

## LEVEL 2 MODEL QUESTION PAPER

### Section 1 : 1 mark questions

**1. Which of the following text refers to 'Saptanga yoga'?**

- a. Hathayoga pradipika
- b. Gherand samhita
- c. Shiva samhita
- d. Hatharatnavali

**2. The literal meaning of 'Yoga' has the following meaning.**

- a. Division
- b. Union
- c. Multiplication
- d. Subtraction

**3. One of the three classical texts of Hatha yoga is**

- a. Patanjali Yoga Sutra
- b. Bhagavad Gita
- c. Gheranda Samhita
- d. Yoga Vasistha

**4. The entire wisdom of Hatha yoga in Sanskrit was compiled by \_\_\_\_\_.**

- a. Gorakshanatha
- b. Svamarama
- c. Matsyendranath
- d. Maharshi Patanjali

**5. Vedas are also called**

- a. Sruti literature
- b. Smriti literature
- c. Tripti literature
- d. None of the above

**6. Intense longing for achieving the liberation is \_\_\_\_\_**

- a. Viveka
- b. Vairagya
- c. Mumukshutva
- d. None of the above

**7. Which of the following nadis corresponds to the state of equilibrium?**

- a. Ida
- b. Pingala
- c. Sushumna
- d. Saraswati

**8. A true Bhakta is the one, who is**

- a. not equal to friend and foe
- b. not equal in honour and dishonour
- c. equal in pain and pleasure
- d. not equal in hot and cold

**9. Which form of Navavidha bhakti involves chanting and glorifying the God?**

- a. Shravanam
- b. Keertanam
- c. Archanam
- d. Vandanam

**10. The literal meaning of 'Mantra' in Sanskrit is**

- a. Instrument of body
- b. Instrument of mind
- c. Instrument of prana
- d. None of the above

**11. The work done without expectation purifies one's \_\_\_\_\_.**

- a. Heart
- b. Thought process
- c. Emotions
- d. Psychological process

**12. Which of the following is not a practice of Antaranga yoga?**

- a. Dharana
- b. Dhyana
- c. Asana
- d. Samadhi

**13. Sthiram sukham .....**

- a. Dharanam
- b. Asanam
- c. Dhyanam
- d. None of the above

**14. The prana that governs our urination is .....**

- a. Udana
- b. Samana
- c. Vyana
- d. Apana

**15. Asthi (Bone) in our body is the manifestation of ..... mahabhuta.**

- a. Agni
- b. Jala
- c. Prithvi
- d. Akasa

**16. To remain in the state of bliss is the attribute of**

- a. Annamaya kosa
- b. Manomaya kosa

- c. Vijnanamaya kosa
- d. Anandamaya kosa

**17. Bhakti yoga is the path of**

- a. Action
- b. Inner wisdom
- c. Devotion
- d. None of the above

**18. Guru is the one, who dispels**

- a. Darkness
- b. Light
- c. Neither light nor darkness
- d. Both light and darkness

**19. Who amongst these is not an Acharya in the traditional sense of term 'Acharya'**

- a. Shankara
- b. Ramanuja
- c. Shri Aurobindo
- d. Vallabha

**20. Which of the following state is considered beyond our comprehension?**

- a. Jagrata
- b. Svapna
- c. Susupti
- d. Turiya

**21. The ability to be patient during demanding situation is**

- a. Sama
- b. Dama
- c. Uparati
- d. Titiksa

**22. Which of these is not a Purushartha?**

- a. Dharma
- b. Kama
- c. Moksha
- d. Samadhi

**23. \_\_\_\_\_ state of mind is a distracted mind over powered by Rajas.**

- a. Ksipta
- b. Viksipta
- c. Mudha
- d. Ekagra

**24. Which of the following is not a Klesa as per Patanjali?**

- a. Avidya
- b. Asmita
- c. Vairagya
- d. Raga

**25. The final and eighteenth chapter of Bhagavad gita is**

- a. Visvarupa darshana yoga
- b. Vibhuti vistara yoga
- c. Purusottama yoga
- d. Moksha sanyasa yoga

**26. The Bhagavad gita is a part of**

- a. Bhagavat Purana
- b. Mahabharata
- c. Brahma Sutras
- d. Mahanarayana Upanisad

**27. Eating sparingly and comfortably filling the half of the stomach and leaving remaining half of the stomach for water and air is**

