

National Testing Agency

Question Paper Name: Yoga
Subject Name: Yoga
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Duration: 180
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Display Marks: Yes
Share Answer Key With Delivery Engine: Yes
Actual Answer Key: Yes

Yoga

Group Number : 1
Group Id : 41652952
Group Maximum Duration : 0
Group Minimum Duration : 120
Revisit allowed for view? : No
Revisit allowed for edit? : No
Break time: 0
Group Marks: 100

Yoga

Section Id : 41652952
Section Number : 1
Section type : Online
Mandatory or Optional: Mandatory
Number of Questions: 100
Number of Questions to be attempted: 100
Section Marks: 100
Display Number Panel: Yes
Group All Questions: No

Sub-Section Number: 1
Sub-Section Id: 41652953
Question Shuffling Allowed : Yes

Question Number : 1 Question Id : 4165294251 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Physical Education taught to _____ age students.

- A. 15
- B. 21
- C. Any
- D. 10

Question Number : 2 Question Id : 4165294252 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Non- Traditional techniques help students to learn about different _____

- A. Culture
- B. Sports
- C. Rules
- D. Techniques

Question Number : 3 Question Id : 4165294253 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Tai chi, an _____ martial art.

- A. Modern
- B. Scientific
- C. Traditional
- D. Ancient

Question Number : 4 Question Id : 4165294254 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

People with uncontrolled behaviour can deny any kind of _____ and controls.

- A. Guidelines
- B. Rules
- C. Restrictions
- D. Limitation

Question Number : 5 Question Id : 4165294255 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

How Physical Education help us?

- A. Weak
- B. Stronger and Healthier
- C. Sick
- D. Bold

Question Number : 6 Question Id : 4165294256 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is an outlet for releasing tension and anxiety

- A. Physical activity
- B. Lifestyle change
- C. Eating junk food
- D. Sleeping

Question Number : 7 Question Id : 4165294257 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Physical education can counteract major risk factors of _____ disease

- A. Arthritis
- B. Coronary heart
- C. Lungs
- D. Oral cancer

Question Number : 8 Question Id : 4165294258 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Physical education is helpful for _____

- A. Natural development
- B. Creative development
- C. Speech development
- D. Early development

Question Number : 9 Question Id : 4165294259 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Development of discipline is developed by _____

- A. eating excess food
- B. change in lifestyle
- C. physical education
- D. selfishness

Question Number : 10 Question Id : 4165294260 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____resides in healthy body.

- A. weakness
- B. healthy mind
- C. illness
- D. strong will

Question Number : 11 Question Id : 4165294261 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which kind of people can follow Bhakti Yoga?

- A. Emotional
- B. Social
- C. Intelligent
- D. Coward

Question Number : 12 Question Id : 4165294262 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Social people can follow which type of yoga?

- A. Hath Yoga
- B. Raja Yoga
- C. Karma Yoga
- D. Dhyana Yoga

Question Number : 13 Question Id : 4165294263 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

All the schools of Yoga have generally accepted the _____of Patanjali

- A. Methodology
- B. Philosophy
- C. Psychology
- D. Technique

Question Number : 14 Question Id : 4165294264 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In yoga ultimate liberation is comes from practice of which Yoga?

- A. Raja Yoga
- B. Hath Yoga
- C. Dhyana Yoga
- D. Karma Yoga

Question Number : 15 Question Id : 4165294265 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Hath yoga and Raja Yoga together covers which aspect of human body?

- A. Social Aspect
- B. Every Aspect
- C. Physical Aspect
- D. Emotional Aspect

Question Number : 16 Question Id : 4165294266 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ disciplines mind and spirit as Hath Yoga does the body.

- A. Japa Yoga
- B. Laya Yoga
- C. Karam Yoga
- D. Bhakti Yoga

Question Number : 17 Question Id : 4165294267 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In _____the pupil is expected to keep perfectly still in the profoundest state of trance

- A. Karam Yoga
- B. Bhakti Yoga
- C. Laya Yoga
- D. Hath yoga

Question Number : 18 Question Id : 4165294268 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which Yoga involves intense devotion towards God.

- A. Karam Yoga
- B. Bhakti Yoga
- C. Laya Yoga
- D. Hath yoga

Question Number : 19 Question Id : 4165294269 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which Yoga has eight stages?

