

GOVERNMENT ARTS AND SCIENCE COLLEGE (WOMEN) Sathankulam

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**Subject: SYOG3A – YOGA
UG II YEAR**

MANDATORY COURSE (2 Credits)

Study Materials: 1

1. The primary function of “Prana” is
a) **Respiration** b) Digestion c) Elimination d) Circulation
2. The word “pranayama” refers to
a) meditation b) relaxation c) **breathing control** d) none
3. The word ‘yuj’ means
a) to yoke b) to join c) to unite d) **all of these**
4. Which of the following is one of the Five Principles of Yoga by Sivanandi?
a) **savasana** b) bhakti c) jnana d) tantra
5. stabilize and focus the mind on one object, image, sound is
a) Dharana b) **Dhyana** c) Samadhi d) Pratyahara
6. Yoga Consist of _____ Components
a) Six b) Four c) **Eight** d) nine
7. Blood in our body is a
a)Connective tissue b) **Fluid connective tissue** c) Epithelial tissue d) Muscular tissue
8. The appropriate amount of time to wait after a meal before beginning a yoga practice is
a) 30 minutes b) 60 minutes c) **90 minutes** d) 2 hours
9. Every Yoga teacher must start the practice session with
a) Pranayama b) **Asana** c) Kriya d) Silence
10. Yoga was first referenced as a form of _____
a) Asana b) Kabalapati c) **Meditation** d) Balance diet
11. The word “Yoga” is derived from
a) Latin b) Urdu c) **Sanskrit** d) Tamil

12. Who compiled 'Hathayoga pradipika'?
- a) Patanjali b) Gheranda c) **Svatmarama** d) None of the above
13. Delta waves occur frequency from _____ cycles per second
- a) 8 to 12 b) 30-100 c) 4 to 7 d) **1 to 4**
14. For small groups, the effective seating arrangement in teaching yoga is –
- a) **Semi circular** b) Circular c) Row d) Column
15. _____ help in the healthy functioning of the organism
- a) **Asanas** b) Pranayama c) Mudras d) None
16. How many different Asanas does Suryanamaskar comprise of?
- a) **12** b) 7 c) 10 d) 8
17. Asana are classified into _____ types
- a) 7 b) **3** c) 4 d) 8
18. When shall be a Yoga lesson plan be prepared for an effective teaching?
- a) One week before the class **b) Just before the class**
- c) One or two days before the class d) after completion of the class
19. The word Pranayama means
- a) **The regulation of energy** b) The dissipation of energy
- c) Subtle hand gestures d) the body strength
20. The Yoga class usually begin with a
- a) **A Prayer** b) Suryanamaskar c) Yogic Sukshma Vvayama d) Yogasana
21. How many different types of kabalapathi?
- a) **6** b) 9 c) 4 d) 12
22. What is the main therapeutic benefit of Kapalabhati practice?
- a) **to remove kapha disorders** b) to remove pitta disorders
- c) to remove vata disorders d) to remove vata-pitta disorders
23. The art of practicing yoga helps in controlling an individual's _____
- a) Mind b) soul c) body **d) all the above**
24. What is the recommended time period for the practice of Kumbhaka (Pranayama)
- a) Before sunrise b) after sunset
- c) Morning and evening **d) morning, midday, evening, midnight**
25. Which Endocrine gland is Master gland in our body?

a) Pancreas b) **Adrenal** c) Pituitary d) Pineal

26. Cobra pose is also called as

a) Padmasana b) Salabhasana c) **Bhujangasana** d) none

27. Asana based on how many types?

a) Three b) Two c) Five d) **Four**

28. The purpose of Yoga as taught by the ancients is to attain:

a) Perfect health b) Peace of mind c) Stress relief d) **none of these**

29. Kabalabhati is a _____ Process

a) Strengthening b) Meditation c) **Cleaning** d) None of these

30. **Ustra means**

a) The tree b) **Camel** c) Hare d) Snake

31. Yoga is a strict discipline which requires

a) Strength b) **an objective frame of mind**

c) Flexible body d) all of the above

32. Alternate nostril breathing also called as

a) Sitali Pranayama b) Bhramari pranayama c) **Nadisodhana** d) None

33. Definition of Yoga according to Kathopanishad is

a) Control on mind b) Control on sense organs, mind and intellect

c) **Control on sense organs and intellect** d) Control on body and mind

34. The purpose of Yoga as taught by the ancients is to attain: a) Perfect health b) Peace of mind

c) Stress relief d) **Enlightenment or Self-realization.**

35. Who compiled 'Hathayoga pradipika'?

a) Patanjali b) Gheranda c) **Svatmarama** d) None of the above

36. Meditation is practiced during

a) On vacation b) at home c) Walking d) **all of the above**

37. Samadhi is

a) A trance or state of bliss b) A state of sleep c) **A state of resting** d) A state of sitting

38. **Prana means**

a) **self-energizing** b) fitness c) chronic d) all the above

39. Human heart has

a) Two chambers b) Three chambers c) **Four chambers** d) No chambers

40. Who compiled 'Yoga Sutra'

a) **patanjali** b) gheranda c) svatmarama D. none of the above

41. Mind consists of _____ stage.

a) Two b) four c) **Three** d) five

42. One of the most prominent health effects of yoga is

a) Faster growth in children **b) Stress reduction**
c) Cancer Cure d) Quick action

43. Which pranayama practice is beneficial for skin and eyes?

a) Nadisodhana b) sitali c) Bhramari **d) None**

44. Raja yoga also called as

a) Action **b) devotion** c) Classical yoga d) Physical

45. Organ is involved in exchange of gases

a) Stomach **b) Lungs** c) Liver d) Kidney

46. Which system regulates water level and body temperature?

a. Ductless glands b. Kidneys c. Heart **d. Pancreas**

47. When first International Yoga Day is observed in India?

a) 21 June 2014 b) **21 June 2015** c) 21 June 2016 d) none of these

48. Where the resolution of celebrating International Day of Yoga is passed?

a. World Health Organization **b. UN, General Assembly**
c. India, Parliament d. None of the above

49. Who is known as Father of Yoga?

a. Patanjali b. Shiva c. Brahma d. Tirumalai Krishnamacharya

50. Which Veda mentions about the elements of yoga?

a. Athar Veda **b. Rig veda** c. Sam Veda d. Yajur Veda

51. What is the theme of 4th International Day of Yoga 2018?

a. Connect the Youth b. Yoga for mind
c. Yoga for Peace d. Yoga for soul

52. What do you understand by the term Doga?

a. Doga is a not a form of yoga. **b. Doga is a kind of yoga by using dogs as props**
c. Doga is related with dogs d. All the above options are wrong

53. Celebration of International Yoga in India is done by which ministry?

- a. **Ministry of Ayush** b. Ministry of Civil Aviation
c. Ministry of Communication d. Ministry of Human Resource and Development

54. **How many chapters are there in Patanjali Yoga Sutra?**

- a) 3 b) **4** c) 2 d) None of the above

55. Which is the basic text of Yoga Philosophy?

- a. Hatha Yoga Pradipika b. Gheranda Samhitha
c. **Patanjali Yoga Sutra** d. Shiva Samhitha

