

23-25 18-24-1-2020 4



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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

01. ----- is an important part in Hatayoga

- A) Breath Control B) Soul C) Body D) Purusha

02. Hatayoga emphasis -----

- A) Breath Control B) Body Control C) Physical Control D) Prakrti

03. Breath Control influences -----

- A) Mind B) Body C) Soul D) Purusha

04. Dharana is fixing the ----- in particular spot

- A) Mind B) Body C) Soul D) Posture

05. ----- is fixing the mind in a particular spot

- A) Dharana B) Yama C) Soul D) Body

06. Citta can be fixed in a particular spot by -----

- A) Dharana B) Thinking C) Sankalpa D) Yama

07. Dharana help us to fix our ----- in a particular spot

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

08. Dhyana culminates in -----

- A) Samadhi B) Vritti C) Citta D) Upalabthi

09. Vichara means -----

- A) Meditation B) Reflection C) Action D) Doubt

10. Ananda means -----

- A) Devotion B) Joy C) Misery D) Attachment

11. Freedom in Yoga is -----

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

12. ----- is the freedom in Yoga

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

13. Kaivalya means -----

- A) Boundage B) Freedom C) Samadhi D) Pleasure



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14. Kaivalya is the eternal life of -----
A) Man B) Purusha C) Soul D) Citta
15. Guna means -----
A) Medium B) Quality C) Quanty D) None The Above
16. Yoga of action means -----
A) Bhakti B) Kriya Yoga C) Jnana D) Inaction
17. Kriya Yoga means -----
A) Devotion B) Yoga Of Action C) God Worship D) Pleasure
18. Devotion to God is one true aids of -----
A) Purusha B) Prakriti C) Yoga D) Citta
19. ----- is the object of meditation
A) Purusha B) Prakriti C) God D) Soul
20. God is the object of -----
A) Action B) Body C) Meditation D) Mind
21. Yoga considers God as an object of -----
A) Maya B) Mind C) Meditation D) action
22. According to Yoga God is -----
A) Impersonal B) Illusion C) Personal D) None The Above
23. ----- is personal according to Yoga
A) Body B) Mind C) God D) Soul
24. Yoga says God has -----
A) Attribute B) Mode C) Perfect Nature D) Imperfect Nature
25. Perfection is the nature of -----
A) Body B) Prakriti C) God D) Soul
26. Yoga believes in Law of Kama
A) False B) Unknown C) True D) None the Above
27. According to Yoga God is -----
A) Bound B) Illusion C) Free D) None the Above

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28. Yoga says God is -----

- A) Maya B) Illusion C) Omniscient D) Temporal

29. God is ----- according to Yoga

- A) Temporal B) Illusion C) Omniscient D) Image

30. God is the creator of the world according to Yoga

- A) True B) Partially True C) False D) None the Above

31. ----- is a form of mind

- A) Soul B) Tathva C) Prackhya D) Tapas

32. According to Yoga ----- is a form of mind

- A) Manas B) Soul C) Prackhya D) Vritti

33. Prackhya may be consider as a form of -----

- A) Soul B) Vritti C) Mind D) Body

34. Prackhya is a form of mind

- 1A) True B) False C) Undetermined D) None the Above

35. ----- is a form of mind

- A) Pravritti B) Vritti C) Love D) Desire

36. Pravritti is a form of mind

- A) True B) False C) Undetermined D) None the Above

37. According to yoga ----- is a form of mind

- A) Pravritti B) Tapas C) Sadhana D) Yama

38. Pravritti may be considered as a form of -----

- A) Mind B) Soul C) Body D) Vritti

39. ----- is a form of mind

- A) Sthiti B) Posture C) Buddhi D) Yoga

40. Sthiti is a form of mind

- A) True B) False C) Undetermined D) None the Above