

## PREVIEW QUESTION BANK

Module Name : aic24-ge02 Yoga for IQ Development-ENG  
Exam Date : 18-May-2024 Batch : 15:00-18:00

Sr. No.	Client Question ID	Question Body and Alternatives	Marks	Negative Marks
Objective Question				
1	13292001	<p>Yoga means _____</p> <ol style="list-style-type: none"> <li>1. Union</li> <li>2. Posture</li> <li>3. Meditation</li> <li>4. Concentration</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	13292002	<p>Sauca, Santosha, and tapas are components of _____</p> <ol style="list-style-type: none"> <li>1. Yamas</li> <li>2. Niyamas</li> <li>3. Pranayamas</li> <li>4. Dharana</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	13292003	<p>Which of the following represents the state of bliss according to the Pancha kosha theory?</p> <ol style="list-style-type: none"> <li>1. Annamaya Kosha</li> <li>2. Pranamaya Kosha</li> <li>3. Manomaya Kosha</li> <li>4. Anandamaya Kosha</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p>	2.0	0.00

A3 : 3

A4 : 4

## Objective Question

4	13292004	How many Chakras are there in our body?	2.0	0.00
		<ul style="list-style-type: none"> <li>1. 5</li> <li>2. 7</li> <li>3. 6</li> <li>4. 8</li> </ul>		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

## Objective Question

5	13292005	Kumbhaka means _____	2.0	0.00
		<ul style="list-style-type: none"> <li>1. Retention of breath</li> <li>2. Concentration</li> <li>3. Exercise</li> <li>4. Focus</li> </ul>		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

## Objective Question

6	13292006	Withdrawal of senses is called _____	2.0	0.00
		<ul style="list-style-type: none"> <li>1. Dharana</li> <li>2. Pratyahara</li> <li>3. Kumbhaka</li> <li>4. Kriya</li> </ul>		
		A1 : 1		
		A2 : 2		
		A3 : 3		

A4 : 4

## Objective Question

7	13292007	Ashtanga yoga was propounded by _____	2.0	0.00
		<ol style="list-style-type: none"> <li>1. Patanjali</li> <li>2. Gorakshanath</li> <li>3. Gheranda Muni</li> <li>4. Swami Vivekananda</li> </ol>		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

## Objective Question

8	13292008	Who wrote Amarakosha?	2.0	0.00
		<ol style="list-style-type: none"> <li>1. Narasimha</li> <li>2. Veerasimha</li> <li>3. Amarasimha</li> <li>4. Patanjali</li> </ol>		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

## Objective Question

9	13292009	Antahkarana includes:	2.0	0.00
		<ol style="list-style-type: none"> <li>1. Bhakti</li> <li>2. Buddhi</li> <li>3. Asmita</li> <li>4. Karma</li> </ol>		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

## Objective Question

10	13292010	<p>Expand IRT</p> <ol style="list-style-type: none"> <li>1. Instant Relaxation Technique</li> <li>2. Ideal Relaxation Technique</li> <li>3. Initial Relaxation Technique</li> <li>4. Innovative Relaxation Technique</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

11	13292011	<p>Alan Turing is related to _____</p> <ol style="list-style-type: none"> <li>1. Intelligence Quotient</li> <li>2. Western philosophy</li> <li>3. Artificial intelligence</li> <li>4. Indian scriptures</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

12	13292012	<p>Which among the following asanas is called Cobra pose?</p> <ol style="list-style-type: none"> <li>1. Vajrasana</li> <li>2. Vakrasana</li> <li>3. Bhujangasana</li> <li>4. Shavasana</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

13	13292013	<p>Yoga Nidra is a _____ practice</p> <ol style="list-style-type: none"> <li>1. Strengthening</li> <li>2. Sleeping</li> <li>3. Relaxation</li> <li>4. Stimulating</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

14	13292014	<p>Buddhi, jnana, pragya are all terminologies related to _____</p> <ol style="list-style-type: none"> <li>1. Intelligence</li> <li>2. Faith</li> <li>3. Sadhana</li> <li>4. Enlightenment</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

15	13292015	<p>Pranayama is the _____ limb of ashtanga yoga</p> <ol style="list-style-type: none"> <li>1. Second</li> <li>2. Third</li> <li>3. Fourth</li> <li>4. Fifth</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

16	13292016		2.0	0.00
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Which among the following are included in Bahiranga yoga?

