

NIS YOGA Admission Test

Topic:- Section 2_General Knowledge

1) Which of the following Indian sports persons announced that he/she will be hanging his/her boots from active sports in order to serve as the president of the Paralympic Committee of India (PCI)?

निम्नलिखित में से किस भारतीय ने घोषणा की कि वह भारत की पैरालंपिक समिति (पीसीआई) के अध्यक्ष के रूप में कार्य करने के लिए सक्रिय खेलों से सन्यास लेगा/ लेगी?

[Question ID = 104]

1. Deepa Malik / दीपा मलिक

[Option ID = 413]

2. Mariyappan Thangavelu / मरियप्पन थंगावेलु

[Option ID = 414]

3. Varun Singh Bhati / वरुण सिंह भाटी

[Option ID = 415]

4. Virat Kohli / विराट कोहली

[Option ID = 416]

Correct Answer :-

• Deepa Malik / दीपा मलिक

[Option ID = 413]

2) What is the name of the first mobile app of National Anti-Doping Agency?

राष्ट्रीय एंटी डोपिंग एजेंसी के पहले मोबाइल ऐप का नाम क्या है?

[Question ID = 105]

1. HEALTHY INDIA / हेल्थी इंडिया [Option ID = 417]

2. NADA INDIA / नाडा इंडिया [Option ID = 418]

3. INDIA ANDOP / इंडियन एंडोप [Option ID = 419]

4. INDIAN / इंडियन [Option ID = 420]

Correct Answer :-

• NADA INDIA / नाडा इंडिया [Option ID = 418]

3) The Radcliffe Line is a boundary between:-

रेडक्लिफ रेखा किसके बीच की सीमा है:-

[Question ID = 106]

1. India and Pakistan / भारत और पाकिस्तान [Option ID = 421]

2. India and China / भारत और चीन [Option ID = 422]

3. India and Bhutan / भारत और भूटान [Option ID = 423]

4. India and Afghanistan / भारत और अफ़ग़ानिस्तान [Option ID = 424]

Correct Answer :-

• India and Pakistan / भारत और पाकिस्तान [Option ID = 421]

4) Which is the 1st Indian state to declare internet as Fundamental Right?

इंटरनेट को मौलिक अधिकार घोषित करने वाला पहला भारतीय राज्य कौन सा है?

[Question ID = 107]

1. Kolkata / कोलकाता [Option ID = 425]

2. Goa / गोवा [Option ID = 426]

3. Kerala / केरल [Option ID = 427]

4. Delhi / दिल्ली [Option ID = 428]

Correct Answer :-

• Kerala / केरल [Option ID = 427]

5) The members of Rajya Sabha are:-

राज्यसभा के सदस्य:-

[Question ID = 108]

1. Nominated / मनोनीत किए जाते हैं [Option ID = 429]
2. Elected by the members of Lok Sabha / लोक सभा के सदस्यों द्वारा चुने जाते हैं [Option ID = 430]
3. Elected by the members of the Legislative Assembly / विधान सभा के सदस्यों द्वारा चुने जाते हैं [Option ID = 431]
4. Elected by the members of the Legislative Council / विधान परिषद के सदस्यों द्वारा चुने जाते हैं [Option ID = 432]

Correct Answer :-

- Elected by the members of the Legislative Assembly / विधान सभा के सदस्यों द्वारा चुने जाते हैं [Option ID = 431]

6) ‘Fit Hai to Hit Hai India’ is a program launched for the fitness of:-

‘फिट है तो हिट है इंडिया’ कार्यक्रम किसकी फिटनेस के लिए शुरू किया गया है?

[Question ID = 109]

1. College students / कॉलेज के छात्रों [Option ID = 433]
2. School students / स्कूल के छात्रों [Option ID = 434]
3. Senior citizens / वरिष्ठ नागरिकों [Option ID = 435]
4. Women only / केवल महिलाओं [Option ID = 436]

Correct Answer :-

- School students / स्कूल के छात्रों [Option ID = 434]

7) Nasa Astronaut who returned (Feb 2020) to earth after record long stay in International Space Station (ISS) is:-

नासा (NASA) अंतरिक्ष यात्री जो (फ़रवरी 2020) अंतर्राष्ट्रीय अंतरिक्ष स्टेशन (ISS) में रिकॉर्ड लंबे समय तक रहने के बाद पृथ्वी पर लौटा है?

