

Choose the correct option from those given below each question :

1. In how many steps has Maharshi Patanjali described yoga and thereby shown the utility of yoga?
A. Five B. Three C. Four D. Eight
2. By which name are the first five steps of Ashtanga yoga?
A. External B. Extrovert C. Internal D. Conscience
3. How many types of asanas are there according to their benefits?
A. Five B. Three C. Four D. Eight
4. What do internal organs of the body get naturally through yogasanas?
A. Massage B. Stability C. Peace D. Tension
5. Which step is not Niyam?
A. Contemplation of God B. Purity C. Non-violence D. Austerity
6. Which step is not Yama?
A. Celibacy B. Non-possession C. Exercise D. Non-violence
7. Which step of Ashtanga yoga is pranayama?
A. Second B. Fourth C. Third D. Fifth
8. In how many stages is pranayama distributed?
A. Three B. Five C. Two D. Eight
9. What is the action of exhaling known as?
A. Poorak B. Internal Kumbhak C. External Kumbhak D. Rechak
10. Which mudra is used in pranayama?
A. Shoonya mudra B. Gnan mudra C. Pranav mudra D. Vipritkarani mudra
11. When breathing is unsteady, what is the second thing that also become unsteady?
A. Mind B. Chit C. Breath D. Thought
12. What is got rid of (removed) by asanas?
A. Tamo Gun B. Rajo Gun C. Sattva Gun D. Chanchal Gun (Unsteadiness)
13. Which of the following asanas is not done while sleeping on the stomach (belly)?
A. Bhujangasana B. Dhanurasana C. Shalabhasana D. Ushtrasana
14. Which asana can be done in a sitting position?
A. Halasana B. Pavanmuktasana C. Vajrasana D. Mayurasana
15. What is the meaning of Asteya (theft)?
A. not to hoard much B. not to steal C. not to speak the truth D. obey others
16. What is the best example of Pratyahara?
A. A mad elephant B. Lion C. Fish D. Tortoise
17. Which is the invaluable ancient knowledge given to us by Indian saints and sages?
A. Yoga B. Niyoga C. Suyoga D. Viyoga
18. How many Darshans (systems) are there?
A. Eight B. Five C. Four D. Six
19. Who studied yoga in a scientific manner?
A. Maharshi Raman B. Maharshi Vyas C. Maharshi Patanjali D. Maharshi Aravind

20. Which is the perfect tool for purification of the mind?
A. Viyoga B. Yoga C. Niyoga D. Suyoga
21. Who is the composer of Ashtanga yoga?
A. Maharshi Arvind B. Maharshi Raman C. Maharshi Patanjali D. Maharshi Vyas
22. Which knowledge is very effective for mankind?
A. Astrology B. Ashtanga yoga C. Archery D. Magic
23. How many parts of yoga have been described in 'Patanjal Yoga Sootra'?
A. Eight B. Six C. Nine D. Twelve
24. Which of the following is a part of External yoga?
A. Dharana B. Dhyana C. Samadhi D. Pranayama
25. Which of the following is not a part of External yoga?
A. Yama B. Asana C. Niyam D. Dhyan
26. Which of the following is a part of Internal yoga?
A. Yama B. Niyam C. Dharana D. Pranayama
27. Which of the following is not a part of Internal yoga?
A. Dharana B. Yama C. Dhyana D. Samadhi
28. Which of the following are considered to be parts of Ashtanga yoga are known as External yoga?
A. The first three parts of Ashtanga yoga
B. The first five parts of Ashtanga yoga
C. The first two parts of Ashtanga yoga
D. The first four parts of Ashtanga yoga
29. Which of the following are considered to be parts of Ashtanga yoga are known as Internal yoga?
A. The last two parts of Ashtanga yoga
B. The last four parts of Ashtanga yoga
C. The last three parts of Ashtanga yoga
D. The first three parts of Ashtanga yoga
30. Which is the third part of Ashtanga yoga?
A. Pranayama B. Dhyan C. Asana D. Pratyahara
31. Which is the fourth part of Ashtanga yoga?
A. Niyam B. Pratyhara C. Asana D. Pranayama
32. Which is the fifth part of Ashtanga yoga?
A. Pranayama B. Asana C. Pratyahara D. Dhyan
33. Which is the master key for developing all the energies of mankind?
A. Salvation B. Ashtanga yoga C. Samadhi D. Wealth
34. Ashtanga yoga is a/an
A. Sacred scientific method B. Failure of deeds
C. Illusion of true happiness D. Tool to develop character
35. Which is the first stage of Ashtanga yoga?
A. Niyam B. Asana C. Pranayama D. Yama
36. How many types of Yama are there?
A. Five B. Three C. Six D. Four
37. Not troubling any creature by action, words or thoughts is known as
A. Non-stealing B. Truth C. Non-possession D. Non-violence