56. **The Sanskrit word 'Veda' is derived from the root word 'Vid' which means**

- a) To Understand b) To See c) **To know** d) To Hear

57. **Six Technical subjects related to Veda are known as**

- a) Samhitas b) **Vedangas** c) Brahmanas d) Aranyakas

58. According to which School of Vedanta 'All Reality is Brahman'?

- a) Dvaita b) Vishitadvaita c) Advaita d) **Shudhadvaita**

59. In which Bhava, the surrendering attitude of the servant to his master is involved?

- a) Madurya Bhava b) **Dasya Bhava** c) Sakhya Bhava d) Santa Bhava

60. **Yoga Karmasu** _____

- a) Nischalam b) Chalam c) **Kausalam** d) Phalam

61. **Which of the following pranayama purifies the Astral body?**

- a) Ujjai b) **Nadi Shodhana** c) Surya Bedha d) Moorcha

62. **The word "Nadi" is derived from the word "Nad" which means**

- a. **To flow** b. To blow c. To Run d. To carry

63. **At which Chakra, the union of Ida and Pingalanadi takes place**

- a) Manipura b) Anahata c) **Ajna** d) Visudhi

64. **Raja Yoga is the yoga of controlling our**

- a) Sense Organs b) Organs of Action c) Mind d) Our emotions

65. Which Prana governs our digestive system?

- a) Apana b) Vyana c) **Samana** d) Udana

66. Chakras and Nadis are components of which Kosha?

- a) Annamaya b) **Pranamaya** c) Manomaya d) Vijnyayamaya

67. Which of the following is not a Mahasiddha as per Hatha Yoga Sutra?

- a) Kapali b) Kapalika c) **Buddha** d) Matseyanda

68. The word 'Guru' means remover of _____ [Fill in the blanks]
a) **Darkness** b) Laziness c) Anger d) Light
69. Who is an enlightened master?
a) Maharishi Vasishtha b) Maharishi Vishwamitra c) Maharishi Patanjali d) **All the above**
70. Yoga of Synthesis is the contribution of which Yogi?
a) **Sri Aurobindo** b) Swami Vivekananda c) Sri Yogananda d) Sri Chaitanya
71. Ashtanga Yoga of Patanjali is otherwise known as which yoga as per Swami Vivekananda
a) Bhakti Yoga b) **Raja Yoga** c) Karma Yoga d) Jnana Yoga
72. Which of the following is not a Vritti?
a) Pramana b) Vikalpa c) **Viveka** d) Nidra
73. By cultivating attitude of friendliness towards the happy and compassion towards the unhappy _____
a) The mind retains its disturbed calmness b) **The mind retains its undisturbed calmness**
c) The mind will be preoccupied with thoughts d) The mind will be preoccupied with emotions
74. Which of the following is a Klesha according to Patanjali?
a) **Thoughts** b) Abhyasa c) Arambha d) Arogya
75. Who authored the SrimadBhagavatham?
a) Vishwamitra b) **Vedavyasa** c) Vasishtha d) Vidura
76. When the result of a deed is not expected it is called
a) Bhakti Yoga b) Kriya Yoga c) Raja Yoga d) **Karma Yoga**
77. **Svatmarama belongs to which section?**
a) **NathParampara** b) AshtangaParampara c) GherandaParampara d) PatanjaliParampara
78. MitaHara in Hatha yoga means
A. Little eating B. **Neither overeating nor under eating**
C. Under eating D. Only over eating
79. What moves when Prana moves according to Hatha Yoga?
A. Manas B. **Mana Shakti** C. Chitta D. Buddhi
80. Filtration is one of the primary functions of
a. Lung b. Heart c. Kidney d. **Liver**
81. **Which Asana is good for chronic low back pain?**

a. Dhanurasana b. **Bhujangasana** c. Chakrasana d. Halasana

82. Which one of the following attribute satisfies the criteria of Sattvic Food?

- a) Spicy, hot, bitter, sour and pungent **b) Pure, essential, natural, vital, energy containing**
c) Unnatural, overcooked, stale, left over and processed food d) None of the above

83. Which of these is not a process of Cognition?

- a. Perception b. Attention c. Memory **d. Sleeping**

84. While arranging your Yoga classroom/Studio/Hall in general, what 'back ground sound' will you prefer among the following

- a) Good Rhythmic Music b) Soothing and meditative instrumental music
c) Silence **d) Sounds of nature (eg. Water, birds, Windsounds)**

85. 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

86. 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

87. Dress for yoga practice should be

- a) Tight fitting jeans b) Costly and sophisticated dresses
c) Protective covering from head to toe **d) Loose fitting and comfortable**

88. Which day is celebrated as 'International Day of Yoga'?

- a) June 20 b) **June 21** c) June 22 d) June 23

89. 'Yoga Sutra' compiled by whom

- a) Patanjali** b) Gheranda c) Svatmaramal d) None of the above

90. Which of the following practice leads to immortality, according to Ishavasyopanishad?

- a) Vairagya b) Viveka **c) Vidya** d) Vishaya

91. Name the title book compiled by Dr. Imran Chaudhary and Abhijeet Singh published by Muslim Rashtriya Manch?

- a) Yoga and Islam** b) Islamic Yoga c) Yoga for All d) Karma Yoga

92. Which of the following is one of the Five Principles of Yoga by Sivanandi?

- a) Savasana** b) Bhakti c) Jnana d) Tantra

93. The appropriate amount of time to wait after a meal before beginning a yoga practice is:

- a) 30 minutes b.)60 minutes c)**90 minutes** d)2 hours

94. Every Yoga teacher must start the practice session with

- a) Pranayama b) **Asana** c) Kriya d) Silence

95. Who was the Yoga Guru of Swami Kuvalayananda?

- A. Pattabhi Jois B .T. Krishnamacharya **C .Madhav Das** D .Yogendra

96. Which of the following describes Kali Ray Triyoga?

A. It puts emphasis on Proper Breath, alignment, coordination of breath and movement and ‘honouring the wisdom of the body’

B .It puts equal emphasis on Pranaya, Meditation and on the Asanas

C .It brings Posture, Breath and Focus together to create dynamic, intuitive flows

D .It focuses on the controlled release of the Kundalini energy

97. Who compiled ‘Hathayoga pradipika’?

- a) Patanjali b) Gheranda c) **Svatmarama** d) None of the above

98. Which is the Sanskrit root (verb form) for the etymological derivation of the word “Yoga”?

- a) Yug b) Yuge c) **Yuj** d) Yuje

99. Definition of Yoga according to Kathopanishad is

- a) Control on mind **b) Control on sense organs, mind and intellect**

c) Control on sense organs and intellect d) Control on body and mind

100. Which Upanishad described the ‘Shandilya Vidya’?

- a)Kathopanishad b) Brihadaranyakopanishad
c)Aitareyopanishad **d)Chhandogyopanishad**

101. In which of the following text ‘Bhujangikaran’ Pranayama is described?

- a)Yoga Vashishtha b)Shiva Samhita **c)Hatha Ratnavali** d)Siddha Siddhanta Paddhati

102. “Samadoshah Samagnishch Samadhatu Malakriyah” are the characteristic features of ‘Swastha’ according to which Acharya of Ayurveda

- a)Acharya Charaka** b)**Acharya Sushruta** c)Acharya Kashyapa d)Acharya Vagbhata

103. What is the main therapeutic benefit of Kapalabhati practice?

- a) to remove kapha disorders** b)to remove pitta disorders
c) to remove vata disorders d)to remove vata-pitta disorders

104. What is the recommended time period for the practice of Kumbhaka (Pranayama) according to Hatha Pradeepika?

- a) Before sunrise b) After sunset

c) Morning and evening both time d) **Morning, midday, evening, midnight**

105. The Yoga class usually begin with a

a) **Prayer** b) Suryanamaskar c) Yogic Sūkshma Vyayama d) Yogasana

106. What is the recommended time period for the practice of Kumbhaka (Pranayama) according to Hatha Pradeepika?

a) Before sunrise b) After sunset
c) Morning and evening both time **d) Morning, midday, evening, midnight**

107. The Yoga class usually begin with

a) Prayer b) Suryanamaskar c) Yogic Sūkshma Vyayama **d) Yogasana**

108. The types of Maha-yoga according to Hatha Ratnavali

a) 6 b) **4** c) 8 d) 3

109. The appropriate amount of time to wait after a meal before beginning a yoga practice is:

a) 30 minutes b) 60 minutes c) **90 minutes** d) 2 hours

110. Which one of the following is not included in elements of success according to Shiva Samhita?

a) Firm belief b) Restraint of sense organs c) **Sacrifice** d) Mitahara

111. How many Shodhan Kriyas are described in Hatha, Ratnavali?

a) 07 b) **08** c) 06 d) 04

112. The positive attitude, happiness, lightedness, spiritual awakening and consciousness are the characteristics of

A. Rajo Guna **B. Satva Guna** C. Rajo and Tamo Guna D. Tamo Guna

113. Who has advocated “Arya Ashtangika M- arga”?

a) Kapil b) **Buddha** c) Patanjali d) Vashishtha

114. Which of the following is not included under ten principal Upanishads?

a) **Kenopanishad** b) Mundak- opanishad
c) Svet- ashvataropanishad d) Brihad- aranyakopanishad

115. Which of the following denotes the ‘Kshetra’ and ‘Kshetrajna’?

a) **Prakriti & Purusha** b) Soul & God c) Maya & Brahman d) Jagat & Jeeva

116. Who is ‘Yaksha’ according to Kenopanishad

a) Indra b) **Brahman** c) Agni d) Vayu

117. What is ‘Udgeetha’?

a) Prana b) Moon c) Sun **d) Pranava**

118. When shall be a Yoga lesson plan be prepared for an effective teaching?

a) **One week before the class** b) Just before the class
c) One or two days before the class d) After completion of the class

119. **The length of Sutra Neti according to Hatha Pradeepika and Gherand Samhita is**

- a) Two Balishta (Approximate 1 ½ feet) **b)One Balishta (Approximate 9 inches)**
c)Half Balishta (Approximate 4 ½ inches) d)One and Half Balishta (Approximate 13 ½ inches)

120. In which disease condition sutraneti is not beneficial according to Hatha Pradeepika?

- a)Eye related disorder b)Kapal Shuddhi
c)Diseases above the clavicle **d)Hyper Acidity**

121. The length of Vastra Dhauti according to Hatha Pradeepika is

- a)7½ ft. (Approximate) b)15 ft. (Approximate)
c)22½ ft. (Approximate) d)26 ft. (Approximate)

122. Which of the following is not mentioned as benefit of Pashchimottan-asana according to Hatha Pradeepika?

- a) Reduces Hyper Acidity** b)Reduces fat on belly c)Prana enters in Sushumna d)Increases gastric fire

123. When the question and answer session shall be held during a Yoga practical teaching?

- a)Beginning of the class b)After introducing the practice **c)After Group practice** d)End of the lesson

124. For small groups, the effective seating arrangement in teaching yoga is –

- a) Semi circular** b)Circular c)Row d)Column

125. What do you understand by the term ‘Adhi’?

- a)Physical disorders originated in Annamaya Kosha. **b)Mental/Emotional disorders originated in Manomaya Kosha.**
c)Mental/Emotional disorders originated in Annamaya Kosha. d)Physical disorders originated in Manomaya Kosha.

