

CPET-2021

YOGA AND NATUROPATHY

SET-1

1. How many classic Asanas were enlisted in the initial texts?
 - a. 84
 - b. 108
 - c. 33
 - d. 195

2. Which of these is NOT one of the 8 limbs of Yoga?
 - a. Niyama
 - b. Samadhi
 - c. Pranayama
 - d. Samyama

3. What is the meaning of the word 'Hatha'?
 - a. Earth and Wind
 - b. Fire and Water
 - c. Sun and Moon
 - d. Yin and Yang

4. The original language of Yoga is:
 - a. Hindi
 - b. Latin
 - c. Sanskrit
 - d. Greek

5. There are four different types or states of consciousness. What is the super-conscious state also known as?

- a. Prana
- b. Atman
- c. Turiya
- d. Brahman

6. Who is the writer of Yoga Sutra?

- a. Lord Shiva
- b. Maharshi Gheranda
- c. Swami Swatmaram
- d. Sage Patanjali

7. How many UN member countries celebrated International Day of Yoga?

- a. 32
- b. 15
- c. 84
- d. 192

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. Who had introduced Yoga first time to the western world in a religion conference Chicago, America?

- a. Swami Vivekananda
- b. Narendra Modi
- c. Maharshi Patanjali
- d. Baba Ramdev

10. In 2019, which city host PM Narendra Modi's International Yoga Celebration?

- a. New Delhi, Rajpath
- b. Ranchi, Jharkhand
- c. Dehradun, Uttarakhand
- d. Allahabad, Up

11. What is the theme of 5th International Day of Yoga 2019?

- a. Connect the Youth
- b. Yoga for Mind
- c. Yoga for Peace
- d. Climate Action

12. How many records have been set by International Yoga Day celebrations at Rajpath in New Delhi?

- a. 1
- b. 2
- c. 3
- d. 4

13. The word "Yoga" is derived from which Sanskrit word meaning?

- a. Union

- b. Spirit
- c. Posture
- d. Correction

14. What is Chakra?

- a. Prayer Point
- b. Energy Centre
- c. Karma
- d. Buddha

15. Which country does Yoga originate from?

- a. India
- b. Thailand
- c. Nepal
- d. Bangladesh

16. What does 'Namaste' mean?

- a. Thank you
- b. Have a good day
- c. Salutations to you
- d. Hello

17. Kundalini comes from the term "Kunda" which is a cavity for what particular animal?

- a. Snake
- b. Bear
- c. Eagle
- d. None of the above

18. Which word refers to the duty of a person to maintain harmony in the world?

- a. Dharma
- b. Vedas
- c. Karma
- d. None of the above

19. What would NOT be helpful to do when meditating?

- a. Concentrate on a colour
- b. Picture a peaceful place
- c. Think of problems
- d. All of the above

20. Generally followed sequence of Asanas are:

- a. Supine, Prone, Standing, Sitting
- b. Prone, Supine, Sitting, Standing
- c. Sitting, Standing, Supine, Prone
- d. Standing, Sitting, Prone, Supine

21. The purpose of Yoga as taught by the ancients is to attain:

- a. Perfect health
- b. Peace of mind
- c. Stress relief
- d. Enlightenment or self-realization

22. The appropriate amount of time to wait after a meal before beginning a yoga practice is:

- a. 30 minutes
- b. 60 minutes
- c. 90 minutes
- d. 3 hours

23. Why is International Yoga Day celebrated only on 21 June?

- a. June 21 is the day of summer Sanskriti
- b. 21st June is the longest day in the entire calendar year
- c. Both a and b
- d. None of the above

24. How many types of Pranas are there?

- a. 7
- b. 4
- c. 5
- d. 2

25. What is the process of breathing control?

- a. Pranayama
- b. Exercise
- c. Samadhi
- d. Gyan

26. Which one is the Yoga Soul?

- a. Pranayama

- b. Gyan
- c. Devotion
- d. None of the above

27. Which of the following statement is/are correct about Yoga?

- a. Yoga is practiced since ancient India. It is a physical, mental and spiritual practice
- b. The 'Yoga' word is derived from Sanskrit
- c. Yoga means to join or unite, represent the union of body and consciousness or alertness
- d. All the above are correct

28. According to Bhagavad Gita, the definition of Yoga is.....

- a. YogahKarmasuKaushalam
- b. Yogahkaushalamkarmasu
- c. karmasuyogahKaushalam
- d. Kaushlamkarmasuyogah

29. What are the causes of the functions of organs like eye, ear, nose, brain etc.?

- a. Samana
- b. Udana
- c. Apana
- d. Prana

30. Asana means?

- a. Body motion
- b. Body position

- c. Body strength
- d. None of these

31. The meaning of the Bhagvadgita is-

- a. Songs of the holy places
- b. Songs of the holy texts
- c. Songs of the universe
- d. Songs of the Lord

32. Who is related to Advaitavada?

- a. Madhavacharya
- b. Adi Shankaracharya
- c. Ramanujacharya
- d. Nimbakacharya

33. Which of the following helps in reducing the stress and anxiety?

- a. Meditation
- b. Om Chanting
- c. Prayer
- d. All of the above

34. Prayer helps in reducing-

- a. Stress, Anxiety
- b. High blood pressure
- c. Negative emotions

d. All the above

35. Which of the following is NOT a principle of Naturopathy?

- a. Nature itself is healer
- b. Cause of diseases is not germs
- c. Cause and treatment of all diseases are same
- d. Treatment is done of disease and not of body