- a. Ahara
- b. Mitahara
- c. Apalpahara
- d. None of the above

**28. According to Hatha yoga pradipika, the ultimate aim of its practice is**

- a. For breath control
- b. For steadiness and flexibility
- c. For Raja Yoga
- d. None of the above

**29. There is mention of \_\_\_\_\_ number of Kumbhakas in Hatha yoga pradipika.**

- a. 4
- b. 8
- c. 6
- d. 5

**30. \_\_\_\_\_ is the second stage of Nadanusandhana.**

- a. Arambha avastha
- b. Parichaya avastha
- c. Nishpati avastha
- d. Ghata avastha

**31. Nephron is the structural and functional unit of \_\_\_\_\_.**

- a. Kidney
- b. Lungs
- c. Heart
- d. Stomach

**32. Arteries in our body carries \_\_\_\_\_ blood except Pulmonary arteries.**

- a. Deoxygenated blood
- b. Oxygenated blood
- c. Both oxygenate and deoxygenated blood
- d. None of the above

**33. \_\_\_\_\_ postures are not good for hypertensive.**

- a. Forward bending
- b. Backward bending
- c. Lateral bending

d. None of the above

**34. Ardhamatsyendrasana is very beneficial for \_\_\_\_\_.**

- a. Hypertensive
- b. Diabetes
- c. Peptic ulcer
- d. Migraine

**35. Kapalbhati is contraindicated for**

- a. Epilepsy
- b. Constipation
- c. Asthma
- d. None of the above

**36. \_\_\_\_\_ is a very good practice for eliminating the wind from the food pipe?**

- a. Sarvangasana
- b. Setubandhasana
- c. Pavana muktasana
- d. Vakrasana

**37. Which of these is good for thyroid disorders?**

- a. Matsyendrasana
- b. Veerasana
- c. Halasana
- d. Dhanurasana

**38. Which of the following is a Satvic diet?**

- a. Purely oily food
- b. Purely stale and junk food
- c. Balanced, wholesome with necessary nutrition supplements
- d. Excess salty food

**39. Which of the following attribute represents to an extrovert personality?**

- a. Thought oriented
- b. Action oriented
- c. Emotions oriented
- d. Expectations oriented

**40. The first step in cognitive learning process is**

- a. Memory
- b. Perception
- c. Attention
- d. Learning

**41. In normal life one must practice Asanas**

- a. Beyond one's capacity
- b. According to one's capacity
- c. Perfectly 'always' as mentioned in the Yoga texts
- d. For slimness only

**42. In teaching asanas to a group of beginner's, would you**

- a. Aim for perfection in the posture
- b. Aim for all to practice but with ease
- c. All must stretch to the fullest and beyond
- d. None of the above

**43. About \_\_\_\_\_ tea spoon of salt need to be added in one litre of Luke warm water for the practice of Kriya.**

- a. 2
- b. 3
- c. 5
- d. 8

**44. During the Pranayama practice what would you emphasize?**

- a. Watch the breath
- b. Be aware of the posture
- c. Follow a breathing pattern
- d. All the above

**45. For whom, you would not recommend the meditation practice?**

- a. Asthmatics
- b. Hypertensive
- c. Diabetes
- d. Anxiety

**46. While planning for a Yoga workshop for young students, you would**

- a. Teach dynamic asanas
- b. Teach Pranayamas
- c. Teach Concentration practices
- d. All the above

**47. Which of these Kriya is recommended immediately after the practice of Jalaneti?**

- a. Trataka
- b. Kapalbhata
- c. Nauli
- d. Basti

**48. Suryanamaskar has the inclusion of**

- a. 12 mantras
- b. Specific postures
- c. Breathing rhythms
- d. All the above

**49. During practice of Asanas which of the following is considered important?**

- a. Breathing techniques
- b. Graceful movements
- c. Awareness
- d. All the above

**50. Meditation is a practice of**

- a. Awareness
- b. Concentration
- c. Focus and one-pointedness

d. All the above

**51. Stimulation followed by \_\_\_\_\_ is the key essence of Yoga practice.**

- a. Further stimulation
- b. Relaxation
- c. Further relaxation
- d. None of the above

