Embassy of India, Yerevan is organizing a Yoga quiz on the occasion of International Day of Yoga (IDY), 2017. All residents of Armenia and Georgia are eligible to participate. Answers to the following 50 questions may please be sent to amboffice.yerevan@mea.gov.in by 18 June, 2017 (for residents of Armenia) and 21 June (for residents of Georgia). Winners will be given prizes on IDY on 21 June in Yerevan and 25 June in Tbilisi.

**QUESTIONS FOR YOGA QUIZ**

1. Five types of Yama according to Patanjali are:
   
   a. Ahimsa, Asteya, Satya, Brahmacharya and Asana.  
   b. Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha.  
   c. Satya, Asteya, Brahmacharya, Aparigraha and Dhyana.  
   d. Asteya, Brahmacharya Satya, Dhyana and Asana.

2. Who is the Sat-Chit-Ananda according to Sankara?
   
   a. Para Brahman  
   b. Isvara  
   c. Soul  
   d. None of these

3. Raja Yoga is the yoga of controlling our:
   
   a. Sense Organs  
   b. Organs of Action  
   c. Mind  
   d. Our Emotions

4. What is one word that occurs in every chapter of the Gita?
   
   a. Maya  
   b. Avidya  
   c. Yoga  
   d. Sanyasa

5. How many chapters are in the Gita?
   
   a. 16  
   b. 14  
   c. 12  
   d. 18

6. According to Yoga the Raga is:-
   
   a. Klesh  
   b. Prem  
   c. Asakti  
   d. All of the above
7. The word “Nadi” is derived from the word “Nad” which means
   a. To flow
   b. To blow
   c. To Run
   d. To carry

8. Normal Blood Pressure is----?
   a. 140/90mmHg
   b. 80/120mmHg
   c. 90/140mmHg
   d. 120/80 mmHg

9. Counter pose of Sarvangasana is ---?
   a. Savasana
   b. Matsyasana
   c. Halasana
   d. Sethubandhasarvangasana

10. Asana useful in diabetes is –
    a. Padmasana
    b. Virasana
    c. Mandukasana
    d. Siddhasana

11. Which one of the following attribute satisfies the criteria of Sattvic Food?
    a. Spicy, hot, bitter, sour and pungent
    b. Pure, essential, natural, vital, energy containing
    c. Unnatural, overcooked, stale, left over and processed food
    d. None of the above

12. Which asana affects the digestive system ?
    a. Vajrasana
    b. Udararshavan asana
    c. Matyendrasana
    d. All of the above

13. A student is not able to practice as per your satisfaction. How will you deal with this student?
    a. Force the student by applying physical pressure on the body
b. Encourage the student to have patience and continue to practice  
c. Ask him not to practice at all  
d. Ignore the student

14. The spinal nerves pairs are:-

   a. 28  
   b. 30  
   c. 31  
   d. 33

15. Dress for yoga practice should be

   a. Tight fitting jeans  
   b. Costly and sophisticated dresses  
   c. Protective covering from head to toe  
   d. Loose fitting and comfortable

16. Which one is the basic unit of the living organism?

   a. Neuron  
   b. Nephron  
   c. Cell  
   d. Mitochondria

17. Where does Ajna Chakra located?

   a. Eyebrow centre  
   b. Chest  
   c. Tongue  
   d. Legs

18. Which is not a Pancha Bhuta?

   a. Earth  
   b. Water  
   c. Sunlight  
   d. Air

19. How many kinds of Kapalbhati are said in ‘Gherandsamhita’?

   a. 01  
   b. 02  
   c. 03  
   d. 04
20. The great sayings of Upanishads are popularly referred as ……………?
   a. Sutras
   b. Karikas
   c. Mahavakyas
   d. All of these

21. How many Asanas are decribed in ‘Gherandsamhita’?
   a. 84
   b. 84000
   c. 08
   d. 32

22. What is the name of the fourth chapter of Bhagavad Gita?
   a. Karma Yoga
   b. Gyankarma sanyaas Yoga
   c. Karma sanyaas Yoga
   d. Atmasanyam Yoga