126. How many limbs of Yoga are mentioned in Siddhasiddhant Paddhati’?

- a)07 **b)08** c)04 d)03

127. First International Day of Yoga would be celebrated at the historic National Mall in Washington featuring yoga demonstrations by experts and Indian dance & music on _____

- a) 21st June 2015** b) 1st June 2015 c)12th July 2015 d)30th June 2015

128. In which city, Indian Health Minister has inaugurated a Photo-Exhibition on Yoga- “Yoga for All, Yoga for Health” on 19thMay’15?

- a) Geneva** b) Beijing c) Berlin d) Tokyo

129. The maiden International Day of Yoga was celebrated on _____.

- a) 21st June’15** b) 20th June’15 c) 22nd June’15 d) 23rd June’15

130. How many records have been set by International Yoga day celebrations at Raj path in New Delhi?

- a) 1 **b) 2** c) 3 d.)4

131. How many UN member countries celebrated the International Day of Yoga?

- a) 183 b)124 c) 144 **d)192**

132. When did the UN General Assembly announce 21st June as the International Yoga Day?

a) 21st June 2014 **b) 11th Dec 2014** c) 12th Dec 2014 d) 11th June 2014

133. Name the title of the book released on 17th June '15 that has been compiled by Dr. Imran Chaudhary and Abhijeet Singh published by Muslim Rashtriya Manch?

a.) Yoga and Islam b.) Islamic Yoga c) Yoga for All d) Karma Yoga

134. When was the second International Day of Yoga celebrated in India?

a) 20th June **b) 21st June** c) 22nd June d) 23rd June

135. Who is known as the "Father of Yoga"?

a) Swami Vivekananda b) Chidananda Saraswati c) Swami Veda Bharati **d) Patanjali**

136. Who is considered as the Adiyogi or first yogi?

a) Patanjali b) Sapta Rishis **c) Lord Shiva** d) Lord Budha

137. How many classic asanas that are associated with Lord Shiva do the ancient texts mention?

a) 136 **b) 58** c) 84 d) 121

138. What is the recommended room temperature for Bikram Yoga?

a) 105 degree Fahrenheit b) 104 degree Fahrenheit c) 100 degree Fahrenheit d) 110 degree Fahrenheit

139. Who holds the record of the oldest yoga teacher as per Guinness Book of Records?

a) Bernice Mary Bates **b) Ida Herbert** c) Noah Maze d) Tiffany Cruikshank

140. Who is known as the "Father of Modern Yoga"?

a) Maharishi Mahesh Yogi **b) Tirumalai Krishnamacharya**

c) Chidananda Saraswati d) Jaggi Vasudev

141. Where the resolution of celebrating International Yoga Day is passed?

a) World Health Organization **b) UN, General Assembly** c) India, Parliament d) None of the above

142. Who had introduced yoga first time to the western world in a religion conference Chicago, America?

a) Swami Vivekananda b) Narendra Modi c) Maharshi Patanjali d) Baba Ramadeva

143. Which Veda mentions about the elements of yoga?

a) Athar Veda **b) Rig veda** c) Sam Veda d) Yajur Veda

144. In 2017, which city host PM Narendra Modi's International Yoga celebration?

a) New Delhi, Rajpath b) Chandigarh **c) Lucknow, UP** d) Allahabad, UP

145. What is the theme of International Yoga Day 2017?

a) Connect the Youth b) Yoga for mind **c) Yoga for Health** d) Yoga for soul

146. What do you understand by the term Doga?

a) Doga is a not a form of yoga. **b) Doga is a kind of yoga by using dogs as props**

c) Doga is related with dogs d) All the above options are wrong

147. Celebration of International Yoga in India is done by which ministry?

A. Ministry of Ayush B. Ministry of Civil Aviation

C. Ministry of Communication D. Ministry of Human Resource and Development

148. How many different Asana does Surya Namaskar comprise of?

A. 10 B. 9 C. **12** D. 7

149. In which city, Indian Health Minister has inaugurated a Photo-Exhibition on Yoga- “Yoga for All, Yoga for Health” on 19th May’15?

A. **Geneva** B. Beijing C. Berlin D. Tokyo

150. How many UN member countries celebrated the International Day of Yoga?

A. 183 B. 124 C. 144 D. **192**

151. How many chapters are there in Patanjali Yoga Sutra?

A.3 B.4 C.2 D. **None of the above**

152. Which is the basic text of Yoga Philosophy?

A. Hatha Yoga Pradipika B. Gheranda Samhitha

C. **Patanjali Yoga Sutra** D. Shiva Samhitha

153. The Sanskrit word ‘Veda’ is derived from the root word ‘Vid’ which means

A.To understand B.To See C.**To Know** D.To Hear

154. Six Technical subjects related to Veda are known as

A.Samhitas B.**Vedangas** C.Brahmanas D.Aranyakas

155. In which Bhava- the surrendering attitude of the servant to his master is involved

A. Mudra Bhava B.**Dasya Bhava** C. SakhYa Bhava D. Santa Bhava

156. Yoga in Patanjali Yoga Sutra is defined as

a. Yujuyate anena iti yoga b. **Yogah chitta vritti nirodhah**

c. Manah prasamana upayah yogah d. Yogah karmasu kausalam

157. is the path of wisdom

a. Raja yoga b. **Jnana yoga** c. Bhakti yoga d. Karma yoga

158. . Which of the following has three major constituents i. e., Sattva, Rajas and Tamas?

a. Purusha b. Prakriti c. Mahat d. **Maya**

159. (mahabhuta) forms the gross constituent for Annamaya kosa.

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

160. . Which of the following ‘organ of action’ represents to Earth element?

a. Genitals b. **Anus** c. Feet d. Hand

161. . Which of the following is a state of our consciousness?

a. Sruti b. Swapna c. Smriti **d. None of the above**

162. . Which of the following indicates the attribute 'Purity'?

a. Sattva b. Rajas c. Tamas d. None of the above

163. is the cause of our suffering.

a. Abhyasa **b. Avidya** c. Vairagya d. Avirati

164. . To stabilize and focus the mind on one object, image, sound or idea is

a. Dharana b. Dhyana c. Samadhi **d. Pratyahara**

165. . Which of the following Kosha is shaped by thoughts, emotions, memories, habits and desires?

a. Annamaya b. Pranamaya **c. Manomaya** d. Vijnanamaya

166. is a Yoga practice for Annamaya kosa?

a. Asana b. Pranayama c. Dharana d. Dhyana

167. . Location of our Ajna chakra is

a. Crown of the hea **b. Eyebrow center** c. Base of throat d. Heart

168. . The primary function of Prana is

a. Respiration b. Digestion **c. Elimination** d. Circulation

169. . Which of the following Asana is the best according to Hathayoga?

a. Siddhasana b. Simhasana c. Padmasana d. Bhadrasana

170. . According to Hathayoga, Siddhasana is otherwise known as

a. Muktasana b. Guptasana c. Bhadrasana d. Both 'a' and 'b'

171. . Mitahara is defined as

a. Only agreeable food b. Only sweet food
c. Agreeable and sweet food **d. None of the above**

172. . Which of the following Pranayama eliminates worm from the body according to Hathayoga pradipika?

a. Chandrabheda b. Suryabheda c. Nadishodhana d. Ujjayi

173. . 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

174. . Which of the following Asana can be practiced immediately after food?

a. Siddhasana b. Simhasana c. Swastikasana **d. Vajrasana**

175. . According to Gheranda Samhita, one of the form of Kapalbhathi is
a. Vatkarma **b. Agnikarma** c. Varikarma d. None of the above
176. . Which of the following is not a Chittabhumi?
a. Ksipta b. Mudha **c. Chanchala** d. Ekagra
177. Which of the option given below is not a Klesa according Maharshi Patanjali?
a. Avidya b. Raga c. Dvesa **d. Abhyasa**
178. . 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
179. 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
180. Which of the following is not a practice of Bahiranga yoga?
a. Asana b. Pranayama **c. Pratyahara** d. Dhyana
181. . Withdrawal of senses from the sensory objects is
a. Dharana b. Dhyana **c. Pratyahara** d. Samadhi
182. . Which of the following 'Antahkarana' corresponds to our memory?
a. Manas **b. Chitta** c. Buddhi d. Ahamkara
183. . Effortless dwelling on a single object is called
a. Pratyahara b. Dharana c. Dhyana **d. Samadhi**
184. . Blood in our body is a
a. Connective tissue b. Fluid connective tissue c. Epithelial tissue d. Muscular tissue
185. . Human heart has
a. Two chambers b. Three chambers **c. Four chambers** d. No chambers
186. . Muscles involved in movement is
a. **Skeletal muscle** b. Smooth muscle c. Cardiac muscle d. None of the above
187. . Which of the following Asana is good for thyroid gland?
a. Dhanurasana b. Paschimottanasana c. Chakrasana **d. Sarvangasana**
188. is a very good Kriya practice to get rid of Nasal allergy?
a. Vastra dhouti b. Danda dhouti c. Neti d. Kapalbhathi
189. . Which of the following Kriya is contraindicated for Epilepsy?

