

QUESTIONS FOR YOGA QUIZ

1	Five types of Yama according to Patanjali are: Ahimsa,Asteya,Satya,Brahmacharya and Asana. Ahimsa,Satya,Asteya,Brahmacharya and Aparigraha Satya,Asteya,Brahmacharya, Aparigraha and Dhyana Asteya,BrahmacharyaSatya,Dhyana and Asana
2	Who is the Sat-Chit-Ananda according to Sankara? Para Brahman Isvara Soul None of these
3	Raja Yoga is the yoga of controlling our: Sense Organs Organs of Action Mind Our Emotions
4	What is one word that occurs in every chapter of the Gita? Maya Avidya Yoga Sanyasa
5	How many chapters are in the Gita? 16 14 12 18
6	According to Yoga the Raga is:- Klesh Prem Asakti All of the above
7	The word “Nadi” is derived from the word “Nad” which means To flow To blow To Run To carry
8	Normal Blood Pressure is----? 140/90mmHg 80/120mmHg 90/140mmHg 120/80 mmHg
9	Counter pose of Sarvangasana is ---? Savasana Matsyasana Halasana Sethubandhasarvangasana
10	Asana useful in diabetes is – Padmasana Virasana Mandukasana

	Siddhasana
11	Which one of the following attribute satisfies the criteria of Sattvic Food? Spicy, hot, bitter, sour and pungent Pure, essential, natural, vital, energy containing Unnatural, overcooked, stale, left over and processed food None of the above
12	Which asana affects the digestive system ? Vajrasana Udarakarshan asana Matyendrasana All of the above
13	A student is not able to practice as per your satisfaction. How will you deal with this student? Force the student by applying physical pressure on the body Encourage the student to have patience and continue to practice Ask him not to practice at all Ignore the student
14	The spinal nerves pairs are:- 28 30 31 33
15	Dress for yoga practice should be Tight fitting jeans Costly and sophisticated dresses Protective covering from head to toe Loose fitting and comfortable
16	Which one is the basic unit of the living organism? Neuron Nephron Cell Mitochondria
17	Where does Ajna Chakra located? Eyebrow centre Chest Tongue Legs
18	Which is not a Pancha Bhuta? Earth Water Sunlight Air
19	How many kinds of Kapalbhata are said in 'Gherandsamhita'? 01 02 03 04
20	The great sayings of Upanishads are popularly referred as?

	<p>Sutras Karikas Mahavakyas All of these</p>
21	<p>How many Asanas are decribed in ‘Gherandsamhita’? 84 84000 08 32</p>
22	<p>What is the name of the fourth chapter of Bhagavad Gita? Karma Yoga Gyankarma sanyaas Yoga Karma sanyaas Yoga Atmasanyam Yoga</p>
23	<p>Which Mudra destroys all diseases of the rectum and prevents premature death? Brahmi Mudra Shambhavi Mudra Akashachari Mudra Ashvini Mudra</p>
24	<p>Which of the following is not a Chittavritti? Nidra Vairagya Pramana Smriti</p>
25	<p>The number of Chittabhumi in Yoga is:- 05 02 03 04</p>
26	<p>Which of the following is not a Pancha Bhoota? Air Water Sunlight Fire</p>
27	<p>Which is not a sort of ‘Panchaklesh’? Avidya Abhinivesh Asmita Dukha</p>
28	<p>Astangamarga is a contribution of_to philosophy. Jainism Yoga System Mimansa Vedanta</p>
29	<p>Which one of the following is not Kleshas? Asmita Trishna Raga Avidya</p>

