

# { [REDACTED] YOGA? }

## Q.1. What is Yoga?

**Ans:**

Yoga is that which joins (*Yujate anena iti yogaha*)

Union (*Yuj*) of

- Body-Emotions-Mind
- Jiva-Atman

A state of mastery over the senses and mind (Kathopanishad)

Stilling the whirlpools (modifications) of the mind stuff (*Yogah chitta vritti nirodhah*)-Yogamaharishi Patanjali in the Yoga Sutras

Skill in action (*Yogah karmasu koushalam*) - Yogeshwar Sri

Krishna in Srimad Bhagavad Gita

Equanimity of mind (*Samatvam yogah uchyate*) - Yogeshwar Sri

Krishna in Srimad Bhagavad Gita

A skillful and subtle process to calm down the mind (Yoga Vashistha)

Dis-association from the union with pain (*Duhkha samyoga viyogam yoga sangnitam*) - Yogeshwar Sri Krishna in Srimad Bhagavad Gita

“Yoga is said to be the oneness of breath, mind, and senses, and the abandonment of all states of existence.”—Maitri Upanishad

“Yoga is the union of the individual psyche (*Jivatman*) with the transcendental Self (*Paramatman*).”—Yoga Yajnavalkya

“Yoga is said to be the unification of the web of dualities (*Dvandva Jaala*).”—Yoga Bija

“Yoga is said to be control.”—Brahmaanda Purana

“Yoga is the separation (*Viyoga*) of the Self from the World-Ground (*Prakrithi*).”—Raja Maartanda

“Yoga is said to be the unity of exhalation and inhalation and of blood and semen, as well as the union of sun and moon and of the individual psyche with the transcendental Self.” — Yoga Shikha Upanishad.

**Q.2. List some definitions of Yoga as given by Yogamaharishi Dr.****Swami Gitananda Giri.****Ans:**

Science of right - useness (righteousness).

Conscious evolution.

A technology for spiritual development

Mother of all science

The path of moderation.

The true art of living.

A way of life.

Science and art of mastering the mind

Four (five) fold awareness.

○ Awareness of body

○ Awareness of emotions ○

Awareness of mind

○ Awareness of awareness itself

○ Awareness of how unaware we are!

**Q.3. What does Yogeshwar Sri Krishna say to be the mark of a Yogi?****Ans:***Yatahi nendriyartheshu na karmasu anushajatey sarva sankalpa samniyasi yogaroodh tada uchyate*

(Then alone is one said to have attained to Yoga when, having renounced all desires, one does not get attached to the sense objects and actions."—B.G.VI-4)

**Q.4. Name the Yogas of Patanjali, Goraksha, Swatmarama and Gheranda as well as those mentioned in Amrtanadopanishad and Yogacudamani Upanishad?****Ans:**

Patanjali	– Ashtanga Yoga (eight limbs)
Goraksha	– Shadanga Yoga (six limbs)
Swatmarama	– Chaturanga Yoga (four limbs)
Gheranda	– Saptanga Yoga (seven limbs)
Amrtanadopanishad	– Shadanga Yoga (six limbs)
Yogachudamani Upanishad	– Shadanga Yoga (six limbs)

## { PRAYERS }

**Q.1. Render a few important Yogic prayers with their meaning?**

**Ans:**

***Aum. Sahanavavatu Sahanau Bhunaktu Sahaviryamkaravavahai  
Tejasvinavadhita mastu Ma Vidvisavahai Aum. Shanti Shanti  
Shanti. Aum.***

“May he protect us both, May he nourish us both. May we both work together with great energy. May our study be enlightening and fruitful. May we never hate each other. Om Peace Peace Peace.”

***Aum. Yogena Cittasya Padena Vacham  
Malam Sarirasya Ca Vaidyakena  
Yopakarottam Pravaram Muninam  
Patanjalim Pranjaliranato Asmi. Aum.***

“I offer my salutations with folded hands to Patanjali, the renowned among the sages, who removed the impurity of mind through Yoga, of the speech by Grammar and of the body by Ayurveda.”

***Aum. Sarve Bhavantu Sukhinah Sarve Santu Niramayah  
Sarve Bhadrani Pasyantu Ma Kascit Duhkhabhagbhavet  
Aum. Shanti Shanti Shanti. Aum.***

“Let all become happy; let all remain free from unhappiness; Let all acquire goodness; let nobody become recipients of misery. - Om Peace Peace Peace”.

**Q.2. Render the Guru Gayatri of the Rishiculture Ashtanga Yoga Paramparai.**

**Ans:**

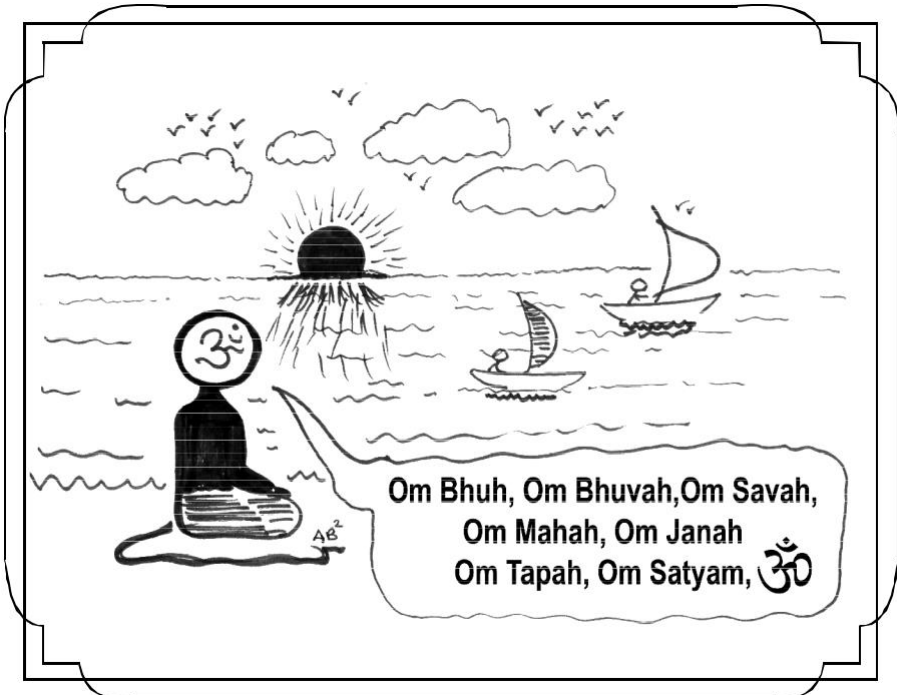
***Aum. Tat Paramparyaya Vidmahe  
Jnana Lingeshwaraya Dhimahi  
Thanho Guru Prachodayat. Aum.***

“ I am aware of the great lineage that is represented by the lingam of wisdom. I meditate upon that source of wisdom. May it illumine my entire being”.

**Q.3. Give the twelve names of the Sun in Mantric form?**

**Ans:**

- Om Hram Mitraya Namaha (Adoration to the 'Friend of All')
- Om Hrim Ravaye Namaha (Adoration to the 'One praised by All')
- Om Hrum Suryaya Namaha (Adoration to the 'Guide of All')
- Om Hraim Bhanave Namaha (Adoration to the 'Bestower of Beauty')
- Om Hroum Khagaya Namaha (Adoration to the 'Stimulator of Senses')
- Om Hrah Pushne Namaha (Adoration to the 'Nourisher of Life')
- Om Hram Hiranyagarbhaya Namaha (Adoration to 'Promoter of Virility')
- Om Hrim Marichaye Namaha (Adoration to the 'Destroyer of Disease')
- Om Hrum Adityaya Namaha (Adoration to the 'Inspirator of Love')
- Om Hraim Savitre Namaha (Adoration to the 'Begetter of Life')
- Om Hroum Arkaya Namaha (Adoration to the 'Inspirator of Awe')
- Om Hrah Bhaskaraya Namaha (Adoration to the 'Effulgent One')





**Q.1. Who codified Ashtanga Yoga?**

**Ans:** Maharishi Patanjali.

**Q.2. When did he compose the Yoga Sutras?**

**Ans:** More than 2500-3000 years ago.

**Q.3. How many limbs are there in Ashtanga Yoga? Ans:**

Eight

**Q.4. What are the limbs of Patanjali's Ashtanga Yoga?**

**Ans:**

Yama	- Moral Restraints
Niyama	- Evolutionary Observances
Asana	- Steady Posture
Pranayama	- Energy/Breath Control
Pratyahara	- Sensory Withdrawal
Dharana	- Single Minded Concentration
Dhyana	- Meditative State
Samadhi	- State of Complete Oneness.

**Q.5. How are the eight limbs divided?**

**Ans:**

Adhikara Yoga - Yama, Niyama

Kriya Yoga	- Tapas, Swadhyaya, Ishwara / Atman Pranidhana
Bahiranga	- Yama, Niyama, Asana, Pranayama, (+/-Pratyahara)
Antaranga	- Dharana, Dhyana, Samadhi, (+/-Pratyahara)
Samyama	- Dharana, Dhyana, Samadhi

**Q.6. What are the other names of Ashtanga Yoga?**

**Ans:**

Raja Yoga, Patanjala Yoga or Yoga Darshana.