a. Trataka b. **Kapalbhati** c. Neti d. Both 'a' and 'b'

190. . The literal meaning of 'Bandha' in Sanskrit is

a. To unlock b. **To strengthen** c. To lock d. To loosen

191. . Which of the following is otherwise called 'Stress born disease'?

a. **Adhija vyadhi** b. Anadhija vyadhi
c. Amadhija vyadhi d. None of the above

192. . The theory of 'Pancha kosa' is derived from

a. Mandukya Upanishad b. Kena Upanishad c. **Taittiriya Upanishad** d. Katha Upanishad

193. . Which 'organ of action' represents to 'Air'?

a. Anus b. Genitals c. Feet d. **Hand**

194. . Which of the following 'Mahabhuta' corresponds to the sense organ 'Ears'?

a. Earth b. Water c. **Air** d. Ether

195. is the state of truth, simplicity and equanimity in action.

a. Tamas b. Rajas c. **Sattva** d. None of the above

196. Which of the following Prana is confined to only thorax?

a. **Udana** b. Prana c. Samana d. Apana

197. Vyana governs the

a. Respiration b. Digestion c. Elimination d. **Circulation**

198. . Prolonged concentration leads to

a. Dharana b. Dhyana c. Pratyahara d. **Samadhi**

199. . According to, 'Yoga is the process of calming down the mind'

a. Patanjala Yoga Darshan b. Hathayoga Pradipika c. **Yoga Vasistha** d. Gheranda Samhita

200. 'Vibhuti' is the Sanskrit word for

a) Achievements b.)Force c). Work d.) **Power**

201. is not a negative emotion?

a. Hatred b. Jealousy c. **Anger** d. Sympathy

202. . The ailments brought about by the Stress are

a) **Life style diseases** c) Communicable diseases

b) Non communicable diseases d) Psychosomatic diseases

203 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

204. is the ability to see, hear, or become aware of something through the senses.
a. Attention b. Learning c. **Perception** d. Memory
205. Which of the following is a balancing yoga posture?
a. Hasta padasana b. **Ushtrasana** c. Natrajasana d. Ardhamatsyendrasana
206. Which of the following is a heating pranayama?
a. Nadishodhana b. **Ujjayi** c. Chandrabhedana d. Sitali
207. Who compiled Hathayoga pradipika?
a. Patanjali b. Gheranda c. **Svatmarama** d. None of the above
208. is the inability to understand, listen, follow or practice anything.
a. Vyadhi b. **Styana** c. Samshaya d. Pramada
209. is described as a reaction of the human body to a demanding situation.
a. Hunger b. Sleep c. **Stress** d. Sweating
210. Suryanamaskar is a well-devised combination of and breathing.
a. **Pranayama** b. Dhyana c. Bandha d. Asana
211. Which of the following Asana is named after the Rishi Matsyendra?
a. Matsyasana b. Vakrasana c. **Ardhamatsyendrasana** d. Matsyakridasana
212. Which posture makes a wonderful combination of Bhujangasana and Salabhasana?
a. Sarpasana b. **Dhanurasana** c. Halasana d. Chakrasana
213. Every Yoga teacher must start the practice session with
a. Asana b. Pranayama c. Kriya d. **Silence**
214. What should be the minimum gap between a meal and Yoga practice?
a. 6 hours b. **4 hours** c. 2 hours d. None of the above
215. Who compiled 'Yoga Sutra'
(A) **Patanjali** (B) Gheranda (C) Svatomarama (D) None of the above
216. When did the UN General Assembly announce 21st June as the International Yoga Day?
(A) 21st June 2014 (B) **11th Dec 2014** (C) 12th Dec 2014 (D) 11th June 2014
217. The purpose of Yoga as taught by the ancients is to attain: (A) Perfect health (B) Peace of mind (C) Stress relief (D) **Enlightenment or Self-realization.**
218. Which of the following is one of the Five Principles of Yoga by Sivanandi?
(A) **Savasana** (B) Bhakti (C) Jnana (D) Tantra
219. The appropriate amount of time to wait after a meal before beginning a yoga practice is:

(A) 30 minutes (B) 60 minutes (C) **90 minutes** (D) 2 hours

220. Every Yoga teacher must start the practice session with

(A) Pranayama (B) **Asana** (C) Kriya (D) Silence

221. The purpose of Yoga as taught by the ancients is to attain:

(A) Perfect health (B) Peace of mind (C) Stress relief (D) **Enlightenment or Self-realization.**

222. Who compiled 'Hathayoga pradipika'?

(A) Patanjali (B) Gheranda (C) **Svatmarama** (D) None of the above

223. Which is the Sanskrit root (verb form) for the etymological derivation of the word "Yoga"?

(A) Yug (B) Yuge (C) **Yuj** (D) Yuje

224. Who was the Yoga Guru of Swami Kuvalayananda?

(A) Pattabhi Jois (B) T. Krishnamacharya (C) **Madhav Das** (D) Yogendra

225. Which of the following practice leads to immortality, according to Ishavasyopanishad?

(A) Vairagya (B) Viveka (C) **Vidya** (D) Vishaya

226. Definition of Yoga according to Kathopanishad is

(A) Control on mind (B) **Control on sense organs, mind and intellect**

(C) Control on sense organs and intellect (D) Control on body and mind

227. For a teacher, verbal and non-verbal expressions are the two components of :

(A) Confidence (B) **Communication** (C) Patience (D) Empathy

228. "Vyoma Chakra" is the synonym of:

(A) Gyana Mudra (B) **Khechari Mudra** (C) Mula Bandha (D) Vipritakarni

229. Result of Aparā Vairagya is :

(A) Vivekakhyaati (B) **Sampragyata Samadhi**

(C) Asampragyata Samadhi (D) Dharmamegha Samadhi

230. On the basis of Satva, Rajas and Tamas, the total number of Manas Prakriti are :

(A) 10 (B) 12 (C) 14 (D) **16**

231. In definition of Ayurveda, which dimension of Ayu is not mentioned ?

(A) Hitayu (B) Ahitayu (C) Sukhayu (D) **Dirghayu**

232. Which dimension of health is not mentioned in the definition of Health, according to World Health Organization?

(A) Physical (B) Mental (C) **Spiritual** (D) Social

233. Studying the behaviour of abnormal individuals is called :

(A) Introspection (B) **Psycho-analysis** (C) Observation (D) Differential Method

234. In young children, the deficiency of vitamin D leads to :

(A) **Rickets** (B) Osteomalacia (C) Osteoporosis (D) Keratomalacia

235. Which structure of the living cell is responsible for biological protein synthesis :

(A) Golgi Apparatus (B) Mitochondria (C) Lysosome (D) **Ribosome**

236. According to Shiva Samhita, how many rounds of kumbhaka should be practised at a time :

(A) **20** (B) 40 (C) 60 (D) 80

237. According to Gheranda Samhita, which of the following is the best method of Dhyana ?

(A) Pranava (B) Sthula Dhyana (C) Jyoti Dhyana (D) **Sukshma Dhyana**

238. Dharana, Dhyana and Samadhi are the Bahiranga of :

(A) Sampragyata Samadhi (B) **Nirbeeja Samadhi** (C) Pratyahara (D) Kriya Yoga

239. “Sarvaratnopasthanam” is the result of :

(A) Aparigraha (B) Pratyahara (C) Satya (D) **Asteya**

240. According to Maharshi Patanjali, the cause of sufferings is the association of :

(A) Drashta and Guna (B) Drashta and Chitta

(C) **Drashta and Drishya** (D) Jeevatma and Parmatma

241. Which of the following is included in “Chaturvyuha” ?

(A) Vitarka, Vichar, Ananda, Asmita (B) Jnana, Dharma, Aishvarya, Vairagya

(C) Maitri, Karuna, Mudita, Upeksha (D) **Heya, Heyahetu, Haan, Haanopaya**

242. The Philosophy of Yoga Vashistha is called as :

(A) Dvaita (B) **Advaita** (C) Dvaitadvaita (D) Vishishtadvaita

243. According to Prashnopanishad, this of the following combinations is included under Rayi;

(A) Surya, Sthula, Krishna, Dina (B) Sukshma, Surya, Dina, Shukla

(C) Sukshma, Chandra, Dina, Shukla (D) **Sthula, Chandra, Ratri, Krishna**

244. The nature of Chitta is :

(A) **Unconscious** (B) Conscious (C) Selfenlightened (D) none of these

245. What is the right meaning of “Yogah Karmasu Kaushalam” ?

(A) **Clevered action** (B) Selfless action (C) Skilled action (D) Perfect action

