

## MCOs for Level-1

1. Yoga in Patanjali Yoga Sutra is defined as
  - a. *Yujyate anena iti yoga*
  - b. *Yogah chitta vritti nirodhah*
  - c. *Manah prasamana upayah yogah*
  - d. *Yogah karmasu kausalam*
2. .... is the path of wisdom
  - a. Raja yoga
  - b. Jnana yoga
  - c. Bhakti yoga
  - d. Karma yoga
3. Which of the following has three major constituents i. e., Sattva, Rajas and Tamas?
  - a. Purusha
  - b. Prakriti
  - c. Mahat
  - d. Maya
4. .... (mahabhuta) forms the gross constituent for Annamaya kosa.
  - a. Earth
  - b. Water
  - c. Fire
  - d. Air
5. Which of the following 'organ of action' represents to Earth element?
  - a. Genitals
  - b. Anus
  - c. Feet
  - d. Hand
6. Which of the following is a state of our consciousness?
  - a. Sruti
  - b. Swapna
  - c. Smriti
  - d. None of the above
7. Which of the following indicates the attribute 'Purity'?
  - a. Sattva
  - b. Rajas
  - c. Tamas
  - d. None of the above
8. .... is the cause of our suffering.
  - a. Abhyasa
  - b. Avidya
  - c. Vairagya
  - d. Avirati
9. To stabilize and focus the mind on one object, image, sound or idea is

- a. Dharana
  - b. Dhyana
  - c. Samadhi
  - d. Pratyahara
10. Which of the following Kosha is shaped by thoughts, emotions, memories, habits and desires?
- a. Annamaya
  - b. Pranamaya
  - c. Manomaya
  - d. Vijnanamaya
11. .... is a Yoga practice for Annamaya kosa?
- a. Asana
  - b. Pranayama
  - c. Dharana
  - d. Dhyana
12. Location of our Ajna chakra is
- a. Crown of the head
  - b. Eyebrow center
  - c. Base of throat
  - d. Heart
13. The primary function of *Prana* is
- a. Respiration
  - b. Digestion
  - c. Elimination
  - d. Circulation
14. Which of the following Asana is the best according to Hathayoga?
- a. Siddhasana
  - b. Simhasana
  - c. Padmasana
  - d. Bhadrasana
15. According to Hathayoga, Siddhasana is otherwise known as
- a. Muktasana
  - b. Guptasana
  - c. Bhadrasana
  - d. Both 'a' and 'b'
16. Mitahara is defined as
- a. Only agreeable food
  - b. Only sweet food
  - c. Agreeable and sweet food
  - d. None of the above
17. Which of the following Pranayama eliminates worm from the body according to Hathayoga pradipika?
- a. Chandrabheda
  - b. Suryabheda

- c. Nadishodhana
  - d. Ujjayi
18. Which of the following Pranayama can be done while moving, standing, sitting, walking according to Hathayoga pradipika?
- a. Bhastrika
  - b. Ujjayi
  - c. Nadishodhana
  - d. Suryabhedha
19. Which of the following Asana can be practiced immediately after food?
- a. Siddhasana
  - b. Simhasana
  - c. Swastikasana
  - d. Vajrasana
20. The purpose of all pranayama practices is to attain .....according to Hathayoga pradipika.
- a. Antaranga kumbhaka
  - b. Bahiranga kumbhaka
  - c. Kevala kumbhaka
  - d. None of the above
21. According to Gheranda Samhita, one of the form of Kapalabhati is
- a. Vatkarma
  - b. Agnikarma
  - c. Varikarma
  - d. None of the above
22. Which of the following is not a Chittabhumi?
- a. Ksipta
  - b. Mudha
  - c. Chanchala
  - d. Ekagra
23. Which of the option given below is not a Klesa according Maharshi Patanjali?
- a. Avidya
  - b. Raga
  - c. Dvesa
  - d. Abhyasa
24. The literal meaning of 'Vritti' in Patanjali Yoga Sutra is
- a. Calm state of the mind
  - b. Balanced state of the mind
  - c. Modification of mind
  - d. None of the above
25. Chittaprasadanam refers to
- a. A tranquil state of the mind
  - b. A blessed state of the mind
  - c. An ill mind
  - d. A healthy mind

26. Which of the following is not a practice of Bahiranga yoga?
- Asana
  - Pranayama
  - Pratyahara
  - Dhyana
27. Withdrawal of senses from the sensory objects is
- Dharana
  - Dhyana
  - Pratyahara
  - Samadhi
28. Which of the following 'Antahkarana' corresponds to our memory?
- Manas
  - Chitta
  - Buddhi
  - Ahamkara
29. Effortless dwelling on a single object is called
- Pratyahara
  - Dharana
  - Dhyana
  - Samadhi
30. Blood in our body is a
- Connective tissue
  - Fluid connective tissue
  - Epithelial tissue
  - Muscular tissue
31. Human heart has
- Two chambers
  - Three chambers
  - Four chambers
  - No chambers
32. Muscles involved in movement is
- Skeletal muscle
  - Smooth muscle
  - Cardiac muscle
  - None of the above
33. Which of the following Asana is good for thyroid gland?
- Dhanurasana
  - Paschimottanasana
  - Chakrasana
  - Sarvangasana
34. .... is a very good Kriya practice to get rid of Nasal allergy?
- Vastra dhouti
  - Danda dhouti

