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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

**FULL MARKS – 80**

**Time: 1:30 Hours**

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

1. Oldest text book of yoga \_\_\_\_\_  
A) Raja yoga B) yoga sutra C) yogasamhitha D) Karma yoga
2. Yoga sutra has \_\_\_\_\_ parts  
A) Three B) Two C) Four D) Five
3. The first part of yoga sutra deals with-----  
A) Samadhi B) Niyam C) Asana D) Yama
4. Yoga sutra written by-----  
A) Patanjali B) Kanada C) Kapila D) Yogi
5. The fourth part of yoga practice aims at-----  
A) Heaven B) Liberation C) Purification D) Satisfaction
6. Kaivalyapada means-----  
A) Purification B) Sthidi C) Liberation D) Peace of mind
7. The second part of yoga sutra explains-----  
A) Sadhanapada B) Cittapada C) Namapada D) none the above
8. Vibhutipada means-----  
A) Power B) Weakness C) Super normal power D) Pleasure
9. The founder of yoga system-----  
A) Kapila B) Jaimini C) Patanjali D) Yogacharya
10. Yoga sutra is the-----  
A) Oldestbook B) Interpretation C) Modernbook D) New version of yoga
11. The statement 'Yogasutra has five parts' is -----  
A) True B) False C) Undetermined D) None the above
12. Samadhi is explained in the ----- part of yoga  
A) First part B) Second part C) Third part D) Fourth part



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13. Sadhanapada is in -----part of yoga  
A) First part B) second part C) Third part D) Fourth part
14. Kaivalyapada is in-----part of yoga  
A) First part B) second part C) third part D) Fourth part
15. Vibhutipada is in -----part of yoga  
A) First B) second C) third D) fourth
16. Liberation is described in the-----part of yoga  
A) First B) second C) third D) fourth
17. The means of attaining Samadhi is described in-----part  
A) First part B) second part C) third part D) fourth part
18. Yoga means-----  
A) Relationship B) Union C) Attachment D) none the above
19. The power of concentration is possible through-----  
A) Viyoga B) yoga C) Sadhana D) Asana
20. Meditation is a necessary condition of-----  
A) Yoga B) Dhyana C) Dharana D) Asana
21. The aim of yoga is separation between-----  
A) God and soul B) Body and mind C) Purusha and prakriti D) Purusha and citta
22. Viyoga means-----  
A) Ignorance B) Desire C) separation D) Knowledge
23. Yoga is a methodical effort to attain-----  
A) Perfection B) union C) Enjoyment D) Discipline
24. The practice of yoga is meant for-----  
A) Physical freedom B) spiritual freedom C) courage D) pleasure
25. The meaning of separation in sanskrit  
A) Yoga B) viyoga C) Tapas D) vritti
26. How yoga represents purusha and prakriti  
A) Separation B) union C) related D) Matter of enjoyment





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27. -----is the effort of yoga

- A) Pleasure B) perfection C) Detachment D) tapas

28. The metaphysics of yoga derived from-----

- A) Nyaya B) Samkhya C) Raja yoga D) Hatha yoga

29. The metaphysics of yoga is similar to-----

- A) Mimamsa B) Samkhya C) Vedanta D) nyaya

30. The yogic idea of purusha derived from-----

- A) Prkriti B) Samkhya C) Vaisesika D) Nyaya

31. Yogic idea of prakriti derived from-----

- A) Vedanta B) Samkhya C) Nyaya D) Purusha

32. According to yoga, universe is -----

- A) Created B) Uncreated C) Illusion D) Avidya

33. Yoga accepts -----principles

- A) 24 B) 25 C) 26 D) 27

34. The highest form of matter is-----

- A) Vritti B) Citta C) Panchabutas D) Ahamkara

35. -----is the highest form of matter

- A) Body B) Citta C) Aahamkara D) Soul

36. The seat of knowledge according to yoga is-----

- A) Prakriti B) Purusha C) Body D) Brain

37. -----is the seat of knowledge according to yoga

- A) Manas B) Soul C) Purusha D) Prakriti

38. The citta is dominated by-----

- A) Sattva B) Rajas C) Tapas D) Ahamkara

39. -----is dominated by citta

- A) Sattva B) Tapas C) Ahamkara D) Rajas

40. Vritti means-----

- A) Body Concentration B) Neatness C) Pleasure D) Mental meditation