

1. What is the Sanskrit root word for "yoga" and its meaning?

A) Yama - "to meditate"

B) Yuj - "to unite"

C) Yoni - "to breathe"

D) Yuga - "to stretch"

Solution: B) Yuj - "to unite"

2. In which ancient sacred text is the first mention of yoga found?

A) Upanishads

B) Mahabharata

C) Rig Veda

D) Ramayana

Solution: C) Rig Veda

3. Which ancient Indian text is attributed to the sage Patanjali and is considered the foundational work on the philosophy and practice of yoga?

A) Bhagvad gita

B) Ramayana

C) Manusmriti

D) Yoga sutras

Answer – D

4. According to Patanjali, Asana is

A) Sitting in comfortable position

B) Control of sense organs

C) Control of water and food intake

D) High Calories burn

Answer – A

5. Name the asana in which the waist and arms look like a cobra?

a.Bhujangasana

b.Vakrasana

c.Ardhachakrasana

d. none of the above

Answer – A

6. What is the purpose of Pranayama in yoga?

A) Body warm-up

B) Breathing control

C) Physical relaxation

D) none of the above

Answer – B

7. What is the main focus of Hatha Yoga?

A) Physical postures

B) Meditation

C) Breath control

D) None of the above

Answer – A

8. What is the goal of Raja Yoga?

A) Physical strength

B) Self-realization

C) Flexibility

D) None of the above

Answer – B

9. Which branch of yoga focuses primarily on physical asanas?

A) Hatha Yoga

B) Jnana Yoga

C) Bhakti Yoga

D) None of the above

Answer – A

10. What is the yoga practice that primarily focuses on spiritual devotion and activities?

A) Bhakti Yoga

B) Karma Yoga

C) Jnana Yoga

D) none of the above

Answer – A

11. Which is the Sanskrit root (verb form) for the etymological derivation of the word 'Yoga'?

A) Yug

B) Yuge

C) Yuj

D) Yuje

Answer – C

12. How does yoga impact cardiovascular health?

- a) By raising heart rate to suggested aerobic levels
- b) By decreasing blood circulation
- c) By reducing stress levels and improving blood flow efficiency
- d) By increasing cholesterol levels

Answer: c) By reducing stress levels and improving blood flow efficiency

13. Which hormone does yoga help decrease in the body?

- a) Insulin
- b) Cortisol
- c) Adrenaline
- d) Testosterone

Answer: b) Cortisol

14. What did the study by Kaviraja Udupa et al. in 2003 find regarding the impact of yoga on cardiovascular health?

- a) No significant changes in heart rate or blood pressure
- b) Decreased heart rate but increased blood pressure
- c) Significant reduction in basal heart rate and blood pressure
- d) Increased heart rate but decreased blood pressure

Correct Answer: c) Significant reduction in basal heart rate and blood pressure

15. How does yoga contribute to improving digestion?

- a) By increasing stress and anxiety levels
- b) By strengthening the gut microbiome
- c) By reducing blood flow to the digestive tract
- d) By massaging internal organs and improving blood flow

Correct Answer: d) By massaging internal organs and improving blood flow

16. How do the stretching and contractile movements of Asanas benefit muscles?

- a) By causing muscle fatigue
- b) By reducing muscle tone
- c) By helping muscles retain their tone
- d) By promoting muscle atrophy