36. Swami Dayanand preached about which of the following idea?

- a. Brahmacharya
- b. Reincarnation
- c. Principle of Karma
- d. All of the above

37. Which philosophy explains the theory of causation (Satkaryavada)?

- a. Vedanta
- b. Nyaya
- c. Mimansa
- d. Samkhya

38. Which of the following was NOT established by Swami Vivekananda?

- a. Ramakrishna Mission
- b. Vedanta Society
- c. Ramakrishna Math
- d. Arya Samaja

39. Who compiled the Puranas?

- a. Maharshi Veda vyasa
- b. Maharshi Valmiki
- c. Maharshi Narada
- d. Maharshi Gautam

40. What is the normal temperature of human body?

- a. 96.40 fr
- b. 96.80 fr
- c. 98.40 fr
- d. 99.80 fr

41. Which is the functional unit of Kidney?

- a. Neuron
- b. Nephron
- c. Alveoli
- d. Medulla

42. Insulin hormone in pancreas is secreted by-

- a. a-cells
- b. b-cells
- c. d-cells
- d. t-cells

43. What is the length of the large intestine in the human body?

- a. 1.0 metre

b. 1.5 metre

c. 2.5 metre

d. 3.0 metre

44. Diabetes affects which organ of the human body?

a. Pancreas

b. Kidney

c. Eyes

d. All of the above

45. Which component of gastric juice in stomach kills the harmful germs?

a. HCL

b. Renin

c. Pepsinogen

d. Gelatinase

46. What best describes Yoga?

a. A spiritual discipline

b. An aerobic workout

c. A competitive sport

d. A diet

47. Which is a type of Yoga?

a. Pigeon Yoga

b. Spinning yoga

c. Barre Yoga

d. Hatha Yoga

48. Bikram Yoga is Known as what type of yoga?

- a. Restorative
- b. Hot Yoga
- c. Aerobic
- d. Competitive

49. Which type of Yoga has western influence?

- a. Jiu Jitsu
- b. Power Yoga
- c. Barre
- d. Yin yoga

50. Which religion is strongly affected by Yoga?

- a. Christianity
- b. Veganism
- c. Atheism
- d. Buddhism

51. What is a Chakra?

- a. Vayu
- b. Channel
- c. Energy point
- d. A pose

52. Which of these is a common Mantra in the Yoga culture?

- a. "Om"
- b. "Amen"
- c. "Hakuna matata"
- d. Chillax

53. What pose matches this description? Kneeling with arms to the sides, roll torso to floor and rest forehead on the ground.

- a. Tall Warrior pose
- b. Childs pose
- c. Sun warrior
- d. Inversion

54. Which major type of Yoga is most commonly practiced in the US?

- a. Yin
- b. Tantra
- c. Hatha
- d. Tai Chi

55. Hatha yoga Asanas utilize three basic movements: forward bends, backward bends, and _____.

- a. Twisting motions
- b. Flips
- c. Jumps
- d. Kicks

56. What is a Pranayama?

- a. Type of dance

b. Breathing technique

c. Nutritional guideline

d. Sequence of poses

57. According to Yogis, which is the most important organ to health?

a. The Kidneys

b. The Liver

c. The Skin

d. The lungs

58. A suitable word from Yoga Sutras for Meditation?

a. Dhyana

b. Yama

c. Samadhi

d. Om

59. A prop that is commonly used in the practice of Yoga?

a. Dumbles

b. Wait training equipment

c. Yoga mat

d. Elliptical machines

60. The ____pose is a sitting pose meant to resemble the perfect symmetry and beauty of a certain flower.

a. Lotus pose

b. Cross legged pose

c. Folded leg pose

d. Easy pose

61. Generally in yogic practices a practitioner is targeting _____ connective tissues.

- a. Surface
- b. Deep
- c. Facial
- d. Dorsal

62. Light on Yoga, Light on Pranayama and Light on Life are books written by

- a. ChidanandaSaraswati
- b. K. PattabhiJois
- c. B.K.S. Iyengar
- d. Jaggi Vasudev

63. Yamas are ethical rules in Hinduism and can be thought of as moral imperatives. Which one states the virtue of non-stealing?

- a. Asteya
- b. Satya
- c. Ahimsa
- d. Aparigraha

64. How many steps are there in Surya Namaskara or Sun Salutation?

- a. 6
- b. 8
- c. 18
- d. 12

65. The posture of which one of the following Asanas resembles a frog?

- a. Sukhasana
- b. Vajrasana
- c. Mandukasana
- d. Parvatasana

66. Based upon Yoga philosophy, which of these are the two entities that make up the universe?

- a. Prakriti and Purusha
- b. Shiva and Shakti
- c. Veda and Varna
- d. Sankhya and Yoga

67. Which of these is NOT the name of one of the seven chakras?

- a. Muladhara
- b. Rudra
- c. Ajna
- d. Vishuddhi

68. Where is the fourth chakra located?

- a. Heart
- b. Brain
- c. Spine
- d. Throat

69. A term used for ignorance?

- a. Maya

- b. Samadhi
- c. Dharana
- d. Pratyahara

70. Which of the following terms means freedom?

- a. Mukti
- b. Dharma
- c. Vedas
- d. Bheda