[Question ID = 110]

1. Kalpana Chawla / कल्पना चावला [Option ID = 437]
2. Luca Parmitano / लुका परमिटानो [Option ID = 438]
3. Christina Koch / क्रिस्टीना कोच [Option ID = 439]
4. Alexander Skvortsov / अलेक्जेंडर स्कोवत्सोव [Option ID = 440]

Correct Answer :-

- Christina Koch / क्रिस्टीना कोच [Option ID = 439]

8) Who has won the International Olympic Committee’s (IOC) coaches lifetime achievement award in male category for the year 2019?

वर्ष 2019 के लिए अंतर्राष्ट्रीय ओलंपिक समिति (IOC) प्रशिक्षक (कोच) आजीवन उपलब्धि पुरस्कार पुरुष वर्ग में किसको मिला है?

[Question ID = 111]

1. Pullela Gopichand / पुलेला गोपीचंद [Option ID = 441]
2. Ramakant Achrekar / रामकान्त आचरेकर [Option ID = 442]
3. Bishweshwar Nandi / बिश्वेश्वर नंदी [Option ID = 443]
4. Sourav Ganguly / सौरव गांगुली [Option ID = 444]

Correct Answer :-

- Pullela Gopichand / पुलेला गोपीचंद [Option ID = 441]

9) Besides UK, USA, Germany and Japan,the G-7 countries include:-

ब्रिटेन, अमेरिका, जर्मनी और जापान के अलावा, जी-सात देशों में शामिल हैं:-

[Question ID = 112]

1. Canada, France and India / कनाडा, फ्रांस और भारत [Option ID = 445]
2. Canada, Italy and Netherlands / कनाडा, इटली और नीदरलैंड [Option ID = 446]
3. France, Netherlands and Russia / फ्रांस, नीदरलैंड और रूस [Option ID = 447]
4. Canada, France and Italy / कनाडा, फ्रांस और इटली [Option ID = 448]

Correct Answer :-

- Canada, France and Italy / कनाडा, फ्रांस और इटली [Option ID = 448]

10) Name the IIT which has designed ‘Warbot’ which can deliver medicines and food to COVID-19 patients.

आईआईटी (IIT)का नाम बताइये जिसने ‘वारबॉट’ डिजाइन किया है जो COVID-19 रोगियों को दवाइयां और भोजन दे सकता है?

[Question ID = 113]

1. IIT Delhi / आईआईटीदिल्ली [Option ID = 449]
2. IIT Bombay / आईआईटी बॉम्बे [Option ID = 450]
3. IIT Ropar / आईआईटी रोपड़ [Option ID = 451]
4. IIT Kanpur / आईआईटी कानपुर [Option ID = 452]

Correct Answer :-

- IIT Ropar / आईआईटी रोपड़ [Option ID = 451]

Topic:- Section 2_Basic Computer Knowledge

1) Input devices that use a special ink that contains magnetizable particles of iron oxide are _____.

इनपुट डिवाइस जिसमें एक विशेष स्याही का उपयोग किया जाता है जिसमें लोहे के ऑक्साइड के चुंबकनशील कण होते हैं, _____ होते हैं

[Question ID = 115]

1. Optical disks / ऑप्टिकल डिस्क
[Option ID = 457]
2. Magnetic disks / चुंबकीय डिस्क
[Option ID = 458]
3. MICR / एमआईसीआर
[Option ID = 459]
4. Magnetic drives / चुंबकीय ड्राइव
[Option ID = 460]

Correct Answer :-

- MICR / एमआईसीआर
[Option ID = 459]

2) The invention of _____ gave birth to the much cheaper microcomputers.

_____ के आविष्कार ने बहुत सस्ते माइक्रो कंप्यूटर्स को जन्म दिया

[Question ID = 116]

1. Mainframes / मैनफ्रेमस(बृहत)
[Option ID = 461]
2. Microcomputers / माइक्रोकंप्यूटर्स
[Option ID = 462]
3. Microprocessors / माइक्रोप्रोसेसर
[Option ID = 463]
4. PDAs / पीडीएस
[Option ID = 464]

Correct Answer :-

- Microprocessors / माइक्रोप्रोसेसर
[Option ID = 463]

3) In this generation of computers, Time sharing, Real time, Networks, Distributed Operating System was used.