Correct Answer: c) By helping muscles retain their tone

17. How does the upside-down posture in Yogasana benefit digestion?

- a) By slowing down bowel movements
- b) By inducing constipation
- c) By curing sluggishness of the bowel and constipation

d) By causing prolapse of the stomach

Correct Answer: c) By curing sluggishness of the bowel and constipation

18. What is the main function of the sympathetic nervous system (SNS)?

a) To promote relaxation and digestion

b) To initiate "fight-or-flight" responses

c) To regulate sleep-wake cycles

d) To enhance memory and cognitive functions

Correct Answer: b) To initiate "fight-or-flight" responses

19. What is the function of the parasympathetic nervous system (PNS)?

a) To initiate "fight-or-flight" responses

b) To promote relaxation and digestion

c) To increase alertness and arousal

d) To regulate heart rate and blood pressure

Correct Answer: b) To promote relaxation and digestion

20. Why is the sympathetic nervous system working harder in today's society?

a) Due to increased physical activity levels

b) Due to decreased stress levels

c) Due to increased stress and fatigue levels

d) Due to improved sleep habits

Correct Answer: c) Due to increased stress and fatigue levels

21. What are some potential consequences of an overactive sympathetic nervous system according to the passage?

a) Improved eating habits and sleep

b) Increased concentration and focus

c) Poor eating habits, poor sleep, and decreased concentration

d) Enhanced mood and emotional responses

Correct Answer: c) Poor eating habits, poor sleep, and decreased concentration

22. How does yoga help in relaxation and peace of mind?

a) Through intense physical activity

b) Through breathing techniques

c) Through excessive stress

d) Through lack of movement

Correct Answer: b) Through breathing techniques

23. What is the yogic management technique mentioned for respiratory problems?

- a) Medication therapy
- b) Surgery
- c) Shatkarma kriyas
- d) Physical therapy

Correct Answer: c) Shatkarma kriyas

24. How does Padma Sarvangasana contribute to easier passage of air to the lungs?

- a) By compressing the chest
- b) By restricting chest expansion
- c) By facilitating proper expansion of the chest
- d) By increasing tension in the chest muscles

Correct Answer: c) By facilitating proper expansion of the chest

25. How can NadiShodhan Pranayam benefit individuals suffering from cold and cough?

- a) By increasing tension and worries
- b) By worsening nasal blockages
- c) By clearing blocked nostrils and providing a feeling of peace
- d) By inducing throat infections

Correct Answer: c) By clearing blocked nostrils and providing a feeling of peace

26. What is one of the benefits of Kapalbhata pranayama?

- a) Cleansing the capillaries
- b) Enhancing flexibility in the spine
- c) Improving digestion
- d) Strengthening the immune system

Correct Answer: a) Cleansing the capillaries

27. How does Bhramri pranayama contribute to mental well-being?

- a) By inducing anxiety and stress
- b) By clearing the throat and nasal passage infections
- c) By worsening voice clarity
- d) By making the mind joyful

Correct Answer: d) By making the mind joyful

28. What does the musculoskeletal system primarily provide for the body?

- a) Protection against infections
- b) Ability to freely move and support
- c) Regulation of body temperature

d) Production of hormones

Correct Answer: b) Ability to freely move and support

29. What is the function of tendons and ligaments in the musculoskeletal system?

a) To provide support and stability

b) To store energy

c) To produce red blood cells

d) To secrete hormones

Correct Answer: a) To provide support and stability

30. What is one essential role of bones?

a) Storing oxygen

b) Regulating body temperature

c) Providing structure and protection

d) Producing hormones

Correct Answer: c) Providing structure and protection

31. Why is loading during asana practice important for bone health?

a) It causes bone rigidity

b) It decreases calcium absorption

c) It stimulates bone growth and strength

d) It increases the risk of bone fractures

Correct Answer: c) It stimulates bone growth and strength

32. What phenomenon is described as the loss of bone mass experienced by astronauts in space?

a) Osteoporosis

b) Bone adaptation

c) Spaceflight osteopenia

d) Gravity adjustment

Correct Answer: c) Spaceflight osteopenia

33. What is the definition of a joint?

a) A solid structure connecting two bones

b) The space within a bone

c) The point where two bones come together

d) A protective covering for bones

Correct Answer: c) The point where two bones come together

34. Which type of joint permits very little movement to protect organs behind them?

- a) Fibrous joints
- b) Synovial joints
- c) Cartilaginous joints
- d) Suture joints