- (A) Asana
- (B) Pranayama
- (C) Dharana
- (D) Dhyana

- 1. (A), (B) and (C) only.
- 2. (A), (B) and (D) only.
- 3. (A), (B), (C) and (D).
- 4. (A) and (B) only.

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

17 13292017

Contentment is part of \_\_\_\_\_

- 1. Yama
- 2. Niyama
- 3. Dharana
- 4. Kumbhaka

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

18 13292018

Which of the following asanas is also called as lotus pose?

- 1. Vajrasana
- 2. Makarasana
- 3. Padmasana
- 4. Balasana

A1 : 1

A2 : 2

A3 : 3

2.0 0.00

		A4 : 4		
Objective Question				
19	13292019	<p>Mudras are _____</p> <ol style="list-style-type: none"> <li>1. Gestures</li> <li>2. Postures</li> <li>3. Kriyas</li> <li>4. Loosening exercises</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
20	13292020	<p>During breathing the awareness should be on the _____</p> <ol style="list-style-type: none"> <li>1. External sounds</li> <li>2. Instructor</li> <li>3. Synchronised breathing</li> <li>4. Thoughts</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	13292021	<p>Research suggests that high IQ individuals tend to have a strong ability in _____</p> <ol style="list-style-type: none"> <li>1. Superior physical strength</li> <li>2. Abstract reasoning</li> <li>3. Exceptional social skills</li> <li>4. Enhanced athletic performance</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	13292022	<p>Studies have shown a correlation between high IQ and _____</p> <ol style="list-style-type: none"> <li>1. Increased educational attainment</li> <li>2. Guaranteed success in all fields</li> <li>3. Never facing challenges</li> <li>4. Immunity to mental health issues</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
23	13292023	<p>While IQ tests can be a measure of cognitive ability, what other factor is important for success in life?</p> <ol style="list-style-type: none"> <li>1. Eye color</li> <li>2. Birth month</li> <li>3. Number of siblings</li> <li>4. Emotional intelligence</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
24	13292024	<p>According to Howard Gardner's theory of multiple intelligences, which of the following is NOT considered a type of intelligence?</p> <ol style="list-style-type: none"> <li>1. Bodily-Kinesthetic</li> <li>2. Logical-Mathematical</li> <li>3. Musical</li> <li>4. Moral Intelligence</li> </ol> <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
25	13292025		2.0	0.00



In Eastern philosophies, which concept emphasizes the cultivation of wisdom and understanding that transcends intellectual knowledge?

1. Prajna
2. Logical Reasoning
3. Sensory Perception
4. Rote memorization

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

26	13292026		2.0	0.00
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Eastern philosophies often emphasize the importance of \_\_\_\_\_

1. Competition and proving intellectual superiority
2. Cultivating a balanced mind and emotions
3. Focusing solely on accumulating knowledge
4. Disregarding the body and physical world

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

27	13292027		2.0	0.00
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Which of the following is NOT typically associated with intelligence in Eastern thought?

1. Understanding the interconnectedness of all things
2. Cultivating compassion and empathy
3. Bragging about one's knowledge and achievements
4. Developing self-awareness and inner peace

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

28	13292028		2.0	0.00
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In Sankhya philosophy, which of the following is NOT considered a source of intelligence?

1. Buddhi (intellect)
2. Ahankara (ego)
3. Manas (mind)
4. Atman (soul)

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

29 13292029 2.0 0.00

According to Sankhya, intelligence arises from the interaction of which two fundamental principles?

1. Brahman and Maya
2. Purusha and Prakriti
3. Dharma and Karma
4. Shakti and Shiva

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

30 13292030 2.0 0.00

According to the Gita, what clouds true intelligence?

1. A strong memory
2. Attachment and desires
3. A logical mind
4. Natural curiosity

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

31 13292031 2.0 0.00

The Bhagavad Gita describes a state of equanimity (samatva) as a mark of intelligence. What does this imply?

1. Feeling happy all the time
2. Ignoring pleasure and pain
3. Maintaining emotional balance
4. Seeking constant stimulation

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

32	13292032		2.0	0.00
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Which philosopher believed intelligence was the ability to reason and arrive at universal truths?