इस पीढ़ी के कंप्यूटर्स में टाइम शेयरिंग, रियल टाइम, नेटवर्क्स, डिस्ट्रिब्यूटेड ऑपरेटिंग सिस्टम का इस्तेमाल किया जाता था:-

[Question ID = 117]

1. 1st / पहली [Option ID = 465]
2. 2nd / दूसरी [Option ID = 466]
3. 5th / पाँचवीं [Option ID = 467]
4. 4th / चौथी [Option ID = 468]

Correct Answer :-

- 4th / चौथी [Option ID = 468]

4) A plug and play storage device that simply plugs in the port of a computer is _____.

एक प्लग एंड प्ले स्टोरेज डिवाइस जो केवल कंप्यूटर के पोर्ट में प्लग करता है

[Question ID = 118]

1. Flash drive / फ्लैश ड्राइव
[Option ID = 469]
2. Compact disk / कॉम्पैक्ट डिस्क
[Option ID = 470]
3. Hard disk / हार्ड डिस्क
[Option ID = 471]
4. CD / सीडी
[Option ID = 472]

Correct Answer :-

- Flash drive / फ्लैश ड्राइव
[Option ID = 469]

5) The Second Generation Computer was based on _____.

[Question ID = 119]

1. Vacuum tube / वैक्यूम ट्यूब
[Option ID = 473]
2. Silicon chips / सिलिकॉन चिप्स
[Option ID = 474]
3. Transistor / ट्रान्जिस्टर
[Option ID = 475]
4. Bio chips / बायो चिप्स
[Option ID = 476]

Correct Answer :-

- Transistor / ट्रान्जिस्टर
[Option ID = 475]

Topic:- Section 2_LR and Coaching Apt

1) Select the correct alternative from the given choices:-

दिये गए विकल्पों में से सही विकल्प चुनिए:-

49, 925, 2549, _____ 121169

[Question ID = 303]

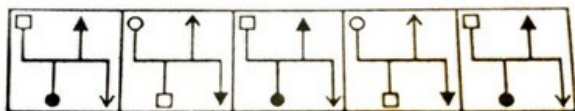
1. 64121 [Option ID = 1209]
2. 81121 [Option ID = 1210]
3. 100121 [Option ID = 1211]
4. 49121 [Option ID = 1212]

Correct Answer :-

- 49121 [Option ID = 1212]

2) The boxes run in a sequence from left to right. Select one figure from the answer set which will continue the same series as given in the problem set of figures.

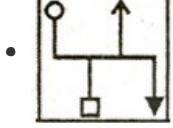
बक्से बाएं से दाएं एक क्रम में चलते हैं उत्तर समूह से एक आकृति का चयन करें जो समस्या समूह में दी गई श्रृंखला के समान जारी रहेगी



[Question ID = 304]

1.
[Option ID = 1213]
2.
[Option ID = 1214]
3.
[Option ID = 1215]
4.
[Option ID = 1216]

Correct Answer :-



[Option ID = 1215]

3) If the time in a clock is 7 hours 15 minutes, then what time does it show on the mirror?

यदि एक घड़ी में समय सात बजकर पंद्रह मिनट है तो दर्पण में यह कितना समय दिखाएगी?

[Question ID = 305]

1. 4 hours 50 minutes / चार घंटे पचास मिनट [Option ID = 1217]
2. 4 hours 40 minutes / चार घंटे चालीस मिनट [Option ID = 1218]
3. 4 hours 35 minutes / 4 घंटे 35 मिनट [Option ID = 1219]
4. 4 hours 45 minutes / 4 घंटे 45 मिनट [Option ID = 1220]

Correct Answer :-

- 4 hours 45 minutes / 4 घंटे 45 मिनट [Option ID = 1220]

4) Five persons - Amit, Balram, Chetan, Deepak and Eshwar are sitting in a row facing North. The following information is known to them:-

- (i) Only Deepak is sitting between Amit and Balram.
- (ii) Neither Amit nor Balram is at the ends.
- (iii) Chetan is sitting to the immediate left of Balram.

Who is sitting at the right end of the row?

पांच व्यक्ति - अमित, बलराम, चेतन, दीपक और ईश्वर उत्तर की ओर मुंह करके पंक्तिबद्ध बैठे हैं वे निम्नलिखित जानकारी से परिचित हैं

- (i) केवल दीपक, अमित और बलराम के बीच में बैठा है
- (ii) छोरों पर न तो अमित है और न ही बलराम
- (iii) चेतन बलराम के तुरंत बाएँ बैठा है

पंक्ति के दायें अंत पर कौन बैठा है?