Correct Answer: a) Fibrous joints

35. Which joints are typically moved a lot in yoga asana?

- a) Fibrous joints
- b) Cartilaginous joints
- c) Synovial joints
- d) Suture joints

Correct Answer: c) Synovial joints

36. What is the primary function of muscles in skeletal movement?

- a) Providing structural support
- b) Generating force
- c) Lubricating joints
- d) Protecting internal organs

Correct Answer: b) Generating force

37. What is the etymology of the word "muscles"?

- a) From the Latin word for "strength"
- b) From the Latin word for "mouse"
- c) From the Greek word for "movement"
- d) From the Greek word for "bone"

Correct Answer: b) From the Latin word for "mouse"

38. What does the generation of force by muscles allow us to do?

- a) Maintain and change posture
- b) Store energy
- c) Filter toxins from the bloodstream
- d) Control hormonal balance

Correct Answer: a) Maintain and change posture

39. Why is articular cartilage described as an ideal covering of the bone?

- a) Because it has a rough surface
- b) Because it has a gel-like constitution
- c) Because it lacks blood supply

d) Because it has a slick and smooth surface

Correct Answer: d) Because it has a slick and smooth surface

40. Why is cartilage considered poor at remodeling or regenerating itself once damaged?

a) Due to its rich blood supply

b) Due to its ability to produce new cells rapidly

c) Due to its lack of blood supply

d) Due to its high flexibility

Correct Answer: c) Due to its lack of blood supply

41. What is osteoarthritis?

a) Inflammation in the blood vessels

b) Inflammation in the bones

c) Inflammation in the skin

d) Inflammation in the joint causing pain and stiffness

Correct Answer: d) Inflammation in the joint causing pain and stiffness

42. How can mechanical stimulation contribute to keeping cartilage healthy?

a) By causing inflammation

b) By reducing blood supply

c) By providing nourishment and promoting remodeling

d) By decreasing flexibility

Correct Answer: c) By providing nourishment and promoting remodeling

43. Which type of yoga is claimed to target the fascia?

a) Hatha yoga

b) Vinyasa yoga

c) Yin yoga

d) Bikram yoga

Correct Answer: c) Yin yoga

44. What are the two kinds of sex cells involved in the human reproductive process?

a) Sperm and zygote

b) Zygote and embryo

c) Sperm and ovum

d) Egg and fetus

Correct Answer: c) Sperm and ovum

45. What is a fertilized egg called?

- a) Embryo
- b) Zygote
- c) Sperm
- d) Ovum

Correct Answer: b) Zygote

46. What carries human traits and is passed from parents to their children?

- a) Ovum
- b) Sperm
- c) Genes
- d) Zygote

Correct Answer: c) Genes

47. What are the two pairs of skin flaps surrounding the vaginal opening called?

- a) Clitoris
- b) Mons pubis
- c) Labia
- d) Urethra

Correct Answer: c) Labia

48. Where is the clitoris located?

- a) Inside the vagina
- b) Behind the uterus
- c) Toward the front of the vulva where the folds of the labia join
- d) Near the urethra

Correct Answer: c) Toward the front of the vulva where the folds of the labia join

