

## MCQs for Level-1

1. Yoga in Patanjali Yoga Sutra is defined as
  - a. *Yujyate anena iti yoga*
  - b. *Yogah chitta vritti nirodhah*
  - c. *Manah prasamana upayah yogah*
  - d. *Yogah karmasu kausalam*
2. .... is the path of wisdom
  - a. Raja yoga
  - b. Jnana yoga
  - c. Bhakti yoga
  - d. Karma yoga
3. Which of the following has three major constituents i. e., Sattva, Rajas and Tamas?
  - a. Purusha
  - b. Prakriti
  - c. Mahat
  - d. Maya
4. .... (mahabhuta) forms the gross constituent for Annamaya kosa.
  - a. Earth
  - b. Water
  - c. Fire
  - d. Air
5. Which of the following 'organ of action' represents to Earth element?
  - a. Genitals
  - b. Anus
  - c. Feet
  - d. Hand
6. Which of the following is a state of our consciousness?
  - a. Sruti
  - b. Swapna
  - c. Smriti
  - d. None of the above
7. Which of the following indicates the attribute 'Purity'?
  - a. Sattva
  - b. Rajas
  - c. Tamas
  - d. None of the above
8. .... is the cause of our suffering.
  - a. Abhyasa
  - b. Avidya
  - c. Vairagya
  - d. Avirati
9. To stabilize and focus the mind on one object, image, sound or idea is

- a. Dharana
  - b. Dhyana
  - c. Samadhi
  - d. Pratyahara
10. Which of the following Kosha is shaped by thoughts, emotions, memories, habits and desires?
- a. Annamaya
  - b. Pranamaya
  - c. Manomaya
  - d. Vijnanamaya
11. .... is a Yoga practice for Annamaya kosa?
- a. Asana
  - b. Pranayama
  - c. Dharana
  - d. Dhyana
12. Location of our Ajna chakra is
- a. Crown of the head
  - b. Eyebrow center
  - c. Base of throat
  - d. Heart
13. The primary function of *Prana* is
- a. Respiration
  - b. Digestion
  - c. Elimination
  - d. Circulation
14. Which of the following Asana is the best according to Hathayoga?
- a. Siddhasana
  - b. Simhasana
  - c. Padmasana
  - d. Bhadrasana
15. According to Hathayoga, Siddhasana is otherwise known as
- a. Muktasana
  - b. Guptasana
  - c. Bhadrasana
  - d. Both 'a' and 'b'
16. Mitahara is defined as
- a. Only agreeable food
  - b. Only sweet food
  - c. Agreeable and sweet food
  - d. None of the above
17. Which of the following Pranayama eliminates worm from the body according to Hathayoga pradipika?
- a. Chandrabhedha
  - b. Suryabhedha

- c. Nadishodhana
  - d. Ujjayi
18. Which of the following Pranayama can be done while moving, standing, sitting, walking according to Hathayoga pradipika?
- a. Bhastrika
  - b. Ujjayi
  - c. Nadishodhana
  - d. Suryabheda
19. Which of the following Asana can be practiced immediately after food?
- a. Siddhasana
  - b. Simhasana
  - c. Swastikasana
  - d. Vajrasana
20. The purpose of all pranayama practices is to attain ..... according to Hathayoga pradipika.
- a. Antaranga kumbhaka
  - b. Bahiranga kumbhaka
  - c. Kevala kumbhaka
  - d. None of the above
21. According to Gheranda Samhita, one of the form of Kapalbhata is
- a. Vatkarma
  - b. Agnikarma
  - c. Varikarma
  - d. None of the above
22. Which of the following is not a Chittabhumi?
- a. Ksipta
  - b. Mudha
  - c. Chanchala
  - d. Ekagra
23. Which of the option given below is not a Klesa according Maharshi Patanjali?
- a. Avidya
  - b. Raga
  - c. Dvesa
  - d. Abhyasa
24. 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
25. 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

26. Which of the following is not a practice of Bahiranga yoga?
- Asana
  - Pranayama
  - Pratyahara
  - Dhyana
27. Withdrawal of senses from the sensory objects is
- Dharana
  - Dhyana
  - Pratyahara
  - Samadhi
28. Which of the following 'Antahkarana' corresponds to our memory?
- Manas
  - Chitta
  - Buddhi
  - Ahamkara
29. Effortless dwelling on a single object is called
- Pratyahara
  - Dharana
  - Dhyana
  - Samadhi
30. Blood in our body is a
- Connective tissue
  - Fluid connective tissue
  - Epithelial tissue
  - Muscular tissue
31. Human heart has
- Two chambers
  - Three chambers
  - Four chambers
  - No chambers
32. Muscles involved in movement is
- Skeletal muscle
  - Smooth muscle
  - Cardiac muscle
  - None of the above
33. Which of the following Asana is good for thyroid gland?
- Dhanurasana
  - Paschimottanasana
  - Chakrasana
  - Sarvangasana
34. .... is a very good Kriya practice to get rid of Nasal allergy?
- Vastra dhouti
  - Danda dhouti