## AND NIYAMA

**Q.1. What are the Pancha Yamas (five moral restraints) ?**

**Ans:**

- |              |                                      |
|--------------|--------------------------------------|
| Ahimsa       | - Non-Violence                       |
| Satya        | - Truthfulness                       |
| Asteya       | - Non Stealing                       |
| Brahmacharya | - Controlling the Creative Principle |
| Aparigraha   | - Non Covetedness                    |

**Q.2. What are the Pancha Niyamas (five evolutionary observances)?**

**Ans:**

- |                  |                                   |
|------------------|-----------------------------------|
| Saucha           | - Cleanliness                     |
| Santosha         | - Contentment                     |
| Tapas            | - Austerity or Discipline         |
| Swadhyaya        | - Self-Knowledge or Self Analysis |
| Ishwara or Atman |                                   |
| Pranidhana       | - Surrender to Divine/Atman       |

**Q.3. What are the fruits of perfection in Ahimsa?**

**Ans:** There is no hostility in his presence

**Q.4. What are the fruits of perfection in Satya?**

**Ans:** Whatever he utters will come true

**Q.5. What are the fruits of perfection in Asteya?**

**Ans:** All the riches will flow towards him

**Q.6. What are the fruits of perfection in Brahmacharya? Ans:**

Great valour is gained and fear of death is lost

**Q.7. What are the fruits of perfection in Aparigraha?**

**Ans:**

Knowledge of previous births and future births as well.

**Q.8. What are the fruits of perfection in Soucha?****Ans:**

Indifference towards the body and non-attachment as well as fitness for cheerfulness, one pointedness, sense control and vision of the self

**Q.9. What are the fruits of perfection in Santosha?****Ans:** Unexcelled happiness**Q.10. What are the fruits of perfection in Tapas?****Ans:**

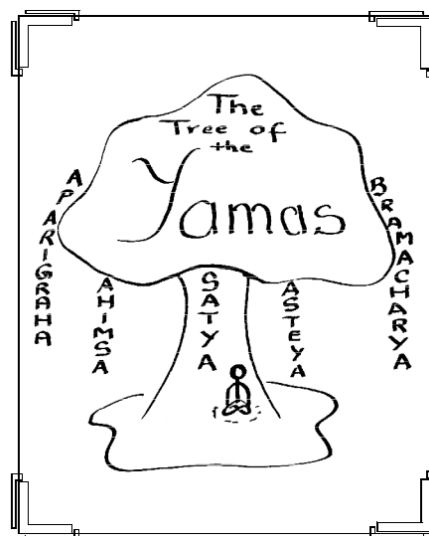
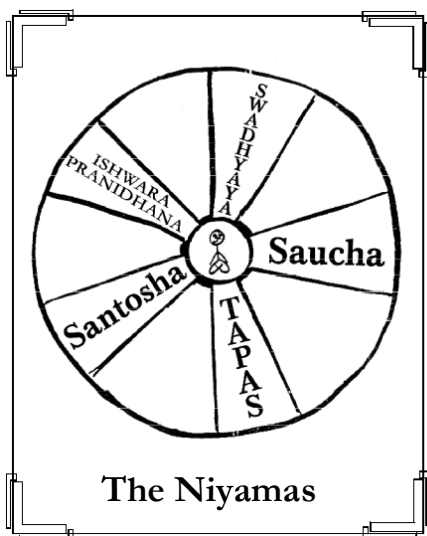
Impurities are destroyed and the body and sense organs attain perfection.

**Q.11. What are the fruits of perfection in Swadhyaya?****Ans:** Union with the desired deity**Q.12. What are the fruits of perfection in Ishwara Pranidhana? Ans:**

Samadhi is attained

**Q.13. In which verses of the Yoga Sutras does, Patanjali mention the powers gained by perfection in the Yamas and Niyamas? Ans:**

The Siddhis or powers gained through perfection in the various aspects of Adhikara Yoga are stated by Maharishi Patanjali in Sutras 35 to 45 of the Sadhana Pada in the Yoga Sutras.



## >WHAT ASANA?<

**Q.1. How does Patanjali define an Asana?**

**Ans:**

*Sthira sukham asanam*

(Asana is a posture held firm with comfort)

**Q.2. How many Asanas are said to exist?**

**Ans:** 84,00,000

**Q.3. According to Hatha Pradipika, which are the four most important Asanas?**

**Ans:** Siddhasana, Padmasana, Simhasana, and Bhadrasana

**Q.4. According to Hatha Pradipika, which is the most important Asana?**

**Ans:** Siddhasana

**Q.5. What are the classical Asanas mentioned in Hatha Pradipika?**

**Ans:**

Siddhasana, Padmasana, Simhasana, Bhadrasana, Swastikasana, Gomukasana, Veerasana, Kurmasana, Kukkutasana, Uttana Kukkutasana, Dhanurasana, Matsyasana, Paschima Tanasana, Mayurasana, Shavasana

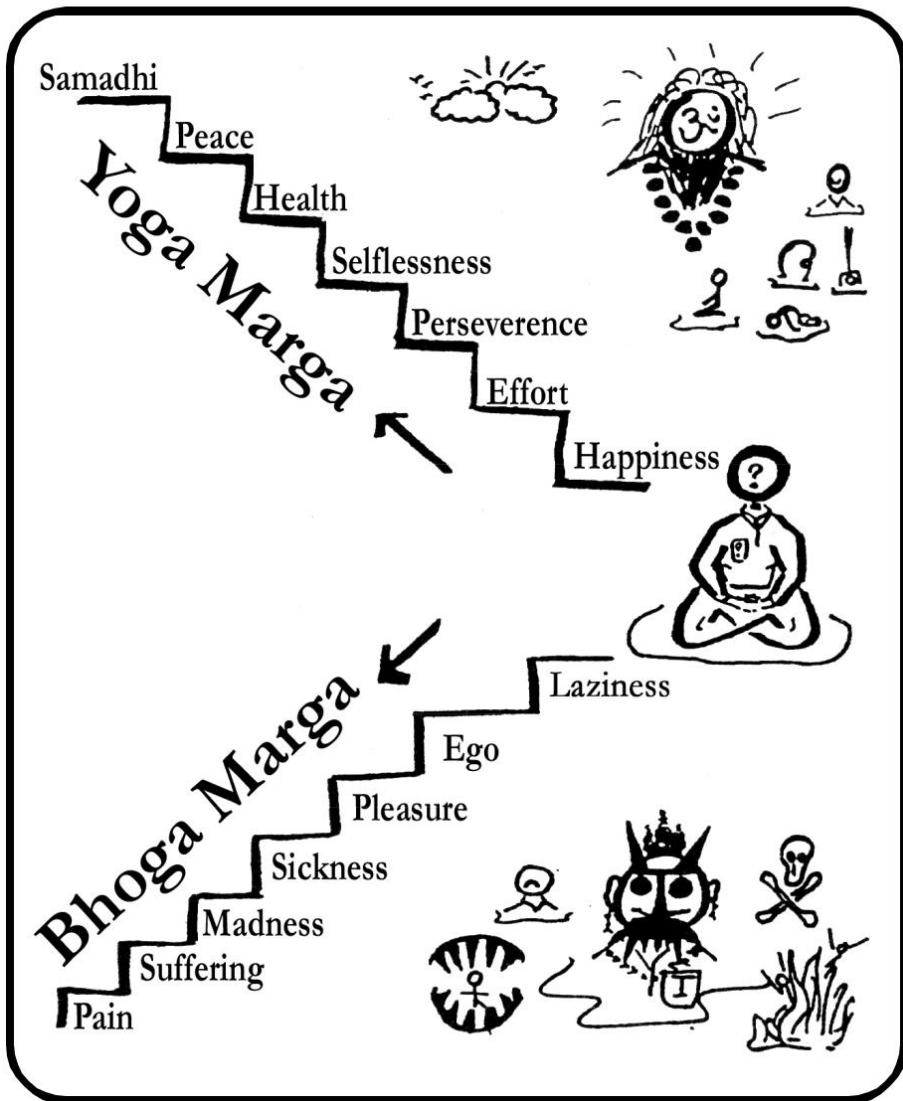
**Q.6. What are the classical Asanas mentioned in Gheranda Samhita?**

**Ans:**

Siddhasana, Padmasana, Bhadrasana, Muktasana, Vajrasana, Swastikasana, Simhasana, Gomukasana, Veerasana, Dhanurasana, Mritasana, Guptasana, Matsyasana, Matsendrasana, Gorakshasana, Paschimottanasana, Utkatasana, Sankatasana, Mayurasana, Kukkutasana, Kurmasana, Uttana Mandukasana, Uttana Kurmakasana, Vrikshasana, Mandukasana, Garudasana, Vrishasana, Shalabhasana, Makarasana, Ushtrasana, Bhujangasana, Yogasana.



- 
- (72) Baddha Paksheshwara Asana- Garuda posture
  - (73) Vicitra Asana- lovely/variegated posture
  - (74) Nalina Asana- day lotus (Nebumbium Speciosum) posture
  - (75) Kaanta Asana- beloved posture
  - (76) Shuddha Pakshi Asana- pure bird posture
  - (77) Sumandaka Asana- very slow/gradual posture
  - (78) Caurangi Asana- Caurangi Siddha's posture
  - (79) Krouncha Asana- heron posture
  - (80) Dridha Asana- firm posture
  - (81) Khaga Asana- crow posture
  - (82) Brahma Asana- Brahma's posture
  - (83) Naaga Peetha Asana- serpent seat posture
  - (84) Shava Asana- corpse posture



Two roads diverge, one leading to Cosmic Consciousness, upwards, marked by many positive qualities, the other leading downward, to self-indulgence and self-absorption, marked by negative characteristics. Every human being must choose the path he/she wishes to take - upwards to evolution, or downwards, to devolution.