246. In which Upanishad four steps of Omkar are mentioned
A) Prashnopanishad (B) Mundakopanishad (C) **Mandukyopanishad** (D) Kathopanishad
247. Yoga Vasishtha emphasizes on
A) **Jnana yoga** (B) Mantra yoga (C) Raja yoga (D) Bhakti yoga
248. Purusha and Prakriti are the two main concepts of the philosophy of :
(A) Vedanta (B) Samkhya (C) **Purva mimamsa** (D) Vaisheshika
249. Which one of the following is not included in 10 principal nadis ?
(A) Alambusha (B) Kuhu (C) **Koorma** (D) Shankhini
250. According to Yoga Vasishtha, which one of the following is not categorized under Jnanabhoomika ?
(A) Shubheccha (B) Vicharana (C) **Sadbhavana** (D) Tanumanasa
251. According to Prashnopanishad, which of the following brings the man to different Lokas ?
(A) Prana Vayu (B) **Udana Vayu** (C) Vyana Vayu (D) Samana Vayu
252. According to Srimad Bhagvadgeeta, perfection in Yoga does not occur due to :
(A) **Proper diet and behaviour** (B) Proper Karma
(C) Proper sleep and wakefulness (D) Tactical functions
253. According to Ishavasyopanishad, which one is the method to attain immortality ?
(1) **Vidya** (2) Avidya (3) Dana (4) Tapa
254. 'Dharanasu Cha Yogyata manasah' is the result of :
(A) Dhyana (B) Pratyahara (C) **Pranayama** (D) Sanyama
255. "Drishtanushravikavishayavitrishna" is the characteristic feature of :
(A) **Vashikara Vairagya** (B) Para Vairagya (C) Ritambhara Prajna (D) Sthitaprajna
256. According to Patanjali, "Heyahetu" is the union of :
(A) **Drishta and Drishya** (B) Manas and Indriya
(C) Atma and Parmatma (D) Manas and Buddhi
257. Which one of the following is not included under Parinamatraya ?
(A) Ekagrata Parinama (B) Nirodha Parinama
(C) Samadhi Parinama (D) **Dharana Parinama**
258. Which of the following is able to give the knowledge of previous life ?
(A) Kurma nadi Sanyama (B) Surya Sanyama
(C) **Sanskara Sanyama** (D) Kayaroop Sanyama

259. "Asmita" means ekatmata of :

- (A) Manas and Atma **(B) Drik and Darshanshakti**
(C) Sharira and Indriya (D) Sukha and Dukha

260. According to Yogasutra, what is the method to attain divine power of hearing ?

- (A) Sanyama On Shrotra-Akash relationship** (B) Sanyama On Shrotra-Agni relationship
(C) Sanyama On Shrotra-Prithvi relationship (D) Sanyama On Shrotra-Vayu relationship

261. According to Hatha Pradeepika, during the practice of Nadanusandhana, which type of Nada (sound) appears first :

- (A) Sound of Megha (Clouds)** (B) Sound of Shankha (Conch)
(C) Sound of Ghanta (Bell) (D) Sound of Bhramara (Humming bee)

262. According to Swatmaram, which one is best among Yama ?

- (A) Mitahara** (B) Satya (C) Asteya (D) Brahmacharya

263. According to Swatmaram in Yogasadhana the manas is closely associated with :

- (A) Indriya (C) Prana **(C) Sharira** (D) Buddhi

264. In which text four types of persons are mentioned as Aarta, Jijnasu, Artharthi and Jnani ?

- (A) Ramayana (B) Brahmasutra (C) Kathopanishad **(D) Bhagavad Gita**

265. According to Gheranda Samhita, the types of Danta Dhauti are :

- (A) Three (B) Four **(C) Five** (D) Six

266. Which cereal contains maximum fibre content ?

- (A) Rice **(B) Wheat** (C) Bajara (D) Ragi

267. Tricuspid Valve is found between :

- (A) Left auricle and left ventricle **(B) Right auricle and right ventricle**
(C) Right auricle and Pulmonary artery (D) Left auricle and Pulmonary artery

268. Progesterone hormone is secreted by which gland ?

- (A) By Ovary** (B) By Adrenal gland (C) By Kidneys (D) By Parathyroid gland

269. T3 Hormone is secreted by which endocrine gland ?

- (A) Pituitary (B) Pineal **(C) Thyroid** (D) Thymus

270. Which of the following is the example of connective tissue ?

- (A) Cardiac muscle (B) Smooth muscle **(C) Blood** (D) Spleen

271. Circadian Clock is located in which part of brain ?

(A) Cerebrum (B) Cerebellum (C) **Hypothalamus** (D) Medulla Oblongata

272. Prajnaparadha does not include :

(A) Dhee Bhransha (B) Dhriti Bhransha (C) **Manovritti Bhransha** (D) Smriti Bhransha

273. Metabolic Syndrome does not include :

(A) Hypertension (B) Abdominal Obesity (C) Dyslipidemia (D) **Hyperthyroidism**

274. Stress causes hyperactivity of involuntary organs through :

(A) Group of spinal nerves (B) Group of cranial nerves

(C) **Sympathetic nerves** (D) Parasympathetic nerves

275. For a small yoga class best sitting arrangement of the students may be :

(A) Straight row (B) Circular form (C) **Semi circle form** (D) Double circle form

276. Learning of a specific yoga practice by a student depends upon :

(A) Concentration of the instructor (B) Power of the instructor

(C) **Clear instruction of the instructor** (D) Self Confidence of the instructor

277. Preksha Meditation is a system of meditation where we practice :

(A) Perception of thoughts (B) Perception of concentration

(C) Perception of objects (D) **All the above**

278. Transcendental Meditation was propagated by :

(A) Swami Ram Dev (B) Maharshi Dayanand

(C) Swami Shivananda (D) **Maharshi Mahesh Yogi**

279. The purpose of teaching is mainly to induce :

(A) Change in the environment (B) Change in the subject

(C) **Change in the student** (D) Change in the teacher

280. Most authentic methodology of imparting value education may be :

(A) **Traditional Gurukul teaching** (B) Class room teaching

(C) Practice based yoga teaching (D) Theory based yoga teaching

281. Hot flashes, Disturbed sleep and Emotional changes are the characteristic features of :

(A) Pre-menstrual Syndrome (B) **Menopausal Syndrome**

(C) Metabolic Syndrome (D) Nephrotic Syndrome

282. Which of the following is not a type of Pranayama ?

(A) Bahyavritti (B) Stambhavritti (C) **Manovritti** (D) Abhyantaravritti

283. Which is the 6th limb of yoga, as described by Maharshi Patanjali ?

(A) Yama (B) Niyama (C) **Dharana** (D) Dhyana

284. Practice of withdrawing senses from contact with external objects is called as :

(A) Yama (B) Niyama (C) Pranayama (D) **Pratyahara**

285. Aparigraha is included under :

(A) Niyama (B) **Yama** (C) Antaranga Yoga (D) Samadhi

286. The coverings over light of knowledge get removed by

(A) **Pranayama** (B) Pratyahara (C) Yama (D) Asana

287. The theme of International Conference organised on 21st and 22nd June, 2016 was

(A) Yoga for Health (B) **Yoga for Body and Beyond**

(C) Yoga for Holistic Health (D) Yoga for Harmony and Peace

288. During 1st International Day of Yoga, how many participants and Nationalities participated, in a single yoga lesson :

(A) **35,985 Participants and 84 Nationalities** (B) 35,895 Participants and 82 Nationalities

(C) 35,585 Participants and 86 Nationalities (D) 35,985 Participants and 85 Nationalities

289. 193 member UNGA approved the proposal to establish 21st June as “International Day of Yoga” on :

(A) September 27, 2014 (B) September 11, 2014

(C) December 27, 2014 (D) **December 11, 2014**

290. How many Divyangs performed Yoga protocol during 2nd International Day of Yoga ?

(A) 100 (B) 160 (C) **150** (D) 200

299. Yoga does not embody unity of :

(A) Mind and body (B) Thoughts and actions

(C) Man and nature (D) **Thoughts and dreams**

300. The body system responsible for structural support and movement is the _____.

a) Cardiovascular system b) Endocrine system

b) Muscular system **d) Skeletal system**

301. Adenosine triphosphate (ATP) is an important molecule because it _____.

a) is the result of catabolism b) release energy in uncontrolled bursts

c) stores energy for use by body cells d) All of the above

302. The system responsible for transporting blood around the body is :

a) Urinary system **b) Circulatory system** c) Lymphatic system d) Digestive system

