

## PREVIEW QUESTION BANK

Module Name : aic24-ge01 Yoga for Ego Management-ENG  
Exam Date : 18-May-2024 Batch : 09:00-12:00

Sr. No.	Client Question ID	Question Body and Alternatives	Marks	Negative Marks
Objective Question				
1	I3281001	<p>What is the term used for the ego that emerges from Anandamaya kosha?</p> <ol style="list-style-type: none"> <li>1. Aham</li> <li>2. Asmita</li> <li>3. Abhimana</li> <li>4. Darpa</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
2	I3281002	<p>What is the process called when ego becomes identified with possessions?</p> <ol style="list-style-type: none"> <li>1. Pratiprasava</li> <li>2. Samadhi</li> <li>3. Kaivalya</li> <li>4. Prasava</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
3	I3281003	<p>Pratiprasava helps in reducing which two negative emotions?</p> <ol style="list-style-type: none"> <li>1. Desire and delusion</li> <li>2. Anger and jealousy</li> <li>3. Greed and ego</li> <li>4. Hatred and arrogance</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p>	2.0	0.00

		A3 : 3		
		A4 : 4		

## Objective Question

4	13281004	<p>What did Swami Vivekananda say is the key essence for reducing ego?</p> <ol style="list-style-type: none"> <li>1. Devotion</li> <li>2. Meditation</li> <li>3. Surrender</li> <li>4. Service</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

5	13281005	<p>Ego-dystonic behaviors cause which of the following?</p> <ol style="list-style-type: none"> <li>1. Happiness</li> <li>2. Distress</li> <li>3. Contentment</li> <li>4. Peace</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

6	13281006	<p>Which characteristic is NOT usually seen in a narcissistic personality?</p> <ol style="list-style-type: none"> <li>1. Arrogance</li> <li>2. Empathy</li> <li>3. Grandiosity</li> <li>4. Entitlement</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p>	2.0	0.00
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A4 : 4

## Objective Question

7	13281007	<p>What is the meaning of 'sarvanga' in Sarvangasana?</p> <ol style="list-style-type: none"> <li>1. Brain</li> <li>2. Shoulder</li> <li>3. Entire Body</li> <li>4. Back</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

8	13281008	<p>Which Hindu God is associated with the name Matsyasana?</p> <ol style="list-style-type: none"> <li>1. Shiva</li> <li>2. Ganesha</li> <li>3. Vishnu</li> <li>4. Brahma</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

9	13281009	<p>Which pose specifically helps to nurture the entire body?</p> <ol style="list-style-type: none"> <li>1. Halasana</li> <li>2. Matsyasana</li> <li>3. Sarvangasana</li> <li>4. Padmasana</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p>	2.0	0.00
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		A4 : 4		
Objective Question				
10	13281010	<p>What is Halasana alternatively known as in Sanskrit?</p> <ol style="list-style-type: none"> <li>1. Dhanurasana</li> <li>2. Bhujangasana</li> <li>3. Lāngalāsana</li> <li>4. Balasana</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
11	13281011	<p>Which Kosha represents the discriminating faculty and intelligence aspect of the body?</p> <ol style="list-style-type: none"> <li>1. Manomaya Kosha</li> <li>2. Vijnanamaya Kosha</li> <li>3. Annamaya Kosha</li> <li>4. Anandamaya Kosha</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
12	13281012	<p>What should you NOT do before practicing Pranayama?</p> <ol style="list-style-type: none"> <li>1. Eat a large meal</li> <li>2. Drink herbal tea</li> <li>3. Stretch the spine</li> <li>4. Calm the mind</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
13	13281013	<p>What does 'Ujjayi' mean in Sanskrit?</p> <ol style="list-style-type: none"> <li>1. Humming breath</li> <li>2. Victorious breath</li> <li>3. Cooling breath</li> <li>4. Cleansing breath</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
14	13281014	<p>Which pranayama produces a humming sound like a bee?</p> <ol style="list-style-type: none"> <li>1. Kapalabhati</li> <li>2. Sitali</li> <li>3. Nadishuddhi</li> <li>4. Bhramari</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
15	13281015	<p>Which of these is NOT considered an element of meditation?</p> <ol style="list-style-type: none"> <li>1. Focused attention</li> <li>2. Judgmental attitude</li> <li>3. Relaxed breathing</li> <li>4. Comfortable position</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
16	13281016		2.0	0.00

		<p>What role does resonance play in MSRT?</p> <ol style="list-style-type: none"> <li>1. To induce fatigue</li> <li>2. To create disturbances</li> <li>3. To align with energy</li> <li>4. To block stimulation</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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## Objective Question

17	13281017	<p>How many sections does MSRT have?</p> <ol style="list-style-type: none"> <li>1. 6</li> <li>2. 5</li> <li>3. 8</li> <li>4. 10</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

18	13281018	<p>Which ego state acts as the data processing center according to the theory?</p> <ol style="list-style-type: none"> <li>1. Parent</li> <li>2. Adult</li> <li>3. Child</li> <li>4. Unconscious</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

