

CPET-2021

YOGA AND NATUROPATHY

SET-2

1. Who first brought Yoga to humanity?

- a) Buddha
- b) Patanjali
- c) Swatmaram
- d) Shiva

2. What are the 5 elements (PanchaBhutas) in Yoga?

- a) Earth, Water, Fire, Air, Akash
- b) Earth, Water, Fire, Air, Light
- c) Space, Asana, Anna, Kosha, Dosa
- d) Earth, Wood, Ether, Wind, Fire

3. What is the name of the text that forms part of 'Mahabharata', also known as 'Song of the Lord'?

- a) Purana
- b) Ramayana
- c) Bhagvad Gita
- d) Upanishad

4. In the Yogic system, how many koshas (sheaths or bodies) do we have as humans?

- a) 5
- b) 3
- c) 7
- d) 9

5. The word 'Pranayama' refers to:

- a) Meditation
- b) The proper attire for a yoga practice
- c) Relaxation
- d) Breath control exercises

6. How does Patanjali define yoga?

- a) The union of Yin and Yang
- b) Stilling of the fluctuations of the mind
- c) Samadhi for 10 minutes continuously
- d) Stilling of the perception

7. Celebration of International Yoga in India is done by which Ministry?

- a) Higher Education of India
- b) Government of India
- c) National assessment and Accreditation council
- d) Ministry of Ayush

8. When first International Yoga Day is observed in India?

- a) 21 June 2014
- b) 21 June 2015
- c) 21 June 2016
- d) None of the above

9. Where the resolution of celebrating International Day of Yoga is passed?

- a) World Health organization
- b) UN, General Assembly
- c) India, Parliament
- d) None of the above

10. Which Veda mentions about the elements of Yoga?

- a) Atharva Veda
- b) Rigveda

- c) Sama Veda
- d) Yajur Veda

11. Which International Day of Yoga event created a Guinness world record?

- a) 21 June, 2015
- b) 21 June, 2014
- c) 21 June, 2016
- d) None of the above

12. In which city, Indian Health Minister inaugurated a Photo-Exhibition on Yoga- "Yoga for All, Yoga for health" on 19th May 2015?

- a) Geneva
- b) Beijing
- c) Berlin
- d) Tokyo

13. Who is known as father of modern Yoga?

- a) Krishnamacharya
- b) Iyengar
- c) Nagendra
- d) Kvalyananda

14. Which one is NOT the principle taught in Yoga?

- a) Relaxation
- b) Proper Exercise
- c) Strength
- d) Lifting

15. What is a Yogi?

- a) Title given to a performer of Yoga

- b) A Yoga learner
- c) A Yoga instructor
- d) A Yoga Posture

16. How many Chakras are there in Human body?

- a) Seven
- b) Three
- c) Twenty-five
- d) Six

17. Where is Kundalini located?

- a) The base of the spine
- b) The brain
- c) The whole body
- d) None of the above

18. Which Chakra signifies the process of Enlightenment?

- a) 4th
- b) 5th
- c) 6th
- d) 7th

19. The repetition of a holy Mantra or phrase is known as what?

- a) Jeyn
- b) Japa
- c) Jati
- d) None of the above

20. How many activities are there in Pranayama?

- a) Two
- b) Three

- c) Four
- d) Six

21. Every Yoga teacher must start the practice session with

- a) Pranayama
- b) Asana
- c) Kriya
- d) Silence

22. Who compiled Hatha Yoga Pradipika?

- a. Patanjali
- b. Gheranda
- c. Swatmarama
- d. None of the above

23. How many stages of Yoga have been described by the famous yogi Patanjali?

- a) 10
- b) 8
- c) 20
- d) 50

24. Who is known as the father of Yoga?

- a. Patanjali
- b. Shiva
- c. Brahma
- d. Krishnamacharya

25. What is the theme of International Yoga Day 2020?

- a) Climate Change
- b) Yoga for Health-Yoga at Home
- c) Connect the Youth
- d) Yoga for health

26. Through which system does the blood flow properly in the body?

- a) From the blood secretion system
- b) From the blood circulation system
- c) From the blood bridge system
- d) None of the above

27. In 2020, which International Yoga Day is celebrated?

- a) 3
- b) 4
- c) 5
- d) 6

28. What is called the process of stopping the breath inside after sometime of inhaling the breath?

- a) Asana
- b) Kumbhaka
- c) Gyan
- d) Samadhi

29. Which prana is present in small and big intestines?

- a) Prana
- b) Udana

- c) Vyana
- d) Apana

30. According to Yoga is Samadhi.

- a) Maharshi Veda Vyasa
- b) Maharshi Dayanand
- c) Maharshi Yogiraja
- d) None of these

31. What was the number of Muslim countries supporting the International Day of Yoga in the United Nations General Assembly?

