

CHAPTER – I YOGA, AYURVEDA, AND INDIAN PSYCHOLOGY

1. Which of the following dharma is called as the general dharma or law for all people?
a) **Samanya** b) Varna c) Sanatana d) Vishista
2. Which of the following purushartha mentioned below signifies ‘means of life’?
a) Dharma b) **Artha** c) Kama d) Moksha
3. Among the following purushartha which is the ultimate aim/pursuit of human life?
a) Artha b) Dharma c) **Moksha** d) Kama
4. Which of the following purushartha includes religious and moral duties of each individual?
a) Artha b) Kama c) **Dharma** d) Moksha
5. Which of the following school of thought assumes mind as an instrument of action?
a) Sankhya philosophy b) Advaita Vedanta
c) **Western Psychology** d) Upanishads
6. Who established the Nyaya philosophy?
a) Kanada b) Uluka c) Kapila d) **Gautama**
7. Among the four pramanas, ‘comparison’ is referred to as?
a) Anumana b) Sabda c) **Upamana** d) Pratyaksa
8. Identify the type of perception in nyaya philosophy in which a person perceives only general appearance without comprehending the details.
a) **Indeterminate** b) Determinate c) Ordinary d) Extraordinary
9. Which of the following darsana is also referred to as the vedic atomic theory?
a) Purva mimamsa b) Sankhya c) Nyaya d) **Vaisesika**
10. What does the word ‘visesa’ means?
a) Quality b) Non-existence c) **Uniqueness** d) Generality
11. Name the kind of non-existence (abhava) in Vaisesika darsana, which refers to the non-existence of things after its destruction.
a) Samsargabhava b) **Pradhvamsabhava**
c) Anyonyabhava d) Pragbhava
12. What does ‘prakriti’ in sankhya philosophy is referred to as?
a) **Primordial matter** b) Pure consciousness
c) Undersality d) Supreme soul
13. Which of the following darsana consists of 24 gunas?
a) **Vaisesika** b) Nyaya c) Yoga d) Sankhya

14. Identify the darsana that reflects the ideas emerged from the philosophies of Upanishads.
a) **Vedanta** b) Purva mimamsa c) Sankhya d) Vaisesika
15. Name the darsana which is otherwise considered as dualistic philosophy.
a) Mimamsa b) Vaisesika c) Vedanta d) **Sankhya**
16. Which of the following vedanta-sutra explains the unity of philosophy of the Upanishads?
a) Sankhya b) Samana c) **Samanvaya** d) Santosa
17. Identify the type of knowledge that is based on memory in nyaya philosophy.
a) **Smriti** b) Sruti c) Prama d) Tarka
18. Which of the following term considers body and mind as two separate entities?
a) **Parallelism** b) Epiphenomenon c) Interactionism d) Materialistic monism
19. Which of the following stage of life is concerned with fulfilling the familial and social obligations?
a) **Grihasta** b) Vanaprasta c) Sanyasa d) Brahmacharya
20. Name the type of yoga which is also known as the 'path of action'.
a) **Jnana** b) Bhakti c) Raja d) **Karma**
21. Identify the path of yoga which discusses the union of oneself with supreme through self restraint and control of mind.
a) Karma b) **Raja** c) Bhakti d) Jnana
22. Of the forms of bhakti yoga, which represents the 'complete surrender of self'?
a) Samadhi b) Sravana c) **Atma-ndedhana** d) Nididhyasana
23. Name the word which represents 'regulation of breath'.
a) **Pranayama** b) pratyahara c) Dharana d) Dhyana
24. Of the 7 stages of jnana yoga, identify the stage which represents 'inner detachment'(asamsakti).
a) **3rd stage** b) 6th stage c) 7th stage d) 5th stage
25. Identify the number of pada/chapters in patanjali yoga sutra.
a) **4** b) 5 c) 3 d) 6
26. Identify the pada/chapters in patanjali yogasutra where astanga yoga is a part of.
a) **Sadhana** b) Samadhi c) Vibhuti d) Kadalya
27. Name the pada/chapter that literally translates into the word 'isolation'.
a) Samadhi b) **Kadalya** c) Sadhana d) Vibhuti
28. According to patanjali yogasutra, kriya yoga does not contain which of the following?
a) Tapas b) Svadhyaya
c) **Asteya** d) Isvara pranidhana