19	13281019		2.0	0.00
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		<p>What is the primary aim of Mastering Emotions Technique (MEMT)?</p> <ol style="list-style-type: none"> <li>1. Enhancing physical strength</li> <li>2. Controlling emotions</li> <li>3. Improving memory retention</li> <li>4. Stimulating creativity</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
Objective Question				
20	13281020	<p>What is chanted as part of the MEMT practice to help in getting rid of negative emotions and reducing egoistic feelings?</p> <ol style="list-style-type: none"> <li>1. Gayatri Mantra</li> <li>2. Nirvana Shatakam</li> <li>3. Hare Krishna Mantra</li> <li>4. Om Mani Padme Hum</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
21	13281021	<p>How many times is the resolve statement repeated in the MEMT practice?</p> <ol style="list-style-type: none"> <li>1. Five times</li> <li>2. Seven times</li> <li>3. Nine times</li> <li>4. Ten times</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
22	13281022		2.0	0.00

		<p>According to the content, what is the importance of recognizing thoughts and emotions during the MEMT practice?</p> <ol style="list-style-type: none"> <li>1. To suppress them forcefully</li> <li>2. To analyze them deeply</li> <li>3. To understand one's internal state and let go</li> <li>4. To amplify them for greater emotional awareness</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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## Objective Question

23	13281023	<p>Which of the following is NOT mentioned as a benefit of MEMT practice?</p> <ol style="list-style-type: none"> <li>1. Release of suppressed emotions</li> <li>2. Enhancement of cognitive abilities</li> <li>3. Regulation and stabilization of emotions</li> <li>4. Development of self-compassion and mindfulness</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

24	13281024	<p>Which organization created the Mastering Emotion Technique (MEMT) for promoting mental and physical well-being?</p> <ol style="list-style-type: none"> <li>1. World Health Organization (WHO)</li> <li>2. International Yoga Association (IYA)</li> <li>3. Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)</li> <li>4. American Psychological Association (APA)</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

25	13281025		2.0	0.00
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		<p>Which step involves recalling extreme opposite experiences and then letting go to achieve emotional balance?</p> <ol style="list-style-type: none"> <li>1. Recognize thinking vs. feeling</li> <li>2. Invoke-intensify-diffuse</li> <li>3. Pairs of opposites</li> <li>4. Silence</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

26	13281026	<p>What is the concluding step in the MEMT practice?</p> <ol style="list-style-type: none"> <li>1. Recognize thinking vs. feeling</li> <li>2. Invoke-intensify-diffuse</li> <li>3. Silence</li> <li>4. Closing prayer</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

27	13281027	<p>What is the primary focus of Pratyahara, the fifth limb of Ashtanga Yoga?</p> <ol style="list-style-type: none"> <li>1. Control of sensory impressions</li> <li>2. Enhancement of physical strength</li> <li>3. Mastery of meditation techniques</li> <li>4. Development of muscular flexibility</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

28	13281028		2.0	0.00
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		<p>How is Pratyahara linked with Dharana, according to the content?</p> <ol style="list-style-type: none"> <li>1. They have opposite effects on the ego</li> <li>2. They are unrelated concepts</li> <li>3. Pratyahara precedes Dharana in the yogic path</li> <li>4. Pratyahara and Dharana are interchangeable terms</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

29	13281029	<p>Which of the following type of yoga postures represents introversion and looking within for inspiration?</p> <ol style="list-style-type: none"> <li>1. Forward bending</li> <li>2. Back bending</li> <li>3. Erect and neutral spine</li> <li>4. Twisting</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

30	13281030	<p>Why is it recommended not to engage in conversations while practicing yoga asanas?</p> <ol style="list-style-type: none"> <li>1. Speaking affects the alignment of body geometry</li> <li>2. Conversations increase mental focus</li> <li>3. Talking triggers physiological and energy parameter changes</li> <li>4. Speaking enhances the benefits of yoga asanas</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

31	13281031		2.0	0.00
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		<p>According to Patanjali, what is the result of attaining a perfect posture (asana)?</p> <ol style="list-style-type: none"> <li>1. Increased muscular strength</li> <li>2. Freedom from suffering due to pairs of opposites</li> <li>3. Enhanced flexibility</li> <li>4. Improved cardiovascular health</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

32	13281032	<p>What is the benefit of practicing Yoga Nidra and deep relaxation techniques?</p> <ol style="list-style-type: none"> <li>1. Increased stress intensity</li> <li>2. Reduced self-esteem</li> <li>3. Enhanced self-acceptance and self-esteem</li> <li>4. Decreased feelings of happiness and enthusiasm</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

33	13281033	<p>Which type of transaction has a hidden psychological message?</p> <ol style="list-style-type: none"> <li>1. Complementary</li> <li>2. Crossed</li> <li>3. Ulterior</li> <li>4. Irrational</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

34	13281034		2.0	0.00
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		<p>The Natural Child ego state is</p> <ol style="list-style-type: none"> <li>1. Trained and instructed</li> <li>2. Angry and frustrated</li> <li>3. Sensuous and impulsive</li> <li>4. Rational and analytical</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