**THE CHOICE IS ULTIMATELY YOURS!**

## IS PRANAYAMA?

**Q.1. How does Patanjali define Pranayama in the Yoga Sutras?**

**Ans:**

*Tasmin sati shvasa prashvasayor gati vichhedah pranayamah* (Asana having been completed, cessation of inhalation and exhalation “Kevala Kumbaka” is Pranayama).

**Q.2. What are the benefits of Pranayama according to Patanjali?**

**Ans:**

*Tatah kshiyate prakashah aavaranam.*

(Thereby the covering of inner light disappears).

*Dharanasu cha yogyataa manasah.*

(The mind attains the necessary fitness for the higher practices such as concentration).

**Q.3. What are the eight classical Kumbhakas (Pranayamas) according to Hatha Pradipika?**

**Ans:**

- |               |                                     |
|---------------|-------------------------------------|
| Surya Bhedana | - Sun Cleaving Breath               |
| Ujjayi        | - The Victorious Breath             |
| Sitkari       | - Hissing Breath (Cooling Breath)   |
| Sheetali      | - Beak Tongue Breath (Icing Breath) |
| Bhastrika     | - Bellows Breath                    |
| Bhramari      | - Sound of Bee Breath               |
| Murccha       | - Fainting or Swooning Breath       |
| Plavini       | - Floating Breath                   |

**Q.4. What are the Pancha Prana Vayus (Five Major Airs)**

**Ans:**

*“Hridi Prano Gude Apanah, Samano Nabhi Mandaley, Udanah Kantha Desastho, Vyanah Sarva Shariragah” - Shiva Samhita*

Prana ( Heart region), Apana (Anal region), Samana (Navel), Udana (Throat) and Vyana (Pervades entire body).



**Q.1. What is a Hatha Yoga?**

**Ans:**

It is the physical science of balancing the opposite energies in the body. *HA* refers to the solar/masculine/positive energy and *THA* to the lunar/feminine/negative energy. Asanas, Pranayamas, Kriyas, Surya Namaskar, Mudras and Bandhas are techniques included in Hatha Yoga.

**Q.2. What is a Mudra?**

**Ans:**

A gesture that creates a seal for energy and promotes neuromuscular coordination.

**Q.3. Which is the most important Mudra?**

**Ans:** Kechari Mudra (Hatha Pradipika).

**Q.4. What is a Bandha?**

**Ans:**

Neuromuscular lock for energy useful in Pranayama Sadhana.

**Q.5. What are the benefits of Bandhas and Mudras?**

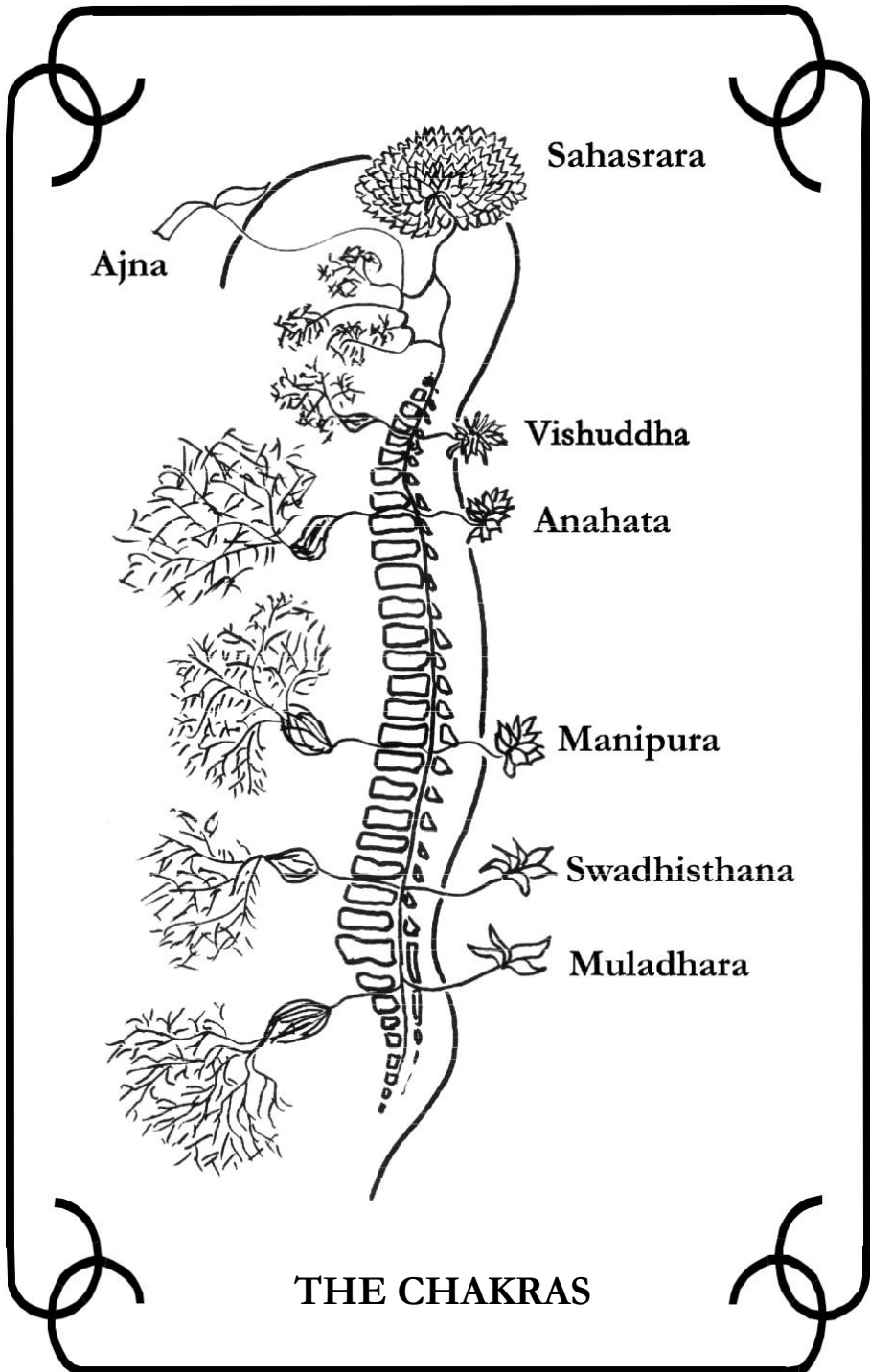
**Ans:**

These are advanced techniques to culture emotions and still the mind. They improve neuromuscular coordination and are useful in Pranayama Sadhana.

**Q.6. What are the classical Mudras mentioned in Gheranda Samhita?**

**Ans:**

Maha Mudra, Nabho Mudra, Uddiyana Bandha, Jalandhara Bandha, Moola Bandha, Maha Bandha, Maha Vedha, Kechari Mudra, Viparita Karani, Yoni Mudra, Vajroli Mudra, Saktichalani, Tadagi Mudra, Manduki Mudra, Sambhavi Mudra, Pancha Dharana, Aswini Mudra, Pasini Mudra, Kaki Mudra, Matangi Mudra, Bhujangini Mudra.



THE CHAKRAS



**Q.1. What are Chakras?**

**Ans:**

Vortices of Pranic energy located along the pathway of Sushumna Nadi. Chakras are primarily a Tantric concept. They are usually depicted as lotuses.

**Q.2. How many Chakras are there?**

**Ans:**

There are seven major Chakras. (Six lower Chakras plus Sahasrara). According to the teachings of Dr. Swami Gitananda Giri there are six lower (*pinda*) and six higher (*anda*) Chakras making a total of 12 Chakras. The Shiva Agamas also mention Dwadashantha in relation to Chakras. Many more minor Chakras are situated at vital junctions of the body.