**52. There are two eternal principles in the universe, individual soul called ..... and Nature called Prakriti.**

- a. Maya
- b. Ishwara
- c. Purusha
- d. None of the above

**53. 'Rasa' is the tanmatra of**

- a. Earth
- b. Water
- c. Fire
- d. Air

**54. Which of the following yoga practice deepens and ease the flow of vital life energy and calm the mind?**

- a. Asana
- b. Pranayama
- c. Pratyahara
- d. Dharana

**55. .... is considered as a good and virtuous action.**

- a. Nishkama karma
- b. Akarma
- c. Vikarma
- d. Ugrakarma

**56. Which of the following Kriya increases the digestive fire?**

- a. Dhouti
- b. Nauli
- c. Neti
- d. Basti

**57. An attribute of a Tamasic food is**

- a. Pure and fresh
- b. Spicy and stimulants
- c. Processed and chemically treated
- d. None of the above

**58. Which of the following practice is recommended during menstruation?**

- a. Asanas
- b. Nadishodhana
- c. Bhastrika pranayama

d. Suryanamaskar

**59. Which of the following is a suitable dress material while performing Yoga?**

- a. A rayon and loose dress
- b. A silk and loose dress
- c. A cotton Dhoti/Saree
- d. A cotton fabricated dress

**60. Ida nadi represents the negative force and low in**

- a. Awareness
- b. Consciousness
- c. Beyond the sphere of awareness
- d. None of the above

**Section II : 2 mark questions**

**1. Panchakleshas are mention in :**

- a. Samadhi pada
- b. Sadhna pada
- c. Kaivalya pada
- d. Vibhuti pada

**2. choose the correct statement**

- a. the colour for mooladhar chakra is red and mantra is lam
- b. the colour for mooladhar chakra is yellow and mantra is ram
- c. the colour for Manipur chakra is yellow and mantra is lam
- d. the colour for Manipur chakra is red and mantra is ram

**3. which sense and body part is associated with earth element?**

- a. taste and little finger
- b. smell and nose
- c. taste and tounge
- d. smell and ring finger

**4. Which of the following Asanas is beneficial for a diabetes patient**

- a. kapalbhati
- b. agni sara
- c. paschimottanasana
- d. sarvangasana

**5. Adi shankracharya was born ;**

- a. 788 AD
- b. 820 AD
- c. 788 BC
- d. 788 BC

**6. Yoga of Synthesis introduced by;**



- a. Swami Yogananda
- b. sri raman maharishi
- c. Sri Aurbindo
- d. jesus christ

**7. Non-Directive Dialogue is**

- a. non verbal dialogue
- b. non judgmental dialogue
- c. verbal dialogue
- d. judgmental dialogue

**8. in gherand samhita which muscles is referred as lauliki.**

- a. rectus abdominus
- b. pectoralis major
- c. anal muscles
- d. supraspinatus

**9. Karam Yoga means;**

- a. To do karma honestly.
- b. To do karma by doing prayer
- c. To do karma without expectations.
- d. To do karma with yoga practice.

**10. how many bones are there in the skull :**

- a. 22
- b. 28
- c. 8
- d. 4

**11. Skin is a part of which system?**

- a. respiratory system
- b. nervous system
- c. skeletal system
- d. endocrine system

**12. “Kinaesthetic” is a teaching technique and Aid which involves:**

- a. listening
- b. watching
- c. feeling
- d. all of the above

**13. The thumb joint is an example of**

- a. pivot joint
- b. gliding joint
- c. saddle joint
- d. hinge joint

**14. which kosa is also known as “linga sarira” ?**

- a. vijnanmaya kosa
- b. manomaya kosa

- c. Anamdamaya kosa
- d. Annamaya kosa

**15. uttama adhikarin is**

- a. adept at yoga
- b. aspirant who have been in yoga for sometime but have not yet become adept
- c. novice
- d. none of the above

**16. what is the meaning of the term “lalyam” given in hatha Yoga pradipika.**

- a. instability or wavering mind
- b. laziness
- c. a state of consciousness
- d. eating too much

**17. In a wider sense, what is the Etymological meaning of the word “Brahmacharya”**

- a. abstinence from sexual activity
- b. devotion towards lord brahma.
- c. walking on the path leading to reality
- d. total surrender

**18. The concept of sukshma vyayama was designed by**

- a. maharishi patanjali
- b. maharishi Mahesh yogi
- c. maharishi karthikeyaji maharaj
- d. Dhirendra Brahamchari

**19. which muscle is involved in yogic breathing**

- a. Diaphragm
- b. Intercostal muscles
- c. Pectoralis muscles
- d. All of the above

**20. the state of transcendence in Hatha yoga is referred as**

- a. Unmani awastha
- b. Manonmani awastha
- c. Both of the above
- d. None of the above