303. Arteries carry

a) Urine b) Lymph fluid **c) Oxygenated blood** d) Deoxygenated blood

a) Urine b) Lymph fluid c) Oxygenated blood **d) Deoxygenated blood**

305. The heart is made up of which type of muscle :

a) Skeletal muscle b) Smooth muscle **c) Cardiac muscle** d) None of the above

306. Digestive enzymes are responsible for :

a) Slowing the consumption of food b) Speeding up the consumption of food

c) Slowing the breakdown of food **d) Speeding up the breakdown of food**

307. kidneys are a part of :

a) Circulatory b) Digestive c) Respiratory d) **Excretory**

308. The system that enables movement, supports the body and protects internal organs is :

a) Respiratory system b) Reproductive system

c) Skeletal system d) Circulatory system

309. The structural area where two bones meet is known as a :

a) Junction **b) Joint** c) Endocrine gland d) Lymph node

310. The basic unit of a living organism is

a) Tissue b) **Cell** c) Organ d) Organelle

311. Red blood cells are also known as:

a) Osteoblasts b) Epithelium c) Cytoplasm **d) Erythrocytes**

312. Chromosomes contain

a) RNA b) mRNA **c) DNA** **d) TNA**

313. DNA is stored in the cell nucleus as :

a) Ribosomes **b) Chromosomes** c) Chlorophyll d) Lysosomes

314. The thoracic cavity contains which organs :

a) Brain **b) Heart and lungs** c) Kidneys d) Pelvis

315. The process responsible for maintaining a balanced state within the body is known as :

a) Enuresis b) Cytosis **c) Homeostasis** d) Mitosis

316. The longest and heaviest bone of the body?

a) **Femur** b) Fibula c) Tibia d) Ilium

317. Finger bones are also known as.....?

a) Hamate bone b) Girdles **c) Phalanges** d) Metacarpal

318. The record of electrical activity of muscle is known as? a) Electro-Cardiogram (ECG)
b) Electro-Myogram (EMG) c) Both A and B d) Neither A nor B

319. Yoga does not embody unity of :

- a) Mind and body b) Thoughts and actions
c) Man and nature d) **Thoughts and dreams**

320. The smallest independently functioning unit of an organism is a(n) _____.

- a) **Cell** b) molecule c) Organ d) tissue

(8 pages) **Reg. No. :**

Code No. : 22739 E Sub. Code : SYOG 3 A

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.
Third Semester
Part IV — YOGA

(For those who joined in July 2017 onwards)

Time : One and half hours Maximum : 50 marks

Answer ALL the questions.
Choose the correct answer :

1. The study of the structure of body parts is called _____
(a) Cytology (b) **Anatomy**
(c) Histology (d) Physiology

2. The study of the function of body parts is called _____
(a) Cytology (b) **Anatomy**
(c) Histology (d) Physiology

3. The urinary system consists of _____
(a) **Kidney** (b) Neuron
(c) Heart (d) Lungs

4. The ability to perform daily tasks with vigor and without undue fatigue
(a) Mental Fitness (b) Social Fitness
(c) **Physical Fitness** (d) Emotional Fitness

5. The ability to make judgments in a group situation
(a) Mental health (b) **Social health**
(c) Physical health (d) Emotional health

6. At present the highest population of youth resides in the country of _____
(a) China (b) USA
(c) India (d) Australia

7. The circulatory system consists of _____
(a) Kidney (b) Neuron
(c) **Heart** (d) Lungs

8. The structural and functional unit of human body is _____
(a) Tissue (b) **Cell**
(c) Organ (d) System

9. A state of physical well-being is called _____
(a) Mental health (b) Social health
(c) **Physical health** (d) Emotional health

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10. Who organized the practice of yoga into an "eight limbed path"?
- (a) Patanjali (b) B.K.S. Iyengar
(c) Agathiyar (d) Sivananda
11. Yoga helps to promote physical, mental and spiritual well-being.
- (a) Exercise (b) Aerobics
(c) Yoga (d) Sports
12. International Day of Yoga celebrate on
- (a) June 21 (b) April 21
(c) July 21 (d) June 12
13. Yoga is the union of
- (a) Body, Mind and Soul
(b) Body, Mind and Prayer
(c) Body, Fitness and Stamina
(d) None
14. Attention training also known as
- (a) Wisdom (b) Meditation
(c) Asana (d) Pranayama
15. Which level of mind holds the control of the basic functions of the human body?
- (a) Subconscious mind (b) Unconscious mind
(c) Conscious mind (d) None
16. The highest frequency of brain waves is called as
- (a) Gamma (b) Beta
(c) Alpha (d) Theta
17. Cultivating thoughts and thinking processes that support your goals is a _____ Training.
- (a) Attention (b) Insight
(c) Skillful actions (d) None
18. Memory is our ability to _____ in the human brain
- (a) Encode and store
(b) Retain and subsequently recall information
(c) Past experiences
(d) All of these
19. Which training develops the mind and its ability to direct attention where you want it to go?
- (a) Attention (b) Insight
(c) Skillful actions (d) None
20. The frequency of beta waves is
- (a) 1-4 Hz (b) 4-7 Hz
(c) 8-12 Hz (d) 12-30 Hz
21. The frequency of Alpha waves is
- (a) 1-4 Hz (b) 4-7 Hz
(c) 8-12 Hz (d) 12-30 Hz
22. Alpha wave denotes
- (a) Awake (b) Relaxed
(c) Mental imagery (d) Deep sleep
23. Beta wave denotes
- (a) Awake (b) Relaxed
(c) Mental imagery (d) Deep sleep
24. The term Asana is derived from the
- (a) Sanskrit (b) Latin
(c) English (d) Urdu
25. A concentration technique is an exercise used to improve
- (a) Focus (b) Awareness
(c) Mental discipline (d) All of these
26. Cultural asana also called as
- (a) Meditative asana (b) Corrective asana
(c) Relaxative asana (d) None
27. Kapalabhati is breathing at the speed of _____ breaths per minute
- (a) 180 (b) 120
(c) 110 (d) 100
28. Varkasana looks like a _____ Posture
- (a) Lotus (b) Palm tree
(c) Locust (d) Tree
29. Jnana Yoga means _____
- (a) Action (b) Devotion
(c) Wisdom (d) None
30. Ardha Cakrasana looks like a _____ Posture
- (a) Lotus (b) Locust
(c) Half Wheel (d) Cobra
31. Raja yoga also called as _____
- (a) Action yoga (b) Devotion yoga
(c) Classical yoga (d) Physical yoga
32. Savasana looks like a _____ Posture
- (a) Hare (b) Spinal Twist
(c) Crocodile (d) Dead body
33. Pranayama is performed in
- (a) Shavasana (b) Makarasana
(c) Padmasana (d) Kneeling position
34. Surya Bhedana is
- (a) Sun cleaving breath
(b) Hissing Breath
(c) Beak tongue breath
(d) Sound of Bee Breath
35. Pranayama is a practice of
- (a) Exhalation (b) Inhalation
(c) Both (a) and (b) (d) None
36. Which pranayama helps to purifies blood?
- (a) Nadisodhana (b) Sitali
(c) Sitkari (d) Bhramari
37. Warming up increases _____
- (a) Circulation (b) Temperature
(c) Muscle tone (d) All of these
38. The term asana is derived from the Sanskrit term Asi, Which means?
- (a) To be (b) To sit
(c) Both (a) and (b) (d) None

39. Which one given below cleanses the entire respiratory passage?
 (a) Asanas (b) Kapalabhati
 (c) Mudras (d) Bhandas
40. Which Asana brings stability in the body, helps to clear up congestion of the spinal nerves, and corrects faulty posture?
 (a) Tadasana (b) Vakrasana
 (c) Bhujangasana (d) Pada Hastasana
41. Which Asana Prevents flat foot?
 (a) Tadasana (b) Trikonasana
 (c) Bhujangasana (d) Pada Hastasana
42. Which asana increases blood circulation to the head and cardiac region?
 (a) Bhujangasana (b) Trikonasana
 (c) Bhadrasana (d) Ardhastrasana
43. _____ asana Stimulates pancreas and helps in the management of diabetes.
 (a) Bhujangasana (b) Sasakasana
 (c) Vakrasana (d) Ardhastrasana
44. Sala Bhasana (The Locust Posture) asana Tones the hip muscles and those in the kidney region.
 (a) Bhujangasana (b) Sasakasana
 (c) Vakrasana (d) Ardhastrasana - Halt
45. _____ asana Stretches abdominal organs, improves digestion and helps to relieve constipation.
 (a) Pavanamutasana (b) Salabhasana
 (c) Makarasana (d) Sethubandhasana
46. _____ asana Helps to relieve all kinds of tensions and gives rest to both body and mind.
 (a) Savasana (b) Salabhasana
 (c) Makarasana (d) Sethubandhasana
47. How many types in Kapalabhati?
 (a) 5 (b) 4
 (c) 7 (d) 6
48. Meditation is a great way to
 (a) Reduce stress (b) Burn Calories
 (c) Develop strength (d) None
49. Makarasana looks like a _____ Posture.
 (a) Hare (b) Spinal Twist
 (c) Crocodile (d) Dead body
50. How many types in Pranayama?
 (a) 7 (b) 8
 (c) 9 (d) 6
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MULTIPLE CHOICE QUESTIONS

1.a) Anatomy deals with the study of

Answer: a

a) Structure of the human body (b) Functions of the human body

c) Movements of the human body (d) None of these

2.a.) Physiology deals with the study of

Answer: b

a) Structure of the human body (b) Functions of the human body

c) Movements of the human body (d) None of these

3. a) the minute structure of human body is

Answer: c

a) Tissue b) organ c) cell (d) none of these

4) The stage of human development are in order of:

Answer: c

a) Infancy, Childhood, Adulthood, Adolescence. b) Infancy, Adult, Child, Adolescence.

c) **Infancy, Childhood, Adolescence, Adulthood.** d) Child, Infancy, Adolescence, Adult.

