

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

<p>1. Five types of Yama according to Patanjali are:</p> <ul style="list-style-type: none">a. Ahimsa,Asteya,Satya,Brahmacharya and Asana.b. Ahimsa,Satya,Asteya,Brahmacharya and Aparigrahac. Satya,Asteya,Brahmacharya, Aparigraha and Dhyanad. Asteya,BrahmacharyaSatya,Dhyana and Asana
<p>2. Who is the Sat-Chit-Ananda according to Sankara?</p> <ul style="list-style-type: none">a. Para Brahmanb. Isvarac. Sould. None of these
<p>3. Raja Yoga is the yoga of controlling our:</p> <ul style="list-style-type: none">a. Sense Organsb. Organs of Actionc. Mindd. Our Emotions
<p>4. What is one word that occurs in every chapter of the Gita?</p> <ul style="list-style-type: none">a. Mayab. Avidyac. Yogad. Sanyasa
<p>5. How many chapters are in the Gita?</p> <ul style="list-style-type: none">a. 16b. 14c. 12d. 18
<p>6. According to Yoga the Raga is:-</p> <ul style="list-style-type: none">a. Kleshb. Premc. Asaktid. All of the above

<p>7. The word “Nadi” is derived from the word “Nad” which means</p> <ul style="list-style-type: none"> a. To flow b. To blow c. To Run d. To carry
<p>8. Normal Blood Pressure is----?</p> <ul style="list-style-type: none"> a. 140/90mmHg b. 80/120mmHg c. 90/140mmHg d. 120/80 mmHg
<p>9. Counter pose of Sarvangasana is ---?</p> <ul style="list-style-type: none"> a. Savasana b. Matsyasana c. Halasana d. Sethubandhasarvangasana
<p>10. Asana useful in diabetes is –</p> <ul style="list-style-type: none"> a. Padmasana b. Virasana c. Mandukasana d. Siddhasana
<p>11. Which one of the following attribute satisfies the criteria of Sattvic Food?</p> <ul style="list-style-type: none"> 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
<p>12. Which asana affects the digestive system ?</p> <ul style="list-style-type: none"> a. Vajrasana b. Udarakarshan asana c. Matyendrasana d. All of the above
<p>13. A student is not able to practice as per your satisfaction. How will you deal with this student?</p> <ul style="list-style-type: none"> 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 Kapalbhatai 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 described 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

<p>27. Which is not a sort of 'Panchaklesh'?</p> <ul style="list-style-type: none"> a. Avidya b. Abhinivesh c. Asmita d. Dukha
<p>28. Astangamarga is a contribution of _____ to philosophy.</p> <ul style="list-style-type: none"> a. Jainism b. Yoga System c. Mimansa d. Vedanta
<p>29. Which one of the following is not Kleshas?</p> <ul style="list-style-type: none"> a. Asmita b. Trishna c. Raga d. Avidya
<p>30. In which canto (Parva or book) does the Gita occur in?</p> <ul style="list-style-type: none"> a. BhishmaParva b. DronaParva c. BhimParva d. Upanishad
<p>31. Which of following is /are included in Triratna?</p> <ul style="list-style-type: none"> a. Asteya, Ahimsa, Satya b. SamyakBhava c. SamyakJnana and SamyakCharitra d. Ahimsa, Mudita, Maitri
<p>32.is a heterodox system of classical Indian Philosophy.</p> <ul style="list-style-type: none"> a. Nyaya b. Yoga c. Carvaka d. None of these
<p>33. In which stage of Chitta the yoga is begin-</p> <ul style="list-style-type: none"> a. Mudavastha b. Ekagravastha c. Vichipttavasta d. Nirudhavasta

<p>34. What is not the three Gunas?</p> <p>a. Sattva b. Rajas c. Tamas d. Ekagra</p>
<p>35. Who is the author of Vaisesika Sutras?</p> <p>a. Kapila b. Kanada c. Jaimini d. Patanjali</p>
<p>36. Yama is not followings-</p> <p>a. Aparigraha b. Asteya c. Santosh d. Bhramcharya</p>
<p>37. What is not a Sadhak Tatva according to Hatha Yoga Pradipika?</p> <p>a. Utsah b. Dhairya c. Prajalpo d. Dhyana</p>
<p>38. Who is Yogi Svatmarama?</p> <p>a. Author of Hathapradipika b. Author of Synthesis of Yoga c. Author of Life Divine d. Author of Yoga Sutra</p>
<p>39. Tatra _____ Dhyanam</p> <p>a. Pratyayaiktanta b. Prativityasamutpada c. Pratyaksha d. Prtyktanta</p>
<p>40. Stress hormone--?</p> <p>a. Melatonin b. Insulin c. Cortisol d. Serotonin</p>
<p>41. Which type of Asana should avoid during disc prolapse (herniation) in Low back pain?</p>

- a. Backward asana
- b. Forward asana
- c. Twisting asana
- d. Side bend asana

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 -----?

- a. Hinge joints
- b. Ball and Socket joint
- c. Condyloid joint
- d. Pivot joint

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?

- a. Kapila
- b. Kanada
- c. Jaimini
- d. Patanjali

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