1. LayeSammodhayetchittam comes from  
   A. Veda   B. Upanishad   C. Vedanta   D. Jnan Kanda

2. As per Vivekananda, Ashtanga yoga of Patanjali is known as; 
   A. Raj Yoga   B. Karma yoga   C. Jyna Yoga   D. Bhakti yoga

3. Most important Kumbhaka as per HYP is  
   A. Purna   B. Kevala   C. Puraka   D. Rechaka

4. The surrendering attitude of the servant to his master is involved  
   A. maduryabhava   B. dasyabhava   C. sakhyabhava   D. santabhava

5. In Trataka, which palmimg is done after intense focusing?  
   A. simple   B. palming with brahmari   C. constant pressure   D. press & release

6. What is pratyhara  
   A. withdraw from the senses   B. control of the body   C. control of chitta   D. control of the prana

7. Another name of Anus lock is  
   A. mulabandha   B. jalandharbandha   C. uddiyanbandha   D. maha bandha

8. Neti is…  
   A. Pranayama   B. Kriya   C. Nauli   D. Dhauti

9. One of the six systems of Philosophy is  
   A. Sankhya   B. Manu smariti   C. Freedom   D. Bhavat Gita

10. Sama is a  
    A. Veda   B. Upanishad   C. Vedanta   D. Jnana Kanda

11. Pranayama Prayer has Taken from which Text  
    A. Mandukyakarrika   B. Prashnopanishad   C. Mundakopanihad   D. Bhavat Gita

12. What is the meaning of santosh  
    A. Contentment   B. Anger   C. Purification   D. Mastery
13 What is the key essence of bhakti yoga
   A. Stimulation              B. Sublimation
   C. Control                    D. Suppression

14 Gharenda Samhita explains
   A. Six limbs of yoga       B. Nine limbs of yoga
   C. seven limbs of yoga     D. none

15 Nidhidhyasana is step of
   A. Raja yoga              B. Karma yoga
   C. Jnana Yoga              D. Bhakti yoga

16 Happiness is
   A. slowing mind           B. Calm mind
   C. Silence               D. Agitated mind

17 .......... Practice can help one cut down his/her weight
   A. Chandra anulomvilom   B. nadishuddhi
   C. suryaAnulomvilom      D. ujjai

18 .......... is awareness felt during shitali
   A. Pointed               B. Surface
   C. 3Dimentional          D. Linear

19 .......... is the one of the Yamas
   A. Truth                   B. Cleanliness
   C. Self Study              D. Surrender

20 Meaning of mumukhutwan
   A. Liberation           B. Rebirth
   C. Death              D. Bondage

21 The third chapter of patanjali yoga sutra text is
   A. Vathanapada           B. samathipada
   C. Vibuthipada          D. kaivalyapada

22 Pingalanadi is related to the
   A. left Nostril           B. Rigth Nostril
   D. both Nostril          D. none of the Nostril

23 The Contra indication of Lmbar Spondylitis
   A. Paschimottanasa       B. Sukhasna
   C. Vajrasana            D. Tadasana

24 Total Chapters in Bhagwad Gita are
   A.16                     B. 14     C. 12   D. 18

25 Which one from below is not the Vrittis
   A. Pramana              B. Nidra (Sleep)
   C. Viparyaya            D. Abhyasa

26 Which of the following chakra is otherwise called Heart Chakra
   A. manipura               B. visudhdi
   C. Anahata               D. ajna
27. Who is main behind VYASA movement
   A. Nagendra(Guruji)    B. Laksmi Aunty
   C. Nagarathna              D. Mohanji

28. Santosha belongs to?
   A. Yama              B. Niyama
   C. Prana                  D. Contentment

29. Mantra is related with
   A. fire element                B. Ether element
   C. air Element       D. Earth Element

30. Kapalabhaati does not belong
   A. hatha yoga               B. Astang yoga
   C. shatkarma                D. shatkriya

31. Mool, jalandhar and uddiyana are
   A. asanas                       B. Kriyas
   C. Bandhas                     D. Pranayama

32. Which is the following is not a chittabooomi
   A. moodha                      B. Viparyaya
   C. kshipta                      D. Niruddha

33. .............. Is known as Uttaramimamsa
   A. Sankhya                    B. Nyaya
   C. Vaisesika                  D. Vedanta

34. Complimentary Postue of Sarvanga Asana
   A. Halasana                   B. Sirsasana
   C. Matsyasana                D. Ustrasana

35. ............. is beneficial in diabetes
   A. Vakrasana                B. Ardhamatsyndrasana
   C. Both A&B              C. none of Above

36. Which of the following is not upprana?
   A. Naga B. Krikar
   C. Samana                  D. Devdatta

37. Which endocrine gland corresponds to vishudhi chakra
   A. pancreas                    B. thyroids
   C. gonads                      D. All of the Above

38. Attachment towards those who produces pleasure is called
   A. Raga                 B. Dvesh
   C. Asmita              D. Avidya

39. From Which Group shad Darshana Belongs to ?
   A. heterodox                    B. Orthodox
   C. none of above              D. both

40. Ajna chakra is located between
   A. Eyebrows              B. Lungs
   C. Chest and stomach   D. none above
41 Sage Patanjali has given reason for all Kleshas as
   A. Asmita              B. Avidya
   C. Love                D. Known
42 How many verses are there in patanjali
   A. 195              B. 191
   C. 197              D. 193
43 Avinibesha means
   A. Fear of death    B. Knowledge
   C. Concentrations  D. Intelligence
44 Number of cleansing Techniques in hatha yoga
   A. 4              B. 5
   C. 6              D. 7
45 Which Pranayama removes the disorder of tridosha
   A. moorcha          B. Sheetal
   C. Plavini          D. Bhatrika
46 Pramad is the part of
   A. chittavrittis   B. CittaBhumis
   C. ChittaPrasadan  D. ChittaVikshepa
47 In which Texts Concept of mitahara is described?
   A. Patanjali yoga sutra B. Ramacharitmanasa
   C. samkatikaria       D. hatha yoapradipika
48 Which practice ensues Strength according to gheranda?
   A. pranayama        B. mudra
   C. samadhi          D. asana
49 Name of the author of the “BhagwatGeeta”
   A. VedVyasa B. Arjuna
   C. Lord Krishna    D. Patanjali
50 In the Ekagram state of mind………. Is dominated
   A. tamo guan        B. satvaguna
   C. nirguna          D. rajoguna

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