35	13281035	<p>What happens when Crossed Transactions occur?</p> <ol style="list-style-type: none"> <li>1. Effective communication</li> <li>2. Break in communication</li> <li>3. Sympathetic response</li> <li>4. Parallel vectors</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

36	13281036	<p>What is the primary purpose of yoga asanas according to the provided content?</p> <ol style="list-style-type: none"> <li>1. Physical fitness only</li> <li>2. Mental relaxation only</li> <li>3. Alignment of body geometry with cosmic geometry</li> <li>4. Spiritual enlightenment only</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

37	13281037		2.0	0.00
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		<p>How does concentration and meditation help in controlling emotions?</p> <ol style="list-style-type: none"> <li>1. By intensifying emotional responses</li> <li>2. By strengthening the ego</li> <li>3. By transcending externally directed emotions</li> <li>4. By fostering distraction</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

38	13281038	<p>What is the ultimate state achieved in Nirvikalpa Samadhi?</p> <ol style="list-style-type: none"> <li>1. Complete awareness of surroundings</li> <li>2. Dissolution of ego and samskaras</li> <li>3. Transcendence of time and space</li> <li>4. Enhanced cognitive abilities</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

39	13281039	<p>Which type of meditation involves intense focusing or gazing to quiet the mind?</p> <ol style="list-style-type: none"> <li>1. Trataka</li> <li>2. Mindfulness meditation</li> <li>3. Mantra-based meditation</li> <li>4. Body movement-based meditation</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

40	13281040		2.0	0.00
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		<p>What is the significance of Om chanting in meditation?</p> <ol style="list-style-type: none"> <li>1. It increases stress and anxiety</li> <li>2. It decreases positive mood</li> <li>3. It enhances theta power and reduces depression</li> <li>4. It has no effect on cognitive processes</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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## Objective Question

41	13281041	<p>What does Sahaja Samadhi involve?</p> <ol style="list-style-type: none"> <li>1. Intense breathing practices</li> <li>2. Practicing intense physical postures</li> <li>3. Maintaining inner silence during daily activities</li> <li>4. Chanting mantras continuously</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

42	13281042	<p>Which stage of Savikalpa Samadhi involves focusing on the blissful state within oneself?</p> <ol style="list-style-type: none"> <li>1. Sarvitarka Samadhi</li> <li>2. Savichara Samadhi</li> <li>3. Sa-ananda Samadhi</li> <li>4. Sa-Asmita Samadhi</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

43	13281043		2.0	0.00
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		<p>According to the Gheranda Samhita, how many types of Dhyana are there?</p> <ol style="list-style-type: none"> <li>1. Two</li> <li>2. Three</li> <li>3. Four</li> <li>4. Five</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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## Objective Question

44	13281044	<p>Which limb of Ashtanga Yoga involves the binding of consciousness to a single point, ultimately quieting the mind?</p> <ol style="list-style-type: none"> <li>1. Pratyahara</li> <li>2. Dhyana</li> <li>3. Dharana</li> <li>4. Samadhi</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

45	13281045	<p>Which body is described as the physical body in the Trisharira concept?</p> <ol style="list-style-type: none"> <li>1. Linga Sharira</li> <li>2. Karana Sharira</li> <li>3. Sthula Sharira</li> <li>4. Vijnanamaya Sharira</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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## Objective Question

46	13281046		2.0	0.00
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		<p>Which of these is associated with the ego and contains previous experiences and memories?</p> <ol style="list-style-type: none"> <li>1. Annamaya Kosha</li> <li>2. Vijnanamaya Kosha</li> <li>3. Manomaya Kosha</li> <li>4. Karana Sharira</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

47	13281047	<p>According to Yoga philosophy, what is the role of the Pancha Kosha?</p> <ol style="list-style-type: none"> <li>1. Separating the different layers of human existence</li> <li>2. Exploring various dimensions of human personality</li> <li>3. Identifying physical ailments and diseases</li> <li>4. Controlling the flow of vital energy</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

48	13281048	<p>Which Kosha is responsible for ego, personality, and conditioning in an individual?</p> <ol style="list-style-type: none"> <li>1. Annamaya Kosha</li> <li>2. Pranamaya Kosha</li> <li>3. Manomaya Kosha</li> <li>4. Vijnanamaya Kosha</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

49	13281049		2.0	0.00
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		<p>What is the ultimate aim of practicing Yoga according to Advaita understanding?</p> <ol style="list-style-type: none"> <li>1. To achieve physical fitness and flexibility</li> <li>2. To attain oneness, happiness, and self-realization</li> <li>3. To overcome stress and anxiety</li> <li>4. To enhance cognitive abilities and mental sharpness</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

50	13281050	<p>What is the primary mechanism through which Yoga addresses stress disorders?</p> <ol style="list-style-type: none"> <li>1. By regulating the flow of prana in the body</li> <li>2. By promoting physical fitness and flexibility</li> <li>3. By mastering control over the mind and reducing mental agitation</li> <li>4. By prescribing medication and dietary interventions</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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