38. Which of the following is not a type of Yama?
A. Thirst B. Truth C. Non-violence D. Celibacy
39. Which of the following is a type of Yama?
A. Satisfaction B. Non-stealing C. Purity D. Penance
40. What should the person progressing on the path of yoga stay away from?
A. Penance B. Satisfaction C. Theft D. Self-study
41. Which of the following is a type of Yama?
A. Contemplation of God B. Self-study C. Celibacy D. Satisfaction
42. Non-possession means
A. Non-violence is the best religion B. To stay pure
C. Not to steal D. Not to hoard
43. Which is the second stage of Ashtanga yoga?
A. Dharana B. Dhyan C. Asana D. Niyam
44. Which of the following is a type of Niyam?
A. Contemplation of God B. Non-violence C. Truth D. Non-possession
45. Which of the following is not a type of Niyam?
A. Purity B. Non-violence C. Penance D. Self-study
46. Which of the following is a type of Niyam?
A. Truth B. Non-violence C. Self-study D. Non-possession
47. Purity means
A. Control over the senses B. Knowing oneself
C. Cleanliness or holiness D. Physical and mental penance
48. Of what is internal purity or cleanliness the first rule?
A. Yoga B. Marriage C. Self-study D. Pratyahara
49. What, according to yoga, is the root of all sorrow?
A. Self-study B. Satisfaction C. Penance D. Desire
50. How does the mind become through self-study?
A. Extrovert B. Introvert C. Satisfied D. Dedicated
51. Which is the main symbol for the asanas of Dhyan?
A. Fish B. Tortoise C. Pyramid D. Mountain
52. What is the main objective of asanas for Dhyan?
A. Well-being of mankind
B. Progress of society
C. To strengthen all the parts of the body
D. Spiritual progress
53. Which of the following is an asana for Dhyan?
A. Bhadrasana B. Shavasana C. Makarasana D. Balakasana
54. Which of the following is not an asana for Dhyan?
A. Padmasana B. Dhanurasana C. Vajrasana D. Swastikasana
55. Which of the following is an asana for health?
A. Halasana B. Bhadrasana C. Shavasana D. Makarasana
56. Which of the following is an asana for health?
A. Bhadrasana B. Balakasana C. Makarasana D. Gomukhasana
57. Which of the following is not an asana for health?
A. Bhujangasana B. Vajrasana C. Gomukhasana D. Halasana