**Q.3. Where are the Chakras located?**

**Ans:**

They are located in the psychic or energy body (Pranamaya Kosha or Sukshma Sharira). They are related to major nerve plexi and endocrine glands present in the physical body (Annamaya Kosha). They are connected to a network of psychic channels (Nadis). They are fully manifest in the Anandamaya Kosha (Karana Sharira)

**Q.4. In which Chakra is Kundalini said to reside?**

**Ans:** Mooladhara Chakra

**Q.5. Which book is considered the authority on Chakras?**

**Ans:** Shat Chakra Nirupana

**Q.6. Name the paths of Yoga that are related to Chakras.**

**Ans:** Kundalini Yoga and Laya Yoga.



**Q.1. What are the Pancha Koshas (The Five Sheaths)?**

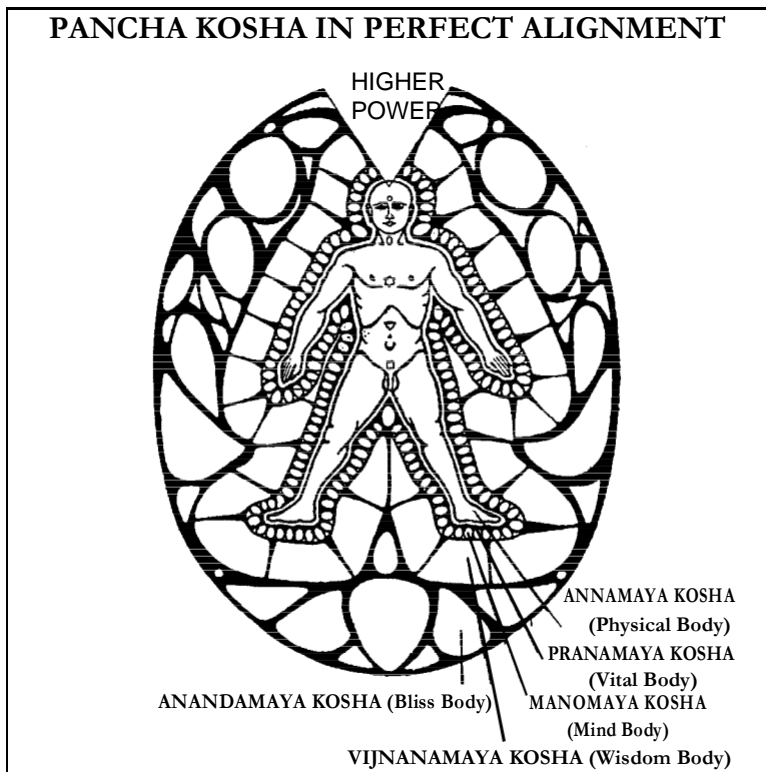
**Ans:**

Annamaya Kosha	- Physical Sheath
Pranamaya Kosha	- Energy Sheath
Manomaya Kosha	- Mind Sheath
Vijnanamaya Kosha	- Sheath of Intellect
Anandamaya Kosha	- Sheath of Eternal Bliss

**Q.2. How to correlate the Pancha Koshas with the three Sharira?**

**Ans:**

Sthula Sharira	- Annamaya Kosha
Sukshma Sharira	- Pranamaya, Manomaya and Vijnanamaya Koshas
Karana Sharira	- Anandamaya Kosha



**Q.3. What are the Chaturvidha Purusharthas?****Ans:**

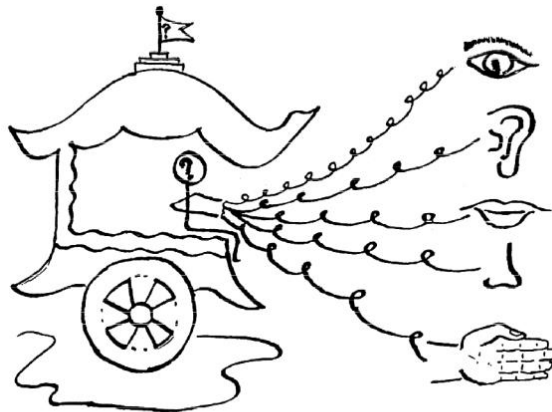
- Dharma - Righteousness or Righteous Living
- Artha - Worldly Success or Material Prosperity
- Kama - Sensory Fulfilment or Emotional Prosperity
- Moksha - Spiritual Fulfilment or Spiritual Prosperity

**Q.4. What are the Karmendriyas (senses of action)?****Ans:**

- Pada - Locomotion (Feet)
- Pani - Dexterity (Hands)
- Payu - Excretion (Rectum)
- Upastha - Reproduction (Genitals)
- Vaak - Speech (Mouth)

**Q.5. What are the Jnanendriyas (sense organs) and related Tanmatras (subtle elements)?****Ans:**

- |         |          |                             |
|---------|----------|-----------------------------|
| Shotra  | - Ears   | - Hearing (Shabda)          |
| Chakshu | - Eyes   | - Sight (Rupa)              |
| Grahna  | - Nose   | - Smell (Gandha)            |
| Jihva   | - Tongue | - Taste (Rasana)            |
| Tvak.   | - Skin   | - Cutaneous Sense (Sparsha) |

**YOGA IS HARNESSING THE SENSES**



**Q.6. Name the three bodies (Sharira) of man?****Ans:**

- |                         |                   |
|-------------------------|-------------------|
| Sthula Sharira          | - The Gross Body  |
| Sukshma Sharira         | - The Subtle Body |
| Karana or Linga Sharira | - The Causal Body |

**Q.7. What are the three Gunas (Trigunas)?****Ans:**

- |        |                                      |
|--------|--------------------------------------|
| Sattva | - Principle of Luminosity and Wisdom |
| Rajas  | - Principle of Activity and Passion  |
| Tamas  | - Principle of Inertia and Darkness  |

**Q.8. What is the state beyond the three Gunas?****Ans:** Nirguna**Q.9. What are the Sapta Dhatus (Seven Substances that make up the Human Body)?****Ans:**

Rasa (Chyle), Rakta (Blood), Maamsa (Flesh), Medas (Fat), Asthi (Bone), Majja (Marrow), Sukra (Semen)

**Q.10. What are the Tri Doshas (The Three Humors)?****Ans:**

- |                  |          |
|------------------|----------|
| Vata             | - Wind   |
| Pitta            | - Bile   |
| Kapha or Kleshma | - Phlegm |

**Q.11. What are the Shat Ripus (The Six Enemies of the Spirit)?****Ans:**

- |           |                  |
|-----------|------------------|
| Kama      | - Passion        |
| Krodha    | - Anger          |
| Lobha     | - Greed          |
| Moha      | - Infatuation    |
| Mada      | - Pride          |
| Maatsarya | - Malice or Envy |

**Q.12.What are the Antah Karana (Internal Processes)?****Ans:**

The internal processes-inner instruments-aspects of MIND are:

**Chitta**-the memory bank-the subconscious

**Manas**-the conscious mind

**Buddhi**-intellect-Possesses Viveka (discrimination) and has three important powers;

- i. Kriya Shakti - power of action
- ii. Jnana Shakti - power of wisdom
- iii. Iccha Shakti - power of will

**Ahamkara**-‘I am’ ness

- i. Impure- all is ME and MINE
- ii. Pure-all is mine through the Divine

**Q.13.What are the 14 Lokas-14 Planes of Consciousness?****Ans:**

A. HIGHER – 7

Bhuh Loka - Earth

Bhuvah Loka - Sky

Svah Loka - Heaven

Mahah Loka - Middle region

Janah Loka - Place of births

Tapah Loka - Mansion of the blessed

Satya Loka - Abode of truth

B. LOWER – 7 - NARAKA

Satala, Vitala, Mahatala, Rasatala, Talatala, Atala, Patala

**Q.14.What are the Four States of Awareness/Consciousness?****Ans:**

Jagrat - Wakeful State

Swapna - Dream State

Sushupthi - Deep Sleep

Thuriya - Total Awareness

**Q.15. What are some qualities of a Stitha Prajna according to Bhagavad Gita?**

**Ans:**

“Equal mindedness in all situations” is described as Stitha Prajna or Samabhava in the *Srimad Bhagavad Gita*. Yogeshwar Sri Krishna says that the man of Stitha Prajna has the following qualities: He is,

Beyond passion, fear and anger. (II.56)

Devoid of possessiveness and egoism. (II.71) Firm  
in understanding and unbewildered. (V.20)

Engaged in doing good to all beings. (V.25)

Friendly and compassionate to all. (XII.13)

Has no expectation, is pure and skillful in action. (XII.16)

**Q.16.What are the Pancha Deha Doshas (Five Blemishes of the Body)?**

**Ans:**

Kama - Sexual Desire

Krodha - Anger

Nihsvasa - Sighing

Bhaya - Fear

Nidra - Sleep

**Q.17.What are the primary instincts common to both animal and human nature?**

**Ans:**

Hunger

Procreative instinct

Fear

Sleep

**Q.18.What differentiates the human nature from the animal nature?**

**Ans:**

Intellect (Buddhi) and Consciousness (Manas)

According to Ammaji (Yogacharini Meenakshi Devi Bhavanani) the main differences between animal and human nature are

Consciousness, Control and Choice (the three 'C's)

**Q.19.What are the structural systems in Yoga according to****Yogamaharishi Dr. Swami Gitananda Giri?****Ans:**

Pujya Swamiji Gitananda Giri has described the **Nava Dhushyas** or nine factors that are the physical structural systems of the human body. He has also described the **Dwadasha Kramas** or the twelve systems of man that also takes into account the non physical aspects of the human functioning.

The **Nava Dhushyas** (Nine Physical Structural Systems) are:

Asthi	-	Bone Tissue
Maamsa	-	Muscle Tissue
Nadis	-	Channels of Nerve Energy
Rasa-Rakta	-	Circulation and Blood Components
Indriyas	-	Vital Organs
Granthis	-	Endocrine Glands
Meda	-	Adipose Tissue
Majjaa	-	Bone Marrow
Soma	-	Hormones including the higher Ojas, Tejas and Sukra

The **Dwadasha Kramas** include in addition to the Nava Dhushyas, the non-physical components of:

**Prana** - the cosmic catalyst associated with emotions. This includes the sub units of Prana Vayus (nerve currents), Prana Nadis (channels of Pranic flow), Prana Vahaka (nerve impulses), Prana Vahana (nerve fluids), Prana Vana (psychic vortexes associated with the Chakras), Prana Granthis (nodes of Prana) and Prana Bindus (foci of higher mental energy).