29. Name the word which means 'concentration'.
- a) Samadhi b) **Dharana** c) Aparigraha d) Dhyana
30. Of the stages of jnana yoga, identify the word that represents 'sravana'.
- a) **Listening** b) Contemplating c) Reflecting d) Meditation
31. In the four states of consciousness, 'prajna' refers to?
- a) Spiritual consciousness b) Dream state
- c) Waking state d) **Dreamless sleep**
32. Which of the following represents the state of 'oneness with brahman' in the four states of consciousness?
- a) Visva b) Taijasa c) Susupti d) **Turiya**
33. Name the path of yoga that is called as 'yoga of wisdom'.
- a) Bhakti b) Raja c) **Jnana i** d) Karma
34. Identify the word which means 'non possessdeness'.
- a) Asteya b)Svadhyaya c) **Aparigraha** d) Saucha
35. Name the word that means 'Non-stealing'.
- a) **Asteya** b) Ahimsa c) Aparigraha d) Satya
36. Identify the word that means 'withdrawal of senses'.
- a) Svadhyaya b) Tapas c) **Pratyahara** d) Pranayama
37. Which of the following word means 'surrender to the supreme being'?
- a) Svadhyaya b) **Isvara pranidhana** c) Samyama d) Dhyana
38. Which one of the following pada does not belong to patanjali yogasutra?
- a) Vibhuti b) Samadhi c) **Samanya** d) Sadhana
39. What does 'taijasa' in four states of consciousness?
- a) **Dream state** b) Dreamless state c) Restful state d) Waking state
40. Which of the following niyamas represents, 'the study of scriptures and lessons of experience from saints and sages'?
- a) Santosa b) **Svadhyaya** c) Tapas d) Samyama
41. Identify the term that describes the combined state of concentration, meditation and Samadha)
- a) **Samyama** b) Samana c) Sabda d) Samanvaya
42. Identify the stage of mind in which the rajas and tamas is predominant.
- a) **Ksipta** b) Viksipta c) Mudha d) Ekagra

43. Identify the stage in which the mind runs from one object to another but never stays consistent.
- a) Disturbed stage b) **Restless stage** c) Uncontrolled stage d) Stupified stage
44. Identify the astanga yoga, which discusses the spiritual absorption.
- a) Dhyana b) Asana c) **Samadhi** d) Yama
45. Of the pre-requisites of bhakti yoga, which of the following does vimoka represents?
- a) Work b) **Freedom** c) Devotion d) Faith
46. Which of the following does not belong to the six-fold virtues/shat-sampat of jnana yoga?
- a) Restraint b) Tranquility c) Faith d) **Discrimination**
47. Identify the term which means 'to be truthful to oneself and others in thought, speech and action.
- a) Asteya b) **Satya** c) Ahimsa d) Sauca
48. Which of the following term represents physical postures to ensure physical and mental harmony?
- a) **Asana** b) Pranayama c) Niyama d) Dhyana
49. Identify the type of yoga practiced to focus on awakening of the energy at the base of the spine in order to draw it up through the seven chakras.
- a) Hatha yoga b) **Kundalini yoga** c) Raja yoga d) Astanga yoga
50. Which of the following stages of mind (citta) is the 'well-controlled state of mind'?
- a) Ksipta b) Viksipta c) Mudha d) **Niruddha**
51. Name the kosha which is also called as the 'energy body'.
- a) Annamaya kosha b) Anandamaya kosha
c) **Pranamaya kosha** d) Manomaya kosha
52. Which of the following panchakosha is the sheath of our thinking, feeling and emotion?
- a) **Manomaya kosha** b) Annamaya kosha
c) Vijnanamaya kosha d) Pranamaya kosha
53. Name the outermost sheath in panchakosha.
- a) Anandamaya kosha b) **Annamaya kosha**
c) Pranamaya kosha d) Manomaya kosha
54. Name the tridosha that represents water and earth.
- a) **Kapha** b) Pitta c) Vata d) Satva
55. Identify the term that represents the characteristics of 'vata' in tridosha.
- a) **Dryness, mobility** b) Heavy, cold c) Sharp, liquid d) Dense, wet