[Question ID = 306]

1. Amit / अमित
[Option ID = 1221]
2. Balram / बलराम
[Option ID = 1222]
3. Chetan / चेतन
[Option ID = 1223]
4. Eshwar / ईश्वर
[Option ID = 1224]

Correct Answer :-

- Eshwar / ईश्वर
[Option ID = 1224]

5) Find from the alternation, which number fits in the place of the question mark(?)

प्रत्यावर्तन से पता करें कि प्रश्न चिह्न के स्थान पर कौन सी संख्या फिट है?

5	2	-6	3
13	3	-20	-2

5	8
?	-20

[Question ID = 307]

1. -7 [Option ID = 1225]
2. 30 [Option ID = 1226]
3. 40 [Option ID = 1227]
4. 20 [Option ID = 1228]

Correct Answer :-

- 20 [Option ID = 1228]

6) Find the odd one among the following.

निम्नलिखित में एक विषम खोजें।

[Question ID = 308]

1. CFD
- [Option ID = 1229]
2. GJH
- [Option ID = 1230]
3. KNM
- [Option ID = 1231]
4. JMK
- [Option ID = 1232]

Correct Answer :-

- KNM
- [Option ID = 1231]

7) If 1st April, 2003 was Monday, then which day of the week will 25th December of the same year be?

यदि 1 अप्रैल, 2003 सोमवार था, तो उसी वर्ष 25 दिसंबर को सप्ताह का कौन सा दिन होगा?

[Question ID = 309]

1. Tuesday / मंगलवार [Option ID = 1233]
2. Wednesday / बुधवार [Option ID = 1234]
3. Thursday / वृहस्पतिवार [Option ID = 1235]
4. Friday / शुक्रवार [Option ID = 1236]

Correct Answer :-

- Wednesday / बुधवार [Option ID = 1234]

8) A compass was damaged and its needle turned in such a manner that the pointer which was showing East is now showing North. One person went towards the West as per the above-mentioned compass. In which direction did he actually go?

एक कम्पास क्षतिग्रस्त हो गया था और इसकी सुई इस तरह से मुड़ गई कि सूचक जो पूर्व दिखा रहा था वह अब उत्तर दिखा रहा है एक व्यक्ति उपर्युक्त कम्पास के अनुसार पश्चिम की ओर गया वास्तव में वह किस दिशा में गया था?

[Question ID = 310]

1. South / दक्षिण [Option ID = 1237]
2. West / पश्चिम [Option ID = 1238]
3. North-East / उत्तर-पूर्व [Option ID = 1239]
4. North / उत्तर [Option ID = 1240]

Correct Answer :-

- North / उत्तर [Option ID = 1240]

9) A is the husband of B. E is the daughter of C. A is the father of C. How is B related to E?

A, B का पति है E, C की पुत्री है A, C का पिता है B, E से कैसे संबंधित हैं?

[Question ID = 311]

1. Mother / माता
- [Option ID = 1241]
2. Grandmother / दादी
- [Option ID = 1242]
3. Aunt / चाची
- [Option ID = 1243]
4. Cousin / भतीजा
- [Option ID = 1244]

Correct Answer :-

- Grandmother / दादी
- [Option ID = 1242]

10) In a certain code language, if ‘RESIDENT’ is coded as PCQGBCLR, then how will you code the word ‘VILLAGE’?

एक निश्चित कोड भाषा में, यदि ‘RESIDENT’ को PCQGBCLR, के रूप में कोड किया जाता है, तब आप ‘VILLAGE’ शब्द को किस प्रकारकोड करेंगे?

[Question ID = 312]

1. TGJJYEC [Option ID = 1245]

2. TGJYEC [Option ID = 1246]
3. TGJJXEC [Option ID = 1247]
4. TGJJYDC [Option ID = 1248]

Correct Answer :-

- TGJJYEC [Option ID = 1245]

Topic:- Section 2_Language and Communication_P1

1) Instruction: Choose the synonym of the given word from the four options that follow:-

belie

[Question ID = 340]

1. relive [Option ID = 1357]
2. amorphous [Option ID = 1358]
3. debunk [Option ID = 1359]
4. elucidate [Option ID = 1360]

Correct Answer :-

- debunk [Option ID = 1359]

2) Instruction: Choose the synonym of the given word from the four options that follow:-

apocryphal

[Question ID = 341]

1. assuage [Option ID = 1361]
2. fabricated [Option ID = 1362]
3. derision [Option ID = 1363]
4. primordial [Option ID = 1364]