5) Quick energy we get, is stored in the form of :

a) **Glucose** b) ADP c) ATP d) DNA,

Answer: a

6) The process of building complex substance from simple ones absorbed from the intestine is

a) Metabolism b) **Anabolism** c) Catabolism d) Cannibalism

Answer: b

7) Yoga originated in the:

Answer: a

(a) **Vedic Period** (b) Adimanav Kal (c) Before Christ (d) Arjuna Kal

8) Shavasana, Bhujangasana and Padmasana are exercises of:

(a) Gymnastics (b) Judo (c) Wrestling (d) **Yoga**

Answer: d

9) Krebs's cycle is associated with:

Answer: c

a) fermentation b) photosynthesis c) **Aerobic Respiration** d) anaerobic respiration

10) Fats (lipids) are:

Answer: c

a) Enzymes b) Polypeptides c) **Triglycerides of Fatty acids** d) None of these

11) The average metabolic rate of a male individual in terms of heart output/day is:

a) 1,600 kcal/day b) 2,600 kcal/day c) 3,200 kcal/day d) **4,000 kcal /day.**

Answer: d

12) Maximum energy is produced by:

Answer: c

(a) minerals (b) proteins (c) **fats** (d) vitamins

13) The B.M.R of a normal adult man in Kcal/m²/hr is:

(a) **40.1** (b) 41.2 (c) 39.8 (d) 42.6

14) Mark the correct passage of air during respiration.

Answer: a

(a) **Nasal Cavity** → ~~Pharynx~~ → ~~Trachea~~ → ~~Bronchi~~ **Alveoli**

(b) Nasal Cavity → ~~Trachea~~ → ~~Pharynx~~ → ~~Bronchi~~ **Alveoli**

(c) Nasal Cavity → Trachea → Pharynx → Alveoli Bronchi

(d) Trachea → Pharynx → Alveoli → Bronchi → Nasal Cavity

15) A normal man respire in a minute:

Answer: c

a) 25-30 times b) 10-15 times c) **14-18 times** d) 20-25 times.

16) what is the average of total surface of total surface area of our lungs:

(a) 65sq.mt (b) 72sq.mt (c) **75sq.mt** (d) 79sq.mt

Answer: c

17) Internal respiration refers to:

Answer: b

(a) Exchange of gases between lungs and blood

(b) Cellular respiration (c) Exchange of gases between lungs and atmosphere

(d) Respiration in open air

18) Covering of lungs is called:

Answer: c

a) Pericardium (b) Perichondrium (c) **Pleural membrane** (d) Peritoneum

19) The opening into the wind pipe or trachea is called.

Answer: c

(a) larynx (b) epiglottis (c) **glottis** (d) Bronchi

20) The iron containing hemoglobin pigment is a :

Answer: a

(a) Protein (b) polysaccharide (c) enzyme (d) None of These

21) What is the percentage of oxygen bound to haemoglobin in blood?

(a) 90.8% (b) 92.5% (c) 95% (d) **98.5%**

Answer: d

22) The total surface area covered by alveoli in lungs of man are-

(a) **80-90m²** (b) 70-90m² (c) 120-180m² (d) 150-170m² **Answer: a**

23) Breathing centre is located in-

Answer: d

(a)3dm³ (b)4dm³ (c)5dm³ **(d)6dm³**

24) The stroke volume of an average adult is –

Answer: a

(a)70ml (b)80ml (c)85ml (d)90ml

25) The regulatory centre for respiration is situated in the

Answer:c

(a) Cerebral cortex (b) hypothalamus **(c) medulla oblongata**
(d)procephalon.

26) The rate of respiration is lowest at:

Answer: a

(a) Sleeping (b) Running (c) Eating food (d) Playing

27) The tidal volume in man is

Answer: b

(a)50ml **(b)500ml** (c)150ml (d)200ml

28) The respiratory surface is

Answer: d

(a) Always a lung (b) always a gill (c)combination of(a) and (b)

(d) an evolutionary adaptation to the habit.

29) Exchange of gases occurs in;

Answer:c

(a)Bronchi (b)Bronchioles **(c)Alveoli** (d)Trachea

30) Adam's apple in man is :

(a)cartilages of the trachea **(b)thyroid cartilage of larynx**

(c)cartilage of hyoid apparatus (d)epiglottis

Answer: b

31) External respiration is the diffusion of gases between

(a)lungs and cells of the body (b)blood and body cells

Answer:c

(c) Alveoli of lungs and blood capillaries (d) blood capillaries and tissue cells

32) In anaerobic respiration :

(a) oxygen is taken in **(b) Oxygen is Given Out (without oxygen)**

(c) carbonate tension (d) carbon dioxide tension **Answer: b**

33) In a healthy man, the normal total volume of air during inspiration is about :

(a) 300/400ml **(b) 500/700ml** (c) 800/900ml (d) 600/200ml **Answer: b**

34) the sum of inspiratory and expiratory capacity, is known as: **Answer: b**

(a) lung capacity **(b) Vital capacity** (c) respiratory capacity (d) functional capacity

35) Asthma is a respiratory disease caused due to:

Answer: d

(a) infection of trachea (b) infection of lungs

(c) bleeding into pleural cavity **(d) spasm in bronchial cavity**

CIRCULATORY SYSTEM

36) Pulmonary artery carries blood from: **Answer: a**

(a) Heart to lungs (Right ventricle) (b) lungs to heart (c) lungs to right auricle (d) lungs to left auricle

37) Universal donor is the person with the blood group:

(a) A (b) AB (c) B **(d) O**

Answer: d

38) Pacemaker of the heart is: **Answer: a**

(a) S.A node (b) A.V. node (c) A.V. septum (d) I.A septum

39) Buffer of the blood is **Answer: a**

(a) NaHCO_3 (b) H_2CO_3 (c) HCO_2 (d) KHCO_3

40) Rh factor is named after:

(a) **monkey** (b) chimpanzee (c) man (d) None of these. **Answer: a**

41) In an emergency situation, the safest blood group for transfusion is :

(a) AB Rh⁺ (b) AB Rh⁻ (c) O Rh⁺ (d) **O Rh⁻** **Answer: a**

42) The normal diastolic pressure in an adult human being ranges between:

(a) 70-100mm Hg (b) 60-80mm Hg (c) 90-120mmHg (d) **60-90mmHg** **Answer: d**

43) The heart is surrounded by a sac like **Answer: c**

(a) Endosarc (b) perisac (c) **pericardium** (d) Endocardium

44) The number of ATP generated through Krebs's cycle is

a) 28 ATP (b) **24 ATP** (c) 22ATP (d) 26 ATP **Answer: b**

45) What is the correct sequence of Blood Circulation?

(a) **Heart → Arteries → Arterioles → capillaries**

(b) Arteries → Heart → Arterioles → capillaries

(c) Heart → Arterioles → Arteries → capillaries **Answer: a**

(d) Heart → capillaries → Arterioles → Arteries

46) Human blood has the highest percentage of

a) **RBC** b) WBC c) Eosinophils d) Monocytes **Answer: a**

47) 1 gm of Fat in the body yields?

a) 4.1 kilo calories of energy (b) 4.0 kilo calories of energy
c) **9.3 kilo calories of energy** (d) None **Answer: c**

48) 12 Minute's Test is a measure of **Answer: a**

a) **Aerobic Capacity** b) Un Aerobic Capacity c) Strength d) None of these

49) "Sit ups" is measured

a) **Muscular Endurance** b) Agility c) Speed d) Power **Answer: a**

50) 1 Repetition Maximum” measures

Answer: a

a) Muscular Strength b) Explosive Shoulder Strength c) Agility d) Flexibility

51) The IQ of an Genius is

Answer: d

a) 20-50 b) 100-120 c) 120-130 **d) Above 160**

52) The Name of the Smallest Muscle is?

Answer: b

a) Glutus maximum **b) Stapedius Muscle** c) Quadriceps d) Sartorius

53) The middle and the thickest layer of the heart are?

Answer: b

a) Endocardium **b) Myocardium** c) Epicardium d) Pericardium

54) How many Muscles in Human body

Answer: a

a) 639 b) 693 c) 669 d) 206

55) Number of Face bone

Answer: b

a) 10 **b) 14** c) 28 d) 32

56) Which of the is called “Emergency gland” in human body?

a) Thyroid b) Para thyroid c) Pituitary **d) Adrenal**

Answer: d

57) How many Layer of Brain in Human body?