**Manas** - subconscious, conscious and superconscious mind including the Buddhi (intellect), Bindu (foci of consciousness), Loka (planes of consciousness), Mandala (etheric mental and energy patterns and fields)

**Chakra** - etheric energy nature associated with the nerves and glands of the physical body. It is also related to the psyche and Ahamkara. it also includes the psychic nature associated with the higher self or Atman



**Q.1. What are some important Yoga texts**

**Ans:**

*Patanjala Yoga Sutras, Bhagavad Gita, Yoga Vashishta, Shiva Samhita, Gheranda Samhita, Hatha Yoga Ratnaavali, Hatha Yoga Pradipika, Shiva Swarodaya, Prasnopanishad, Yoga Upanishads, Thirumandiram, Nathamuni's Yoga Rahasya and Shat Chakra Nirupana.*

**Q.2. What are the humane qualities that Maharishi Patanjali advises us to cultivate?**

**Ans:**

The attitudes to be cultivated (Samadhi Pada-33rd Sutra) are:

- |                     |  |
|---------------------|--|
| Maitri - Sukha      | : Friendliness towards those who are happy   |
| Karuna - Duhkha     | : Compassion towards those who are miserable |
| Mudhita - Punya     | : Cheerfulness towards the virtuous          |
| Upekshanam - Apunya | : Indifference towards the wicked            |

**Q.3. How many chapters are there in the Bhagavad Gita?**

**Ans:** Eighteen

**Q.4. What are the names of the Padas in the Yoga Sutras?**

**Ans:**

- Samadhi Pada
- Sadhana Pada
- Vibhuti Pada
- Kaivalya Pada

**Q.5. How many Sutras are there in the Yoga Sutras of Maharishi Patanjali?**

**Ans:** 196 / 195 verses or sutras

**Q.6. How can the Chitta Vrittis be classified**

**Ans:** Klishta and Aklishta (painful and non painful)



**Q.1. What are the Antaraaya (obstacles) or Chitta Vikshepa (disturbances to consciousness) to Yoga Sadhana?**

**Ans:**

Vyadhi	- Disease
Styaan	- Dullness
Samshya	- Doubt
Pramada	- Procrastination
Alasya	- Laziness
Avirati	- Worldly Mindedness
Branti-Darshan	- Illusion
Alabdhabhumikatva	- Inability to find any state of Yoga
Anavasthitatwa	- Inability to maintain a state of Yoga

**Q.2. What are the other obstacles that are mentioned by Patanjali following these mental obstacles?**

**Ans:**

Duhkha	- Pain
Daurmanasya	- Despair
Angamejayatva	- Tremors of the body
Swasa Praswasa	- Irregular breathing

**Q.3. How to overcome these obstacles?**

**Ans:** Om Japa, contemplation and surrender to the Divine

**Q.4. What are the types of disciples (Sadhakas) mentioned in Shiva Samhita?**

**Ans:**

Mridu	- The Feeble One
Madyama	- The Average One
Adhimatra	- The Superior One
Adhimatratma	- The Supreme One



**Q.1. List some of the physiological benefits of Yoga?**

**Ans:**

Stable autonomic nervous system equilibrium, with tendency toward parasympathetic nervous system dominance rather than the usual stress-induced sympathetic nervous system dominance

Pulse rate decreases

Respiratory rate decreases

Blood pressure decreases

Galvanic Skin Response (GSR) increases

EEG - alpha waves increase

Theta, delta, and beta waves also increase during various stages of meditation

EMG activity decreases

Cardiovascular efficiency increases

Respiratory efficiency increases

Respiratory amplitude and smoothness increase, tidal volume increases, vital capacity increases, breath-holding time increases

Gastrointestinal function normalizes

Endocrine function normalizes

Excretory functions improve

Musculoskeletal flexibility and joint range of motion increase

Posture improves

Strength and resiliency increase

Endurance increases

Energy level increases

Weight normalizes

Sleep improves

Immunity increases

Pain decreases

## **YOGA IN MODERN**

### **Q.1. Name some important Yoga scientists of India.**

Dr. B.K. Anand, AIIMS, New Delhi  
Prof. T.R. Anantaraman, BHU, Varanasi  
Dr. K. Arunachalam, Madurai  
Dr. T.K. Bera, Konavla  
Dr. M.V. Bhole, Kaivalyadhama  
Dr. Ramesh Bijlani, AIIMS, New Delhi  
Dr. B.T. Chidanandamurthy, Pune  
Dr. G.S. Chinna, New Delhi  
Dr. K.K. Datey, Mumbai  
Dr. T. Desiraju, NIMHANS  
Dr. Ganesh Shankar, Sagar University  
Dr. S.K. Ganguly, Kaivalyadhama  
Dr. M.L. Gharote, Kaivalyadhama  
Dr. Swami Gitananda Giri, Pondicherry  
Dr. K.S. Gopal, JIPMER, Pondicherry  
Dr. M.M. Gore, Kaivalyadhama  
Dr. K.S. Joshi, Pune  
Dr. P.V. Karambelkar, Kaivalyadhama  
Dr. Krishna Bhatt, Manipal  
Swami Kuvalayananda, Lonavla, Maharashtra  
Dr. Lajpat Rai, MDNIY, New Delhi  
Dr. Madanmohan, JIPMER, Pondicherry  
Dr. R. Nagarathna, sVYASA  
Dr. H.R. Nagendra, sVYASA  
Dr. M.V. Rajapurkar, Kaivalyadhama  
Dr. Venkata Reddy, Secunderabad  
Dr. B. Ramamurthy, Chennai  
Dr. W. Selvamurthy, DIPAS, New Delhi  
Dr. Shirley Telles, sVYASA  
Dr. R.H. Singh, BHU, Varanasi  
Dr. Subash Ranade, Pune  
Dr. K.N. Udupa, BHU, Varanasi  
Dr. S.L. Vinekar, Kaivalyadhama



**Q.2. Name some world famous eminent Yoga masters of Modern India.**

Brahmarishi Vishwatna Bawra

Swami Chidananda Saraswathi

Sri T.K.V. Desikachar

Swami Digambarji

Sri Direndra Brahmachari

Yogamaharishi Dr. Swami Gitananda Giri

Padma Bhushan BKS Iyengar

Swami Jyothirmayananda

Srila Sri Kambaliswamigal

Swami Kanakananda Brighu

Sri T. Krishnamacharya

Swami Kuvalayananda

Paramahamsa Swami Madavadas

Maharishi Mahesh Yogi

Sri Ma Yoga Shakti

Yogamani Meenakshi Devi Bhavanani

Swami Muktananda

Ramakrishna Paramahamsa

Sri Pattabi Jois

Sri Ramana Maharishi

Baba Ramdevji Maharaj

Swami Shivananda Saraswathi

Swami Satchitananda

Swami Satyananda Saraswathi

Swami Vishnudevananda

Swami Vivekananda

Paramahamsa Yogananda

Sri Yogendra Desai

**Q.3. Name some important Ashrams of Modern India.****Ans:**

Mata Amritananda's Ashram, Kerala  
Ananda Ashram, Kanangad, Kerala  
Ananda Ashram, Pondicherry  
Aurobindo Ashram, Pondicherry  
Swami Chinmayananda's Ashram, Sidbari  
Swami Dayananda's Ashram, Coimbatore, Tamil Nadu  
Gnanananda Tapovanam, Thirukoiloor, Tamil Nadu  
Swami Haridas's Ashram in Vandavasi, Tamil Nadu  
Swami Jyothirmayananda's Ashram in Ghaziabad, New Delhi  
Kaivalyadhama Yoga Ashram, Lonavla  
Patanjali Yoga Peeth, Haridwar  
Swami Muktananda's Ashram at Ganeshpuri  
Swami Rama's Ashram in Dehra Dun  
Ramakrishna Mission, Chennai, Tamil Nadu  
Ramana Ashram, Thiruvannamalai, Tamil Nadu Sri  
Ravishankar's Ashram in Bangalore  
Sri Sai Baba's Ashram in Puttapatti  
Sheshadri Swamigal Ashram, Thiruvannamalai, Tamil Nadu  
Shivananda Ashram, Rishikesh  
Vivekananda Kendra, Kanyakumari, Tamil Nadu  
The Yoga Institute, Mumbai  
Yoga Niketan, Rishikesh

**Q.4. Name some important institutions doing Yoga research in India.****Ans:**

CCRYN (Central Council for Research in Yoga and Naturopathy),  
Ministry of AYUSH, New Delhi  
AIIMS (All India Institute of Medical Sciences), New Delhi BHU  
(Banaras Hindu University), Varanasi, UP  
DIPAS (Defense Institute of Physiology and Allied Sciences), New  
Delhi

ICYER (International Centre for Yoga Education and Research), Pondicherry  
JIPMER (Jawaharlal Institute of Postgraduate Medical Education and Research), Pondicherry  
Kaivalyadhama, Lonavla, Maharashtra  
Krishnamacharya Yoga Mandiram, Chennai  
Morarji Desai National Institute for Yoga, New Delhi  
NIMHANS (National Institute of Mental Health and Neuro Science), Bangalore  
Patanjali Yoga Peeth, Haridwar  
sVYASA (Swami Vivekananda Yoga Anusandhana Samsthana), Formerly VK Yogas, Bangalore  
Vemana Yoga Research Centre, Secunderabad, Andhra Pradesh  
The Yoga Institute, Santa Cruz, Mumbai  
CYTER, MGMCRI, Pondicherry

**Q.5. Name some important Yoga institutions in India.**

**Ans:**

Ananda Ashram (ICYER), Pondicherry  
Asana Andiappan Yoga Institute, Chennai  
Ashtanga Yoga Research Centre, Mysore  
Bihar School of Yoga (Bihar Yoga Bharathi), Monger, Bihar  
Divine Life Society (Sivananda Ashram), Rishikesh  
Indian Academy of Yoga, BHU, Varanasi  
Kaivalyadhama Ashrama, Lonavla  
Krishnamacharya Yoga Mandiram, Chennai  
Morarji Desai National Institute for Yoga, New Delhi  
Ramamani Iyengar Yoga Institute, Pune  
Sivananda Ashram, Nayar Dam, Kerala  
sVYASA University (VK Yogas), Bangalore  
The Yoga Institute, Santa Cruz, Mumbai



**Q.1. What is Yoga Sport?**

**Ans:**

The competitive aspect of Yoga in relation to individuals or teams is known as Yoga sport. Various events have been conducted since the past few decades all over India and the world and the first International Yoga championship was held at Pondicherry in 1989 by Swami Gitananda Giri under the patronage of Vishwa Yoga Samaj. Since then more than 25 international championships have been held all over the world.