- c. Neti
  - d. Kapalbhata
35. Which of the following Kriya is contraindicated for Epilepsy?
- a. Trataka
  - b. Kapalbhata
  - c. Neti
  - d. Both 'a' and 'b'
36. The literal meaning of 'Bandha' in Sanskrit is
- a. To unlock
  - b. To strengthen
  - c. To lock
  - d. To loosen
37. Which of the following is otherwise called 'Stress born disease'?
- a. Adhija vyadhi
  - b. Anadhija vyadhi
  - c. Amadhija vyadhi
  - d. None of the above
38. The theory of 'Pancha kosa' is derived from
- a. Mandukya Upanishad
  - b. Kena Upanishad
  - c. Taittiriya Upanishad
  - d. Katha Upanishad
39. Which 'organ of action' represents to 'Air'?
- a. Anus
  - b. Genitals
  - c. Feet
  - d. Hand
40. Which of the following 'Mahabhuta' corresponds to the sense organ 'Ears'?
- a. Earth
  - b. Water
  - c. Air
  - d. Ether
41. .... is the state of truth, simplicity and equanimity in action.
- a. Tamas
  - b. Rajas
  - c. Sattva
  - d. None of the above
42. Which of the following Prana is confined to only thorax?
- a. Udana
  - b. Prana
  - c. Samana
  - d. Apana
43. Vyana governs the
- a. Respiration

- b. Digestion
  - c. Elimination
  - d. Circulation
44. Prolonged concentration leads to
- a. Dharana
  - b. Dhyana
  - c. Pratyahara
  - d. Samadhi
45. To dedicate and surrender oneself to higher principles is
- a. Shaucha
  - b. Santosha
  - c. Tapas
  - d. Isvara Pranidhana
46. The ability to be patient during demanding situation is
- a. Shama
  - b. Dama
  - c. Uparati
  - d. Titiksa
47. According to ....., 'Yoga is the process of calming down the mind'
- a. Patanjala Yoga Darshan
  - b. Hathayoga Pradipika
  - c. Yoga Vasistha
  - d. Gheranda Samhita
48. Which of the following is the first stage of Nadanusandhana?
- a. Arambha avastha
  - b. Nishpatti avastha
  - c. Ghata avastha
  - d. Parichaya avastha
49. 'Vibhuti' is the Sanskrit word for
- a. Achievements
  - b. Force
  - c. Work
  - d. Power
50. .... is not a negative emotion?
- a. Hatred
  - b. Jealousy
  - c. Anger
  - d. Sympathy
51. The ailments brought about by the Stress are .....
- a. Life style diseases
  - b. Communicable diseases
  - c. Non communicable diseases

- d. Psychosomatic diseases
52. Doing duty without attachment of fruits is \_\_\_\_\_.
- a. Nishkama karma
  - b. Akarma
  - c. Vikarma
  - d. None of the above
53. To bring steadiness is the objective of practicing
- a. Pranayama
  - b. Yama
  - c. Niyama
  - d. Asana
54. Pranayama is one of the forms of yogic practice that brings correction in
- a. Annamaya kosa
  - b. Pranamaya kosa
  - c. Manomaya kosa
  - d. Vijnanamaya kosa
55. .... is the ability to see, hear, or become aware of something through the senses.
- a. Attention
  - b. Learning
  - c. Perception
  - d. Memory
56. Which of the following is a balancing yoga posture?
- a. Hasta padasana
  - b. Ushtrasana
  - c. Natrajasana
  - d. Ardhamatsyendrasana
57. Which of the following is a heating pranayama?
- a. Nadishodhana
  - b. Ujjayi
  - c. Chandrabhedana
  - d. Sitali
58. Who compiled Hathayoga pradipika?
- a. Patanjali
  - b. Gheranda
  - c. Svamarama
  - d. None of the above
59. .... is the inability to understand, listen, follow or practice anything.
- a. Vyadhi
  - b. Styana
  - c. Samshaya
  - d. Pramada

60. .... is described as a reaction of the human body to a demanding situation.

- a. Hunger
- b. Sleep
- c. Stress
- d. Sweating