Correct Answer :-

- fabricated [Option ID = 1362]

3) Instruction: Choose the antonym of the given word from the four options that follow:-

ephemeral

[Question ID = 342]

1. fleeting [Option ID = 1365]
2. permanent [Option ID = 1366]
3. passing [Option ID = 1367]
4. distasteful [Option ID = 1368]

Correct Answer :-

- permanent [Option ID = 1366]

4) Instruction: Choose the antonym of the given word from the four options that follow:-

expand

[Question ID = 343]

1. condense [Option ID = 1369]
2. conclude [Option ID = 1370]
3. congest [Option ID = 1371]
4. consolidate [Option ID = 1372]

Correct Answer :-

- condense [Option ID = 1369]

5) Instruction: Choose the most appropriate answer from the four given options:-

He saw the kind faces of those _____.

[Question ID = 344]

1. who he loves
[Option ID = 1373]
2. whom he loves
[Option ID = 1374]
3. whom he loved
[Option ID = 1375]
4. whom he loves
[Option ID = 1376]

Correct Answer :-

- whom he loved

[Option ID = 1375]

6) Instruction: Choose the most appropriate answer from the four given options:-

She _____ a fortune when her uncle died.

[Question ID = 345]

1. came to

[Option ID = 1377]

2. came in for

[Option ID = 1378]

3. came into

[Option ID = 1379]

4. came on

[Option ID = 1380]

Correct Answer :-

- came into

[Option ID = 1379]

7) Instruction: Choose the most appropriate answer from the four given options:-

The police _____ any information about the suspects.

[Question ID = 346]

1. has not released

[Option ID = 1381]

2. is not released

[Option ID = 1382]

3. are not released

[Option ID = 1383]

4. have not released

[Option ID = 1384]

Correct Answer :-

- have not released

[Option ID = 1384]

Topic:- Section 2_Language and Communication_P2

1) Read the following passage and answer the question that follow, by choosing the most appropriate option:

Our freedom was won with great struggle and sacrifice after centuries of servitude to foreign rule, and it is important that those of us who belong to the post-independence generation should not fall into the error of taking our freedom for granted. The maintenance and strengthening is a task even more onerous than its attainment. In any nation, the youth necessarily forms the vanguard in most spheres of activity, and it is essential that at this critical juncture its power must be mobilised further to strengthen our integrity and our capacity to resist aggression. What is required is an immense burst of idealism and energy among our youth, who must be deeply committed to the task of safeguarding this great nation of ours founded on the twin ideals of secularism and democracy. In particular, our young men and women studying in schools, colleges and universities have a special responsibility. They constitute an immense reservoir of strength which, if properly canalised, can prove to be a source of great power to the nation.

Q) In the above lines, the author is urging the youth to:-

[Question ID = 348]

1. recognise the sacrifice of their ancestors

[Option ID = 1389]

2. learn from the past and not repeat the same mistakes

[Option ID = 1390]

3. realise and undertake the task of nation building more seriously

[Option ID = 1391]

4. be more competent intellectually and physically than their predecessors

[Option ID = 1392]

Correct Answer :-

- realise and undertake the task of nation building more seriously

[Option ID = 1391]

2) Read the following passage and answer the question that follow, by choosing the most appropriate option:

Our freedom was won with great struggle and sacrifice after centuries of servitude to foreign rule, and it is important that those of us who belong to the post-independence generation should not fall into the error of taking our freedom for granted. The maintenance and strengthening is a task even more onerous than its attainment.

In any nation, the youth necessarily forms the vanguard in most spheres of activity, and it is essential that at this critical juncture its power must be mobilised further to strengthen our integrity and our capacity to resist aggression. What is required is an immense burst of idealism and energy among our youth, who must be deeply committed to the task of safeguarding this great nation of ours founded on the twin ideals of secularism and democracy. In particular, our young men and women studying in schools, colleges and universities have a special responsibility. They constitute an immense reservoir of strength which, if properly canalised, can prove to be a source of great power to the nation.

Q) Which qualities of the youth should be tapped according to the author?

[Question ID = 349]

1. servitude to the foreign rule

[Option ID = 1393]

2. mobilisations and integrity

[Option ID = 1394]

3. secularism and democracy

[Option ID = 1395]

4. idealism and energy

[Option ID = 1396]

Correct Answer :-

- idealism and energy

[Option ID = 1396]

3) Read the following passage and answer the question that follow, by choosing the most appropriate option:

Our freedom was won with great struggle and sacrifice after centuries of servitude to foreign rule, and it is important that those of us who belong to the post-independence generation should not fall into the error of taking our freedom for granted. The maintenance and strengthening is a task even more onerous than its attainment.

