1. What was the pet name of Swami Vivekananda?
   (a) Narendra
   (b) Vivek
   (c) Naren
   (d) Vividishananda

2. What were the famous wordings of Swami Vivekananda during his address to the people of Parliament religion?
   (a) Ladies and gentlemen of America
   (b) Sisters and brothers of America
   (c) My dear friends of America
   (d) Hello! dear friends of America

3. Where is Swami Vivekananda Rock memorial situated?
   (a) Kerala
   (b) Kanchipuram
   (c) Kanyakumari
   (d) Karnataka

4. Which Kriya is very good for the cleansing of the frontal sinuses?
   (a) KapalaBhati
   (b) Trataka
   (c) Neti
   (d) Nauli

5. Which Kosha is strengthened by Bhajan (devotional session).
   (a) Anandamaya Kosha
   (b) Vijnanamaya Kosha
   (c) Annamaya Kosha
   (d) Pranamaya Kosha

6. Food with lot of chilies is __________ type of food.
   (a) Taamasika
   (b) Raajasika
   (c) Saatvika
   (d) None of the above
7. Which mudra is used for full Yogic breathing?
   (a) Brahma mudra
   (b) Prana mudra
   (c) Surya mudra
   (d) Chinmudra

8. Indian culture is otherwise called as ________________ Dharma.
   (a) Arvaachina
   (b) Shanti
   (c) Sowmya
   (d) Sanaatana

9. Bhakti yoga is the science of __________ culture.
   (a) Emotion
   (b) Mental
   (c) Physiological
   (d) Intellectual

10. With drawing senses from the sensory objects is called ____________
    (a) Praanaayaama
    (b) Dhaaranaa
    (c) Pratyahaara
    (d) Dhyaana

11. Asana is the ___________ limb of Ashtanga yoga.
    (a) First
    (b) Second
    (c) Third
    (d) Fourth

12. Cyclic meditation has been found to improve __________ sleep.
    (a) Deep
    (b) Quality of
    (c) time of
    (d) duration of

13. The ultimate aim of all the streams of yoga is to attain ____________
    (a) Fitness
    (b) Control of Mind
    (c) Health
    (d) Salvation

14. Yoga is a conscious process of gaining ____________ over the mind.
    (a) Control
    (b) Balance
    (c) Acquaintance
    (d) familiarity
15. Effortless dwelling on a single object is called _____________
   (a) Dharana
   (b) Dhyana
   (c) Concentration
   (d) Samadhi

16. Vibhuti Paada is ___________ Paada of Patanjala Yoga Sutras.
   (a) First
   (b) Second
   (c) Third
   (d) Fourth

17. Patanjala Yoga Sutras comprises of __________ Paadaas.
   (a) 5
   (b) 3
   (c) 8
   (d) 4

18. How many Kleshas are described in Patanjala Yoga Sutras?
   (a) 9
   (b) 5
   (c) 6
   (d) 10

19. How many Yogas are described by Lord Krishna in Bhagavadgeetha?
   (a) 5
   (b) 2
   (c) 6
   (d) 4

20. Singing the name of God is ____________
    (a) Prarthana
    (b) Keertana
    (c) Bhaavanaa
    (d) Bodhanaa

21. According to Patanjali, Sthiram, Sukham is _________?
    (a) Pranayama
    (b) Asana
    (c) Dhyana
    (d) Dharana

22. According to YogaVasistha, Yoga is ____________
    (a) control of the mind
    (b) calming down the mind
    (c) is a the path of intellect
    (d) practicing Asanas
23. According to Patanjali, what are Niyamas?
   (a) Set of rules
   (b) Code of conduct
   (c) Codes of law
   (d) Set of formulae

24. How many Niyamas are described by Patanjali?
   (a) 5
   (b) 6
   (c) 7
   (d) 8

25. Brahmacharya comes under ___________ , according to Pantanjali.
   (a) Yama
   (b) Niyama
   (c) Pratyahara
   (d) Samaadhi

26. According to Patanjali, Ishwara pranidhana means __________
   (a) Praying God
   (b) Praising God
   (c) Surrendering to God
   (d) Worshipping God