30	In which canto (Parva or book) does the Gita occur in? BhishmaParva DronaParva BhimParva Upanishad
31	Which of following is /are included in Triratna? Asteya, Ahimsa, Satya SamyakBhava SamyakJnana and SamyakCharitra Ahimsa, Mudita, Maitri
32is a heterodox system of classical Indian Philosophy. Nyaya Yoga Carvaka None of these
33	In which stage of Chitta the yoga is begin- Mudavastha Ekagravastha Vichipttavasta Nirudhavasta
34	What is not the three Gunas? Sattva Rajas Tamas Ekagra
35	Who is the author of Vaisesika Sutras? Kapila Kanada Jaimini Patanjali
36	Yama is not followings- Aparigraha Asteya Santosh Bhramcharya
37	What is not a Sadhak Tatva according to Hatha Yoga Pradipika? Utsah Dhairya Prajalpo Dhyana
38	Who is Yogi Svatmarama? Author of Hathapradipika Author of Synthesis of Yoga Author of Life Divine Author of Yoga Sutra
39	Tatra_Dhyanam Pratyayaiktanta Pratityasamutpada Pratyaksha Prtyktanta

40	Stress hormone--? Melatonin Insulin Cortisol Serotonin
41	Which type of Asana should avoid during disc prolapse (herniation) in Low back pain? Backward asana Forward asana Twisting asana Side bend asana
42	The practice of yoga should be commenced in season of:- Greeshm and Sharad Shishir and Hemant Basant and Sharad Varsha and Sharad
43	Shoulder and Hip joints are the examples of -----? Hinge joints Ball and Socket joint Condylloid joint Pivot joint
44	Muscles are attached to the bones by through fibres called ---? Ligament Cartilage Tendon Capsule
45	The meaning of prana is vital energy air oxygen all of the above
46	Which one helps to form blood clot during injury? RBC Platelets WBC Haemoglobin
47	Who is the author of Nyaya Sutras? Kapila Kanada Jaimini Patanjali
48	Which one is not a Spinal deformity? Scoliosis Kyphosis Osteoporosis Lordosis
49	Bile is secreted from ---? Pancreas Spleen Liver Stomach

50	The ratio between the Puraka, Kumbhaka and Rechaka is ---? 1:2:4 2:4:1 1:4:2 2:4:2
51	The functional unit of kidney is ---? Neuron Medulla Nephron Cortex
52	How many types of Pranayama explained in Yoga Sutra? 01 02 03 04
53	Jnana Yoga is the work of? Ramana Maharshi Osho Vivekananda SreeNarayana Guru
54	The nature of pingla swar is cold hot cold & hot none of the above
55	Contra-indication of Vajrasana is--? Diabetes mellitus Rheumatism or Arthritis Asthma Constipation Neck pain
56	Is not a Neo Vedantist M.K. Gandhi Vivekananda Aurobindo Patanjali
57	Which is the Ultimate Purushartha? Dharma Kama Artha Moksha
58	Who is not an Acharya of 'Hathayoga'? Matsyendra Goraksha Swatmarama Kapil
59	The Core teaching of Sankaracharya is-"Brahman alone is real. The world is Real Unreal Brahma

	Heaven
60	How many types of Aahar are there according to Yogic diet? 8 4 3 7
61	Which asana improves neuro-muscular coordination, balance and alertness --? Vajrasana Konasana Vrikshasana Bhujangasana
62	Which of these is a type of muscle? Smooth Skeletal Cardiac All of the above
63	Ida Nadi is related to which nostril? Left Nostril Right Nostril Left and Right Nostril None of these
64	Philosophy is originally a term. English French Greek Latin
65	Which one of the following is not a part of the SadhanaChatushtaya? Viveka Vairagya Dhyan Mumukshutva
66	According to Yoga the Raga is:- Klesh Prem Asakti All of the above
67	Which one is Long bone in our body? Carpal bones Scapula Vertebra Femur
68	Mind becomes in Alpha state due to the practice of---? Asana Exercise Meditation Bandha
69	Illusion is.....? Distortion of existing stimuli The same as hallucination