- a) 40
- b) 46
- c) 30
- d) 122

32. Which text is known as Yogashastra?

- a) Nyaya philosophy
- b) Mimansa philosophy
- c) Bhagavadagita
- d) None of these

33. Gurupurnima day is celebrated on the occasion of birthday of –

- a) Vedavyasa
- b) Valmiki
- c) Gorakshanath
- d) Viswamitra

34. Psychology is the study of-

- a) Human behaviour
- b) Mental processes

- c) Cognitive processes
- d) All of the above

35. Who is known as the founder of surgery?

- a) Sushruta
- b) Vagbhatta
- c) Charaka
- d) Bhardwaja

36. Which asana helps in curing thyroid disease?

- a) Halasana
- b) Sarvangasana
- c) Ushtrasana
- d) All the above

37. REM sleep is-

- a) Rapid Eye Movement
- b) Red Eye Movement
- c) Resistance Eye Movement
- d) Round Eye Movement

38. According to Shankaracharya, the cause of the world is-

- a) Brahma
- b) Prakriti
- c) Jivatma
- d) Purusha

39. When and where Swami Vivekananda established the Vedanta Society?

- a) November, 1894 - New York
- b) November, 1894 - Kolkata
- c) December, 1897 - France

d) December, 1897 – Haridwar

40. How many total endocrine glands are there in the human body?

- a) 6
- b) 7
- c) 8
- d) 9

41. Which gland is both endocrine and exocrine?

- a) Pancreas
- b) Liver
- c) Thymus
- d) Thyroid

42. Which is the largest part of the human brain?

- a) Cerebrum
- b) Thalamus
- c) Pons
- d) Cerebral

43. Which of the following statement is correct about hormones?

- a) Hormone control metabolism of the body
- b) Hormone can increase metabolism of the body
- c) Hormone are carbonic in nature
- d) All of the above

44. What is the total number of chromosomes in the human body?

- a) 44
- b) 46
- c) 45

d) 47

45. Jaundice affects which organ of the human body?

- a) Liver
- b) Pancreas
- c) Kidney
- d) Intestine

46. 'Control Centre' of a cell is –

- a) Nucleus
- b) DNA
- c) Genes
- d) Ribosome

47. Yoga exercises consist of a set of what?

- a) Pushups
- b) Deadlifts
- c) Asanas
- d) Songs

48. Which type of Yoga is focused on calming the mind and body through usage of words and sounds?

- a) Mantra Yoga
- b) Power Yoga
- c) Speed yoga
- d) Yoga script

49. Yoga has many benefits. It is physically beneficial as well as being good for the.....?

- a) Mind

- b) Hair
- c) Taste
- d) Sound

50. What is Meditation?

- a) The practice of mindfulness
- b) Fast paced breathing sequence
- c) Way of aligning the spine
- d) A guided diet Plan

51. Which of these is a common Yoga pose?

- a) Topsy turvy
- b) Flip flop
- c) Downward dog
- d) Prone

52. What is a Mantra?

- a) A book
- b) A God
- c) A sacred utterance
- d) A Verse

53. Who is a Yogi?

- a) A trained practioner of Yoga
- b) A newcomer to Yoga
- c) An old book of Sutras
- d) A weekly Yoga Class

54. There are 6 major types of Yoga? Raja, Karma, Bhakti, Jnana, Tantra and _____?

- a) Childs

- b) Hatha
- c) Sun
- d) Barre

55. The Yoga philosophy believes _____ to be the most important facet of health.

- a) Breathing
- b) Running
- c) Skin Care
- d) Reading

56. What is an Asana?

- a) A physical Pose
- b) A type of food
- c) A Yoga practitioner
- d) A deep breath

57. In Yoga, a pose that requires one to go upside down, is typically called an _____?

- a) Child pose
- b) Aerobic pose
- c) Inversion
- d) Pigeon pose

58. A piece of written work that can be considered the "Bible" of Yoga?

- a) Sutta Pitaka
- b) Yoga 101
- c) Yoga Sutras of Patanjali
- d) Yoga for dummies

59. Who was the creator of Bikram Yoga?

- a) Iyengar
- b) Nagendra

- c) Bikram Choudhary
- d) Buddha

60. What is the main focus of restorative Yoga?

- a) To get energy
- b) Restoring feelings
- c) Restoring the nervous system
- d) To sweat as much as possible

61. Which of these is NOT a known benefit of Yoga?

- a) Improving flexibility
- b) Increasing circulation
- c) Easing back pain
- d) Improving taste

62. Name the founder of Isha Foundation, a non-profit organization which offers Yoga programmes around the world.

- a) Sadhguru Jaggi Vasudev
- b) Indra Devi
- c) Chidananda Saraswati
- d) Tirumalai Krishnamacharya

63. Which one of the following is NOT among the eight limbs (components) of yoga?

- a) Yama
- b) Niyama
- c) Asana
- d) Ahimsa

64. Which one of the eight limbs of Yoga has to do with self-discipline and spiritual observances?

- a) Yama
- b) Niyama

- c) Asana
- d) Pranayama

65. Utkatasana refers to

- a) Chair posture
- b) Tree posture
- c) Mountain posture
- d) Eagle posture

66. Patanjali's famous definition of Yoga is "yogashchittavrittinirodhah". What does it mean?

- a) Yoga is the final stage of mind
- b) Yoga is restricting the mind
- c) yoga is removal of mind
- d) Yoga is the removal of the fluctuations of mind

67. Which is NOT one of the four main types of Yoga?

- a) Bhakti Yoga
- b) Karma Yoga
- c) Jnana yoga
- d) Forest Yoga

68. Which type of yoga focuses primarily on exercise and physical techniques?

- a) Hatha yoga
- b) Jnana yoga
- c) Raja yoga
- d) Tantra yoga

69. What are the Yamas?

- a) Moral and ethical rules or goals
- b) The holy scriptures of Hinduism

- c) Occult or psychic powers
- d) Techniques of self-discipline

70. Shavasana is a pose meaning?

- a) Stand on your head
- b) Touch your toes with a flat back
- c) Lie flat on the back
- d) Lie reverse on abdomen
