







18. Simple interest on a certain amount is  $\frac{9}{16}$  of the principal. If the number representing the rate of interest in percent and time in years be equal, then time, for which principal is lent out is  
 A)  $5\frac{1}{2}$  years                  B)  $6\frac{1}{2}$  years                  C) 7 years                  D)  $7\frac{1}{2}$  years
19. Fresh watermelons contain 90% water by weight whereas dry watermelons contain 20% water by weight. What is the weight of dry watermelon obtained from 20 kgs of fresh watermelon ?  
 A) 2.4 kg                                  B) 2 kg  
 C) 2.5 kg                                  D) Cannot be determined
20. A, B and C together earn Rs. 300 per day, whereas A and C together earn Rs. 188 and B and C together earn Rs. 152. The daily earning of C is  
 A) Rs. 40                  B) Rs. 68                  C) Rs. 112                  D) Rs. 150
21.  $1307 \times 1307 = ?$   
 A) 1601249                  B) 1607249                  C) 1701249                  D) 1708249
22. If green means red, red means yellow, yellow means blue, blue means orange and orange means green, what is the colour of clear sky ?  
 A) Blue                  B) Red                  C) Yellow                  D) Green
23. Lakshmi and Meena are Rohan's wives. Shalini is Meena's step-daughter. How is Lakshmi related to Shalini ?  
 A) Sister                  B) Mother-in-law                  C) Mother                  D) Step-mother
24. Statements :
- I. The government has allowed private airline companies in India to operate to overseas destinations.  
 II. The national air carrier has increased its flights to overseas destinations.  
 A) Statement I is the cause and statement II is its effect  
 B) Statement II is the cause and statement I is its effect  
 C) Both the statements I and II are independent causes  
 D) Both the statements I and II are effects of independent causes
25. Abduction is related to Kidnapping in the same way as Larceny is related to ?  
 A) Theft                  B) Crime                  C) Blackmail                  D) Sin



PART – B

26. The literal meaning of Yoga has a Sanskrit root 'yuj', which means  
A) Addition  
B) Summation  
C) Union  
D) Multiplication
27. Hathayogapradipika is the contribution of  
A) Patanjali  
B) Svamarama  
C) Gheranda  
D) Budha
28. The literal meaning of 'Titiksha' in Sanskrit is  
A) Forgiving  
B) Forbearance  
C) Forbidden  
D) None of the above
29. The word 'Viveka' refers to  
A) Perception  
B) Imagination  
C) Discrimination  
D) Cognition
30. Which of the following is one of the branches of 'Agamas' ?  
A) Jainism  
B) Shaivism  
C) Buddhism  
D) None of the above
31. \_\_\_\_\_ is a sense of certainty and belief in one's guru (teacher), the scriptures and the yogic path.  
A) Shama  
B) Dama  
C) Upariti  
D) Shraddha
32. \_\_\_\_\_ is the location of our Ajna chakra.  
A) Crown of the head  
B) Eyebrow centre  
C) Base of throat  
D) Heart
33. Which of the following is not a Bhava in Bhakti ?  
A) Santa bhava  
B) Dasya bhava  
C) Shakti bhava  
D) Vatsalya bhava
34. Which of the following is not a limb of Raja yoga according to Patanjali ?  
A) Asana  
B) Pranayama  
C) Mudra  
D) Pratyahara



35. Asana must be \_\_\_\_\_ according to Patanjali.  
A) Steady and comfortable  
B) Slow and steady  
C) Attaining absolute comfort  
D) Attaining only steadiness
36. Dhyana eventually leads to Samadhi and  
A) Self-motivation  
B) Self enhancement  
C) Self-encouragement  
D) Self-wisdom
37. By performing which Asana, a deadly poison like substance can be destroyed according to Hathayogapradipika ?  
A) Kukutasana  
B) Koormasana  
C) Mayurasana  
D) Dhanurasana
38. Through the practice of \_\_\_\_\_ (Asana), the three Bandhas happen by itself.  
A) Simhasana  
B) Padmasana  
C) Swastikasana  
D) Siddhasana
39. Which of the following Mahabhuta represents to solidity ?  
A) Agni  
B) Apa (Jala)  
C) Prithvi  
D) Akasa
40. 'Rasa' is the tanmatra of  
A) Earth  
B) Water  
C) Fire  
D) Air
41. Which of the following Kosha is shaped by diet, senses and interaction with material world ?  
A) Annamaya  
B) Pranamaya  
C) Manomaya  
D) Vijnanamaya
42. Which of these is not one of the main four Vedas ?  
A) Rig veda  
B) Samaveda  
C) Atharvaveda  
D) Ayurveda
43. Who amongst these is not an Acharya in the traditional sense of term 'Acharya' ?  
A) Shankara  
B) Ramanuja  
C) Shri Aurobindo  
D) Vallabha
44. Which of the following is not a state of consciousness ?  
A) Jagrata  
B) Svapna  
C) Susupti  
D) Nidra