In any nation, the youth necessarily forms the vanguard in most spheres of activity, and it is essential that at this critical juncture its power must be mobilised further to strengthen our integrity and our capacity to resist aggression. What is required is an immense burst of idealism and energy among our youth, who must be deeply committed to the task of safeguarding this great nation of ours founded on the twin ideals of secularism and democracy. In particular, our young men and women studying in schools, colleges and universities have a special responsibility. They constitute an immense reservoir of strength which, if properly canalised, can prove to be a source of great power to the nation.

Q) What has been described as a ‘reservoir of strength’?

[Question ID = 350]

1. the legacy left by those who struggled for freedom

[Option ID = 1397]

2. the educated and skilled youth

[Option ID = 1398]

3. the young soldiers who sacrificed their lives for India’s independence

[Option ID = 1399]

4. the young adults teaching in the schools, colleges and universities

[Option ID = 1400]

Correct Answer :-

- the educated and skilled youth

[Option ID = 1398]

Topic:- Section 1_YOGA

1) What is not yoga?

इन में से योग नहीं है?

[Question ID = 534]

1. Yujate Anenalti Yogaha / युजते एनेलटी योगाह
[Option ID = 2133]
2. Samatwam Yogah Uchyate / समत्वम् योग उचियते
[Option ID = 2134]
3. Yogaha Karmasu Kousalam / योगाह कर्मासु कोसलाम्
[Option ID = 2135]
4. Stiram Sukham Asanam / स्तिरम् सुखम् आसनम्
[Option ID = 2136]

Correct Answer :-

- Stiram Sukham Asanam / स्तिरम् सुखम् आसनम्
[Option ID = 2136]

2) Which one is a non major stream of yoga?

योग की कौन से एक गैर प्रमुख धारा है?

[Question ID = 535]

1. Karma yoga / कर्म योग
[Option ID = 2137]
2. Bhakti yoga / भक्ति योग
[Option ID = 2138]
3. Jnana yoga / ज्ञाना योग
[Option ID = 2139]
4. Ratna yoga / रत्न योग
[Option ID = 2140]

Correct Answer :-

- Ratna yoga / रत्न योग
[Option ID = 2140]

3) Which integrated personality is not developed by yoga?

निम्नलिखित में से कौन सा एकीकृत व्यक्तित्व योग से विकसित नहीं हुआ है?

[Question ID = 536]

1. Physical / फिजिकल [Option ID = 2141]
2. Emotional / इमोशनल [Option ID = 2142]
3. Mental / मेंटल [Option ID = 2143]
4. Social / सोशल [Option ID = 2144]

Correct Answer :-

- Social / सोशल [Option ID = 2144]

4) Which one is not correctly matched?

कोन सा एक सही नहीं है?

[Question ID = 537]

1. Astang Yoga-Patanjali Yoga / अस्टांग योग-पतंजलि योग [Option ID = 2145]
2. Bhakti Yoga-Bhagwad Gita / भक्ति योग-भागवत गीता [Option ID = 2146]
3. Ghatastha Yoga-Gheranda Samhita / घटस्थ योग-घेरान्ड संहिता [Option ID = 2147]
4. Karma Yoga-Isabasyu Upanishad / कर्मयोग-इसाबस्यू उपनिषद् [Option ID = 2148]

Correct Answer :-

- Karma Yoga-Isabasyu Upanishad / कर्मयोग-इसाबस्यू उपनिषद् [Option ID = 2148]

5) Sadanga yoga is not connected with:-

सदांग योग से जुड़ा नहीं है?

[Question ID = 538]

1. Sat karma / सत्कर्म [Option ID = 2149]
2. Posture / मुद्रा [Option ID = 2150]
3. Seal / सील [Option ID = 2151]
4. Diet / आहार [Option ID = 2152]

Correct Answer :-

- Diet / आहार [Option ID = 2152]

6) Which one is not in shadanga yoga?

जो शादंग योग में नहीं है?

[Question ID = 539]

1. Pranayam / प्रणायाम [Option ID = 2153]
2. Pratyahara / प्रत्यहार [Option ID = 2154]
3. Dhyana / ध्यान [Option ID = 2155]
4. Stakarma / सत्कर्म [Option ID = 2156]

Correct Answer :-

- Stakarma / सत्कर्म [Option ID = 2156]

7) Who codified Astanaga Yoga?