58. Which of the following is not an asana for health?
A. Uttanpadasana B. Gomukhasana C. Shavasana D. Pavanmuktasana
59. Which of the following is a comfort-giving asana?
A. Bhadrasana B. Halasana C. Dhanurasana D. Shavasana
60. Which of the following is a comfort-giving asana?
A. Balakasana B. Padmasana C. Dhanurasana D. Vajrasana
61. Which of the following is not a comfort-giving asana?
A. Shavasana B. Makarasana C. Gomukhasana D. Balakasana
62. Which of the following is not a comfort-giving asana?
A. Balakasana B. Bhadrasana C. Makarasana D. Shavasana
63. Which is the complementary asana of Sarvangasana?
A. Matsyasana B. Ushtrasana C. Shalabhasana D. Pashchimottanasana
64. Which is the complementary asana of Halasana?
A. Shalabhasana B. Matsyasana C. Ushtrasana D. Pashchimottanasana
65. Which is the complementary asana of Bhujangasana?
A. Halasana B. Sarvangasana C. Matsyasana D. Shalabhasana
66. Which is the complementary asana of Pashchimottanasana?
A. Shalabhasana B. Halasana C. Ushtrasana D. Matsyasana
67. Which asana is done in a sitting position?
A. Dhanurasana B. Sarpasana C. Halasana D. Gomukhasana
68. Which asana is done in a standing position?
A. Pashchimottanasana B. Mayurasana C. Bhujangasana D. Sarvangasana
69. Which asana is done while lying on the stomach (belly)?
A. Vakrasana B. Tadasana C. Dhanurasana D. Halasana
70. Which asana is done while lying on the back?
A. Shalabhasana B. Shashangasana C. Halasana D. Utkatasana
71. Which is the asana for comfort?
A. Shavasana B. Dhruvasana C. Yoga Mudrasana D. Naukasana
72. How does the body become with the practice of yogasana?
A. Flexible B. Rigid C. Weak D. Unsteady
73. Which asana is done while standing on the feet?
A. Mayurasana B. Ushtrasana C. Ardhakatichakrasana D. Dhanurasana
74. Which asana is done while standing on the knees?
A. Ardhakatichakrasana B. Mayurasana C. Halasana D. Dhanurasana
75. In which book has Maharshi Patanjali given the definition of pranayama?
A. In Yoga Darshan B. In Vaisheshik Darshan
C. In Nyaya Darshan D. In Sankhya Darshan
76. "The one who has bound breathing has bound the mind too." Where is this definition of pranayama given?
A. In Pranit Yoga Darshan B. In Sankhya Darshan
C. In Rigveda D. In Hath Yoga Pradeepika
77. What is the action of inhaling in pranayama known as?
A. Kumbhak B. Rechak C. Poorak D. Yojak
78. What is the action of holding the breath in the lungs in pranayama known as?
A. Kumbhak B. Rechak C. Yojak D. Poorak

79. What is the action of exhaling in pranayama known as?
A. Yojak B. Kumbhak C. Poorak D. Rechak
80. What has been described in the scriptures as the basic pranayama?
A. Rechak B. Kumbhak C. Yojak D. Poorak
81. According to whose opinion is with the practice of pranayama made up of the five - Prana, Apaana, Saman, Udan and Vyan (Vayus)?
A. Swami Ramdev B. Swami Devbharati
C. Swami Sacchidanand D. Swami Satyanand Saraswati
82. How many types of pranayama have been described in Hath Yoga Pradeepika?
A. Eight B. Six C. Nine D. Seven
83. The study of which pranayama is necessary for an ordinary person?
A. Shitali pranayama B. Ujjayi pranayama
C. Surya Bhedan pranayama D. Moorchha pranayama
84. Which of the following asana is meditative?
A. Halasana B. Siddhasana C. Pashchimottanasana D. Gomukhasana
85. Which of the following asana is not meditative?
A. Swastikasana B. Shavasana C. Mayurasana D. Padmasana
86. What is the food of the ears?
A. Visuals B. Smell C. Taste D. Words
87. In which book has the meaning of non-violence been given as 'to be without jealousy'?
A. In the Rigveda B. In Yoga Sootra C. In the Bhagwadgita D. In the Ramayana
88. What does 'non-possession' mean?
A. Not to steal B. Not to hoard C. Telling the truth D. To control the senses
89. What does 'non-stealing' mean?
A. Not to steal B. To do penance
C. Being satisfied with what is as it is D. Contemplation of God
90. Which of the following parts is not a part of Ashtanga yoga?
A. Yama B. Asana C. Niyam D. Pratyasana
91. What has been considered as परम तप in Yoga Darshan?
A. Asanas B. Pratyahara C. Pranayama D. Self-study
- Ans.**
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|---|--------------------------|---------------------------------|
| 1. Eight | 2. External | 3. Three |
| 4. Massage | 5. Non-violence | 6. Exercise |
| 7. Fourth | 8. Three | 9. Rechak |
| 10. Pranav mudra | 11. Chit | 12. Chanchal Gun (Unsteadiness) |
| 13. Ushtrasana | 14. Vajrasana | 15. not to steal |
| 16. Tortoise | 17. Yoga | 18. Six |
| 19. Maharshi Aravind | 20. Yoga | 21. Maharshi Patanjali |
| 22. Magic | 23. Eight | 24. Pranayama |
| 25. Asana | 26. Dharana | 27. Yama |
| 28. The first five parts of Ashtanga yoga | | |
| 29. The last three parts of Ashtanga yoga | | |
| 31. Pranayama | 32. Pratyahara | 30. Asana |
| 34. Sacred scientific method | 35. Yama | 33. Ashtanga yoga |
| 37. Non-violence | 38. Thirst | 36. Five |
| 40. Theft | 41. Celibacy | 39. Non-stealing |
| 43. Niyam | 44. Contemplation of God | 42. Not to hoard |

