



## MCQs for level -1

**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) 20th JUNE
- B) 21st JUNE
- C) 22nd JUNE
- D) 23rd JUNE

**3) The appropriate amount of time to wait after a meal before beginning a yoga practice**

- 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 founder 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) Uttar 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 nastik darshan**

- A) Sankhya Darshan
- B) Yoga Darshan
- C) Buddhism
- D) Both a) and b)

**13)The means of jnana yoga is**

- A) Shravana
- 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 evebrows

**26)Who is not an acharya of hatha yoga**

- A) Matsyendranath
- B) Swatmaram
- C) Gherands
- D) Kapil muni

**27)Sankhya Darshan is**

- A) Advaita
- B) Dvaita
- C) Dvaltadvaita
- 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 Yogan
- 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) Samachi

**40) Samalam Yoga Uchyate definition is given in**

- A) Shrimadbhagavatgia
- B) Gherandsamhita
- C) Yoga Sutra
- D) Hathayog Pradeepika

**41) \_\_\_\_\_ may be a best medicine for mental illnesses.**

- A) Prayer
- B) Exercise
- C) Psychiatric drugs
- D) Stimulating diet

**42) Which taste is recommended in yogic diet?**

- A) Sweet
- B) Sour
- C) Bitter
- D) Pungent

**43) Kapalabhati is named as in Gheranda Samhita**

- A) Shudhkarma
- B) Vatkrama
- C) Bhalabhati
- D) Kapalabhati

**44) Which pranayama has the power of overcoming hunger and thirst?**

- A) Bhastrika
- B) Sheetalī
- C) Ujjayi
- D) Plavini

**45) Which of the mentioned element corresponds to 'Sparsha'?**

- A) Earth
- B) Water
- C) Air
- D) Fire

**46) Which of the following Asana is good for alleviating the problems of throat, ear and nose?**

- A) Swastikasana
- B) Kurmasana
- C) Simhasana
- D) Padmasana

**47) Which of the following is a 'Heating pranayama'?**

- A) Sitali
- B) Nadi shodhana
- C) Bhastrika
- D) None of the above

**48) What should be the lesson plan for the day's session?**

- A) Rigid
- B) Flexible
- C) Spontaneous
- D) Planned but Flexible

**49) Limitations of a practice should be taught when?**

- A) Before the practice is introduced
- B) After the practice is done
- C) After few days of practice
- D) Not necessary to teach the limitations

**50) The location of Vishuddhi chakra is**

- A) Eyebrow center
- B) Base of throat
- C) Heart
- D) Navel

**51) Hrid dhauti has types**

- A) 3
- B) 2
- C) 4
- D) 0

**52) In a group discussion, questions can be best entertained at what time?**

- A) while relaxing between two practices
- B) next day
- C) while doing the practice
- D) not necessary to entertain questions, keep practicing

**53) Sukshma Vyayama are the practices to**

- A) Warm up the body
- B) Loosen the joints of the body
- C) Provide flexibility
- D) All the above

**54) Worshipping God all time is**

- A) Kirtana
- B) Smarana
- C) Sravana
- D) Archana



**55) Dhanurasana is given in both Hatha Yoga pradipika and Gheranda Samhita**

- A) yes
- B) no
- C) given only in Hatha Pradipika
- D) not sure

**56) Concept of Triguna is very well explained in**

- A) Patanjali Yoga sutra
- B) Bhagwad Gita
- C) Hatha Ratnavali
- D) Shiv Yoga Dipika

**57) Homeostasis is referred to**

- A) Maintaining a constant environment in the body
- B) Maintaining the constant environment when it is necessary
- C) Maintaining the constant environment only during night
- D) Maintaining the constant environment only during day

**58) Which of the following yogic posture can be done immediately after food?**

- A) Vajrasana
- B) Trikonasana
- C) Halasana
- D) Mayurasana

**59) Which of the following is not a preferred teaching technique?**

- A) Story-telling
- B) Oral instruction
- C) Demonstration
- D) Correction

**60) Feeling of being upset or annoyed as a result of being unable to change or achieve something is**

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

**61) Which Asana is good for chronic low back pain?**

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