27. Uninterrupted flow (of mind) towards the object is ______________
   (a) Dhyana
   (b) Dharana
   (c) Samadhi
   (d) Ekagrata

28. ‘Samatvam Yoga Uchyate’ is seen in _____________ scripture of Yoga.
   (a) Yoga Sutras
   (b) YogaVasistha
   (c) Bhagavadgeetha
   (d) Hatha Yoga Pradipika

29. What did Vritti means in the Yoga Sutra ‘Yogah chittaVritti Nirodhah’?
   (a) Profession
   (b) Modulation
   (c) Modification
   (d) Monitoring

30. According to Patanjali, Vrittis are ____________ in number.
   (a) 9
   (b) 8
   (c) 6
   (d) 5
31. Who is the author of Bhagavadgeetha?
   (a) Sri Krishna
   (b) VedaVyasa
   (c) Valmiki
   (d) Patanjali

32. How many chapters are there in Bhagavadgeetha?
   (a) 18
   (b) 16
   (c) 20
   (d) 14

33. How can Chitta-Vritti can be controlled/ suppressed by ________, according to Patanjali.
   (a) Concentration & Meditation
   (b) Practice & Renunciation (Vairagya)
   (c) Practice & Meditation
   (d) Renunciation & Concentration

34. How many kinds of awareness that we practice during Cyclic Meditation.
   (a) 4
   (b) 5
   (c) 8
   (d) 2

35. Bhagavadgeetha is seen in which Parva of Mahabharatha?
   (a) Anushasana Parva
   (b) Bheeshma Parva
   (c) Vana Parva
   (d) Adi Parva

36. In YogaVasistha, whom did Sage Vasistha preaches the Yoga?
   (a) to Dasharatha
   (b) to Rama
   (c) to Lakshmana
   (d) to Bharata

37. World Yoga Day is celebrated on _________
   (a) 12 January
   (b) 21 June
   (c) 12 June
   (d) 1 January

38. Swami Vivekananda spoke at World Parliament of Religions at Chicago on
   (a) 11 September 1893
   (b) 12 January 1863
   (c) 12 September 1863
   (d) 12 January 1893
39. National Youth Day is observed on __________
   (a) 12 July
   (b) 12 June
   (c) 12 January
   (d) 12 September

40. Path of will power is ____________
   (a) Raja Yoga
   (b) Karma Yoga
   (c) Jnana Yoga
   (d) Bhakti Yoga

41. Swami Vivekananda’s Mother’s name was
   (a) Bhuvaneshwari Devi
   (b) Parvati Devi
   (c) Sumitra Devi
   (d) Sharda Devi

42. Swami Vivekananda’s Father’s name was
   (a) Vishwanatha datta
   (b) Viveka data
   (c) Parameshawara data
   (d) Narendranatha data

43. Swami Vivekananda was born in the year __________
   (a) 1893
   (b) 1863
   (c) 1883
   (d) 1983

44. Swami Vivekananda’s grandfather, who became a saint at the age of twenty-five __________
   (a) Vishwanatha datta
   (b) Narendranatha datta
   (c) Durgacharan datta
   (d) Ishwaraprasad data

45. Swami Vivekananda lived for ____________ years.
   (a) 29
   (b) 39
   (c) 40
   (d) 35

46. Ayurveda lists ____________ doshas (factors) in the body.
   (a) 5
   (b) 3
   (c) 7
   (d) 9

47. In Sanskrit, Ayurveda means ____________
   (a) ‘the Science of medicine’
   (b) ‘the science of life’
   (c) ‘the science of livelihood’
   (d) ‘the science of diagnosis & treatment’
48. According to Yoga Scriptures, *Pranayama* means __________
   (a) Inhalation & exhalation of breath
   (b) Controlling of *Prana*
   (c) Complete cessation/ceasing of breathing
   (d) Complete retention of breath

49. *Pranayama, mantra* and *mudra* are the different levels of __________ system of *Yoga.*
   (a) Karma Yoga
   (b) Jnana Yoga
   (c) Kriya Yoga
   (d) Bhakti Yoga

50. *Dhauti* is a very important technique of cleansing __________
   (a) Lower respiratory tract
   (b) Digestive tract up to stomach
   (c) Abdominal muscles & internal organs
   (d) Upper nasal tract

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