- A. Bhakti Yoga
- B. Laya Yoga
- C. Raj Yoga
- D. Hath yoga

Question Number : 20 Question Id : 4165294270 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

How many Niyamas are there basically?

- A. 10
- B. 5
- C. 6
- D. 8

Question Number : 21 Question Id : 4165294271 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The goal of yoga can be achieved through _____ and _____

- A. Psychology and Physical
- B. Behavioural and natural
- C. Physical and mental
- D. Geographical and social

Question Number : 22 Question Id : 4165294272 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In ashtang yoga _____ limbs are described?

- A. 7 limbs
- B. 12 limbs
- C. 8 limbs
- D. 2 limbs

Question Number : 23 Question Id : 4165294273 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Every change in thoughts is accompanied by _____?

- A. Mental vibrations
- B. Violence
- C. Emotions
- D. Self-awareness

Question Number : 24 Question Id : 4165294274 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is a moral rule of social conduct

- A. Yoga
- B. Meditation
- C. Asteya
- D. Asatya

Question Number : 25 Question Id : 4165294275 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Ahimsa in thoughts means

- A. Intellectual non- violence
- B. Non-violence of speech
- C. Physical non - violence
- D. Non violence

Question Number : 26 Question Id : 4165294276 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Asteya is commonly known as _____.

- A. Honesty
- B. Theft
- C. Jealous
- D. Stealing

Question Number : 27 Question Id : 4165294277 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Aparigraha is also known as

- A. Possessiveness
- B. Non-possessiveness
- C. Greed
- D. Evil desire

Question Number : 28 Question Id : 4165294278 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Brahmacharya is the combination of _____two words

- A. Braham and chet
- B. Brahma and char
- C. Brahman and charya
- D. Baudh and charya

Question Number : 29 Question Id : 4165294279 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Through mastering asteya, one purifies the ____ of desires and verities

- A. Body
- B. Limbs
- C. Mind
- D. Heart

Question Number : 30 Question Id : 4165294280 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is a complete freedom from greed, and non-greed and is attained by remaining detached from the enjoyment of sense objects.

- A. Brahamacharya
- B. Aparigraha
- C. Ahimsa
- D. Asetya

Question Number : 31 Question Id : 4165294281 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

For acquiring the power of _____breathing exercise should be done, while keeping the spinal cord, waist, chest and neck in one straight line only.

- A. Meditation
- B. Yoga
- C. Commitment
- D. Concentration

Question Number : 32 Question Id : 4165294282 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____also purifies blood and promotes digestion

- A. Yoga
- B. Meditation
- C. Pranayama
- D. Exercise

Question Number : 33 Question Id : 4165294283 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Pranayama has been constituted by which two words

- A. Pran+ aam
- B. Prana+ Ayama
- C. Pranah+ ayam
- D. Praan+ ayama

Question Number : 34 Question Id : 4165294284 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

A puraka in Pranayama is the act of _____

- A. Inhalation
- B. Exertion
- C. Peace
- D. Water pot

Question Number : 35 Question Id : 4165294285 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

We can hold the breath in after a puraka that is called

- A. Rechaka
- B. Kumbhaka
- C. Antah
- D. Antah

Question Number : 36 Question Id : 4165294286 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The word Surya means the _____ which is referred to here as the pingala nadi and bheda means to pass through', or to purify.

- A. Sun
- B. Sur
- C. Surya
- D. Urja

Question Number : 37 Question Id : 4165294287 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

This variety of Pranayama both the _____are used for Puraka

- A. Nostrils
- B. Hands
- C. Legs
- D. Arms

Question Number : 38 Question Id : 4165294288 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____especially recommended for those who are dull and lethargic or who find it difficult to communicate with the external world.

- A. Bhastrika pranayama
- B. Hath yog
- C. Ujjayi pranayama
- D. Pranayam

Question Number : 39 Question Id : 4165294289 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

A puraka in Pranayama is the act of _____

- A. Inhalation
- B. Concentration
- C. Exhalation
- D. Retention

Question Number : 40 Question Id : 4165294290 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Surya bheda means to _____or to activate the pingala nadi in order to increase the vital energy and heat in the body

- A. Clear
- B. Purify
- C. Inhale
- D. Exhale

Question Number : 41 Question Id : 4165294291 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Prana gives who come in contact with it?

