

LEVEL 2 MODEL QUESTION PAPER

1. Which of the following text refers to 'Saptanga yoga'?
 - a. Hathayoga pradipika
 - b. Gherand samhita
 - c. Shiva samhita
 - d. Hatharatnavali
2. The literal meaning of 'Yoga' has the following meaning.
 - a. Division
 - b. Union
 - c. Multiplication
 - d. Subtraction
3. One of the three classical texts of Hatha yoga is
 - a. Patanjali Yoga Sutra
 - b. Bhagavad Gita
 - c. Gheranda Samhita
 - d. Yoga Vasistha
4. The entire wisdom of Hatha yoga in Sanskrit was compiled by _____.
 - a. Gorakshanatha
 - b. Svatomarama
 - c. Matsyendranath
 - d. Maharshi Patanjali
5. Vedas are also called
 - a. Sruti literature
 - b. Smriti literature
 - c. Tripti literature
 - d. None of the above
6. Intense longing for achieving the liberation is _____.

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

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

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

8. A true Bhakta is the one, who is

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

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

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

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

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

11. The work done without expectation purifies one's _____.

- a. Heart
- b. Thought process

- c. Emotions
- d. Psychological process

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

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

13. *Sthiram sukham*

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

14. The prana that governs our urination is

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

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

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

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

- a. Annamaya kosa
- b. Manomaya kosa
- c. Vijnanamaya kosa
- d. Anandamaya kosa

17. Bhakti yoga is the path of

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

18. Guru is the one, who dispels

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

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

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

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

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

21. The ability to be patient during demanding situation is

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

22. Which of these is not a Purushartha?

- a. Dharma

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

23. _____ state of mind is a distracted mind over powered by Rajas.

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

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

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

25. The final and eighteenth chapter of Bhagavad gita is

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

26. The Bhagavad gita is a part of

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

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

- a. Ahara
- b. Mitahara

- c. Apalpahara
- d. None of the above

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

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

29. There is mention of _____ number of Kumbhakas in Hatha yoga pradipika.

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

30. _____ is the second stage of Nadanusandhana.

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

31. Nephron is the structural and functional unit of _____.

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

32. Arteries in our body carries _____ blood except Pulmonary arteries.

- a. Deoxygenated blood
- b. Oxygenated blood
- c. Both oxygenate and deoxygenated blood

- d. None of the above
33. _____ postures are not good for hypertensive.
- a. Forward bending
 - b. Backward bending
 - c. Lateral bending
 - d. None of the above
34. Ardhamatsyendrasana is very beneficial for _____.
- a. Hypertensive
 - b. Diabetes
 - c. Peptic ulcer
 - d. Migraine
35. Kapalbhata is contraindicated for
- a. Epilepsy
 - b. Constipation
 - c. Asthma
 - d. None of the above
36. _____ is a very good practice for eliminating the wind from the food pipe?
- a. Sarvangasana
 - b. Setubandhasana
 - c. Pavana muktasana
 - d. Vakrasana
37. Which of these is good for thyroid disorders?
- a. Matsyendrasana
 - b. Veerasana
 - c. Halasana
 - d. Dhanurasana
38. Which of the following is a Satvic diet?

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

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

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

40. The first step in cognitive learning process is

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

41. In normal life one must practice Asanas

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

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

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

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

- a. 2

b. 3

c. 5

d. 8

44. During the Pranayama practice what would you emphasize?

a. Watch the breath

b. Be aware of the posture

c. Follow a breathing pattern

d. All the above

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

a. Asthmatics

b. Hypertensive

c. Diabetes

d. Anxiety

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

a. Teach dynamic asanas

b. Teach Pranayamas

c. Teach Concentration practices

d. All the above

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

a. Trataka

b. Kapalbhati

c. Nauli

d. Basti

48. Suryanamaskar has the inclusion of

a. 12 mantras

b. Specific postures

c. Breathing rhythms

d. All the above

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

a. Breathing techniques

b. Graceful movements

c. Awareness

d. All the above

50. Meditation is a practice of

a. Awareness

b. Concentration

c. Focus and one-pointedness

d. All the above

51. Stimulation followed by _____ is the key essence of Yoga practice.

a. Further stimulation

b. Relaxation

c. Further relaxation

d. None of the above

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

a. Maya

b. Ishwara

c. Purusha

d. None of the above

53. 'Rasa' is the tanmatra of

a. Earth

b. Water

c. Fire

d. Air

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

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

55. is considered as a good and virtuous action.

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

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

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

57. An attribute of a Tamasic food is

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

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

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

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

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

60. Ida nadi represents the negative force and low in

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

SUBJECTIVE TYPE

1. Write a shot note on Panchaklesha.
2. Name the seven chakras and write a note on the spiritual significance of Anahata chakra.

3. Name the five Koshas as described in Taittiriya Upanishad. Write about them briefly.
4. Write the benefits and contraindications of Paschimottanasana.
5. Write the difference between yogic postures and exercise.
6. How would you handle a batch of teenagers attending your Yoga class?
7. What would be the best way to end a Yogasana session/class? Justify
8. Write a note on Pathya and Apathya as mentioned in Hatha yoga pradipika.
9. What are the four paths of Yoga? Write each path briefly.
10. List out the key points involved practicing Balancing postures.