Answer: c

a) 6 b) 2 **c) 3** d) 1

58) Glutus maximum muscle is situated in

Answer: d

a) Thigh b) Arms c) Lower leg **d) Hip**

58) How many lobes has Right lungs ?

Answer: b

a) 1 **b) 3** c) 2 d) 4

59) Dificiency of Iodine leads to

Answer: b

a) Nyctalopia **b) Goister** c) Pellagra d) Chilolis

- 60) Deficiency of Vitamin B12 leads to **Answer: b**
a)Beriberi **b)Anemia** c)Pellagra d)Chilolitis
- 61) The part of the Respiratory system responsible for speech is ? **Answer: d**
a)Trachea b)Nasal cavity c)Pharynx **d)Larynx**
- 62) The another name of Bicuspid valve ? **Answer: d**
a)Tricuspid valve b)Aortic valve c)Pulmonary valve **d)Mitral valve**
- 63) What are the Water soluble Vitamins ? **Answer: d**
a)A,B,C,D b)A,B,D,K c)A,D,E,K **d)B1,B2,B3,B12&C**
- 64) Sunlight is source of **Answer: d**
a)Vitamin A b) Vitamin B c) Vitamin K **d) Vitamin D**
- 65) The Duration of Cardiac Cycle **Answer: b**
a)0.6 sec **b)0.8 sec** c)0.30 sec d)0.10 sec
- 66) The Normal blood pressure of an adult individual is **Answer: a**
a)120/80 mm Hg b) 80/120 mm Hg c) 110/80 mm Hg d) 100/90 mm Hg
- 67) Decrease in size of muscle is called **Answer: b**
a)Hypertrophy **b)Hypotrophy** c)Tensionology d)None of these
- 68) The Name of the Rowing Muscle **Answer: b**
a)Deltoid **b) Lattissimus dorsi** c)Quadriceps d)Sartorius
- 69) The Largest organ in the Human body **Answer: b**
a)Liver **b)Skin** c)Ear d) Stomach
- 70) The name of the Tailor Muscle **Answer: d**
a)Deltoid b)Radius c)Quatericeps **d)Sartotius**
- 71) The Longest Muscles in the human body **Answer: c**
a)Deltoid b)Stirrup us **c)Sartorius** d) Torsi
- 72) The fastest period of growth in human beings in **Answer: c**

a)Child wood b)Adolescence c)**Infancy** d)Puberty

73) Number of Axial bone

Answer: b

a)126 **b)80** c)86 d)120

74) Number of Carpal bone

Answer: a

a)16 b)14 c)28 d)32

75) How many Skeletal Muscles in Human body

Answer: a

a)40 % b)44 % c)49 % d)44 %

76) Skeltel muscle is under control of

Answer: a

a)ANS b)CNS c)PNS d)PPNS

77) Autonomic nervous system is under control of

Answer: b

a)Brain **b)Hypo thalamus** c)Cerebellum

d)Spinal card

78) Skeletal Muscle is another name knows as

Answer: a

a) Voluntary muscle b)visceral muscle c)Heart muscle d)In voluntary muscle

79) Universal blood recipient is

Answer: a

a)AB b)A c)O d)B

80) The energy required for the immediate contraction of the muscle is

a)CP **b)ATP** c)Glycogen d)Glucose

Answer: b

81) The blood gets Deoxygenated in

Answer: d

a)Lungs b)Heart c)Liver **d) Muscle**

82) Protein builds :

Answer: a

a)Muscle tissue b)Bone tissue c)Nerve tissue d)None of this

83) Absorption of the fat takes place in **Answer: b**

a)Mouth **b)Small intestine** c)Liver d)Large intestine

84) The number of bones in the Ear is ? **Answer: a**

a)6 b)8 c)12 d)10

85) Kwashiorker is due to lack of **Answer: a**

a)Protein b)Fat c)Calcium d)Iron

86) Carbohydrates are converted into the sugar in the **Answer: b**

a)Duodenum **b)Liver** c)Large intestine d)Digestive tractor

87) β cells produces **Answer: b**

a)Ptyalin **b)Insulin** c)Pepsin d)Glycogen

88) Digestive part of the cell is? **Answer: d**

a)Mitochondria b)Chromosomes c)Nucleus **d)Golgi Apparatus**

89) The muscles at the back of the thigh are called **Answer: b**

a) Quadriceps **b) Hamstrings** c) Gastronominus d) Soleus

90) Exchange of gases between blood and cells is **Answer: c**

a)Respiration b) Inspiration **c)Internal Respiration** d) External Respiration

91) Exchange of gases between blood and Lungs is **Answer: d**

a)Respiration b) Inspiration c)Internal Respiration **d) External Respiration**

92) Which gland will produce melatonin? **Answer: a**

a)Pineal gland b)Pancreas c)Adrenal gland d)Thyroid gland

93) The dome-shaped muscle that plays an important role in breathing is the

a)Diaphragm b)Alveolus c)Larynx d)Bronchus **Answer: a**

94) Which hormone stimulates the production of Estrogen and Progesterone? **Answer: a**

a)Gonadotropic b)Growth hormone c)Antidiuretic hormone d)Thyroid –stimulating hormone

95) The sternum is located at **Answer: a**

a) Middle and lower part of the chest (b) Middle of the chest (c) Standing (4) Sitting

96) Abdominal muscle are best developed from **Answer: a**

(a)Supine lying position (b) Prone lying position (c) Standing (d) Sitting

97) The blood gets oxygenated from **Answer: a**

(a)Lungs (b) kidney (c) Liver (d) Heart

98) Amount of blood pumped each minute **in a normal resting person** is

a)7Liters (b)6 Liters (c) 6.5Liters **(d) 5Liters** **Answer: d**

100) An adult human being sleeps **Answer: a**

(a)7-8 hours a day (b)7-10 hours a day (c)5-7 hours a day (d)None of these.

101) the number of ribs present in the thorax is **Answer: c**

(a)8Pairs (b)10 Pairs **(c)12Pairs** (d) 14Pairs

102) Structural and functional unit of kidney is–

(a) Nephron (b) Neuron (c) Mitochondria (d) Epidermis **Answer : a**

103) All reflex activities are controlled by–

(a) Pons **(b) Spinal cord** (c) Cerebellum (d) Cerebrum **Answer : b**

104) Posture is an index of–

(a) Personality (b) Health (c) Character (d) Fitness **Answer : a**

105) Which of the endocrine gland disappears or is reduced to a very small size after maturity ?
(A) Gonads (B) Pituitary (C) **Thymus** (D) Thyroid **Answer : c**

106) Profuse sweating, during strenuous physical activity causes the loss of–
(A) **Sodium chloride** (B) Potassium (C) Calcium (D) Glycogen **Answer : a**

107) An example of good physical health is volunteering to do things for your community
a) Emotional Health b) **Social Health** c) Physical Health (d) Mental Health **Answer:b**

108) the shape of the kidney is **Answer:c**
a)circular b)oval c)**bean shaped** d)conical

109) the heart lasts about **Answer :a**
a) **1pump** b) 2pumps c) 3pumps d) 4pumps

110)Each heartbeat lasts about **Answer :a**
a)**0.8 second** b)10seconds c)0.4 second d)0.5seconds

111) pancreas secretes **Answer:a**
a)**Insulin** b)pepsin c)Adrenalin d)thiamine

112)-----health is a composite of the health of many individuals .
a) physical b) Mental c) **Community** d) religious **Answer:c**

113)health education programmes in schools includes **Answer:d**
a)Health Supervision b) Health instruction c) Health Services d)**All of these**

114)A highly addictive drug that stimulates the brain and central nervous system
a) Anabolic steroid b)Anabolic c)steroid d)**Amphetamine** **Answer:d**

115)----- has long been recognised as one of the foremost goals of wellness
a)motor fitness b) **physical fitness** c)mental health d)overall fitness **Answer:b**

116)the process of preparation for some task is called.
a)teaching b)study c) **physical fitness** (training) d)learning **Answer:c**

117) which of the following is a physical basis of life **Answer: a**
a) **Protoplasm** b) mitochondria c) Ribosome d) Nucleus

118) human blood has the highest percentage of:
a)Monocytes b)Basophils c)Eosinophils d)**Neutrophils** **Answer:d**

119)the outer layer of the skin is called:
(a)**Epidermis** (b)Exodermis (c) Dermis (d)Endodermis **Answer:a**

200) The breaking down of organic compounds and liberation of energy is:

a) Metabolism b) Anabolism **c) Catabolism** d) Cannibalism

Answer: C

201) Which one of the following is the metabolic waste of protein metabolism? **Answer: d**

a)NH₃, Urea, Co₂, b) Urea,O₂,N₂, C) Urea,NH₃,alanine, **d) Urea,NH₃ creatinine.**

202) The person with broad shoulder and narrow hips are classified as ----- by Sheldon.

a)Mesomorph b)Endomorphy C)Ectomorphy d)Athletic

Answer: a