

Chapter – 1 Yoga

Choose the correct option from those given below each question

- Which day is celebrated as International Yoga Day?
A. 21 March **B. 21 June** C. 21 July D. 21 May
- Which is the basic root of the word yoga?
A. 'भुज' B. 'योग' **C. 'युज'** D. None of the given
- Yoga means to restrain
A. Feelings B. Senses **C. Thoughts of the mind** D. Mental abilities
- On what does efficiency of the nervous system depend?
A. Efficiency of the brain **B. Flexibility of the spine**
C. Thoughts of the mind D. Mental abilities
- Which is the excellent gift presented to the world by ancient India?
A. Non-violence B. Discipline **C. Yoga** D. Revelation of God
- For what have the words 'ever new science' been used?
A. For yoga B. For the Ramayana
C. For physical education D. For the Mahabharata
- The United Nations has declared 21st June as
A. World Population Day B. World Vegetarianism Day
C. World Literacy Day **D. International Yoga Day**
- Which is the world's oldest literature?
A. The Vedas, the Upanishads, etc. B. Vaastu Shastra
C. Astrology D. Botany
- How many Darshan Traditions (Systems of Philosophy) are described in the Vedas?
A. Four **B. Six** C. Five D. Eight
- Which of the following Darshan Traditions (Systems of Philosophy) is not seen in the Vedas?
A. Sankhya B. Poorva Meemansa **C. Dakshin Meemansa** D. Uttar Meemansa
- Who was the creator of 'Yoga Sootra'?
A. Swami Krupalvanandaji B. Raj-rishi Muniji
C. Maharshi Vyas **D. Maharshi Patanjali**
- Maharshi Patanjali was the Principal of which university?
A. Takshashila B. Vikramshila
C. Nalanda D. Valabhi
- Apart from yoga in which other subjects was Maharshi Patanjali an expert?

A. Mathematics and Grammar **B. Grammar and Ayurveda**

C. Mathematics and Ayurveda D. Grammar and Astrology

14. Maharshi Patanjali has discussed yoga in great details through clear and perfect in his book 'Yoga Sootra'.

A. Examples B. Definitions C. Shlokas **D. Aphorisms (Sootras)**

15. How many maxims are there in the book 'Yoga Sootra'?

A. 195 B. 295 C. 180 D. 210

16. Yoga is a of living life.

A. Research method B. Disciplinary method **C. Tradition** D. Adverse condition

17. What has the ability to benefit not only the society and the nation but also whole of mankind?

A. The Vedas **B. Yoga** C. The Upanishads D. The Brahmin Books

18. Who has defined yoga as 'योग: वित्तवृत्ति निरोध:।'?

A. Maharshi Raman B. Swami Atmanand
C. Swami Vivekanand **D. Maharshi Patanjali**

19. In which book has yoga been defined as 'योग: चित्तवृत्ति निरोध:।'?

A. In Yoga Samhita **B. In Yoga Sootra** C. In Yoga Darshan D. In Hatha Yoga

20. Striving to attain oneness through service to mankind by believing that our world is the truly manifested form of God, is known as

A. Bhakti yoga B. Raj yoga **C. Karma yoga** D. Gyan yoga

21. Gaining an understanding about this universe and its creator with the help of one's Intellect, and trying to attain oneness through this knowledge is known as

A. Gyan yoga B. Karma yoga C. Raj yoga D. Bhakti yoga

22. Gaining control over one's body, life, and mind to attain oneness with the Parmatma

A. Raj yoga B. Bhakti yoga C. Karma yoga **D. Gyan yoga**

23. Which yoga is also known as 'Patanjali Yoga or simply Yoga'?

A. Bhakti yoga B. Karma yoga C. Gyan yoga **D. Raj yoga**

24. Which of the following is not an illusion about yoga?

A. Yoga is for beauty. B. Yoga is a type of exercise.

C. Yoga is to attain oneness with the divine soul. D. Yoga is only asanas and pranayama.

25. Instead of this narrow approach yoga is a physical exercise, which broader outlook do we need to adopt?

A. "Yoga is the knowledge for the true manifestation of God."

B. "Yoga is a science to understand one's body and mind."

C. "Yoga is a well-arranged tradition of living life."

D. "Yoga is a method of discipline, rules, and regulations."

26. What is made stronger through pranayama?

A. The intellect B. Knowledge **C. Life** D. The body

27. Which system is very important for gaining knowledge?

A. Respiratory system B. Excretory system C. Digestive system **D. Nervous system**

28. What become flexible by doing asanas?

A. The spinal cord B. The bones C. The lungs D. The heart

29. What should be practiced regularly to enhance concentration of mind?

A. Asana **B. Meditation** C. Being in a trance D. Supposition

30. Which organization has stressed on the practice of yoga as an important link for attaining physical health and mental well-being?

A. UNESCO **B. WHO** C. UNICEF D. ILO

31. Who has declared the 'International Yoga Day'?

A. USA B. India C. Canada **D. United Nations (UN)**

32. Which of the following Darshan systems is not seen in the Vedas?

A. Sankhya **B. Paschim Meemansa** C. Yoga D. Vaisheshik

33. In reality Yoga is

A. Psychology B. Sociology C. Chemistry D. Physics

34. What is the basic meaning of yoga?

A. To gain oneness with life B. To gain oneness with the mind

C. To gain oneness with the supreme soul D. To gain oneness with our soul

35. Which of the following is not an illusory thought about yoga?

A. Yoga is a divine subject. B. Yoga is a religious and communal subject.

C. Yoga is a miracle.

D. Yoga is a science for both. the body and the mind.