किसने एक अष्टांग योग को संहिताबद्ध किया?

[Question ID = 540]

1. Maharshi Patanjali / महारिषी पतंजलि [Option ID = 2157]
2. Gitanadagiri / गितनदागिरी [Option ID = 2158]
3. Mahesh yogi / महेश योगी [Option ID = 2159]
4. Swami Sivananda / स्वामी शिवानंद [Option ID = 2160]

Correct Answer :-

- Maharshi Patanjali / महारिषी पतंजलि [Option ID = 2157]

8) How are 8 limbs divided?

8 अंग कैसे विभाजित हैं?

[Question ID = 541]

1. Adhikara yoga-yama, niyam / अधिकार योग-यम, नियम [Option ID = 2161]
2. Kriya Yoga-tapas, swodhaya / क्रिया योग-तपस, स्वाध्याय [Option ID = 2162]
3. Bahiranga Yoga-dharana / बहिरंग योग-धरणा [Option ID = 2163]
4. Samyama-dharana, dhyana, samadhi / सम्यमा-धरणा, ध्यान, समाधि [Option ID = 2164]

Correct Answer :-

- Bahiranga Yoga-dharana / बहिरंग योग-धरणा [Option ID = 2163]

9) Yama is divided in _____.

यम _____ भागों में विभाजित है।

[Question ID = 542]

1. 8 [Option ID = 2165]
2. 7 [Option ID = 2166]
3. 5 [Option ID = 2167]
4. 6 [Option ID = 2168]

Correct Answer :-

- 5 [Option ID = 2167]

10) Which is not niyama?

जो नियम नहीं है?

[Question ID = 543]

1. Saucha / सौचा [Option ID = 2169]
2. Santosh / संतोष [Option ID = 2170]
3. Tapas / तपस [Option ID = 2171]
4. Satya / सत्य [Option ID = 2172]

Correct Answer :-

- Satya / सत्य [Option ID = 2172]

11) Asana is defined as:-

आसन को परिभाषित किया गया है:-

[Question ID = 544]

1. Stirasukham asana / सिरसुखम आसन
[Option ID = 2173]
2. Stiramukham asana / सीरामसुखम आसन
[Option ID = 2174]
3. Stira position / स्टीस स्थिति

[Option ID = 2175] 4. Sit with steadiness / स्थिरता के साथ बैठो [Option ID = 2176]
Correct Answer :- ● Stirasukham asana / शिरसुखम आसन [Option ID = 2173]
12) Find the Vayu. वायु क्या है? [Question ID = 545] 1. Prana / प्रण [Option ID = 2177] 2. Supana / सुपान [Option ID = 2178] 3. Bihan / बिहान [Option ID = 2179] 4. Uthana / उथान [Option ID = 2180]
Correct Answer :- ● Prana / प्रण [Option ID = 2177]
13) Find the wrong match. गलत मैच का पता लगाएं [Question ID = 546] 1. Puraka-inhalation / पुरका-सँस लेना [Option ID = 2181] 2. Antarayakumbhaka-retention after inhalation / सँस लेने के बाद अंतरायकुंभका रिटेंशन [Option ID = 2182] 3. Rechaka-exhalation / रिकाका-सँस छोड़ना [Option ID = 2183] 4. Kumbhaka-retention after exhalation / कुंभका-विसर्जन के [Option ID = 2184]
Correct Answer :- ● Kumbhaka-retention after exhalation / कुंभका-विसर्जन के [Option ID = 2184]
14) Mudra is best defined as:- मुद्रा को सबसेअच्छा परिभाषित किया गया है? [Question ID = 547] 1. Posture / मुद्रा [Option ID = 2185] 2. Gesture / जेस्चर [Option ID = 2186] 3. Lusture / लसटर [Option ID = 2187] 4. Luck / लक [Option ID = 2188]
Correct Answer :- ● Gesture / जेस्चर [Option ID = 2186]
15) The meaning of ustrasana is:- उस्तशसन का मतलब क्या है? [Question ID = 548] 1. Ox pose / ऑक्स पोज [Option ID = 2189] 2. Fox pose / फॉक्स पोज [Option ID = 2190] 3. Bull pose / बुल पोज [Option ID = 2191] 4. Camel pose / ऊंट पोज [Option ID = 2192]
Correct Answer :- ● Camel pose / ऊंट पोज [Option ID = 2192]
16) For back pain, which asana is not suitable? पीठ दर्द के लिए कौन सा आसन उपयुक्त नहीं है? [Question ID = 549] 1. Paschimottasana / पश्चिमोत्तासन [Option ID = 2193] 2. Garudasana / गरुड़आसन [Option ID = 2194] 3. Bhujangasana / भुजंगआसन [Option ID = 2195] 4. Salvasana / सल्व्वासन [Option ID = 2196]
Correct Answer :- ● Paschimottasana / पश्चिमोत्तासन [Option ID = 2193]
17) How many chakras are there? चक्र कितने होते हैं? [Question ID = 550]

