


**COURSE NAME: Stress Management by Yoga (Audit Course) COURSE CODE: 202ETP614**



**Day and Date:** , / /2022

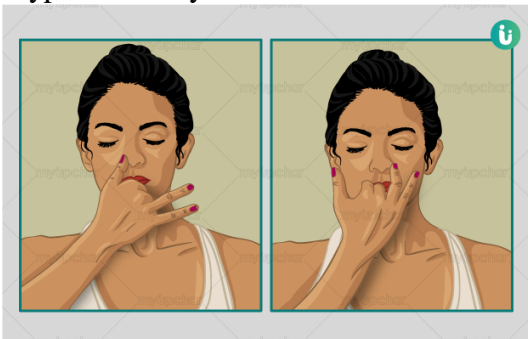

**Time:10.00 am to 11.00 am**

**Max. Marks- 50**

**OBJECTIVE**

			Correct Option
Q. 1)	Who is known as father of modern Ashtanga Yoga?		B
	A. Baba Ramdev	B. Tirumalai Krishnamacharya	
	C. Chanakya	D. Swami Vivekananda	
Q. 2)	How many Yam are there?		C
	A. 3	B. 4	
	C. 5	D. 6	
Q.3)	What is Asana?		A
	A. Posture	B. Seating place	
	C. Chair	D. Workout	
Q. 4)	Asteya means		D
	A. No violence	B. No cheating	
	C. Truthfulness in thought, word and deed.	D. Never to desire or take away what is not ours.	
Q. 5)	Ashtanga Yoga means		D
	A. Yoga for eight limbs	B. Eight asanas of Yoga	
	C. Yoga for eight body parts	D. Eight limbs of Yoga	
Q. 6)	Nadi Shodhana pranayam is		C
	A. Cooling Breath	B. Three Part Breath	
	C. Alternate Nostril Breathing	D. Ocean breath	
Q. 7)	What is Samadhi?		D
	A. Meditation	B. Yogasana	
	C. Tomb	D. Oneness with the self	
Q.8)	Tap means		A
	A. Self-discipline by voluntary submission	B. Detachment and avoiding possession of unnecessary objects	
	C. Suffering	D. Fever	
Q. 9)	International Yoga Day is celebrated on		B
	A. 5 June	B. 21 June	
	C. 21 July	D. 5 July	
Q. 10)	Name the Asana		B
			
	A. Shavasana	B. Makarasana	
	C. Padmasana	D. Dhanurasana	

Q. 11)	What is Dharana?		C
	A. Meditation	B. Breath control	
	C. Concentration	D. Posture	
Q. 12)	Why Yoga is important?		D
	A. Improves body fitness	B. Improves mental stability	
	C. improves immunity	D. All of the above	
Q. 13)	What is Dhyana?		B
	A. Breath control	B. Meditation	
	C. Concentration	D. Oneness with the self	
Q. 14)	Which Asana is this?		C
			
	A. Tadasana	B. Mayurasana	
	C. Suryanamaskara	D. Bhujangasana	
Q. 15)	What is Pratyahara?		A
	A. Sence withdrawal	B. Concentration	
	C. Meditation	D. Asana	
Q. 16)	Swadhyaya means		A
	A. Self study	B. Self respect	
	C. Homework	D. Group study	
Q. 17)	What is Yam?		A
	A. Moral codes	B. Self discipline	
	C. Sense withdrawal	D. Oneness with the self	
Q. 18)	Yoga and meditation can		D
	A. Cure disease	B. Improves health	
	C. Improve mental stability	D. All of the above	
Q. 19)	Which pranayam is this?		B
			
	A. Ujjayi Pranayama	B. Bhramari Pranayama	

	C. Shitali Pranayama	D. Dirga Pranayama	
Q. 20)	What is Pranayama?		A
	A. Breath control	B. Meditation	
	C. Concentration	D. Oneness with the self	
Q. 21)	What type of Pranayama this?		B
			
	A. Bhramari pranayama	B. <u>Anulom Vilom</u> pranayama	
	C. Ujjayi Pranayama	D. Dirga Pranayama	
Q. 22)	Three stages of pranayama are		D
	A. Warm up, Exercise, stretching	B. Eat, Exercise, sleep	
	C. Rechak, Purak, Kumbhak	D. Purak, Kumbhak, Rechak	
Q.23)	Name the Asana		A
			
	A. Padmasana	B. Makarasana	
	C. Tadasana	D. Shavasana	
Q. 24)	What is Niyam?		B
	A. Moral codes	B. Self discipline	
	C. Sense withdrawal	D. Oneness with the self	
Q.25)	Aparigraha means		A
	A. Detachment and avoiding possession of unnecessary objects.	B. Self-discipline by voluntary submission	
	C. Miss understanding	D. confidence	

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