**Q.2. Name some important founding fathers of the Yoga Sport movement.**

**Ans:**

Yogamaharishi Dr. Swami Gitananda Giri  
Yogiraj Dhyan Dhar  
Kriya Yogi Bishnu Gosh  
Shri Krishna Kisore Das  
Shri MS Viswanath  
Yogacharya Gurupriya Giri  
Shri Fernando Estevez Griego (Swami Maitreyananda)

**Q.3. Name some important associations and federations of Yoga Sport.**

**Ans:**

International Yoga Federation  
World Yoga Council  
International Council for Yoga Sport  
Asian Union of Yoga  
Yoga Confederation of India  
Indian Yoga Federation

Yoga Federation of India

South India Yoga Federation

North India Yoga Federation

State Yoga Associations are functioning and organizing Yoga

Sport events all over the country and are especially active in

Pondicherry, Haryana, West Bengal, Karnataka, Delhi, Orissa,

Maharashtra, Gujarat and Tamil Nadu.

**Q.4. When and where was the First International Yoga Championship held?**

**Ans:**

1989 at Pondicherry, India.

**Q.5. What are some differences between Yoga and sports?**

**Ans:**

YOGA	SPORTS
Parasympathetic dominance Slow and static movements Muscle tone is normalized Low calorie consumption Low risk of injury Effort –minimum and relaxed Energizing activity Natural and controlled breathing Balanced activity of opposing muscle groups Process oriented Focus is on internal awareness Infinite possibilities for growth in self-awareness	Sympathetic dominance Rapid and forceful movements Increased muscle tension Higher calorie consumption Higher risk of injury Effort –maximum and tense Fatiguing activity Breathing is taxed  Imbalanced activity of opposing muscle groups Goal oriented Focus is on external awareness  Boredom factor as there is no higher philosophy or goal than the body

## BANE OF LIVING

### Q.1. What is Stress?

**Ans:**

"Stress is an altered state of body and mind from normal homeostatic conditions that is caused due to extrinsic or intrinsic factors"

" Stress is an exaggerated response to internal or external stimulus"

### Q.2. What are the stages in the stress reaction?

**Ans:**

Stage of Alarm

Stage of Resistance

Stage of Exhaustion

### Q.3. What are the phases in development of stress disorders?

**Ans:**

Psychic phase

Psychosomatic phase

Somatic phase and

Organic phase

### Q.4. Name some disorders caused or aggravated by stress?

**Ans:**

Hypertension, Bronchial Asthma, Diabetes Mellitus, Colitis, Migraine,

Thyrotoxicosis, Atherosclerosis, Peptic Ulcers and Autoimmune disorders

### Q.5. How does the Bhagavad Gita describe the stress response?

**Ans:**

In Chapter Two (*Samkhya Yoga*), in Verse 62 and 63, the pattern of behaviour (stress response) is given that ultimately leads to the destruction of man.

Verse 62: "Brooding on the objects of the senses, man develops attachment to them; from attachment (*Sangha or Chanuraaga*) comes desire (*Kama*) and from unfulfilled desire, anger (*Krodha*) sprouts forth."

Verse 63: "From anger proceeds delusion (*Moha*); from delusion, confused memory (*Smriti Vibramah*); from confused memory the ruin of reason and due to the ruin of reason (*Buddhi Naaso*) he perishes."

**Q.6. What method is given in the Bhagavad Gita to combat stress?**

**Ans:**

In verse 64 of the second chapter, Lord Krishna also gives us a clue to equanimity of mind (*Samatvam*) and how to become a person settled in that equanimity (*Stitha Prajna*) who is not affected by the opposites (*Dwandwa*).

He says,

"But the disciplined Yogi, moving amongst the sensory objects with all senses under control and free from attraction (*Raaga*) and aversion (*Dwesha*), gains in tranquility."

**Q.7. Give the full forms of the following stress management programmes.**

**Ans:**

- IRT - Instant Relaxation Technique
- QRT - Quick Relaxation Technique
- DRT - Deep Relaxation Technique
- SMET - Self-Management of Excessive Tension

**Q.8. Give brief concept of the following stress management programmes.**

**Ans:**

- IRT - Stretch and relax in Shavasana
- QRT - Breathing with feeling
- DRT - Part by part relaxation with Akara, Ukara and Makara chanting
- SMET - Alternate stimulation and relaxation combination

**Q.9. Give the three stages of QRT.**

**Ans:**

- Observation of abdominal muscle movement
- Synchronization with breathing
- Breathing with feeling



1. **Who is the codifier of 'Yoga Darshana'?**  
**Ans:** Maharishi Patanjali
2. **Who is the author of the 'Hatha Pradipika'?**  
**Ans:** Yogi Swatmarama Suri
3. **Where is the famous Yoga centre Kaivalyadhama located?**  
**Ans:** Lonavla
4. **In which city is the Sri Krishnamacharya Yoga Mandiram located?**  
**Ans:** Chennai
5. **Where in South India can you expect to find a depiction of Patanjali?**  
**Ans:** Chidambaram
6. **What year was the First International Yoga Festival held by Government of Pondicherry Tourism Dept?**  
**Ans:** 1993
7. **Which Mudra is used in Bhramari Pranayama?**  
**Ans:** Shanmuki or Yoni Mudra
8. **Which Mudra helps in cases of neck pain?**  
**Ans:** Brahma Mudra
9. **A topsy-turvy Mudra that is useful in Diabetes.**  
**Ans:** Viparita Karani Mudra
10. **According to the Hatha Pradipika the best of all Mudras is ?**  
**Ans:** Kechari Mudra



11. **Mudra where both eyes are fixated on mid point between eyebrows? Ans:** Sambhavi Mudra
12. **In Sadanta Pranayama, air is inhaled via \_\_\_\_\_ and exhaled via \_\_\_\_\_.**  
**Ans:** In through the teeth and out via the nose
13. **In Surya Bhedana, the air is exhaled through which nostril.**  
**Ans:** Left nostril
14. **Name the four components of Pranayama. Ans:**  
Puruka, Kumbhaka, Rechaka and Shunyaka
15. **Name the 3 types of Kumbhakas.**  
**Ans:** Antara, Bahira and Kevala Kumbhakas
16. **Which Pranayama purifies all the 72,000 Nadis?**  
**Ans:** Nadi Shuddhi
17. **Inhalation and exhalation are through which nostril in Chandra Anuloma Pranayama?**  
**Ans:** Left nostril
18. **Name some important Yoga texts**  
**Ans:** Patanjala Yoga Sutras, Bhagavad Gita, Yoga Vashistha, Shiva Samhita, Gheranda Samhita, Hatha Yoga Pradipika, Shiva Swarodaya, Yoga Upanishads
19. **Which the Kriya can also be called a Pranayama?**  
**Ans:** Kapalabhati
20. **The King of Asanas is \_\_\_\_\_.**  
**Ans:** Shirshasana
21. **Who is the Goddess of Knowledge?**  
**Ans:** Goddess Saraswathi

**161. What is Tittibasana?**

**Ans:** Butterfly pose

**162. What does Garudasana mean?**

**Ans:** The pose dedicated to the eagle vehicle of Lord Vishnu

**163. What does the term “Hatha Yoga” mean?**

**Ans:** The physical science of balancing the positive and negative energies of the body

**164. Which Bhakti leader used the medium of dance and song to make one feel the personal presence of God near him?**

**Ans:** Chaitanya Maha Prabhu

**165. ‘Kumbha Mela’ is celebrated every twelve years in four cities of India. What are they?**

**Ans:** Prayag, Haridwar, Ujjain and Nasik

**166. Which is the source of information about ten incarnation of Vishnu?** **Ans:** Vishnu Purana

**167. Who is the founder of Vishistadvaita?**

**Ans:** Sri Ramanuja

**168. Who propounded Dvaita?**

**Ans:** Madwacharya

**169. Name some Yoga practices related to the animal kingdom Ans:**

Ushtrasana, Sashahasana, Vyagrasana, Chatus Padasana, Marjariyasana, Adomuka Swanasana, Vrishabasana, Gopucchhasana, Urdhwa Mukha Swanasana, Vyagraha Pranayama, Simhasana, Kukriya Pranayama, Gaja Karani, Matangi Mudra, Aswini Mudra, Gomukasana, Vatayanasana etc

