedas
 - c. Darshanas
 - d. Buddhism
- 38. Karma yoga is a branch of yoga based on the teachings of which text?
 - a. Patanjali Yoga sutras
 - b. Bhagavad Gita
 - c. Hatha pradipika
 - d. Upanishads
- 39. What is symbol of Ishwar as per Patanjali Yogasutra?
 - a. Parmeshwar
 - b. Pranav
 - c. Purush
 - d. Samadhi
- 40. Samatvam Yoga Uchyate definition is given in:-
 - a. Shrimadbhagavatgita

- b. Gherandsamhita
- c. Yoga Sutra
- d. Hathayog Pradeepika