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|-------------------------------|-----------------------------|-----------------------------|
| 45. Non-violence | 46. Self-study | 47. Cleanliness or holiness |
| 48. Yoga | 49. Desire | 50. Introvert |
| 51. Pyramid | 52. Spiritual progress | 53. Bhadrasana |
| 54. Dhanurasana | 55. Halasana | 56. Gomukhasana |
| 57. Vajrasana | 58. Shavasana | 59. Shavasana |
| 60. Balakasana | 61. Gomukhasana | 62. Bhadrasana |
| 63. Matsyasana | 64. Matsyasana | 65. Shalabhasana |
| 66. Ushtrasana | 67. Gomukhasana | 68. Mayurasana |
| 69. Dhanurasana | 70. Halasana | 71. Shavasana |
| 72. Flexible | 73. Ardhakatichakrasana | 74. Mayurasana |
| 75. In Yoga Darshan | 76. In Hath Yoga Pradeepika | 77. Poorak |
| 78. Kumbhak | 79. Rechak | 80. Kumbhak |
| 81. Swami Satyanand Saraswati | | 82. Eight |
| 83. Surya Bhedan pranayama | | 84. Siddhasana |
| 85. Mayurasana | 86. Words | 87. In the Bhagwadgita |
| 88. Not to hoard | 89. Not to steal | 90. Pratyasana |
| 91. Pranayama | | |

3

SURYA NAMASKAR

Choose the correct option from those given below each question :

- What gives life to all the creatures on Earth?
A. Mankind B. The sea C. The Sun D. The Moon
- Of which God is the Sun God considered to be an incarnation?
A. Shri Krishna B. Shri Shankara C. Shri Vishnu D. Shri Ganesha
- Which is the main source of all energies?
A. The Moon B. The mountain C. The sea D. The Sun
- Of which processes is Surya Namaskar a combination?
A. Yogasana and pranayama B. Yogasana and yoga
C. Yogasana and the body D. Yogasana and Samadhi
- What type of exercise is Surya Namaskar known as?
A. Physical B. Divine C. Complete D. Mental
- How many positions of Surya Namaskar are there?
A. 12 B. 10 C. 8 D. 4
- Which asana should be done after Yogic exercises and before starting Surya Namaskar?
A. Makarasana B. Shavasana C. Sarpasana D. Gyanasana
- Which asana should be done in the end after doing Surya Namaskar?
A. Trikonasana B. Tadasana C. Katichakrasana D. Shavasana
- Which mantra should be uttered before starting the first position of Surya Namaskar?
A. 'ॐ स्वये नमः।' B. 'ॐ भानवे नमः।' C. 'ॐ मित्राय नमः।' D. 'ॐ सूर्याय नमः।'