1. 7 [Option ID = 2197]
2. 8 [Option ID = 2198]
3. 6 [Option ID = 2199]
4. 5 [Option ID = 2200]

Correct Answer :-

- 7 [Option ID = 2197]

18) The first chakra is:-

पहला चक्र:-

[Question ID = 551]

1. Muladhara / मुलाधार [Option ID = 2201]
2. Mooladhar / मूलाधार [Option ID = 2202]
3. Muuldhar / मुलधार [Option ID = 2203]
4. Mulaadhar / मूल्लाधार [Option ID = 2204]

Correct Answer :-

- Mooladhar / मूलाधार [Option ID = 2202]

19) The manipura chakra is:-

मणिपुर चक्र है:-

[Question ID = 552]

1. Naval chakra / नवल चक्र [Option ID = 2205]
2. Heart chakra / हार्ट चक्र [Option ID = 2206]
3. Brain chakra / ब्रेन चक्र [Option ID = 2207]
4. Eyes chakra / आंख चक्र [Option ID = 2208]

Correct Answer :-

- Naval chakra / नवल चक्र [Option ID = 2205]

20) How many chapters are there in Bhagawat Gita?

भगवत गीता में कितने अध्याय हैं?

[Question ID = 553]

1. 19 [Option ID = 2209]
2. 20 [Option ID = 2210]
3. 18 [Option ID = 2211]
4. 16 [Option ID = 2212]

Correct Answer :-

- 18 [Option ID = 2211]

21) How many verses are there in Bhagavat Gita?

भगवत गीता में कितने श्लोक हैं?

[Question ID = 554]

1. 701 [Option ID = 2213]
2. 702 [Option ID = 2214]
3. 700 [Option ID = 2215]
4. 708 [Option ID = 2216]

Correct Answer :-

- 700 [Option ID = 2215]

22) How many asanas are said to exist?

कितने प्रकार के आसन मौजूद हैं?

[Question ID = 555]

1. 84000 [Option ID = 2217]
2. 8400000 [Option ID = 2218]
3. 840000 [Option ID = 2219]
4. 84000000 [Option ID = 2220]

Correct Answer :-

- 8400000 [Option ID = 2218]

23) Sanskrit name of “Tank line gesture” is:-

"टैंक लाइन जेसचर" का संस्कृत नाम है?

[Question ID = 556]

1. Chakrasana / चक्रासन
[Option ID = 2221]
2. Dinbasana / डिंबासन
[Option ID = 2222]
3. Purna chakra asana / पूर्ण चक्र आसन
[Option ID = 2223]
4. Gendaverunda / गेंडावरुंडा
[Option ID = 2224]

Correct Answer :-

- Dinbasana / डिंबासन
[Option ID = 2222]

24) Who is the mother of klesh?

कलेश की मां कौन है?

[Question ID = 557]

1. Avidya / अविद्या [Option ID = 2225]
2. Asmita / अस्मिता [Option ID = 2226]
3. Raga / राग [Option ID = 2227]
4. Dwesh / द्वेष [Option ID = 2228]

Correct Answer :-

- Avidya / अविद्या [Option ID = 2225]

25) Which gland is activated by practicing jalandhara bandha?

जालंधरबंद की प्रैक्टिस से कौन सी ग्रंथि सक्रिय होती है?

[Question ID = 558]

1. Thyroid / थायराइड [Option ID = 2229]
2. Pituitary / पिट्यूटरी [Option ID = 2230]
3. Hypothalamus / हाइपोथैलेमस [Option ID = 2231]
4. Salivary gland / सलिवरी ग्लेन्ड [Option ID = 2232]

Correct Answer :-

- Thyroid / थायराइड [Option ID = 2229]