	The result of innate mechanism Not based on external reality
70	MitaHara in Hatha yoga means Little eating Neither overeating nor under eating Under eating Only over eating
71	71. At which Chakra, the union of Ida and Pingalanadi takes place Manipura Anahata Ajna Visudhi
72	Brain and Spinal cord are called--? Autonomic Nervous System Central Nervous System Peripheral Nervous System Sympathetic Nervous System
73	What is symbol of Ishwar as per Patanjali Yogasutra? Parmeshwar Pranav Purush Samadhi
74	Asthma is a --? Digestive disorder Neurological disorder Pulmonary disorder Musculo skeletal disorder
75	The other name of Yogic Enema is? Nauli Dhouti Basti Trataka
76	Founder of Yoga Philosophy is? Kanada Kapila Patanjali Adishankaracharya
77	Which Chakra Symbolized by a lotus of ten petals? Muladhara Chakra Anahata Chakra Manipura Chakra Visuddha Chakra
78	Karma Yoga is the path of.....? Knowledge Devotion Action All of these
79	Concept of Sthitapragya is described in Bhagvadgita Patanjali Yoga Sutra

	Charak Samhita Hath Yoga Pradipika
80	How many types of Bhaktis are there in Bhakti Yoga? 10 9 8 7
81	According to Patanjali, the number of Niyamas are Four Five Six Ten
82	Which one comes under Antaranga Yoga? Niyama Dharana Asana Pratyahara
83	How many sorts of 'Kumbhak' are said in 'Gherandsamhita'? 03 04 08 None of these
84	Which of the following is not a Vritti? Pramana Vikalpa Viveka Nidra
85	The Samkhya Darshan is:- Dvaita Advaita Dvaitadvaita Vishishtadvaita
86	Who is the author of Yoga Sutras? Kapila Kanada Jaimini Patanjali
87	The 'Chitta' may be controlled by Yama Pratyahara Niyama Samadhi
88	Chakras and Nadis are components of which Kosha? Annamaya Pranamaya Manomaya Vijnnyamaya
89	Self-actualization concept is given by Carl Roger Albert Bandura

	Abraham Maslow Sigmund Freud
90	Hatha Yoga Work is done without attachment A preliminary to Spiritual Yoga Education in the Scriptures The mastery of meditation
91	Plough pose otherwise called as --? Sarvangasana Halasana Bhujangasana Chakrasana
92	Which method is suitable for teaching Yoga Practices---? Lecture Method Practice Method Lecture cum Demonstration Method Group Discussion Method
93	The part of the autonomic nervous system, when activated, is responsible for the body's 'fight or flight' sensation. Brain System Limbic system Sympathetic nervous system Para- Sympathetic nervous system
94	94. Concept of Id, ego and super ego is given by....? H.J. Eysenck Sigmund Freud Anna Freud Carl Jung
95	"Yogabhasya" is a commentary on Patanjali sutra or yoga sutra is written by Ramanuja Vyas Sankara None of them
96	Vivekakhyaatyogi's Prajya is Seven types Eight types Eighteen types None of these
97	The Bhagavad Gita is part of the Ramayana Veda Upanishad Mahabharata
98	How many types of Bhakta according to Bhagavad Geeta- 2 3 4 5
99	The word meaning of 'Gita' in Bhagvad Gita is

 The song of the Lord Song of everybody Sacred Song Beautiful Song
100	100. Samatvam Yoga Uchyate definition is given in:- Shrimadbhagavatgita Gherandsamhita Yoga Sutra Hathayog Pradeepika
101	Which Endocrine gland is Master gland in our body? Pancreas Adrenal Pituitary Pineal
102	Haemoglobin is- Vitamin Protein and Iron Melanin Carbohydrate
103	While arranging your Yoga classroom/Studio/Hall in general, what 'back ground sound' will you prefer among the following Good Rhythmic Music Soothing and meditative instrumental music Silence Sounds of nature [eg. Water, birds, Windsounds]
104	104. Samana Vayu is situated in which region of the body? Throat Heart Naval Whole body
105	How many elements are described in Samkhya Shastra? 20 22 24 25
106	How many mudras are described in Hathapradipika? 8 10 12 15
107	Sciatica is related to ----? Shoulder pain Neck pain Low back pain Knee pain
108	108. In a group discussion, questions can be best entertained at what time? while relaxing between two practices next day while doing the practice