10. What benefit does one gain by doing the first position of Surya Namaskar?
 A. Diseases of the stomach are cured. B. Brightness of the eyes increases.
 C. Self-confidence increases. D. Fat around the waist decreases.
11. Which mantra should be uttered before starting the second position of Surya Namaskar?
 A. 'ॐ रवये नमः।' B. 'ॐ आदित्याय नमः।' C. 'ॐ मरीचये नमः।' D. 'ॐ भास्कराय नमः।'
12. What benefit does one gain by doing the second position of Surya Namaskar?
 A. The mind and body becomes healthy. B. The spine becomes flexible and strong.
 C. Wasting of bodily vigour stops. D. Diseases of the stomach are cured.
13. Which mantra should be uttered before starting the third position of Surya Namaskar?
 A. 'ॐ भानवे नमः।' B. 'ॐ सवित्रे नमः।' C. 'ॐ अर्काय नमः।' D. 'ॐ सूर्याय नमः।'
14. What benefit does one gain by doing the third position of Surya Namaskar?
 A. The hands become strong.
 B. Brightness of the eyes increases.
 C. Throat diseases like tonsils are cured.
 D. The spine becomes flexible.
15. Which mantra should be uttered before starting the fourth position of Surya Namaskar?
 A. 'ॐ मित्राय नमः।' B. 'ॐ रवये नमः।' C. 'ॐ भानवे नमः।' D. 'ॐ सवित्रे नमः।'
16. What benefit does one gain by doing the fourth position of Surya Namaskar?
 A. The chest becomes strong. B. Fat around the waist decreases.
 C. Brightness of the eyes increases. D. The voice becomes good.
17. Which mantra should be uttered before starting the fifth position of Surya Namaskar?
 A. 'ॐ खगाय नमः।' B. 'ॐ हिरण्यगर्भाय नमः।' C. 'ॐ पूष्णे नमः।' D. 'ॐ आदित्याय नमः।'
18. What benefit does one gain by doing the fifth position of Surya Namaskar?
 A. Brightness of the eyes increases. B. Constipation is cured.
 C. The hands become strong. D. The voice becomes good.
19. Which mantra should be uttered before starting the sixth position of Surya Namaskar?
 A. 'ॐ मरीचये नमः।' B. 'ॐ आदित्याय नमः।' C. 'ॐ पूष्णे नमः।' D. 'ॐ अर्काय नमः।'
20. What benefit does one gain by doing the sixth position of Surya Namaskar?
 A. Diseases of the stomach are cured. B. Fat around the waist decreases.
 C. The legs become strong. D. The hands become strong.
21. Which mantra should be uttered before starting the seventh position of Surya Namaskar?
 A. 'ॐ पूष्णे नमः।' B. 'ॐ आदित्याय नमः।' C. 'ॐ हिरण्यगर्भाय नमः।' D. 'ॐ खगाय नमः।'
22. What benefit does one gain by doing the seventh position of Surya Namaskar?
 A. Diseases of the hands, legs and knees are cured.
 B. The spine becomes strong.
 C. Lactating babies are protected from diseases.
 D. Brightness of the eyes increases.
23. Which mantra should be uttered before starting the eighth position of Surya Namaskar?
 A. 'ॐ मरीचये नमः।' B. 'ॐ रवये नमः।' C. 'ॐ आदित्याय नमः।' D. 'ॐ भानवे नमः।'
24. What benefit does one gain by doing the eighth position of Surya Namaskar?
 A. The hands become very strong. B. Brightness of the eyes increases.
 C. The body gets a healthy red glow. D. The power of mental stability increases.

