

Q.1. Who is the writer of 'yog sutra'?

- (a) Vedyas**
- (b) Baba Ramdev**
- (c) Swami vivekanand**
- (d) Maharshi patanjali.**

Q.2. The components of yoga are

- (a) Four**
- (b) Six**
- (c) Eight.**
- (d) Two**

Q.3. Which of the following is not a part of yama?

- (a) Satya
- (b) Aprigrah
- (c) Asteya
- (d) Santosh.

Q.4. Which is the eighth limb of Ashta yoga?

- (a) Dhyana
- (b) Dharana
- (c) Samadhi.
- (d) Pratayahara

Q.5. Which of the following is not a body building Asanas?

- (a) Dhanurasana**
- (b) Bhakrasana**
- (c) Mayurasana**
- (d) Savasana.**

Q.6. The number of yogic kriyas are

- (a) Four**
- (b) Five**
- (c) Six.**
- (d) Three**

Q.7. Dharana is the concentration of

_____.

- (i) Mind.
- (ii) Body
- (iii) Heart
- (iv) Limbs

Q.8. State whether these statements are True or False :

Positive health means freedom from disease

Q.9. _____ is also known as
yogic breathing.

- (i) Dhyana
- (ii) Niyama
- (iii) Pranayama.
- (iv) Samadhi