49. What is the muscular, hollow tube that extends from the vaginal opening to the uterus called?

- a) Clitoris
- b) Urethra
- c) Fallopian tubes
- d) Vagina

Correct Answer: d) Vagina

50. Where does the vagina connect with the uterus?

- A) At the ovaries
- B) At the fallopian tubes
- C) At the cervix

D) At the endometrium

Solution: C) At the cervix

51. What is the function of the fallopian tubes?

A) To store urine

B) To connect the uterus to the vagina

C) To produce eggs

D) To transport eggs from the ovaries to the uterus

Solution: D) To transport eggs from the ovaries to the uterus

52. What are mammary glands?

A) Modified sweat glands

B) Organs responsible for egg production

C) Endocrine glands

D) Organs responsible for producing urine

Solution: A) Modified sweat glands

53. What causes swelling and breast tenderness during the menstrual cycle?

A) Changes in the size of the ovaries

B) Changes in the levels of estrogen and progesterone

C) Changes in the size of the uterus

D) Changes in blood pressure

Solution: B) Changes in the levels of estrogen and progesterone

54. What is the function of estrogen and progesterone in the menstrual cycle?

A) They cause the lining of the fallopian tubes to build up

B) They cause the lining of the uterus to break down

C) They cause the lining of the uterus to build up

D) They stimulate ovulation

Solution: C) They cause the lining of the uterus to build up

55. What are the external parts of the male reproductive system called?

A) Testes

B) Genitalia

C) Epididymis

D) Vas deferens

Solution: B) Genitalia

56. What fills with blood during sexual arousal, causing the penis to become hard and rigid?

- A) Corpora cavernosa
- B) Corpus spongiosum
- C) Glans
- D) Foreskin

Solution: A) Corpora cavernosa

57. Hathayoga means _

- A. Control of health through breathing
- B. Ha' means right nostril and 'ta' means left nostril
- C. physical postures
- D. all of the above

answer – D

58. Rajyoga relates to_

- A. Connecting one's self with the supreme soul
- B. Treating each other as souls
- C. Spiritual practise in nature
- D. All the options are correct

Answer – D

59. Asteya means _

- A. Restraint to wordly attraction
- B. Becoming an astute
- C. Becoming a saint
- D. None of the options are correct

Answer – A

60. The Father of Yoga who has written Sutras in India around 200 AD._

- A. Sage Kashyap
- B. Sage Kanaad
- C. Sage Patanjali
- D. Sage Kapil

Answer – C

61. According to human well being which of these are intimately related?

- A. Disease and health
- B. Body and health
- C. Body and mind
- D. Body and spiritual values

Answer – C

62. Yoga is a way of life_

- A. True
- B. False
- C. Indifferent
- D. All options are correct

Answer – A

63. Which yoga was primarily practiced by brahmins and high cast royals?

- A. Raj yoga
- B. Jnana yoga
- C. Tantra yoga
- D. Hatha yoga

Answer – A

64. Your _____ health involves taking care of your body.

- A. Social
- B. Mental
- C. Self- concept
- D. Physical

Answer – D

65. The ability to improve the functioning of your body through healthy eating and good exercise habits is called_____

- A. Emotional Well being
- B. Physical well being
- C. Societal wellbeing
- D. Workplace Well being

Answer – B

66. Which organs are involved in eliminating waste products from the blood?

- a) Liver, spleen, and pancreas
- b) Kidneys, lungs, and skin
- c) Stomach, intestines, and bladder
- d) Heart, lungs, and liver

Correct Answer: b) Kidneys, lungs, and skin

67. How does yoga impact cardiovascular health?

- a) By increasing cortisol levels in the body
- b) By reducing blood circulation
- c) By decreasing stress hormones and cholesterol levels
- d) By decreasing heart rate and blood pressure

Correct Answer: c) By decreasing stress hormones and cholesterol levels

68. What is the term used to describe the connection between the human gastrointestinal tract and emotions?

- a) Gut-brain integration
- b) Digestive-emotional link
- c) Gut-brain connection
- d) Emotional gut sensitivity

Correct Answer: c) Gut-brain connection

69. What is dysbiosis?

- a) Improved gut microbiome diversity
- b) Strong mental health
- c) Less diverse gut microbiome
- d) Normal gut microbiome diversity

Correct Answer: c) Less diverse gut microbiome

70. How is Asana defined in terms of postural patterns?

- a) Achieving patterns quickly and releasing them abruptly
- b) Achieving patterns slowly, maintaining steadily, and releasing slowly
- c) Achieving patterns with forceful movements
- d) Achieving patterns without considering body comfort

Correct Answer: b) Achieving patterns slowly, maintaining steadily, and releasing slowly