



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 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 Bhahyaranga

- A) Manas B) Ahankara C) Niyama D) Samadhi

12. ----- is Bhahyaranga 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