	not necessary to entertain questions, keep practicing
109	Vedanta is also called Mimansa UttaraMimansa PurvaMimansa DakshinMimansa
110	Who is the Guru of Swami Vivekananda? Yoganand Ramkrishna Paramhansa Satyananda Saraswati Shivanand
111	Which of the following is the largest artery in the body? Cerebral Artery Coronary Artery Aorta Carotid Artery
112	Which of the following organ is involved in exchange of gases? Stomach Lungs Liver Kidney Which of these is not an important consideration for Yoga teacher before class? Freshness of air Clean Environment Availability of food and water supplies Enough space for Sadhaks to sit
123	Which of the text is also called as “Shruti” Upanishad Darshan Veda Samhita
124	The word “Yoga” is derived from Sanskrit root Yaju Yuj Riju None of the above
125	Which of these is not an authentic text of Hathyoga? Goraksh Samhita Gherand Samhita Hathratnavalli Light on Yoga
126	Who is the Sthitaprajna? One who is free from family attachment One who gives up non vegetarian food One who does not marry One who is free from pleasure and pain
127	How many types of Chitta Vikshepas are there in Yog Sutras? 5 3 10

	2
128	<p>Which of these is characterized by activity or movement?</p> <p>Sattva Rajas Tamas Nirudh</p> <p>Which of these is not an outcome of Asana according to Hatha Pradipika?</p> <p>Arogya Laghavam Sthairyam Dhairyam</p>
129	<p>Which is not a synonym of Kundalini?</p> <p>Arundhati Bhujangi Kutilangi Kalavati</p>
130	<p>The qualities of Sattva Guna is not:</p> <p>Laghoo Prakashak Sukha Moha</p>
131	<p>What is the importance of session planning?</p> <p>For a session to be well accepted For a systematic teaching For our self improvement None of the above</p>
132	<p>Why giving a feedback about the class is important?</p> <p>For our understanding For updating ourselves For self monitoring None of the above</p>
133	<p>Why do we need to explain the contraindications of a practice before we go for a practice?</p> <p>For our benefit For making the Sadhak aware of his/ her limitations Brings clarity of mind and physical health None of the above</p>
134	<p>In Sanskrit “Yoga” means</p> <p>To multiply To Understand To Unite To Comprehend</p> <p>“Yogah karmasu kaushalam” is according to which of the following text?</p> <p>Patanjali Yoga Sutra Yoga Vasistha Gheranda Samhita Bhagavad Gita</p>
135	<p>According to Bhagwad Gita the main forms of Yoga are?</p> <p>Laya, Hatha, Raja</p>

	Mantra, Tantra, Yantra Karma, Jnana, Bhakti None of the above
136	Which of the following is a part of the eight –fold- path of Patanjali? Abhyasa Vairagya Pratipaksha Bhavana Pratyahara
137	The fourth Chapter of the Yoga Sutras is termed as Moksha pada Phala pada Kaivalya pada Samadhi pada
138	Which one of these is not a “Purushartha”? Dharma Kama Moksha Samadhi
139	Who amongst the following was a Hatha Yogi? Maharshi Patanjali Viswamitra Swami Gorakhnath Vasistha
140	Number of Kumbhakas mentioned in Hatha Yoga Pradipika is 4 7 8 10
141	Which of the following is not a process of Pranayama? Rechaka Puraka Kumbhaka Samyaka
142	Asana according to Patanjali is Sthramasanam Sukhamasanam Sthirmsukhamasanam Chiramasanam
143	The Bhagavad Gita, Brahmasutra and Mukhya Upanishads are collectively called Brahmanas Aranyakas Prasthantraya Vedanta
144	Doing duty without attachment of fruits is Nishkama Karma Akarma Vikarma None of these