- c. Neti
  - d. Kapalbhata
35. Which of the following Kriya is contraindicated for Epilepsy?
- a. Trataka
  - b. Kapalbhata
  - c. Neti
  - d. Both 'a' and 'b'
36. The literal meaning of 'Bandha' in Sanskrit is
- a. To unlock
  - b. To strengthen
  - c. To lock
  - d. To loosen
37. Which of the following is otherwise called 'Stress born disease'?
- a. Adhija vyadhi
  - b. Anadhija vyadhi
  - c. Amadhija vyadhi
  - d. None of the above
38. The theory of 'Pancha kosa' is derived from
- a. Mandukya Upanishad
  - b. Kena Upanishad
  - c. Taittiriya Upanishad
  - d. Katha Upanishad
39. Which 'organ of action' represents to 'Air'?
- a. Anus
  - b. Genitals
  - c. Feet
  - d. Hand
40. Which of the following 'Mahabhuta' corresponds to the sense organ 'Ears'?
- a. Earth
  - b. Water
  - c. Air
  - d. Ether
41. .... is the state of truth, simplicity and equanimity in action.
- a. Tamas
  - b. Rajas
  - c. Sattva
  - d. None of the above
42. Which of the following Prana is confined to only thorax?
- a. Udana
  - b. Prana
  - c. Samana
  - d. Apana
43. Vyana governs the
- a. Respiration

- b. Digestion
- c. Elimination
- d. Circulation

44. Prolonged concentration leads to

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

45. To dedicate and surrender oneself to higher principles is

- a. Shaucha
- b. Santosha
- c. Tapas
- d. Isvara Pranidhana

46. The ability to be patient during demanding situation is

- a. Shama
- b. Dama
- c. Uparati
- d. Titiksa

47. According to ....., 'Yoga is the process of calming down the mind'

- a. Patanjala Yoga Darshan
- b. Hathayoga Pradipika
- c. Yoga Vasistha
- d. Gheranda Samhita

48. Which of the following is the first stage of Nadanusandhana?

- a. Arambha avastha
- b. Nishpatti avastha
- c. Ghata avastha
- d. Parichaya avastha

49. 'Vibhuti' is the Sanskrit word for

- a. Achievements
- b. Force
- c. Work
- d. Power

50. .... is not a negative emotion?

- a. Hatred
- b. Jealousy
- c. Anger
- d. Sympathy

51. The ailments brought about by the Stress are .....

- a. Life style diseases
- b. Communicable diseases
- c. Non communicable diseases

d. Psychosomatic diseases

52. Doing duty without attachment of fruits is \_\_\_\_\_.

a. Nishkama karma

b. Akarma

c. Vikarma

d. None of the above

53. To bring steadiness is the objective of practicing

a. Pranayama

b. Yama

c. Niyama

d. Asana

54. Pranayama is one of the forms of yogic practice that brings correction in

a. Annamaya kosa

b. Pranamaya kosa

c. Manomaya kosa

d. Vijnanamaya kosa

55. .... is the ability to see, hear, or become aware of something through the senses.

a. Attention

b. Learning

c. Perception

d. Memory

56. Which of the following is a balancing yoga posture?

a. Hasta padasana

b. Ushtrasana

c. Natrajasana

d. Ardhamatsyendrasana

57. Which of the following is a heating pranayama?

a. Nadishodhana

b. Ujjayi

c. Chandrabhedana

d. Sitali

58. Who compiled Hathayoga pradipika?

a. Patanjali

b. Gheranda

c. Svamimarama

d. None of the above

59. .... is the inability to understand, listen, follow or practice anything.

a. Vyadhi

b. Styana

c. Samshaya

d. Pramada

60. .... is described as a reaction of the human body to a demanding situation.
- Hunger
  - Sleep
  - Stress
  - Sweating
61. Suryanamaskar is a well-devised combination of ..... and breathing.
- Pranayama
  - Dhyana
  - Bandha
  - Asana
62. Which of the following Asana is named after the Rishi Matsyendra?
- Matsyasana
  - Vakrasana
  - Ardhamatsyendrasana
  - Matsyakridasana
63. Which posture makes a wonderful combination of Bhujangasana and Salabhasana?
- Sarpasana
  - Dhanurasana
  - Halasana
  - Chakrasana
64. Which of these is a Kriya?
- Kapalbhati
  - Bhastrika
  - Ujjayi
  - Nadishodhana
65. Every Yoga teacher must start the practice session with
- Asana
  - Pranayama
  - Kriya
  - Silence
66. What should be the minimum gap between a meal and Yoga practice?
- 6 hours
  - 4 hours
  - 2 hours
  - None of the above