- A. Strength
- B. Vigour
- C. Exhilaration
- D. All of these

Question Number : 42 Question Id : 4165294292 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

What is the total no of breaths per day by man?

- A. 27800
- B. 32500
- C. 21600
- D. 15700

Question Number : 43 Question Id : 4165294293 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The ratio for purak, kumbhak, retebtion and rechak

- A. 1:6:2
- B. 1:4:2
- C. 2:6:3
- D. 1:7:1

Question Number : 44 Question Id : 4165294294 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Bhastrika helps by

- A. Reliving inflammation of throat
- B. Destroys phlegm
- C. Increase gastric fire
- D. All of the options

Question Number : 45 Question Id : 4165294295 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Prana process by which it enters central pranic channel is called

- A. Sushumna Nadi
- B. Hath yoga prudeepika
- C. Kundalini Shakti
- D. Uddhiyana bandha

Question Number : 46 Question Id : 4165294296 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Pranayama means_____

- A. Control of breath
- B. Relaxation
- C. Control on heart
- D. Control of body

Question Number : 47 Question Id : 4165294297 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

How many types of Pranayam are there in Hatha Yoga

- A. 6
- B. 7
- C. 8
- D. 10

Question Number : 48 Question Id : 4165294298 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Inhalation is the process involved in _____ process

- A. Breathing
- B. Exercise
- C. Sleeping
- D. Relaxing

Question Number : 49 Question Id : 4165294299 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The length of a person's life is predetermined by the number of _____

- A. Activities
- B. Breaths
- C. Yog
- D. Karma

Question Number : 50 Question Id : 4165294300 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The prana is related to _____

- A. Soul
- B. Mind
- C. Heart
- D. Breath

Question Number : 51 Question Id : 4165294301 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Dhayana is

- A. One pointed awareness, ekagrata of an object or through process is dyayana
- B. Awareness in every aspect, non emotional stability
- C. One pointed Knowledge, togetherness of ekagrata of an object
- D. Real integration and restriction from awareness

Question Number : 52 Question Id : 4165294302 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Pratyaya means

- A. One pointed awareness
- B. Content of consciousness
- C. Stretching without break
- D. Meditation

Question Number : 53 Question Id : 4165294303 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Ekantata means

- A. Content of consciousness
- B. One pointed awareness
- C. Stretching without break
- D. Meditation

Question Number : 54 Question Id : 4165294304 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In the state of _____, the meditator is not conscious of any external or internal objects

- A. Samadhi
- B. Consciousness
- C. Awareness
- D. Individuality

Question Number : 55 Question Id : 4165294305 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is that in which one meditates on or visualizes the brilliant flame form of Brahaman

- A. Sthools dhayana
- B. Jyoti dhayana
- C. Sukshma dhayana
- D. Dhayana

Question Number : 56 Question Id : 4165294306 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

There are two types of Desha or Places

- A. General and specific
- B. Internal and external
- C. Physical and Geographical
- D. Specific and modulated

Question Number : 57 Question Id : 4165294307 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Dharna is called_____

- A. Subtle
- B. Concentration
- C. Awareness
- D. Attitude

Question Number : 58 Question Id : 4165294308 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Two kind of Dharana are:

- A. Gross and subtle
- B. Absolute and supreme
- C. Steady and super
- D. Thoughts and feelings

Question Number : 59 Question Id : 4165294309 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

According to patanjali _____ is the confining of the mind within a limited mental area.

- A. Awareness
- B. Attitude
- C. Pratyahara
- D. Concentration

Question Number : 60 Question Id : 4165294310 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

It is _____ to maintain a normal state of mind even in difficult or adverse situation

- A. Pratyaharasadhana
- B. Desha- bandhas
- C. Dharana
- D. Chittsyadharana

Question Number : 61 Question Id : 4165294311 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Niyama is the _____ Consituent of Ashtanga Yoga.

- A. First
- B. Seventh
- C. Sixth
- D. Second

Question Number : 62 Question Id : 4165294312 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Shaucha has which aspects?