56. Name the term that represents the elements of 'pitta'.
- a) Earth b) **Fire** c) Water d) Space
57. Identify the function of 'kapha' in tridosha.
- a) **Structural integrity** b) Control of mind and body
c) Metabolism d) Movement
58. Identify the kriya that describes the cleansing of nasal passage.
- a) Nauli b) Basti c) Dhauti d) **Neti**
59. What does 'trataka' in kriya means?
- a) Cleansing of stomach b) **Cleansing of eyes**
c) Cleansing of nasal passage d) Cleansing of digestive tract.
60. Identify the type of pranayama that involve mimicking the sound of ocean waves.
- a) **Ujjayi pranayama** b) Dirga pranayama
c) Viloma pranayama d) Bhastika pranayama
61. Identify the type of pranayama that is done in lying position instead of seating position.
- a) Viloma pranayama b) Bhastika pranayama
c) **Dirga pranayama** d) Anuloma pranayama
62. Identify from the following which practice belongs to viloma pranayama.
- a) Lying position b) **Paused inhalation & exhalation**
c) Closing eyes & ears d) Restraining the breath
63. Of the triguna, which of the following does 'tamas' represents?
- a) Acidity, passion b) **Ignorance, dullness**
c) Calmness, Positdity d) Negatdity, impulsdity
64. Of the triguna, which of the following represents 'rajas'?
- a) **Acidity, impulsdity** b) Comparison, positdity
c) Ignorance, lethargy d) Chaos and darkness
65. Identify the pranayama technique in which the sides of the tongue are curled up and the breath is inhaled slowly through straw-like shape.
- a) Samavritti b) Sitkari c) Nauli d) **Sitali**
66. Identify the type of neti in which lukewarm water is used.
- a) Sutra neti b) Dugdha neti c) **Jala neti** d) Ghirta neti
67. Identify the term which refers to the 'most minute indissible state of matter'?
- a) Akasa b) **Paramanu** c) Visesa d) Manana
68. In *Samkhya Darshana* the state where all three types of grief cease to be is called
- a) *Adhyatmika* b) **Kadalya** c) *Chittavrittinirodah* d) *Dhyana*

69. Who among the following psychologists found that Buddhist teachings have potential for transformation and healing?
a) Leon Festinger b) Alfred Adler c) **Erich Fromm** d) Karen Horney
70. *Jnana* Yoga is a path consisting of knowledge, wisdom and _____.
a) Duty b) **Righteousness** c) Realisation of *Brahman* d) Action
71. Which of the following is not a component of *Yama* in *Ashtanga Yoga*?
a) *Ahimsa* b) *Asteya* c) *Aparigraha* d) **Ishwara Pranidhana**
72. Gita upholds the necessity of
a) Rewards/ Puruskar b) **Action/ Karma** c) Self/ Visada d) Knowledge/ Vidya
73. The Indian notion of self covers the aspects of physical, social, mental as well as
a) Emotional b) **Spiritual** c) Independent d) Experiential
74. Which of the following is a component of *Niyama* in *Ashtanga Yoga*?
a) *Asteya* b) **Saucha** c) *Brahmacharya* d) *Aparigraha*
75. The Sanskrit term that translates to “immediate experience” in the context of Indian philosophy is known as
a) *Pratyahara* b) **Darshana** c) *Atman* d) *Aparigraha*

Answer Key

S.No.	Ans	S.No	Ans	S.No	Ans	S.No	Ans	S.No	Ans	S.No	Ans	S.No	Ans	S.N o	Ans
1	a	11	b	21	b	31	d	41	a	51	c	61	c	71	d
2	b	12	a	22	c	32	d	42	a	52	a	62	b	72	b
3	c	13	a	23	a	33	c	43	b	53	b	63	b	73	b
4	c	14	a	24	d	34	c	44	c	54	a	64	a	74	b
5	c	15	d	25	a	35	a	45	b	55	a	65	d	75	b
6	d	16	c	26	a	36	c	46	d	56	b	66	c		
7	c	17	a	27	b	37	b	47	b	57	a	67	b		
8	a	18	a	28	c	38	c	48	a	58	d	68	b		
9	d	19	a	29	b	39	a	49	b	59	b	69	c		
10	c	20	d	30	a	40	b	50	d	60	a	70	b		