145	<p>The three key processes in Pranayama are Puraka, Kumbhaka and Rechaka Sagarbha, Nigarbha and Sahita Sahita, Kevala and Sagarbha None of these</p>
146	<p>Chitta means: Mind Consciousness Thoughts Self</p>
147	<p>Bhakti Yoga is the path of Action Inner wisdom Devotion None of these Which of the following Chakra is called is otherwise called “ Heart Chakra” Manipura Visuddhi Anahata Chakra Ajna</p>
148	<p>Mumukshutva The State of Samadhi Intense longing for liberation A sacred person A Sage</p>
149	<p>Who was the 24th Tirthankara of Jainism? Mahavira Jina Sena Rushabhanath Kshemendra</p>
150	<p>Which is the first Chapter of Patanjali Yoga Sutra? Kaivalyapada Sadhanapada Samadhipada Vibhutipada</p>
151	<p>Who had founded the Nath Cult? Swami Matsyendranath Swami Gorakhnath Adinath None of these</p>
152	<p>Who has named Ashtanga Yoga of Patanjali as Raja Yoga? Swami Shivananda Swami Vivekananda Swami Kunalayananda Swami Satyananda</p>
153	<p>The sense of surrendering to the Divine is Indriya Nigraha Saranagati Bhakti None of the above</p>

154	<p>One of the Qualities of Jnana Yogi –VIVEKA- means: Renunciation of the worldly pleasures Withdrawal of senses from its object of pleasure A burning aspiration for God realization Discrimination of immortal and mortal objects</p>
155	<p>Shatkarmas are the techniques used for External Cleansing Cleansing of GIT To remove the excessive dosahs from all parts of the body To clean the mind</p>
156	<p>Which of the following is not a Chitta Bhoomi? Kshipta Vikshipta Chanchala Moodha</p>
157	<p>----- is also known as Uttara Mimansa. Nyaya Sankhya Vaisesika Vedanta</p>
158	<p><i>Desh Bandhasya Chittasya</i>----- Dhayana Dharana Samadhi None of the above</p>
159	<p>Which form of Navadha Bhakti involves chanting and glorifying the God? Shravanam Keertanam Archanam Vandanam</p>
160	<p>Which of these is not one of the main four Vedas? Rigveda Samaveda Atharvaveda Ayurveda</p>
161	<p>According to Bhagavad gita, Yoga is Yagaschitta vritti nirodhah Yoga karmasu kaushalam Manoprasamana upayah Yogah Yogena chittasya padena vacham</p>
162	<p>Which ancient Indian sage authored the ‘Sankhya Darshan’? Gautama Jaimini Kapil Muni Patanjali</p>
163	<p>What do you mean by Shravan? Being God’s servant Hearing about God Chanting His name and glory Befriending him</p>

164	The word yoga was first mentioned in which Veda Sama Veda Rig Veda Atharva Veda Yajur Veda
165	The meaning of ' <i>Samatvam yoga uchyate</i> ' is Balance in life Way of life Holistic living Work done with dexterity
166	Which is the first component of Hatha yoga according to Hatha pradeepika? Asana Pranayama Mudra Shatkriyas
167	Ashtanga yoga is whose contribution Svatmarama Maharshi Patanjali Gheranda Gorakshanath
168	Gheranda Samhita is the collection of dialogues between Gheranda and whom Bhrigu Dhruva Chanda kapali None of the above
169	What is a diet which is juicy, unctuous, nourishing and pleasing to the heart known as? Rajasic food Tamasic food Satvic food None of the above
170	Which of the following is one of the reasons for the failure in Hatha yoga sadhana? Courage Over eating Perseverance Absolute faith
171	In which form of Neti, salt is used? Sutra Jala Dugdha Ghrita
172	How many sadhaka tattvas are described in Hathapradipka? 2 4 6 8
173	According to Hatha pradeepika, which asana is the best? Padmasana

	Siddhasana Swastikasana Vajrasana
174	Which practice of Hatha yoga involves drawing of air through the mouth? Ujjayi Sitkari Bhramari Bhastrika
175	By mastering which practice one can float like a lotus leaf on the water. Sitali Bhastrika Nadi sodhana Plavini
176	Which of these enables one to overcome the obstacles in the path of yoga, according sage Patanjali? Friendliness towards pleasure Disturbed state of the mind Not Becoming compassionate Sleep
177	Which of the following kriya is good for cleansing the eyes? Neti Dhauti Trataka Nauli
178	Which muscle works at our will. Skeletal Smooth Cardiac None of the above
179	Which of the following cells is/are not sensitive to colour? Cone Rods Both None of the above
180	Which gland in our body is both endocrine and exocrine in nature? Liver Pancreas Adrenal Thymus
181	Which of the following Kriya is beneficial for reducing excess fats from the body? Neti Trataka Kapalbhati None of the above
182	Sarvangasana is good for complications of which gland? Pancreas Thyroid Adrenal