- A. Intellectual Purity
- B. Purity of speech
- C. Physical Purity
- D. All of the options

Question Number : 63 Question Id : 4165294313 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The second Niyama is

- A. Sauch
- B. Santosha
- C. Tapa
- D. Ishwar Pranidhan

Question Number : 64 Question Id : 4165294314 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

According to tradition the no. of Asanas are:

- A. 84
- B. 46 Lakh
- C. 84 Thousand
- D. 84 Lakh

Question Number : 65 Question Id : 4165294315 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Meditative Asanas are used for:

- A. Pranayama
- B. Relaxation
- C. Meditation
- D. Both A and C

Question Number : 66 Question Id : 4165294316 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Stretch both legs straight on the floor like sticks. Taking both hands towards the back, catch hold of both feet and let the body acquire the shape of a bow

- A. Dhanurasana
- B. Shavasana
- C. Matsy asana
- D. Padmasana

Question Number : 67 Question Id : 4165294317 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ removes fatigue and relaxes the mind.

- A. Shavasana
- B. Dhanurasana
- C. Matsayasana
- D. Padmasana

Question Number : 68 Question Id : 4165294318 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ asana relaxes the whole psycho physiological system.

- A. Dhanurasna
- B. Matsayasana
- C. Shavasana
- D. Padmaasana

Question Number : 69 Question Id : 4165294319 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Do not practise _____if suffering from weak heart, high blood pressure, hernia, colitis, peptic or duodenal ulcers.

- A. Dhanurasna
- B. Matsayasana
- C. Shavasana
- D. Padmaasana

Question Number : 70 Question Id : 4165294320 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

There should be no _____ in shavasana.

- A. Physical movement
- B. Asana
- C. Relaxation
- D. Meditation

Question Number : 71 Question Id : 4165294321 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which pose is used in Ushtrasana

- A. Camel
- B. Fish
- C. Crocodile
- D. Horse

Question Number : 72 Question Id : 4165294322 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which pose is used in Shalabhasana

- A. Locust pose
- B. Fish pose
- C. Crocodile pose
- D. Camel pose

Question Number : 73 Question Id : 4165294323 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In which asana the chest should be touching the earth and, the legs should be kept separated

- A. Makarasana
- B. Shalabhasana
- C. Ustrasana
- D. Dhanurasana

Question Number : 74 Question Id : 4165294324 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____asana is very effective for people suffering from slipped disc, sciatica and certain types of lower back pain.

- A. Shalabhasana
- B. Ustrasana
- C. Dhanurasana
- D. Makrasana

Question Number : 75 Question Id : 4165294325 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____stimulates the whole autonomic nervous system, especially the parasympathetic outflow.

- A. Shalabhasana
- B. Ustrasana
- C. Dhanurasana
- D. Makrasana

Question Number : 76 Question Id : 4165294326 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In which asana we sit in Padmasana?

- A. Matsyasana
- B. ArdhyaMatsyendra
- C. Pranayam
- D. Dhanurasana

Question Number : 77 Question Id : 4165294327 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____asana stretches the intestines and tones the abdominal organs and is useful for all abdominal ailments.

- A. Matsyasana
- B. ArdhyaMatsyendra
- C. Pranayam
- D. Dhanurasana

Question Number : 78 Question Id : 4165294328 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

.....are best performed after completing a series of forward and backward bending asana.

- A. Matsyasana
- B. Ardhamatsyendrasana
- C. Dhanurasana
- D. Makrasana

Question Number : 79 Question Id : 4165294329 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

.....Posture simultaneously stretches the muscles on one side of the back and abdomen while contracting the muscles on the other side.

- A. Ardhamatsyendrasana
- B. Matsyasana
- C. Dhanurasana
- D. Makrasana

Question Number : 80 Question Id : 4165294330 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

.....asana stretches the intestines and tones the abdominal organs and is useful for all abdominal ailments.

- A. Ardhamatsyendrasana
- B. Matsyasana
- C. Dhanurasana
- D. Makrasana

Question Number : 81 Question Id : 4165294331 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which asana is called crane pose?