25. Which mantra should be uttered before starting the ninth position of Surya Namaskar?
A. 'ॐ खगाय नमः।' B. 'ॐ आदित्याय नमः।' C. 'ॐ अर्काय नमः।' D. 'ॐ भानवे नमः।'
26. What benefit does one gain by doing the ninth position of Surya Namaskar?
A. Brightness of the eyes increases. B. The body becomes shapely and beautiful.
C. The body gets a healthy red glow. D. The waist and shoulders become strong.
27. Which mantra should be uttered before starting the tenth position of Surya Namaskar?
A. 'ॐ अर्काय नमः।' B. 'ॐ भास्कराय नमः।' C. 'ॐ सवित्रे नमः।' D. 'ॐ मित्राय नमः।'
28. What benefit does one gain by doing the tenth position of Surya Namaskar?
A. Wasting of bodily vigour improves.
B. The head develops.
C. The spine becomes flexible and beautiful.
D. One gets relief from constipation.
29. Which mantra should be uttered before starting the eleventh position of Surya Namaskar?
A. 'ॐ अर्काय नमः।' B. 'ॐ सवित्रे नमः।' C. 'ॐ खगाय नमः।' D. 'ॐ मरीचये नमः।'
30. What benefit does one gain by doing the eleventh position of Surya Namaskar?
A. One gets relief from constipation. B. Wasting of bodily vigour improves.
C. Diseases of the toes are cured. D. The power of stability increases.
31. Which mantra should be uttered before starting the twelfth position of Surya Namaskar?
A. 'ॐ सवित्रे नमः।' B. 'ॐ हिरण्यगर्भाय नमः।' C. 'ॐ भास्कराय नमः।' D. 'ॐ खगाय नमः।'
32. What benefit does one gain by doing the twelfth position of Surya Namaskar?
A. A person's ability to walk increases. B. The mind and body become healthy.
C. Self-confidence increases. D. The voice becomes better.
33. Which vitamin do we get from the Sun?
A. 'B' B. 'A' C. 'C' D. 'D'
34. Which two out of the twelve positions of Surya Namaskar are similar?
A. Fifth and eighth B. First and twelfth
C. Sixth and seventh D. Sixth and twelfth
35. After how many positions is one cycle of Surya Namaskar completed?
A. Twelve B. Eleven C. Ten D. Nine
36. Which position of Surya Namaskar strengthens the muscles of our back?
A. Position 1 B. Position 5 C. Position 7 D. Position 2
37. Which position of Surya Namaskar increases mental stability?
A. Position 8 B. Position 5 C. Position 3 D. Position 6
38. Whose manifold blessings do we gain by doing Surya Namaskar?
A. Fire's B. Lord Indra's C. The Moon's D. The Sun's
39. Which position of Surya Namaskar develops the head?
A. Position 9 B. Position 11 C. Position 10 D. Position 12
40. Which position of Surya Namaskar helps in curing diseases of the thyroid gland?
A. Position 6 B. Position 7 C. Position 5 D. Position 3
- Ans.** 1. The Sun 2. Shri Vishnu 3. The Sun
4. Yogasana and pranayama 5. Complete 6. 12
7. Shavasana 8. Shavasana 9. 'ॐ मित्राय नमः।'
10. Self-confidence increases. 11. 'ॐ रवये नमः।'
12. The spine becomes flexible and strong. 13. 'ॐ सूर्याय नमः।'

14. The spine becomes flexible. 15. 'ॐ सवित्रे नमः।'

16. Fat around the waist decreases.

18. The hands become strong. 19. 'ॐ आदित्याय नमः।'

20. Diseases of the stomach are cured.

22. The spine becomes strong. 23. 'ॐ भानवे नमः।'

24. The hands become very strong.

26. The body becomes shapely and beautiful.

28. The head develops. 29. 'ॐ अर्काय नमः।'

30. The power of stability increases.

32. Self-confidence increases. 33. 'D'

35. Twelve

36. Position 5

38. The Sun's

39. Position 10

17. 'ॐ आदित्याय नमः।'