	Ovary
183	Chakrasana is contraindicated for Anxiety Stress Recent surgery None of the above
184	Nadi shodhana pranayama is one of the practices helpful for regulating which of the following? Pulse rate Elevated blood pressure Sweating Urination
185	Which type of vyadhis are stress borne diseases? Adhija Anadhija Both Adhija and Anadhija None of the above
186	Our inner wisdom is the component of which kosha. Annamaya Pranamaya Manomaya Vijnanamaya
187	Which of the following attribute is of 'Rajasic' personality? Anger and egoism Inertia and sluggishness Calm and balanced None of the above
188	Tanmatra 'smell' corresponds to which of the following? Jala Prithvi Vayu Akash
189	Which of the sensory organ is connected with 'Akash' element? Nose Eye Ear Tongue
190	Yogic diet is the one that Tasty diet Good for health Conducive to the practice of Yoga sadhana All of the above
191	Which of the principle is vital for good health is Over exhaustion Adequate rest Over eating Over working
192	Pranayama is cutting down the speed of Mind Anger

	Jealousy Inhalation-Exhalation
193	Which of the following hormone activates the flight and fight reactions? Adrenalin Thyroxine Growth hormone Insulin
194	HPA axis stands for Hypothalamus-pituitary-adrenal axis Hypothalamus-pineal-adrenal axis Hypothalamus-pituitary-amacrine axis Hypothalamico-Pinealic- Amylic axis
195	What is the vehicle of our mind. Blood Breath Body fluid Prana
196	The basis of 'Pancha kosha' is Kena Upanishad Prashna Upanishad Taitriya Upanishad Isha Upanishad
197	Which of the following is not one of the Antahkarana? Manas Buddhi Jnana Chitta
198	Which is the operational tool for Annamaya kosha is Pranayama Dhyana Pratyahara Kriya
199	Which state of our consciousness corresponds to deep sleep? Jagrata Svapna Sushupti Turiya
200	What is the key feature of Yoga practice? Only maintaining posture Only breathing in and out during practice Awareness Normal breathing
201	Who is the author of Siddha Siddhanta Paddhati? a. Gheranda rishi b. Matsyendranath c. Gorakshanath d. Adinath
202	Which of the following is one of the of the classical Hatha yoga texts?

	<ul style="list-style-type: none"> a. Patanjali Yoga Sutra b. Bhagavad Gita c. Gheranda Samhita d. Yoga Vasistha
203	<p>The entire wisdom of yoga in Sanskrit was first compiled by whom?</p> <ul style="list-style-type: none"> a. Gorakshanatha b. Svatmarama c. Matsyendranath d. Maharshi Patanjali
204	<p>How many vedas are there?</p> <ul style="list-style-type: none"> a. 2 b. 4 c. 6 d. 8
205	<p>How many Principal Upanishads are there?</p> <ul style="list-style-type: none"> a. 7 b. 10 c. 14 d. 18
206	<p>What is the Intense longing for achieving liberation known as?</p> <ul style="list-style-type: none"> a. Viveka b. Vairagya c. Mumukshutva d. Moksha
207	<p>Which of the following nadis corresponds to the state of equilibrium?</p> <ul style="list-style-type: none"> a. Ida b. Pingala c. Sushumna d. Saraswati <p>202. Which of the following is a Bahiranga yoga practice?</p> <ul style="list-style-type: none"> a. Dharana b. Pratyahara c. Dhyana d. Samadhi
208	<p>Which of the following is a Bahiranga yoga practice?</p> <ul style="list-style-type: none"> a. Dharana b. Pratyahara c. Dhyana d. Samadhi
209	<p>204. Blood in our body is the manifestation of which mahabhuta.</p> <ul style="list-style-type: none"> a. Vaayu b. Agni c. Prithvi d. Akasha
210	<p>205. Which of these is not one of the main four Vedas?</p> <ul style="list-style-type: none"> a. Rig veda b. Sama veda c. Atharva veda d. Dhanurveda
211	<p>206. What is Pranayama, one of the yogic practice used for?</p> <ul style="list-style-type: none"> a. Annamaya kosha

