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# BASUNDHARA TEACHERS' TRAINING COLLEGE

## (A UNIT OF NORTH BIHAR EDUCATIONAL TRUST)

RECOGNISED BY NCTE-ERC, BHUBANESHWAR  
 AFFILIATED B.R.A BIHAR UNIVERSITY, MUZAFFARPUR  
 DR. U.S. ROY KNOWLEDGE PARK, SILOUT (NEAR MARKAN CHOWK) N.H. 28,  
 MUZAFFARPUR (BIHAR) PIN-843119

### Mental Stress Management Course Yoga <sup>10-</sup> 2019-20

**FULL MARKS – 80**

**Time: 1:30 Hours**

**Question No – 1 To 40 Each Question Carry 02 Marks Each:- 2×40 =80 Marks**

1.----- is an obstacle of concentration

- A) Prakriti    B) Purusha    C) Joyfulness    D) Egoism

2. Raga means -----

- A) Attachment    B) Sorrow    C) Misery    D) Pleasure

3. Avidhya means -----

- A) Ignorance    B) Malobservation    C) Nonobservation    D) None The Above

4. Abhinivesa means -----

- A) Clinging To Life    B) Pleasure    C) Misery    D) Desire

5. Yoga do not accept----- Pramana

- A) Anubalabti    B) Pratyksha    C) Anumana    D) Scripture

6. Yoga accepts perception?

- A) True    B) False    C) Not Concerned    D) None The Above

7. Yoga accepts ----- means of knowledge

- A) Three    B) Four    C) Five    D) Two

8. ----- is an invalid cognition

- A) Viparyaya    B) Paryaya    C) Perception    D) Inference

9. Vipraryaya means

- A) Misconception    B) Conception    C) Perception    D) Cognition

10. Vikalpa means

- A) Imagination    B) Dream    C) Wrong Cognition    D) Sankalp

11. ----- is a mental modification

- A) Sleep    B) Dream    C) Desire    D) Action

12. ----- is a mental modification

- A) Vikalpa    B) Aim    C) Perception    D) Anumana



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13. ----- is a mental modification

- A) Viparyaya    B) Pleasure    C) Misery    D) Action

14. Nidra means -----

- A) Sleep    B) Dream    C) Fear    D) Sleep Walking

15. Yoga do not accept ----- as right knowledge

- A) Arthapathi    B) Perception    C) Inference    D) Scripture

16. ----- Yoga accepts as right knowledge

- A) Scripture    B) Arthapathi    C) Anupalbthi    D) Tapas

17. Yoga accepts ----- as right knowledge

- A) Inference    B) Yayama    C) Yama    D) Niyama

18. ----- is an erroneous idea

- A) Viparyaya    B) Perception    C) Cognition    D) Maya

19. Smriti means

- A) Memory    B) Dream    C) Repetition    D) Rytham

20. The recollection of the object through previous experience is -----

- A) Smriti    B) Sruthi    C) Avadhi    D) Dharana

21. Vairagya means -----

- A) Passionlessness    B) Passion    C) Detachment    D) Enimty

22. The trace of rajas is -----

- A) Pravrtti    B) Niyama    C) Yama    D) Sadhana

23. Yama means -----

- A) Abstention    B) Detachment    C) Desire    D) Body

24. Niyama means -----

- A) Observance    B) Abstention    C) Detachment    D) Desire

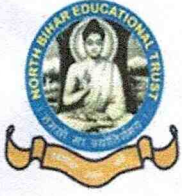
25. Yoga accepts ----- as eight-fold method

- A) Niyama    B) Vairagya    C) Viparya    D) Citta

26. Asana means -----

- A) Posture    B) Sleep    C) Play    D) Breath





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27. Pranayama means -----

- A) Regulation Of Breath B) Posture C) Sleep D) Dyana

28. Yoga Accepts ----- As Eight-Fold Path

- A) Prathyahara B) Citta C) Vritti D) Vikalpa

29. Prathyahara means -----

- A) Withdrawal of senses B) sleep C) dream D) posture

30. Dhyana means -----

- A) Concentration B) abstention C) attachment D) prayer

31. Contemplation means ----- in Sanskrit

- A) Dharana B) Dhyana C) Samadhi D) Pratyahara

32. Which one is an eight-fold method in Yoga?

- A) Vikalpa B) Samadhi C) Vritti D) Vinaya

33. Dhyana means -----

- A) Abstention B) Attention C) Contemplation D) Concentration

34. Which one is not eight links of Yoga?

- A) Yama B) Niyama C) Vicharana D) Pratyahara

35. Which one is not eight links of Yoga?

- A) Asana B) Pranayama C) Sadhana D) Yama

36. ----- is direct aid of Yoga

- A) Vrita B) Citta C) Samadhi D) Yama

37. ----- is indirect aid of Yoga

- A) Samadhi B) Viparya C) Yama D) Karma

38. ----- is direct aid of Yoga

- A) Niyama B. Asana C) Dharana D) Pranayama

39. ----- is direct aid of Yoga

- A) Vikalpa B) Yama C) Dhyana D) Posture

40. ----- is indirect aid of Yoga

- A) Samadhi B) Dhyana C) Tapas D) Niyama