21. 'ॐ हिरण्यगर्भाय नमः।'

25. 'ॐ अर्काय नमः।'

27. 'ॐ भास्कराय नमः।'

31. 'ॐ भास्कराय नमः।'

34. First and twelfth

37. Position 8

40. Position 7

4

ASANA

Choose the correct option from those given below each question :

- In which asana does the body get the shape of a lotus?
A. Bhadrasana B. Shavasana C. Padmasana D. Gomukhasana
- In which asana does the body get the shape of a bow?
A. Tadasana B. Dhanurasana C. Bhadrasana D. Uttanpadasana
- Where is the shape of 'Gomukh' (face of a cow) formed while doing Gomukhasana?
A. Behind the back B. Near the shoulder
C. Near both the knees D. Near the waist
- Which asana is performed while lying on the back?
A. Makarasana B. Shavasana C. Dhanurasana D. Gomukhasana
- Which asana is performed in a standing position?
A. Tadasana B. Bhadrasana C. Gomukhasana D. Makarasana
- Which asana is performed in a sitting position?
A. Shavasana B. Makarasana C. Tadasana D. Padmasana
- Which asana is performed while lying on the stomach?
A. Gomukhasana B. Dhanurasana C. Tadasana D. Padmasana
- In which asana does the body get the shape of a butterfly?
A. Padahasthasana B. Poorna Titli asana C. Shavasana D. Padmasana
- Which vice (Guna) is destroyed by performing asanas?
A. Tamo Guna B. Sattva Guna C. Rajo Guna D. Tattva Guna
- For which asana should the backs of both the heels be made to touch the navel?
A. Tadasana B. Padmasana C. Bhadrasana D. Shavasana
- By doing which asana does the flow of life turn upwards?
A. Padmasana B. Tadasana C. Padahasthasana D. Bhadrasana
- Which asana is performed in a sitting position?
A. Shavasana B. Makarasana C. Tadasana D. Gomukhasana

13. By doing which asana does the shape near the knees become like a 'Gomukh' (face of a cow)?
A. Padmasana B. Padahastasana C. Gomukhasana D. Bhadrasana
14. By doing which asana are diseases like swelling of testicles and hernia cured?
A. Gomukhasana B. Dhanurasana C. Shavasana D. Bhadrasana
15. By doing which asana does one get relief from diseases like arthritis?
A. Dhanurasana B. Tadasana C. Uttanpadasana D. Gomukhasana
16. By doing which asana does one get relief from hunch back without defect?
A. Tadasana B. Dhanurasana C. Bhadrasana D. Padmasana
17. By doing which asana does the build of the body become like the 'Tada' tree?
A. Padmasana B. Dhanurasana C. Gomukhasana D. Tadasana
18. Which asana is useful in increasing height during adolescence?
A. Padahastasana B. Shavasana C. Tadasana D. Gomukhasana
19. By doing which asana does running speed increase and the body become light?
A. Uttanpadasana B. Tadasana C. Bhadrasana D. Shavasana
20. Which asana is done standing up?
A. Padahastasana B. Bhadrasana C. Padmasana D. Shavasana
21. In which asana do the hands and feet meet?
A. Dhanurasana B. Bhadrasana C. Padahastasana D. Uttanpadasana
22. By doing which asana does the ability of the nervous system increase?
A. Bhadrasana B. Padahastasana C. Tadasana D. Padmasana
23. By doing which asana do the muscles of the feet, neck, back, waist and abdomen become strong?
A. Dhanurasana B. Padmasana C. Bhadrasana D. Padahastasana
24. Which asana is considered auspicious?
A. Bhadrasana B. Dhanurasana C. Padmasana D. Poorna Titli asana
25. Which asana is effective in the treatment of fissure, piles and fistula?
A. Shavasana B. Poorna Titli asana C. Bhadrasana D. Gomukhasana
26. By doing which asana does the fat on the insides of thighs decrease?
A. Tadasana B. Bhadrasana C. Dhanurasana D. Padahastasana
27. Which asana is helpful in innumerable diseases like TB, heart disease, insomnia, etc.?
A. Gomukhasana B. Bhadrasana C. Dhanurasana D. Padmasana
28. In which asana does the body have to be kept still as if dead?
A. In Bhadrasana B. In Dhanurasana C. In Tadasana D. In Shavasana
29. Which asana should be done at the end of every asana so that each part of the body is rested?
A. Dhanurasana B. Poorna Titli asana C. Bhadrasana D. Shavasana
30. Which asana when done properly for just 10 minutes gives as much benefit as 6 hours of sleep?
A. Shavasana B. Dhanurasana C. Poorna Titli asana D. Padmasana
31. By doing which asana does the condition of meditation improve?
A. Gomukhasana B. Dhanurasana C. Shavasana D. Tadasana

