

- 1) Who is the father of yoga?
 - a. Sage Patanjali
 - b. Hiranyagarbha
 - c. Shiva
 - d. Matsyendranath
- 2) Patanjali defines yoga as
 - a. restriction of the fluctuations of consciousness.
 - b. Sthiram Sukham Asanam
 - c. Balance between Sun and Moon Energies
 - d. All of the above
- 3) Kriya yog includes
 - a. Asana,pranyam,mudra
 - b. Tapa, Swadhyaya, Ishwar Pranidhan
 - c. Shat karma, Asana, Pranayam
 - d. Abhyas and Vairagya
- 4) A person does not get affected by dualities by the practice of
 - a. Asana
 - b. Pranayam
 - c. Pratyahara
 - d. Yama
- 5) Dharanasu Cha Yogyata manasah -is the result of:
 - a. Sanyama
 - b. Dhyana
 - c. Pratyahara
 - d. Pranayama
- 6) According to PYS, which of the following are essential for perfection of Abhyasa
 - a. Bhakti
 - b. Deergha kala
 - c. Nirantara
 - d. Swadhyaya
- 7) According to Patanjali, "Kayasampat" includes of:
 - a. beautiful shape or appearance
 - b. Charming
 - c. Adamantine
 - d. All of the above
- 8) According to PYS, the methods of getting perfection in Asana are:
 - a. Pranayam
 - b. Prayatna Shaithilya
 - c. Ananta Samapatti
 - d. Pratyahara
- 9) What is the composition of 'Chitta' in Yoga Philosophy?
 - a. Mind,ego, 5elements
 - b. Intellect,consciousness ego
 - c. Intellect, Mind, Organ of sense
 - d. Mind, Intellect,ego
- 10) According to Patanjali the way to remove antaryaya and sahabhuvah is
 - a. Ekatattvabhyasa
 - b. Bhavana Chatustaya
 - c. Pranayama
 - d. Abhyasa Vairagya
- 11) _____ is considered as Maha Vratas
 - a. Yama
 - b. Niyama
 - c. Asana
 - d. Pranayam
- 12) Second Pada of Patanjali yogasutra is
 - a. Samadhi
 - b. Sadhana
 - c. Vibhuti
 - d. Kaivalya
- 13) Panch klesha is described in which pada
 - a. Samadhi
 - b. Sadhana
 - c. Vibhuti
 - d. Kaivalya
- 14) Sanyama does not include

- a. Kaivalya
 - b. Dhyana
 - c. Samadhi
 - d. Dharana
- 15) How many types of Pranayama is described by Patanjali
- a. 5
 - b. 4
 - c. 3
 - d. 2
- 16) Tasmimsati shwasaprashwasayorgativicchedaha pranayamaha is described in
- a. Hatha Yoga Pratipika
 - b. Gherand Samhita
 - c. Patanjali Yog Sutra
 - d. None of the above.
- 17) Then the curtain surrounding the light is broken by
- a. Pranayama
 - b. Pratyahara
 - c. Dharana
 - d. All of the above.
- 18) _____ is the causes of sufferrings.
- a. Khlesha
 - b. Vritti
 - c. Sahabhuvas
 - d. All of the above
- 19) Patanjali mentions _____ number of khleshas
- a. 2
 - b. 5
 - c. 4
 - d. 6
- 20) _____ khlesha means egoism
- a. Avidya
 - b. Asmita
 - c. Raag
 - d. All of the above
- 21) Clinging to bodily life is _____
- a. Raag
 - b. Dvesh
 - c. Abhinivesha
 - d. Asmita
- 22) Patanjali mentions khleshas in _____ pada
- a. Samadhi
 - b. Sadhana
 - c. Both a and b
 - d. Kaivaiya
- 23) Patanjali categorizes 4 types of people as
- a. Sukha, dukkha, punyaha, apunyaha
 - b. Sukha, asmita, dushta, punyaha
 - c. Sukha,dukkha, karuna,mudita
 - d. Maitri,karuna,mudita,upeksha
- 24) Yama and Niyama's are explained in _____ pada of PYS
- a. Sadhana
 - b. Samadhi
 - c. Vibhuti
 - d. Kaivalya
- 25) Automatic retention of breath without effort is _____
- a. Kumbhak
 - b. Kevala Kumbhak
 - c. Bhayya Kumbhak
 - d. Antar Kumbhak
- 26) To prevent obstacles (antaryayas) and their accompaniments (sahabhuvas) Patanjali suggest _____
- a. Eka tattav Abhyasah
 - b. Maitri, karuna,mudita,upeksha
 - c. Kriya Yoga
 - d. Both a) and b)
- 27) Pratyaksha, Anuman and Agama are
- a. Vrutti

- b. Chitta Bhumi
 - c. Pramana
 - d. None of the above
- 28) _____ is the fourth type of Vritti.
 - a. Nidra
 - b. Smruti
 - c. Vikalpa
 - d. Viparyaya
- 29) PYS mentions _____ chitta bhumis
 - a. 5
 - b. 4
 - c. 3
 - d. 2
- 30) Ved Vyas mentions the below sequence of Chitta Bhumis
 - a. Moodha, Kshipta, Vikshipta, Ekagraha, Niruddha
 - b. Moodha, Vikshipta, Kshipta, Ekagraha, Niruddha
 - c. Kshipta, Moodha, Vikshipta, Ekagraha, Niruddha
 - d. Vikshipta, Kshipta, Moodha, Ekagraha, Niruddha
- 31) Lack of energy, Poor concentration and Depression are symptoms of
 - a. Moodha
 - b. Kshipta
 - c. Vikshipta
 - d. None of the above
- 32) _____ chitta bhoomi is also called Monkey mind
 - a. Moodha
 - b. Kshipta
 - c. Vikshipta
 - d. All the above.
- 33) Better focus, thinned ego, more awareness and clarity are symptoms of
 - a. Vikshipta
 - b. Ekagraha
 - c. Niruddha
 - d. Kshipta
- 34) _____ is the cause of all sufferings
 - a. Avidya
 - b. Asmita
 - c. Raag
 - d. Dvesha
- 35) To stabilize and focus the mind on one object, image, sound or idea is ____
 - a. Dharana
 - b. Dhyana
 - c. Samadhi
 - d. None of the above
- 36) Which of the following is not a Chittabhumi
 - a. Kshipta
 - b. Mudha
 - c. Ekagra
 - d. Niragas
- 37) The literal meaning of 'Vritti' in Patanjali Yoga Sutra is
 - a. Calm state of the mind
 - b. Balanced state of the mind
 - c. Modification of mind
 - d. None of the above
- 38) Chittaprasadanam refers to
 - a. A tranquil state of the mind.
 - b. A blessed state of the mind.
 - c. An ill mind
 - d. A healthy mind
- 39) Which of the following 'Antahkarana' corresponds to our memory?
 - a. Manas
 - b. Chitta
 - c. Buddhi
 - d. Ahamkara

- 40) 'Vibhuti' is the Sanskrit word for
- Achievements
 - Force
 - Work
 - Power