1. Plato
2. Aristotle
3. John Locke
4. René Descartes

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

33	13292033		2.0	0.00
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The concept of multiple intelligences, where people have strengths in different cognitive areas, is a theory from \_\_\_\_\_

1. Socrates
2. Howard Gardner
3. Aristotle
4. John Locke

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

34	13292034		2.0	0.00
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Some philosophical debates on intelligence center around \_\_\_\_\_

1. How to measure brain size
2. Whether intelligence is fixed or can be developed
3. The best color for learning
4. How many IQ points a good night's sleep adds

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

35	13292035		2.0	0.00
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Rene Descartes' famous statement "Cogito, ergo sum" translates to \_\_\_\_\_

1. "I dream, therefore I am real"
2. "I think, therefore I am"
3. "I feel, therefore I exist"
4. "I speak, therefore I have power"

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

36	13292036		2.0	0.00
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Feminist philosophers often critique traditional notions of intelligence as being \_\_\_\_\_

1. Biased towards masculine ways of knowing
2. Universally applicable
3. Unrelated to social context
4. A sign of physical attractiveness

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

37	13292037		2.0	0.00
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	Regular yoga practice may help to _____		
	<ol style="list-style-type: none"> <li>1. Increase IQ score directly</li> <li>2. Guarantee immediate emotional regulation</li> <li>3. Improve cognitive function</li> <li>4. Eliminate all stresses entirely</li> </ol>		
	A1 : 1		
	A2 : 2		
	A3 : 3		
	A4 : 4		

Objective Question

38	13292038	Yoga Nidra, a deep relaxation technique, can benefit intelligence by promoting _____	2.0	0.00
		<ol style="list-style-type: none"> <li>1. Constant physical activity</li> <li>2. Improved focus and mental clarity</li> <li>3. Extreme flexibility</li> <li>4. Exceptional muscular strength</li> </ol>		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

Objective Question

39	13292039	In the Bhagavad Gita, who is considered truly intelligent?	2.0	0.00
		<ol style="list-style-type: none"> <li>1. The one with the most wealth</li> <li>2. The most powerful warrior</li> <li>3. The one who performs his duty selflessly</li> <li>4. The one who avoids conflict</li> </ol>		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

Objective Question

40	13292040		2.0	0.00
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How does Sankhya view the role of intelligence in achieving liberation?

1. As unimportant, blind faith is key
2. As a tool for self-realization and detachment
3. As a source of suffering and illusion
4. As a divine gift bestowed upon the chosen few

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

41 13292041

2.0 0.00

Which yoga practice focuses primarily on physical postures (asanas)?

1. Hatha Yoga
2. Raja Yoga
3. Karma Yoga
4. Bhakti Yoga

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

42 13292042

2.0 0.00

What is the purpose of Drishti (gazing point) in yoga postures?

1. To roll the eyes
2. To improve balance
3. To focus the mind and direct energy
4. To relax the eyes

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

43 13292043

2.0 0.00

In yoga philosophy, what are the seven energy centers in the body called?

- 1. Chakras
- 2. Koshas
- 3. Bandhas
- 4. Nadis

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

44 13292044

The Yoga Sutras of Patanjali are divided into how many Padas (sections)?

- 1. 2
- 2. 3
- 3. 4
- 4. 5

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

45 13292045

Which Niyama (observances) emphasizes self-study and reflection?

- 1. Svadhyaya
- 2. Shaucha
- 3. Santosha
- 4. Tapas

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

46 13292046

2.0 0.00

The practice of surrendering actions to a higher power is known as \_\_\_\_\_

1. Asteya
2. Aparigraha
3. Isvara-Pranidhana
4. Brahmacharya

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

47 13292047

Which of the following is NOT one of the eight limbs of Patanjali's Yoga?

1. Yama
2. Niyama
3. Asana
4. Mudra

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

48 13292048

According to some philosophers, artificial intelligence could potentially \_\_\_\_\_

1. Have no impact on our understanding of intelligence
2. Render human intelligence obsolete
3. Be programmed with perfect moral reasoning
4. Challenge our current definitions of intelligence

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

49 13292049

2.0 0.00



Confucius, a Chinese philosopher, emphasized the role of \_\_\_\_\_

1. Innate intellectual ability
2. Education and moral character in intelligence
3. Intuition over logic
4. Physical strength as a sign of intelligence

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

50 13292050

The Bhagavad Gita offers guidance on achieving higher intelligence. Which of the following is NOT recommended?

1. Cultivating detachment from the fruits of action
2. Performing one's duties with dedication
3. Honing one's intellect through study
4. Indulging in anger and pride

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00