

Name the asana in which the body rises and looks like a cobra?

Bhujangasana

Ardhachakrasana

None of the above

Vakrasana

Which of the following statement is/are correct about Yoga?

Yoga is practiced since ancient India. It is a physical, mental and spiritual practice.

The 'yoga' word is derived from Sanskrit.

Yoga means to join or unite, represent the union of body and consciousness or alertness.

All the above are correct

What are the Yamas?

Moral and ethical rules or goals

The holy scriptures of Hinduism

Occult or psychic powers

All of the above

The International Day Of Yoga was first celebrated in which year?

2014

2015

2017

2018

How many steps are performed in Surya Namaskara?

7

12

6

24

Which of these is a hand-balancing asana?

Pashasana

Dandasana

Mayurasana

Shavasana

What is the meaning of prana?

Vital life force

- Air
- Oxygen
- All of the above

What is Yoga for Unity standing for?

- Promotion of Yoga
- Unity of the Yoga Institutions
- Preservation of Yogic practices
- All of the above

In yoga, the handstand is also called?

- Adho Mukha Shvanasana
- Adho Mukha Vrikshasana
- Bhujangasana
- Garbha Pindasana

Which amongst these is a sitting asana?

- Simhasana
- Tadasana
- Trikonasana
- Garudasana

Which of these is a benefit of yoga?

- Increased flexibility
- Fitness
- Relaxation
- All of the above

Which of these is a benefit of Bhramari Pranayama?

- Helps lowers blood pressure
- Improves sleep
- Helps calm the mind
- All of the above

What is the meaning of Hatha?

- Forcefully

Sun and Moon
Day and Night
All of the above

The word Yoga comes from which language?

Hindi
Latin
Sanskrit
English

Who is the father of modern Yoga?

Maharishi Patanjali
T. Krishnamacharya
Adi Shankaracharya
Gautam Buddha

Which Asana is called the queen of asana?

Shoulderstand
Sarvangasana
Sirsasana
A & B

How many koshas do humans have as per the yogic system?

2
3
4
5

Brahmacharya means

Family life
Regulation of senses
Sense of belonging
Positive suggestion

Karma yoga is a branch of yoga based on the teaching of which text?

Ashtavakra Samhita
Bhagavad Gita
Hatha Yoga Pradipika.
Vedas

What is the meaning of Tapas

Humility
Opulence
Austerity
Non possessiveness

What is the theme of International Day of Yoga 2022 according to AYUSH?

Yoga for well-being
Yoga for all
Yoga for Humanity
Yoga for People

In 2022, which edition of International Day of Yoga (IDY) being celebrated?

9th edition
8th edition
7th edition
6th edition

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What was the theme of International Day of Yoga 2019?

Climate Action
Yoga for Heart
Yoga remains connected
Yoga for All

What does 'Trikona' mean in English?

Three parts
Triangle
Twist
Tree

Who wrote the Hatha Yoga Pradipika?

Swami Swatmarama
Maharshi Patanjali
B.K.S Iyenger
Swami Sivananda

Yoga means _____

Union

Balance

Both

Option A

What is 'Ashtanga' Means?

7 limbs

8 limbs

9 limbs

None of the above

Traditionally how many main chakras are in the human body

Seven

Five

Three

Six

Which of the following is not included Astanga Yoga?

Yama

Pranayama

Dharana

Shatkarma

Which are the parts of ideal lifestyle measures mentioned in Ayurvedic classics for maintenance of health?

Dinacharya, Ritucharya and Sadvritta

Dinacharya, Nakh apkartana and Kshaura Karma

Abhyanga, Khadira and Srotas

Dinacharya, Ritucharya and Srotas

Who is the Author of the Yoga Sutras?

Sage Patanjali

Swatmarama

Sage Gheranda

Sage Vishvamitra

Kapalbhati is a practice of?

Kriya

Mudra

Asana
Relaxation

Dharana is.....?

Meditation
Concentration
Sensation
Control of breath

What is Mithahara?

Body moderation
Diet moderation
Physical moderation
Mind moderation

Which therapy in Ayurveda helps to delay the process of aging?

Nasyam
Kashayavasthy
Abhyanga
Rasayana Chikitsa

What is Karma Yoga?

Action that creates a Karma
Action that leads to a reward
Selfless action
Action that leads to a success

What is the meaning of "Yogah Citta Vritti Nirodhah"?

Yoga is the habit of right thinking
Yoga is the ability to do good
Yoga is the ability to master the postures
Yoga is the cessation of the mind fluctuations

Which asana we can perform immediately after a meal?

Vajrasana
Uttanasana
Balasana
Sarvangasana

How many asanas are described in the Hatha Yoga Pradipika?

84

83

85

86

Pathogenesis is focusing on:

play

Disease

Good Health

None

What is Bhakti Yoga?

Redemption

Contemplation

Devotion

All of the above

What is Ahankar?

Mind

Intellect

Ego

None of the above

The repetition of a holy mantra or phrase is known as:

Japa

Jeyn

Jati

Neti

The pillars of good health are:

Rajas, Tamas, Satva

Artha Kama Dharma Moksha

Asteya, Ahimsa, Bhramacharya

Ahar, Vihar, Achar, Vichar

Which word refers to the duty of a person to maintain harmony in the world?

Dharma

Vedas

Karma

Moksha

What is the true meaning of yoga?

Attaining freedom

Physical health

Spiritual union

None of the above

What is called the network system that connects chakras and where Prana flows?

Nadi

blood

Legs

None of the above

Where is Kundalini located?

the base of the spine

the brain

the whole body

None of the above

What are the 3 main Nadis?

Artha, Kama, Dharma

Ida, pingala, sushumna

Jnana, Karma, Raja

None of the above

One of the five principal of life of yoga in our culture is Achar, Which means:

Cleanliness

Good food

Routines

All of the above