	<p>b. Pranamaya kosha c. Manomaya kosha d. Vijnanamaya kosha</p>
212	<p>207. Guru is the one, who dispels a. Darkness of ignorance b. Light of arrogance c. Haziness of love d. Renunciation of World</p>
213	<p>208. Which of the following state cannot be suppressed? a. Jagrata b. Swapna c. Susupti d. Turiya</p> <p>209. What is the ability to be patient during demanding situation known as? a. Sama b. Dama c. Uparati d. Titiksha</p>
214	<p>210. Which of the following is related to Chitta prasadanam? a. Abhyasa b. Vairagya c. Maitri d. Samapatti</p>
215	<p>211. Which is the final and eighteenth chapter of Bhagavad gita? a. Visvarupa darshana yoga b. Vibhuti vistara yoga c. Purusottama yoga d. Moksha sanyasa yoga</p>
216	<p>212. What is the ultimate aim of hatha yoga, according to Hatha pradipika? a. breath control b. steadiness and flexibility c. Raja Yoga d. Mantra Siddhi</p>
217	<p>213. Which kind of blood is carried by Arteries in our body? a. Deoxygenated blood b. Oxygenated blood c. Both oxygenated and deoxygenated blood d. Carbonated Blood</p>
218	<p>214. Ardhamatsyendrasana is very beneficial for which disease? a. Hypertension b. Diabetes c. Peptic ulcer d. Migraine</p>
219	<p>215. In which disease caution must be taken while performing kapalbhati? a. Epilepsy b. Constipation c. Asthma d. Diabetes</p>

220	216. Which Asana is good for the thyroid gland? a. Matsyendrasana b. Veerasana c. Halasana d. Dhanurasana
221	217. Which practices are beneficial for hypertension and cardiac problems? a. Asanas b. Relaxation c. Dynamic kriya d. Dynamic pranayama like Bhastrika
222	218. Which is a characteristic of an extrovert personality? a. Thought oriented b. Action oriented c. Emotions oriented d. Expectations oriented
223	219. Which is the first step in cognitive learning process? a. Memory b. Perception c. Attention d. Learning
224	220. For whom, meditation practices are not useful? a. Asthmatics b. Hypertensive c. Diabetes d. State of poisoning
225	221. What precautions must be taken while performing jalneti? a. proper posture b. Temperature of water c. Amount of salt in water d. All the above
226	222. Which practice is recommended immediately after the practice of Jalaneti? a. Trataka b. Kapalbhati c. Nauli d. Forceful exhalation
227	223. Suryanamaskar incorporates a. 12 mantras b. Sequence of body positions c. Breathing awareness d. All the above
228	224. Which of the following are important during the practice of asanas? a. Stability b. Comfort c. Effortlessness d. All the above
229	225. How many vayus are mentioned in yogic texts? a. 4 b. 6

	c. 8 d. 10
230	What is the definition of yoga according to Yoga Vasistha? Yujyate Aneneti Yogah YogahKarmasuKaushalam Manah Prashamanopayah Yogah Yogashchittavritti Nirodhah
231	From where has the whole knowledge of yoga believed to be originated? Upanishads Vedas Darshanas Buddhism
232	Upanishads are also known as : Upavedas Vedanga Vedantas Aranyakas
233	Taittiriya Upanishad talks about which of the following? PanchaPranas PanchaMahabhootas Panchatantra Pancha Koshas
234	How many major puranas are there? 18 10 108 07
235	The concept of food according to Hatha Yoga does not include The concept of Pathya The Concept of Mitahara The concept of Sattwa-Rajas-Tamas The concept of Apathya
236	Karma yoga is a branch of yoga based on the teachings of which text? Patanjali Yoga sutras Bhagavad Gita Hatha pradipika Upanishads