32. Which asana is useful for problems related to the navel?
A. Poorna Titli asana B. Shavasana C. Gomukhasana D. Uttanpadasana
33. Which asana makes the muscles of the leg strong?
A. Shavasana B. Gomukhasana C. Padmasana D. Dhanurasana
34. Which asana makes the body shapely?
A. Bhadrasana B. Padahasthasana C. Uttanpadasana D. Shavasana
35. Which asana is useful in the practice of celibacy?
A. Gomukhasana B. Dhanurasana C. Padmasana D. Tadasana
36. Which asana provides relief to back, shoulder, and neck pain?
A. Padmasana B. Dhanurasana C. Bhadrasana D. Gomukhasana
37. Which asana makes the muscles of the hands, legs and chest strong?
A. Padahasthasana B. Dhanurasana C. Bhadrasana D. Shavasana
38. By doing which asana do the reproductive and the excretory systems become healthy?
A. Bhadrasana B. Uttanpadasana C. Shavasana D. Dhanurasana
39. Which asana provides tremendous relief to the muscles of the inner thighs?
A. Poorna Titli asana B. Bhadrasana C. Padahasthasana D. Dhanurasana
40. Which of the following asanas is not done standing up?
A. Shavasana B. Padahasthasana C. Tadasana D. Garudasana
41. Which is the other name of Shavasana?
A. Dhanurasana B. Shithilasana C. Padmasana D. Bhadrasana
42. Which of the following asanas is done sitting down?
A. Poorna Titli asana B. Tadasana C. Padahasthasana D. Garudasana
43. Which of the following asanas is done sleeping on the back?
A. Poorna Titli asana B. Uttanpadasana C. Tadasana D. Padahasthasana

- Ans.**
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| 1. Padmasana | 2. Dhanurasana | 3. Near both the knees |
| 4. Shavasana | 5. Tadasana | 6. Padmasana |
| 7. Dhanurasana | 8. Poorna Titli asana | 9. Rajo Guna |
| 10. Padmasana | 11. Padmasana | 12. Gomukhasana |
| 13. Gomukhasana | 14. Gomukhasana | 15. Gomukhasana |
| 16. Dhanurasana | 17. Tadasana | 18. Tadasana |
| 19. Tadasana | 20. Padahasthasana | 21. Padahasthasana |
| 22. Padahasthasana | 23. Padahasthasana | 24. Bhadrasana |
| 25. Bhadrasana | 26. Bhadrasana | 27. Bhadrasana |
| 28. In Shavasana | 29. Shavasana | 30. Shavasana |
| 31. Shavasana | 32. Uttanpadasana | 33. Dhanurasana |
| 34. Padahasthasana | 35. Padmasana | 36. Gomukhasana |
| 37. Dhanurasana | 38. Bhadrasana | 39. Poorna Titli asana |
| 40. Shavasana | 41. Shithilasana | 42. Poorna Titli asana |
| 43. Uttanpadasana | | |