23. Which Mudra destroys all diseases of the rectum and prevents premature death?
   a. Brahmi Mudra
   b. Shambhavi Mudra
   c. Akashachari Mudra
   d. Ashvini Mudra

24. Which of the following is not a Chittavritti?
   a. Nidra
   b. Vairagya
   c. Pramana
   d. Smriti

25. The number of Chittabhumi in Yoga is:-
   a. 05
   b. 02
   c. 03
   d. 04

26. Which of the following is not a Pancha Bhoota?
   a. Air
   b. Water
   c. Sunlight
   d. Fire
### Question 27
Which is not a sort of ‘Panchaklesh’?

- a. Avidya
- b. Abhinivesh
- c. Asmita
- d. Dukha

### Question 28
Astangamarga is a contribution of ________________ to philosophy.

- a. Jainism
- b. Yoga System
- c. Mimansa
- d. Vedanta

### Question 29
Which one of the following is not Kleshas?

- a. Asmita
- b. Trishna
- c. Raga
- d. Avidya

### Question 30
In which canto (Parva or book) does the Gita occur in?

- a. BhishmaParva
- b. DronaParva
- c. BhimParva
- d. Upanishad

### Question 31
Which of following is /are included in Triratna?

- a. Asteya, Ahimsa, Satya
- b. SamyakBhava
- c. SamyakJnana and SamyakCharitra
- d. Ahimsa, Mudita, Maitri

### Question 32
______________is a heterodox system of classical Indian Philosophy.

- a. Nyaya
- b. Yoga
- c. Carvaka
- d. None of these

### Question 33
In which stage of Chitta the yoga is begin-

- a. Mudavastha
- b. Ekagravastha
- c. Vichipttavasta
- d. Nirudhavasta
34. What is not the three Gunas?
   a. Sattva
   b. Rajas
   c. Tamas
d. Ekagra

35. Who is the author of Vaisesika Sutras?
   a. Kapila
   b. Kanada
c. Jaimini
d. Patanjali

36. Yama is not followings-
   a. Aparigraha
   b. Asteya
c. Santosh
d. Bhramcharya

37. What is not a Sadhak Tatva according to Hatha Yoga Pradipika?
   a. Utsah
   b. Dhairya
c. Prajalpo
d. Dhyana

38. Who is Yogi Svatmarama?
   a. Author of Hathapradipika
   b. Author of Synthesis of Yoga
c. Author of Life Divine
d. Author of Yoga Sutra

39. Tatra___________Dhyanam
   a. Pratyayaiktanta
   b. Pratityasamutpada
c. Pratyaksha
d. Prtyktanta

40. Stress hormone--?
   a. Melatonin
   b. Insulin
c. Cortisol
d. Serotonin

41. Which type of Asana should avoid during disc prolapse (herniation) in Low back pain?
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42. The practice of yoga should be commenced in season of:-

| a. | Greeshm and Sharad | b. | Shishir and Hemant | c. | Basant and Sharad | d. | Varsha and Sharad |

43. Shoulder and Hip joints are the examples of ------?


44. Muscles are attached to the bones by through fibres called ---?

| a. | Ligament | b. | Cartilage | c. | Tendon | d. | Capsule |

45. The meaning of prana is

| a. | vital energy | b. | air | c. | oxygen | d. | all of the above |

46. Which one helps to form blood clot during injury?

| a. | RBC | b. | Platelets | c. | WBC | d. | Haemoglobin |

47. Who is the author of Nyaya Sutras?

48. Which one is not a Spinal deformity?

a. Scoliosis  
b. Kyphosis  
c. Osteoporosis  
d. Lordosis

49. Bile is secreted from ---?

a. Pancreas  
b. Spleen  
c. Liver  
d. Stomach

50. The ratio between the Puraka, Kumbhaka and Rechaka is ---?

a. 1:2:4  
b. 2:4:1  
c. 1:4:2  
d. 2:4:2