



# 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

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## 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**

01. ----- is indirect aid of Yoga  
A) Dhyana B) Samadhi C) Swapna D) Pranayama
02. Indirect aid of Yoga is -----  
A) Sadhana B) Dharana C) Dharma D) Niyama
03. Direct aid of Yoga is -----  
A) Yama B) Niyama C) Asana D) Dharana
04. Indirect aid of Yoga is -----  
A) Sadhana B) Samadhi C) Dhyana D) Asana
05. Antaranga means -----  
A) External Aid B) Manas C) Self D) Internal Aid
06. Bahiranga means -----  
A) Internal Aid B) Body C) Ahankra D) External Aid
07. ----- is Bahiranga  
A) Samadhi B) Dhyana C) Upadhi D) Yama
08. ----- is Antaranga  
A) Yama B) Niyama C) Samadhi D) Asana
09. ----- is Antaranga  
A) Upasana B) Asana C) Dhyana D) Vrita
10. ----- is Antaranga  
A) Niyama B) Mind C) Dharana D) Dharma
11. ----- is Bahyaranga  
A) Manas B) Ahankara C) Niyama D) Samadhi
12. ----- is Bahyaranga aid  
A) Samadhi B) Dhyana C) Asana D) Dhvani
13. ----- is not Antaranga aid  
A) Samadhi B) Dhyana C) Chitta D) Dharana



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14. ----- is Bhahyaranga aid  
A) Citta B) Vritti C) Pranayama D) Samadhi
15. ----- is Bhahyaranga aid  
A) Mind B) Body C) Pratyahara D) Prakrti
16. Out of eight links of Yoga how many are direct  
A) Four B) Eight C) Three D) Two
17. Out of eight links of Yoga how many are indirect  
A) Three B) Two C) Five D) Four
18. Karma Yoga is related to -----  
A) Jnana B) Bhkti C) Work D) Silence
19. Bhakti Yoga is related to -----  
A) Silence B) Jana C) Devotion D) Work
20. Jnana Yoga is related to -----  
A) Bhakthi B) Devotion C) Wisdom D) Work
21. Work is related to -----  
A) Jnana B) Bhakhi C) Karma D) Selfishness
22. Devotion is related to -----  
A) Work B) Jnana C) Bhakti D) Karma
23. Wisdom is related to -----  
A) Bhakthi B) Karma C) Jnana D) Study
24. Yama is -----  
A) Physical preparation B) Body C) Ethical Preparation D) Mind
25. Niyama is -----  
A) Body B) Physical Preparation C) Ethical Preparation D) Law
26. Yoga Which One Is For Ethical Preparation  
A) B) Pranayama C) Samadhi D) Yama
27. Yoga considers ----- as Ethical Preparation  
A) Sadhana B) Citta C) Vritti D) Niyama



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28. Yoga consider ----- as Ethical Preparation

- A) Purusha    B) Prakrti    C) Sahana    D) Yama

29. Find the odd one out

- A) Yama    B) Niyama    C) Asana    D) Ahimsa

30. ----- is not eight-fold method

- A) Yama    B) Niyama    C) Asana    D) Vrita

31. Find the odd one out

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

32. ----- is not Eight-fold method

- A) Yama    B) Niyama    C) Ahimsa    D) Satya

33. Practice of Ahimsa is -----

- A) Ethical Preparation    B) Physical Preparation    C) Purification    D) Nothings

34. Ahimsa is a part of -----

- A) Yama    B) Samadhi    C) Himsa    D) Dharana

35. Devotion to God is a part of -----

- A) Yama    B) Tapas    C) Vikalpa    D) Amadhi

36. Devotion to God is a Niyama

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

37. Tapas is related to -----

- A) Niyama    B) Yama    C) Citta    D) Devotion

38. Asana is -----

- A) Physical Concentration    B) Mental Concentration    C) Concentration    D) Desire

39. Physical activity is related to -----

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

40. Asana is meant for -----

- A) Discipline Of The Body    B) Soul    C) Purusha    D) Prakrti