45. Which of the following yoga practice deepens and ease the flow of vital life energy and calm the mind ?
- A) Asana  
B) Pranayama  
C) Pratyahara  
D) Dharana
46. \_\_\_\_\_ is a mental state in which the sensual craving is dead.
- A) Satya  
B) Ahimsa  
C) Asteya  
D) Aparigraha
47. The one-pointed mind influenced by pure Sattva is able to withdraw from all objects is \_\_\_\_\_ (Chittabhumi).
- A) Ksipta  
B) Viksipta  
C) Mudha  
D) Ekagra
48. \_\_\_\_\_ is considered as a good and virtuous action.
- A) Nishkama karma  
B) Akarma  
C) Vikarma  
D) Ugrakarma
49. Which of the following gives success to an aspirant of Hatha yoga ?
- A) Over eating  
B) Over exertion  
C) Socializing  
D) Determination
50. According to Hatha yoga, Asana gives steadiness, health and
- A) Heaviness  
B) Lightness  
C) Vividness  
D) Feeling of void
51. Siddha, Padma, Simha and \_\_\_\_\_ Asanas are the best as mentioned in hatha yoga.
- A) Koorma  
B) Kukuta  
C) Bhadra  
D) Mayura
52. Which of the following Kriya is not contraindicated for Epilepsy ?
- A) Kapalbhathi  
B) Neti  
C) Bhastrika  
D) None of the above



53. Which of the following Asana is contraindicated for acute peptic ulcer?
- A) Dhanurasana  
B) Chakrasana  
C) Halasana  
D) All the above
54. Which of the following Kriya induces the digestive fire ?
- A) Dhouti  
B) Nauli  
C) Neti  
D) Basti
55. An attribute of a Tamasic food is
- A) Pure and fresh  
B) Spicy and stimulants  
C) Processed and chemically treated  
D) None of the above
56. The ability to see, hear, or become aware of something through the senses is
- A) Attention  
B) Learning  
C) Perception  
D) Memory
57. According to which text, there are qualities of all creative nature, as purity, passion and inertia ?
- A) Patanjali Yoga Darshan  
B) Yoga Vasistha  
C) Bhagavadgita  
D) None of the above
58. Which of the following is suitable for practice of Kriya in Hypertensives ?
- A) Luke warm water with salt  
B) Cold water with little salt  
C) Plain luke warm water  
D) Warm water with more salt
59. According to Hatha yoga, by practicing which Pranayama, one can eliminate the worms from the body ?
- A) Ujjayi  
B) Bhastrika  
C) Plavini  
D) Suryabhedha



60. Which of the following is an inverted and antigravitational Asana ?  
A) Matsyendrasana  
B) Dhanurasana  
C) Padahasthasana  
D) Sarvangasana
61. Which of the following practice is recommended during menstruation ?  
A) Asanas  
B) Nadishodhana  
C) Bhastrika pranayama  
D) Suryanamaskar
62. While planning for a Yoga workshop for elderly, you would teach.  
A) Dynamic asanas  
B) Dynamic Suryanamaskar  
C) Sukshmvayayama  
D) High frequency Pranayama
63. Which of the following would you like to recommend following Netikriya ?  
A) Trataka  
B) Kapalhati  
C) Nauli  
D) Basti
64. Which of the following is a suitable dress material while performing Yoga ?  
A) A rayon and loose dress  
B) A silk and loose dress  
C) A cotton Dhoti/Saree  
D) A cotton fabricated dress
65. \_\_\_\_\_ (mahabhuta) forms the gross constituent for Annamayakosa.  
A) Earth  
B) Water  
C) Fire  
D) Air
66. Which of the following 'Vayu' is responsible for 'Absorption and assimilation' ?  
A) Udana  
B) Samana  
C) Apana  
D) Vyana
67. Which of the following Pranayama can be done while moving, standing, sitting, walking according to Hathayogapradeepika ?  
A) Bhastrika  
B) Ujjayi  
C) Nadishodhana  
D) Suryabheda





