

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.
- Hunger
 - Sleep
 - Stress
 - Sweating
61. Suryanamaskar is a well-devised combination of and breathing.
- Pranayama
 - Dhyana
 - Bandha
 - Asana
62. Which of the following Asana is named after the Rishi Matsyendra?
- Matsyasana
 - Vakrasana
 - Ardhamatsyendrasana
 - Matsyakridasana
63. Which posture makes a wonderful combination of Bhujangasana and Salabhasana?
- Sarpasana
 - Dhanurasana
 - Halasana
 - Chakrasana
64. Which of these is a Kriya?
- Kapalbhati
 - Bhastrika
 - Ujjayi
 - Nadishodhana
65. Every Yoga teacher must start the practice session with
- Asana
 - Pranayama
 - Kriya
 - Silence
66. What should be the minimum gap between a meal and Yoga practice?
- 6 hours
 - 4 hours
 - 2 hours
 - None of the above