- A. Bakasana
- B. Chakrasana
- C. Halasana
- D. Sidhasana

Question Number : 82 Question Id : 4165294332 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In which asana body gets twisted towards right and left sides

- A. Vakrasana
- B. Bakasana
- C. Chakrasana
- D. Halasana

Question Number : 83 Question Id : 4165294333 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which asana means twisting?

- A. Vakrasana
- B. Bakasana
- C. Chakrasana
- D. Halasana

Question Number : 84 Question Id : 4165294334 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In which asana we stand in the position of Tadasana

- A. Bakasana
- B. Chakrasana
- C. Halasana
- D. Vakrasana

Question Number : 85 Question Id : 4165294335 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Those who are suffering from ulcer and enlargement of liver should not practice_____

- A. Bakasana
- B. Chakrasana
- C. Halasana
- D. Vakrasana

Question Number : 86 Question Id : 4165294336 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____Is a symbol of energy and perfection

- A. Sidhasana
- B. Chakrasana
- C. Halasana
- D. Bhujangasana

Question Number : 87 Question Id : 4165294337 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Keep the body from the toes to the navel on the floor and placing the palms of the hands also firmly on the floor, raise the head like a snake. This is called_____

- A. Sidhasana
- B. Bhujangasana
- C. Halasana
- D. Chakrasana

Question Number : 88 Question Id : 4165294338 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ useful asana for those who are prone to night emissions as the pressure on the nerves and nadis of the perineum strengthens the internal glands, bringing greater control over the sexual function.

- A. Dhanurasana
- B. Sidhasana
- C. Chakrasana
- D. Halasana

Question Number : 89 Question Id : 4165294339 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The awakening of mooldhara chakra can occur with the correct practice of _____asana.

- A. Sidhasana
- B. Chakrasana
- C. Halasana
- D. Dhanurasana

Question Number : 90 Question Id : 4165294340 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Practicing _____ asana makes your backbone elastic and flexible

- A. Halasana
- B. Sidhasana
- C. Chakrasana
- D. Dhanurasana

Question Number : 91 Question Id : 4165294341 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ asana improves our digestion and rejuvenates us with new energy

- A. Vakrasana
- B. Supta vajrasana
- C. Bakrasana
- D. Halasana

Question Number : 92 Question Id : 4165294342 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which asana is also called peacock pose?

- A. Mayurasana
- B. Bakrasana
- C. Halasana
- D. Vakrasana

Question Number : 93 Question Id : 4165294343 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ helps in diminishing anger and aggression and relaxes the mind and body

- A. Vakrasana
- B. Halasana
- C. Mayurasana
- D. Supta vajrasana

Question Number : 94 Question Id : 4165294344 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ reduces cholesterol accumulation in stomach.

- A. Vakrasana
- B. Halasana
- C. Mayurasana
- D. Supta vajrasana

Question Number : 95 Question Id : 4165294345 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ detoxifies and release toxin.

- A. Mayurasana
- B. Vakrasana
- C. Halasana
- D. Supta vajrasana

Question Number : 96 Question Id : 4165294346 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In _____ Position body shows the shape of the plough.

- A. Halasana
- B. Chakrasana
- C. Paschimottanasana
- D. Pranayam

**Question Number : 97 Question Id : 4165294347 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical**

Correct Marks : 1 Wrong Marks : 0

In _____ asana the body will become like a wheel while doing this asana.

- A. Halasana
- B. Chakrasana
- C. Paschimottanasana
- D. Mayurasana

**Question Number : 98 Question Id : 4165294348 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical**

Correct Marks : 1 Wrong Marks : 0

In _____ stretch both legs out, like a staff, on the ground in a natural way and grasps the big toes.

- A. Paschimottanasana
- B. Halasana
- C. Chakrasana
- D. Mayurasana

**Question Number : 99 Question Id : 4165294349 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical**

Correct Marks : 1 Wrong Marks : 0

_____ asana should follow a backward bending asana such as bhujanasana or matsyasana.

- A. Halasana
- B. Chakrasana
- C. Mayurasana
- D. Paschimottanasana

**Question Number : 100 Question Id : 4165294350 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical**

Correct Marks : 1 Wrong Marks : 0

_____ pose gives flexibility to spine as well as strengthens the back muscles.

- A. Halasana
- B. Chakrasana
- C. Mayurasana
- D. Paschimottanasana