



PARAM YOGA

॥ अ योगिनो प्रह्लादा ॥

MCQs for level - 1

1) Which Asana is good for chronic low back pain?

- A) Dhanurasana
- B) Bhujangasana
- C) Chakrasana
- D) Halasana

2) Gheranda Samhita has Kapalabhati types of

- A) 2
- B) 4
- C) 3
- D) 5

3) Pathya Apathya are important concepts regarding

- A) exercise of a yogi
- B) diet of a yogi
- C) sleep of a yogi
- D) dress of a yogi

4) Patanjali yoga sutra. is the first Pada/chapter of

- A) Kaivalya pada
- B) Sadhana pada
- C) Samadhi pada
- D) Vibhuti pada

5) Kapala randhara refers to which place?

- A) root of the tongue
- B) upper palate
- C) Uvula
- D) under the tongue

6) Purpose of Shatkriya according to Hatha Yoga Pradipika

- A) To purify respiratory tract
- B) To get rid of imbalance in tridoshas
- C) To get rid of imbalance in tridoshas
- D) To develop habit of waking early

7) Asana according to Patanjali is

- A) Sthiram asanam
- B) Sukham asanam
- C) Sthiram sukham asanam
- D) Chiram asanam

8) Ghritha is used in one of the types of

- A) Nauli
- B) Neti
- C) Kapalabhati
- D) Basti

9) Mitahara according to Hatha yoga is

- A) Moderate food
- B) Overeating
- C) Under eating
- D) None of the above

10) Which posture is most appropriate for doing prayer?

- A) Shavasana
- B) Tadasana
- C) Padmasana
- D) Any comfortable meditative posture

11) _____ is one of the key features of all yoga practices?

- A) Flexing the body
- B) Normal breathing
- C) Self-awareness
- D) Retention of breath

12) Krikara vayu is responsible for

- A) Hiccups
- B) Yawning
- C) Hunger
- D) Sleep

13)One of the vital principle of good health is

- A)Over exhaustion
- B)Adequate rest
- C)Over eating
- D)Over working

14) Excess speed of mind is called

- A)Conflict
- B)Stress
- C)Psychological harmony
- D)None of the above

15)Kriya practice enhances

- A)Sensitivity
- B)De-sensitivity
- C)Relaxation
- D)None of the above

16)The body of an elderly person does not require

- A)Fruits
- B)Vegetables
- C)Vegetables
- D)Sprouts

17)Asanas and Aerobics is respectively.

- A)yogic and other physical practice
- B)yogic and sports
- C)exercise and sports
- D)none of the above

18)According to Pranayama is cessation of inspiration and expiration

- A)Swatmarama
- B)Patanjali
- C)Gorakshanath
- D)Matsyendranath

19)Yogic cleansing technique for gastro- intestinal tract

- A)Neti
- B)Trataka
- C)Basti
- D)Varisara

20)Prayer is the spiritual exercise that allows people to communicate directly with

- A)Our near and dears
- B)Our family members
- C)Our family and friends
- D)God

21)'Pranava' is

- A)Aa kar nada
- B)Naa kar nada
- C)Om kar nada
- D)None

22)Sutra neti should not be done by patients of

- A)Sinusitis
- B)Nasal Polyps
- C)Allergic bronchitis
- D)all the above

23)Trataka has all variants except

- A)Jatru
- B)Bindu
- C)Jala
- D)Jyoti

24)Which Panchamahabhuta is associated with movement?

- A)Ap
- B)Vayu
- C)Akasha
- D)Agni

25)The word 'Guru' means remover of

- A)Darkness
- B)Laziness
- C)Anger
- D)Light

26)The complementary posture of Halasana is

- A)Shalabhasana
- B)Bhujanagasana
- C)Shavasana
- D)Chakrasana

27)Yoga Karmasu

- A)Nischalam
- B)Chalam
- C)Kaushalam
- D)Phalam

28)Yoga has its effect on

- A)Only anxiety
- B)Only irritability
- C)Only insomnia
- D)all above

29)What is the best condition for yogic practice?

- A)Early morning
- B)Evening [sun-set time]
- C)Before sleep
- D)When bowel and bladder are empty

30)By doing which asana deadly poison can be digested?

- A)Dhanurasana
- B)Halasana
- C)Mayurasana
- D)Kurmasana

31)Our Likes And Dislikes Are Related To Which Koshas?

- A)Manomaya
- B)Vijnanmaya
- C)Annamaya
- D)Pranamaya

32)Yoga In The Bhagvad Geeta Is Defined As?

- A)Sathira Sukham Asanam
- B)Yogaschitta Vritti Nirodhah
- C)Tato Davindanbhigate
- D)Yogah Karmasu Kausham

33)Which Of The Following Is Sattvic?