**170. Name some Yoga practices related to the reptiles and amphibians**

**Ans:** Sarpasana, Sarpa Kriya, Bhujangasana, Vrishchikasana, Bhujangini Mudra, Kurmasana, Makarasana, Bhekasana, Mandukasana etc

**171. Name some Asanas related to birds**

**Ans:** Kukkutasana, Kapinjalasana, Garudasana, Kakasana, Krounchasana, Raja Kapotasana, Hamsasana, Bakkasana, Mayurasana, Padma Mayurasana, Kokilasana, Chakorasana, Pincha Mayurasana etc

**172. Name some Asanas related to numbers**

**Ans:** Chatus Pada Asana, Dwipada Uttanasana, Ekapada Sirasasana, Ashtanga Bhumi Sparshasana, Chatur Dandasana, etc

**173. Name some Asanas related to Rishis**

**Ans:** Vasishtasana, Vishwamitrasana, Kapilasana, Matsyendrasana, Ashtavakrasana, Dhruvasana, Galavasana, Ruchikasana, Marichyasana, Bharatwajasana, Kashyapasana, Koundinyasana, etc

**174. Name some Asanas related to human qualities and activities**

**Ans:** Ratacharyasana, Ashva Sanchalanasana, Virasana, Brahmacharyasana, Akarna Dhanurasana, Siddhasana, Dharmikasana, Shavasana, Sukhasana, Garbapindasana, Shirasasana, Hastasana, Bhadrasana, etc

**175. Name some Asanas related to objects**

**Ans:** Sethubandasana, Meru Asana, Chakrasana, Halasana, Trikonasana, Dhanurasana, Parighasana, Pashasana, Malasana, Vajrasana, Vrikshasana, Navasana, Stambam Asana, Dandasana, Ardha Chadrasana, etc

**176. Name some Asanas related to the plant kingdom?**

**Ans:** Padmasana, Vrikshasana, Talasana, Nalina Asana, etc

**177. Name some Asanas related to shapes?**

**Ans:** Trikonasana, Baddhakonasana, Parshvakonasana, Ardha Chakrasana, Chakrasana, Upavishtakonasana, Ardha Chandrasana, Ardha Kati Chakrasana etc

## QUIZ

1. Who was the commander of King Virata's army, killed by Bhima for molesting Draupadi in the Matsya Kingdom?- **Keechaka**
2. Which Asura in the form of a boar did Lord Shiva and Arjuna kill at the same time? **Mooka**
3. Uttara is the son of? **Virata the Matsya King**
4. Who killed Jarasandha? **Bhima**
5. Celestial fathers of Nakula and Sahadeva-**Aswini Twins**
6. Celestial father of Arjuna- **Indra**
7. Who was the mother of the Kouravas? **Ghandhari**
8. Celestial father of Yudhishtira-**Yama**
9. Who cursed Arjuna to become a eunuch for a period of time? – **Urvashi**
10. Who taught Arjuna the art of music and dance in Amaravathi?- **Chitrasena**
11. Celestial father of Karna-**Surya**
12. Father of the Kouravas-**Dhritarashtra**
13. Son of Dushanta and Shakuntala?-**Bharata**
14. Who is the Guru in mace warfare for Bhima and Duryodhana? **Balarama**
15. Who is the brother of Draupadi?-**Dhrishtadyumna**
16. Who was the father of Bheeshma?-**Shantanu**
17. Karna's foster father?-**Adhiratha, the charioteer**
18. Who was the mother of Veda Vyasa?-**Satyavathi**
19. Who asked Karna for the Kavacha and Kundala? **Indra**
20. A King who Krishna forgave 100 times but finally beheaded-who is he? **Shishupala**
21. The Rakshasha son of Bhima?-**Ghatotkacha**

22. This student cut off his thumb for Dronacharya. Who is he? -  
**Ekalavya**
23. Who killed all the sons of the Pandavas at night at the end of the Mahabharata? **Ashwathama**
24. A lady burned Yudhisra's toes. Who was she? **Gandhari**
25. Sage Parasara is the father of? - **Veda Vyasa**
26. Who was the Guru for the Pandavas before Dronacharya? -  
**Kripacharya**
27. Father of Draupadi—**Drupada**
28. Arjuna's wife who was the daughter of the Naga King-**Uloopi**
29. Arjuna's son by Chitrangada-**Babhuvahana**
30. Subhadra's son-**Abimanyu**
31. This king was going to help the Pandavas but was tricked by Duryodhana into becoming Karna's charioteer. Who was he?  
**Shalya**
32. What question did Draupadi ask when she was summoned to the court? - **She asked whether Yudhishtira lost her or himself first**
33. What promise did Karna make to Kunthi? **That he would not kill any of the Pandavas except Arjuna.**
34. Who was the Commander-in-chief of the Pandava army?  
**Dhrishtadyumna**
35. Who was the Asura that was spared by Krishna and Agni in the Khandava forest because Arjuna had given him protection? –  
**Maya**
36. Who was born with three eyes and four arms? **Shishupala**
37. Who dragged Draupadi to the court? - **Duhshasana**
38. Who was the person used as a shield to kill Bheeshma? -  
**.Shikandi**
39. Which son of Dhritarashtra objected to Draupadi being brought to the court as a slave? – **Vikarna**
40. Where did Bhima meet Hanuman? - **Gandhamadana forest**
41. Where did Arjuna reunite with his brothers after 5 years in heaven? - **Gandhamadana forest**

42. Where did Shiva fight Arjuna? - **Himalayas**
43. Kingdom gifted to Karna by Duryodhana - **Anga**
44. What was the kingdom ruled by Pandu known as? - **Hastinapura**
45. Drupada was the king of — **Panchala**
46. Where was Duryodhana captured by the Gandharvas and then freed by the Pandavas? **Dwaitavana**
47. Name of the town where Duryodhana tried to burn the Pandavas - **Varanavata**
48. Who built the inflammable mansion for the Pandavas as ordered by Duryodhana? - **Purochana**
49. The Rakshasha whose sister married Bhima - **Hidimba**
50. In which city did Bhima kill the Rakshasha called Baka? - **Ekachakra**
51. City built by the Pandavas - **Indraprastha**
52. Shishupala belonged to which Kingdom? - **Chedi**
53. Where did Duryodhana mistake floor for a pond and a pond for a floor? - **In the palace built for Yudhishtira by Maya Asura at Indraprastha**
54. Kingdom where the Pandavas spent the 13<sup>th</sup> year of exile? **Matsya**
55. What is the relationship between Nakula and Bhima? **Step Brothers**
56. What is the relationship between Madhri and Kunthi? **Both had same husband**
57. What is the relationship between Duryodhana and Yudhistira? **Cousins**
58. What is the relationship between Nakula and Sahadeva? **Twin brothers**
59. What is the relationship between Arjuna and Krishna? **Brother-in law**
60. What is the relationship between Arjuna and Bheeshma? **Nephew and grand uncle**
61. What is the relationship between Ganga and Bheeshma? **Mother son**



**A. TRANSLATE THE FOLLOWING:**

1. Vatayanasana - **Horse face pose**
2. Noukasana - **Boat pose**
3. Dhanurasana - **Bow pose**
4. Kapotasana - **Pigeon pose**
5. Kukkutasana - **Rooster / Cock pose**
6. Halasana - **Plough pose**
7. Sarvangasana - **Shoulder stand**
8. Paschimottanasana - **Posterior stretch / back stretch pose**
9. Kokilasana - **Cuckoo pose**
10. Utkatasana - **Squat pose / Powerful pose**
11. Bhujangasana - **Cobra pose**
12. Sashahasana - **Rabbit pose**
13. Matsyasana - **Fish pose**
14. Adho Mukha Swanasana - **Downward facing dog pose**
15. Bhikasana - **Frog pose**
16. Bakkasana - **Crane pose**

**B. ANSWER THE FOLLOWING**

1. Who said, "Yoga is 4 fold awareness?"  
**Yogamaharishi Dr. Swami Gitananda Giri**
2. What is Samyama?  
**Dharana + Dhyana + Samadhi**
3. What is Kriya Yoga?  
**Tapas, Swadhyaya and Ishwara Pranidhana together are known as Kriya Yoga.**
4. What is Adhikara Yoga?  
**Yama and Niyama together are known as Adhikara Yoga.**

5. Bhagavad Gita says "Samatvam \_\_\_\_\_".  
**Samatvam yoga uchyate**
6. Bhagavad Gita says "Duhkha \_\_\_\_\_".  
**Duhkha samyoga viyogam, yoga sangnitam**
7. Bhagavad Gita says "Yogah \_\_\_\_\_".  
**Yogah karmasu koushalam**
8. Patanjali's definition of Yoga is \_\_\_\_\_.  
**Yogah chittavritti nirodhah**
9. The 'Root' word of Yoga is \_\_\_\_\_.  
**Yuj**
10. Man of equanimity is called as (B.G) \_\_\_\_\_.  
**Stitha Prajna**
11. What is a Mudra?  
**A seal for energy**
12. What is a Bandha?  
**A lock for energy**
13. Define Asana as per Patanjali Yoga Sutras.  
**Sthira sukham asanam**
14. Swami Gitananda said that Yoga is Evolution. What type of evolution is it?  
**Conscious evolution**
15. List the Karmendriyas?  
**Pada (Feet), Pani (Hands), Payu (Excretion), Upastha (Reproduction), Vaak (Speech)**
16. List the Chitta Vrittis.  
**Pramana (right knowledge), Viparyaya (wrong knowledge), Vikalpa (imagination), Nidra (sleep), Smrithi (memory).**
17. What is Prana?  
**Vital cosmic catalyst / energy**
18. List states of the Chitta.  
**Mudha (dull), Kshipta (totally distracted), Vikshipta (partially distracted), Ekagratha (one pointed). Niruddha (controlled)**



