



CONSULATE GENERAL OF INDIA
Saint Petersburg, Russia

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7TH INTERNATIONAL DAY OF YOGA 2021

In Dedication of Good Health & Positivity



YOGA QUIZ 2021

All Answer entries can be sent to hoc.spburg@mea.gov.in or accts.spburg@mea.gov.in latest by 24.06.2021

1. Five types of Yama according to Patanjali are:
 - a. Ahimsa,Asteya,Satya,Brahmacharya and Asana.
 - b. Ahimsa,Satya,Asteya,Brahmacharya and Aparigraha
 - c. Satya,Asteya,Brahmacharya, Aparigraha and Dhyana
 - d. Asteya,BrahmacharyaSatya,Dhyana and Asana

2. Who is the Sat-Chit-Ananda according to Sankara?
 - a. Para Brahman
 - b. Isvara
 - c. Soul
 - d. None of these

3. Raja Yoga is the yoga of controlling our:
 - a. Sense Organs
 - b. Organs of Action
 - c. Mind
 - d. Our Emotions

4. What is one word that occurs in every chapter of the Gita?
 - a. Maya
 - b. Avidya
 - c. Yoga
 - d. Sanyasa

5. How many chapters are in the Gita?
 - a. 16
 - b. 14
 - c. 12
 - d. 18

6. According to Yoga the Raga is:-
 - a. Klesh
 - b. Prem
 - c. Asakti
 - d. All of the above

7. The word "Nadi" is derived from the word "Nad" which means
 - a. To flow
 - b. To blow
 - c. To Run
 - d. To carry

8. Normal Blood Pressure is----?a. 140/90mmHg
- b. 80/120mmHg
c. 90/140mmHg
d. 120/80 mmHg
9. Counter pose of Sarvangasana is ---?
- a. Savasana
b. Matsyasana
c. Halasana
d. Sethubandhasarvangasana
10. Asana useful in diabetes is –
- a. Padmasana
b. Virasana
c. Mandukasana
d. Siddhasana
11. Which one of the following attribute satisfies the criteria of Sattvic Food?
- a. Spicy, hot, bitter, sour and pungent
b. Pure, essential, natural, vital, energy containing
c. Unnatural, overcooked, stale, left over and processed food
d. None of the above
12. Which asana affects the digestive system ?
- a. Vajrasana
b. Udarakarshan asana
c. Matyendrasana
d. All of the above
13. A student is not able to practice as per your satisfaction. How will you deal with this student?
- a. Force the student by applying physical pressure on the body
b. Encourage the student to have patience and continue to practice
c. Ask him not to practice at all
d. Ignore the student
14. The spinal nerves pairs are:-
- a. 28
b. 30
c. 31
d. 33

15. Dress for yoga practice should be

- a. Tight fitting jeans
- b. Costly and sophisticated dresses
- c. Protective covering from head to toe
- d. Loose fitting and comfortable

16. Which one is the basic unit of the living organism?

- a. Neuron
- b. Nephron
- c. Cell
- d. Mitochondria

17. Where does Ajna Chakra located?

- a. Eyebrow centre
- b. Chest
- c. Tongue
- d. Legs

18. Which is not a Pancha Bhuta?

- a. Earth
- b. Water
- c. Sunlight
- d. Air

19. How many kinds of Kapalbhatai are said in 'Gherandsamhita'?

- a. 01
- b. 02
- c. 03
- d. 04

20. The great sayings of Upanishads are popularly referred as

- a. Sutras
- b. Karikas
- c. Mahavakyas
- d. All of these

21. How many Asanas are described in 'Gherandsamhita'?

- a. 84
- b. 84000
- c. 08
- d. 32

22. What is the name of the fourth chapter of Bhagavad Gita?

- a. Karma Yoga
- b. Gyankarma sanyaas Yoga
- c. Karma sanyaas Yoga
- d. Atmasanyam Yoga

23. Which Mudra destroys all diseases of the rectum and prevents premature death?

- a. Brahmi Mudra
- b. Shambhavi Mudra
- c. Akashachari Mudra
- d. Ashvini Mudra

24. Which of the following is not a Chittavritti?

- a. Nidra
- b. Vairagya
- c. Pramana
- d. Smriti

25. The number of Chittabhumi in Yoga is:-

- a. 05
- b. 02
- c. 03
- d. 04