- A)Purusha
- B)Mahat
- C)None of These
- D)Both a) and b)

34) Container Of The Other Koshas Is?

- A) Annamaya
- B) Pranamaya
- C) C Manomaya
- D) Vijyanmaya

35) Karmendriyas Related To The Fire Element Are?

- A) Genitals
- B) Legs
- C) Ears
- D) Hands

36) Chakras And Nadis Are Components Of Which Kosha?

- A) Pranamaya
- B) Vjianamaya
- C) Annamaya
- D) Manomaya

37) Sukshma Vyayama Are The Practices To?

- A) Cool Down The Body
- B) Tighten The Joints Of The Body
- C) Warm Up The Body
- D) Increase The Flexibility

38) The Best Technique To Control Mental Disturbances is?

- A) Meditation
- B) Prayer
- C) Yoga Nidra
- D) All of the above

39) Which Of These Is Not One Of The Main Four Vedas?

- A) Sama Veda
- B) Atharva Veda
- C) Rig Veda
- D) Ayurveda

40) Axial Skeleton System In Human Body Contains _____ Bones?

- A) 126
- B) 106
- C) 80
- D) 90

41)Which Prana helps in urination

- A)Udana
- B)Apana
- C)Vyana
- D)Samana

42)Which Of The Following Is A Suitable Dress Material While Performing Yoga?

- A)Rayon And Loose Dress
- B)Silk And Loose Dress
- C)Loose Cotton Dress
- D)Cotton Fabricated Dress

43)Cleansing Technique For Intestinal Region Is?

- A)Tratak
- B)Basti
- C)Neti
- D)Nauli

44)The Word "Paschimo" In Paschimottanasana Refers To?

- A)Front Side
- B)Up Side
- C)Back Side
- D)Down Side

45)Steadiness Is The Result Of Practicing?

- A)Dharna
- B)Mudra
- C)Trataka
- D)Pranayama

46)How Many Asanas Are Mentioned In The Patanjali Yoga Sutra?

- A)17 Asanas
- B)15 Asanas
- C)32 Asanas
- D)None Of The Above

47)Voluntary Muscles In The Human Body Are?

- A)Smooth Muscles
- B)Skeletal Muscles
- C)Cardiac Muscles
- D) All Of The Above

48)Kapala Randhara Refers To Which Place?

- A)Under The Tongue
- B)Root Of The Tongue
- C)Uvula
- D)Upper Palate

49)Sutra Neti Should Not Be Done By The Patients Of?

- A)Nasal Polyps
- B)Sinusitis
- C)Allergic Bronchitis
- D)All Of The Above

50)Unwilling To Understand, Listen, Follow Or Practice Anything Due To The Mental Lethargy Is Known As?

- A)Avriti
- B)Styana
- C)Anvastitva
- D)Alasya

51)Blood In Our Body Is A?

- A)Connective Tissue
- B)Fluid Connective Tissue
- C)Epithelial Tissue
- D)Muscular Tissue

52)Human Heart Has?

- A)Three Chambers
- B)Two Chambers
- C)Four Chambers
- D)Five Chambers

53)Practice Of Asanas Includes?

- A)Breathing Awareness
- B)Mental Awareness
- C)Physical Awareness
- D)All Of The Above

54)Krikala Up-Prana Is Responsible For?

- A)Hunger
- B)Sleep
- C)Respiration
- D)Yawning

55)Which Of The Following Is A Not Included In Ten Major Upanishads?

- A)Parshana Upanishad
- B)Mundaka Upanishad
- C)Sevetasvtra Upanishad
- D)Mandukya Upanishad

56)Keeping A Constant Physiological Environment In Our Body Is Called?

- A)Blood Pressure
- B)Homeostasis
- C)Necrosis
- D)Circulation

57)Nephron Is The Structural And Functional Unit Of?

- A)Kidney
- B)Lungs
- C)Heart
- D)Stomach

58)Which Of The Following Is An Exocrine Gland?

- A)Salivary Gland
- B)Pituitary Gland
- C)Pineal Gland
- D)Thymus Gland

59)Metabolism Rate Of The Human Body Does Not Increase During?

- A)Fever
- B)Anxiety
- C)Fast
- D)Smoking

60)Ardha- Matsayendrasana Is Very Beneficial For?

- A)Asthma
- B)Diabetes
- C)Ulcer
- D)Headache

61)Feeling Of Being Upset Or Annoyed As A Result Of Being Unable To Change Or Achieve Something Is Known As?

- A)Frustration
- B)Depression
- C)Conflict
- D)Anxiety