19. Name the Kleshas.  
**Avidya (ignorance), Asmita (ego), Raaga (attraction), Dwesha (repulsion), Abinivesha (clinging to life)**
20. How to destroy the Kleshas.  
**Kriya Yoga, the Yoga of Purification**
21. What happens when the Chittavrittis are controlled?  
**Then the seer rests in his essential nature (*Thada drishtu swarupe avasthanam*)**
22. Number of Petals in Mooladhara.  
**Four**
23. Which endocrine gland corresponds to Mooladhara Chakra?  
**Gonads**
24. Which nerve plexus corresponds to the Manipura Chakra?  
**Solar plexus**
25. Anahata means \_\_\_\_\_?  
**Unstruck sound**
26. The shape of Mooladhara is \_\_\_\_\_.  
**Cube / square**
27. Name the three Gunas.  
**Tamas, Rajas, Satvas**
28. Which element (Pancha Maha Bhutas) is related to Swadhisthana Chakra?  
**Water (Apas)**
29. What happens if one perfects Ishwara Pranidhana?  
**One attains Samadhi**
30. Name components of the Bandha Trayam.  
**Jalandhara, Uddiyana and Moola Bandhas**
31. What are the Upa Prana Vayus?  
**Naga, Kurma, Krikara, Devadutta and Dhananjaya**

### **C. NAME THE AUTHORS:**

1. Name the author of the '*Yoga Darshana*'  
**Maharishi Patanjali**



## **MODEL THEORY PAPER - I**

### **FILL IN THE BLANKS**

1. *Satya* belongs to the *Pancha*\_\_\_\_\_.
2. *Soucha* belongs to the *Pancha*\_\_\_\_\_.
3. The last three limbs of *Ashtanga Yoga* are known together as \_\_\_\_\_.
4. The three *Gun*as are *Tamas*, *Rajas* and \_\_\_\_\_.
5. The *Yoga Sutras* have \_\_\_\_\_ verses (*sutras*).
6. The *Yoga Sutras* were given by \_\_\_\_\_.
7. The first *Chakra* is \_\_\_\_\_.
8. We can control the *Chitta Vrittis* by *Abyasa* and \_\_\_\_\_.
9. *Kriya Yoga* consists of \_\_\_\_\_, *Swadhyaya* and *Ishwara Pranidhana*.
10. A *Mudra* is \_\_\_\_\_ for energy.
11. The mother *Klesha* is \_\_\_\_\_.
12. The *Kleshas* can be destroyed by \_\_\_\_\_.
13. The energy sheath / body is the \_\_\_\_\_ *Kosha*.
14. The three bodies are the *Sthula Sharira*, \_\_\_\_\_ and the *Karana Sharira*.

### **MATCH THE FOLLOWING**

- |                         |                                 |
|-------------------------|---------------------------------|
| 15. <i>Ahimsa</i>       | a. Memory                       |
| 16. <i>Tapas</i>        | b. Non-stealing                 |
| 17. <i>Vibhuti Pada</i> | c. <i>Niyama</i>                |
| 18. <i>Ekagratha</i>    | d. Non-coveted ness             |
| 19. <i>Vikshipta</i>    | e. Truthfulness                 |
| 20. <i>Vikalpa</i>      | f. Cleanliness                  |
| 21. <i>Smrithi</i>      | g. <i>Yama</i>                  |
| 22. <i>Viparyaya</i>    | h. Contentment                  |
| 23. <i>Anumana</i>      | i. Self Analysis                |
| 24. <i>Asteya</i>       | j. <i>Yoga Sutras</i>           |
| 25. <i>Aparigraha</i>   | k. One pointed mind             |
| 26. <i>Satya</i>        | l. Partially distracted mind    |
| 27. <i>Soucha</i>       | m. Imagination                  |
| 28. <i>Santhosha</i>    | n. <i>Chittavritti</i>          |
| 29. <i>Swadhyaya</i>    | o. Inference of right knowledge |

### **TRUE OR FALSE ?**

30. *Asana* is the first step of *Ashtanga Yoga*.

31. The *Yoga Sutras* has 196 verses.
32. *Mudha* means intelligent mind.
33. *Niruddha* means no mind at all.
34. The *Chittavritti Vikalpa* means to sleep.
35. The *Chittavritti Viparyaya* means wrong knowledge.
36. *Agama* is a method to attain *Pramana* or real knowledge.
37. *Yama* and *Niyama* are known as *Adhikara Yoga*.
38. The mother *Klesha* is *Avidya*.
39. *Asmita*, *Raaga* and *Dwesha* are *Kleshas*.
40. *Bhramari* is a *Kriya*.
41. *Alasya* is a *Pranayama*.
42. *Kunjala* is a type of *Pranayama*.
43. *Prasupta* and *Udaaranaam* are states of the *Kleshas*.
44. The gross body is the *Sthula Sharira*.
45. *Grahna* is the nose and the sense of smell.
46. *Yama*, *Niyama* and *Asana* are known together as *Samyama*.
47. *Ahimsa*, *Satya*, *Tapas*, *Brahmacharya* and *Asteya* are the five *Yamas*.
48. The most important *Asana* is *Padmasana*.
49. *Mudra* means a breathing practice.
50. Yoga is just an exercise.

### **MODEL PAPER - II**

1. The sense organs are known as the \_\_\_\_\_ in *Sanskrit*.
2. The *Sahasrara Chakra* has \_\_\_\_\_ petals.
3. Yoga is one of the six \_\_\_\_\_ of *Sanathana Dharma*.
4. *Nauli* is one of the six \_\_\_\_\_.
5. The *Chaturvidha Purusharthas* are *Dharma*, *Artha*, *Kama* and \_\_\_\_\_.
6. Obstacles to *Sadhana* can be overcome by \_\_\_\_\_ and contemplation of God.
7. *Bandha Trayam* consists of *Moola Bandha*, *Uddiyana Bandha* and \_\_\_\_\_.
8. Yoga is \_\_\_\_\_ in action.
9. Yoga is \_\_\_\_\_ evolution.
10. The 4<sup>th</sup> *Pada* in the *Yoga Sutras* is the \_\_\_\_\_ *Pada*.

**MATCH THE FOLLOWING**

- |                             |  |
|-----------------------------|--|
| 11. 84,00,000               | a. Attraction                            |
| 12. <i>Bandha</i>           | b. Energy sheath                         |
| 13. <i>Asmita</i>           | c. Fully expanded state of <i>Klesha</i> |
| 14. <i>Raaga</i>            | d. Dormant state of <i>Klesha</i>        |
| 15. <i>Abinivesha</i>       | e. Sheath of eternal bliss               |
| 16. <i>Prasupta</i>         | f. <i>Asanas</i>                         |
| 17. <i>Udaaranaam</i>       | g. The skin (Cutaneous sense)            |
| 18. <i>Annamaya Kosha</i>   | h. Lock for energy                       |
| 19. <i>Pranamaya Kosha</i>  | i. Ego                                   |
| 20. <i>Anandamaya Kosha</i> | j. Use of the feet                       |
| 21. <i>Kaarana Sharira</i>  | k. Speech                                |
| 22. <i>Chakshu</i>          | l. The causal body                       |
| 23. <i>Tvak</i>             | m. Clinging to life                      |
| 24. <i>Pada</i>             | n. Physical sheath                       |
| 25. <i>Vak</i>              | o. The eyes (sense of sight)             |

**TRUE OR FALSE ?**

26. *Jihva* is the tongue and the sense of taste.
27. *Payu* is the *Karmendriya* of excretion.
28. *Manipura* is the third *Chakra*.
29. *Anahata Chakra* is the centre of un-struck sound.
30. *Sahasrara* has 100 petals.
31. *Yoga*, *Vedanta* and *Mimamsa* are part of the *Shat Dharshanas*.
32. *Trataka* is one of the *Shat Karmas / Kriyas*.
33. *Pranayama* means the control of body.
34. *Tapas* is one of the *Pancha Yama*.
35. *Dharma*, *Artha*, *Kama* and *Moksha* are the *Chaturvidha Purusharthas*.
36. The lower *Samadhi* is *Nirbhija Samadhi*.
37. The planes of lower *Samadhi* include *Vitarka and Vichara*.
38. *Vyadhi*, *Styaan* and *Samshya* are *Antaraaya*.
39. Worldly mindedness (*Avirati*) is not an obstacle to *Yoga Sadhana*.
40. *Murccha* and *Plavini* are not in the eight classical *Kumbhakas*.
41. *Surya Bhedana* is a standing *Asana*.
42. *Nyaya* is the name of one of the *Chakras*.
43. *Pani* is one of the *Jnanendriyas*.
44. *Vak* is a *Karmendriya*.
45. *Linga Sharira* is the subtle body.