68. Concentration is absolutely dependent upon  
A) Flexibility  
B) Will power  
C) Good eyesight  
D) Purification
69. Ida nadi represents the negative force and low in  
A) Awareness  
B) Consciousness  
C) Beyond the sphere of awareness  
D) None of the above
70. The object of practice is known as  
A) Chitta  
B) Manas  
C) Bindu  
D) Sadhya
71. Which of the following 'Siddhi' refers to becoming as big as a mountain ?  
A) Anima  
B) Garima  
C) Laghima  
D) Mahima
72. The highest state of Raja yoga is unknown due to  
A) Varying ideas  
B) Varying concepts  
C) Misconceptions  
D) All the above
73. Integral yoga refers to  
A) The Yoga of Swami Vivekananda  
B) Sri Aurovindo  
C) Sri Rabindranath Tagore  
D) Sri Ramakrishna Paramhansa
74. Adi Shankara's works are the foundation of  
A) Dvaita  
B) Advaita  
C) Vishistaadvaita  
D) None of the above
75. Which of the following is a meditative posture ?  
A) Padahasthasana  
B) Padmasana  
C) Paschimattanasana  
D) Parsvakonasana
76. The syllable 'Ayama' in pranayama refers to  
A) Purification  
B) Respiration  
C) Expansion  
D) Circulation



77. For practicing which Kriya in good old days, a banana stem was being used by Hatha yogis ?
- A) Vastradhouti  
B) Dandadhouti  
C) Vamanadhouti  
D) None of the above
78. Moolashodhana refers to
- A) Purification of Heart  
B) Purification of Nasal cavity  
C) Purification of Anus  
D) Purification of Frontal sinuses
79. Which of the following attribute is meant for Pranayama ?
- A) Duration of inhalation is more than exhalation  
B) Duration of exhalation is more than inhalation  
C) Equal span of inhalation and exhalation  
D) None of the above
80. Which of these Asana is good for our Pancreas gland ?
- A) Ushtrasana  
B) Koormasana  
C) Ardhamatsyendrasana  
D) Kukutasana
81. Which of these Asana is contraindicated for Vertigo ?
- A) Trikonasana  
B) Vakrasana  
C) Bujangasana  
D) Ushtrasana
82. Which of the following Nadi runs along with spine and known as 'Central path' for the flow of Prana ?
- A) Ida  
B) Pingala  
C) Sushumna  
D) Saraswati
83. Which of the Kriya is good for Diabetes ?
- A) Kapalbhathi  
B) Neti  
C) Sankhaprakshalana  
D) None of the above



84. Ushtrasana is a suitable complementary posture for  
A) Padahastasana  
B) Paschimattanasana  
C) Halasana  
D) Trikonasana
85. Which is a very good practice during Pregnancy ?  
A) Koormasana  
B) Dhanurasana  
C) Baddhakanasana  
D) Chakrasana
86. Niyama refers to  
A) Discipline  
B) Individual Sadhana  
C) Personal observances  
D) Ethical values
87. The ultimate aim of Yoga is  
A) Self-discipline  
B) Self-healing  
C) Self-realization  
D) Self-elevation
88. Which of these is not a Vedanga ?  
A) Vyakarana  
B) Nirukta  
C) Kalpa  
D) Samhita
89. Darshana refers to meaning of 'insight into \_\_\_\_\_'  
A) Physical entities  
B) Reality  
C) Scenic beauty  
D) Unreal world
90. The practice that refers to confining the mind to an object is  
A) Pratyahara  
B) Dharana  
C) Dhyana  
D) Samadhi
91. Jnana yoga is also called 'Yoga of \_\_\_\_\_'  
A) Action  
B) Skill  
C) Wisdom  
D) Power
92. Possessing the attribute of discriminating between real and unreal is  
A) Viveka  
B) Vairagya  
C) Abhyasa  
D) Sraddha



93. Which form of Yoga is more physically oriented ?  
A) Mantra yoga  
B) Jnana yoga  
C) Hatha yoga  
D) Kriya yoga
94. \_\_\_\_\_ operates between head down to the navel.  
A) Apana  
B) Samana  
C) Vyana  
D) Prana
95. Which of the following has the characteristics of Joy and Sexuality ?  
A) Mooladhar  
B) Swadisthana  
C) Manipura  
D) Anahata
96. Which of the following 'Purushartha' refers to 'Satisfaction of desires' ?  
A) Artha  
B) Kama  
C) Dharma  
D) Moksha
97. As per Hathayoga, food should be nutritious, sweet and  
A) Spicy  
B) Oily  
C) Lubricating  
D) None of the above
98. Which of the given factors facilitate progress in Yoga ?  
A) Atiahara  
B) Prayasa  
C) Utsah  
D) Laulyam
99. In Sankhyaphilosophy, \_\_\_\_\_ represents pure consciousness.  
A) Prakriti  
B) Purusha  
C) Ishwara  
D) Maya
100. Which of the following text talks about Sevenangas (limbs) of Yoga ?  
A) Hathayogapradipika  
B) Gorakshasamhita  
C) Gheranda Samhita  
D) Shiva Samhita
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**SPACE FOR ROUGH WORK**