

BA DEGREE [CBCSS} EXAMINATION  
FIFTH SEMESTER  
**OPEN COURSE --- YOGA AND PERSONALITY DEVELOPMENT**

MULTIPLE CHOICE QUESTIONS

1. ----- is regarded as the traditional founder of Yoga system  
(a) Kapila (b) Kanada (c) Patanjali (d) All these
2. Yoga is intimately allied to :  
(a) Nyaya (b) Samkhya (c) Carvaka (d) None of these
3. The term 'Yoga ' literally means :  
(a) Critical thinking (b) Reflective spirit (c) Union (d) Duty
4. Yoga accepts ----- Pramanas as the source of knowledge  
(a) Two (b) Three (c) One (d) Four
5. In Yoga system , Viparyaya means -----  
(a) Sleep (b) Verbal delution (c) Wrong knowledge (d) None of these
6. The modification of chitta are of ----- kinds  
(a) Five (b) Two (c) Four (d) None of these
7. In Yoga system, the term 'Vikalpa ' means -----  
(a) Sleep (b) Right knowledge (c) Verbal delution (d) Wrong knowledge
8. According to yoga system , the kinds of sufferings or pain is known as :  
(a) Smrti (b) Sabda (c) Klesa (d) All these
9. Among the eight limbs of yoga ,which of them denotes the ethical principles :  
(a) Yama and Niyama (b) Yama and Asana (c) Niyama and Asana (d) All these
10. In which level ,Sattva predominates , but rajasa also asserts itself at times  
(a) Ksipta (b) Viksipta (c) Ekagra (d) None of these
11. Which of the following Sanskrit term denotes the level 'torpid'  
(a) Nirudha (b) Mudha (c) Viksipta (d) Ksipta
12. In Yoga system, yama means -----  
(a) Self-restraints (b) Observances (c) Posture (d) None of these
13. Regulation of breath relates with :  
(a) Niyama (b) Asana (c) Pranayama (d) Pratyahara
14. In which limbs of Yoga , the internal and external purification included :  
(a) Yama (b) Niyama (c) Asana (d) Pranayama
15. The highest level of mental life is known as :  
(a) Nirudha (b) Ekagra (c) Viksipta (d) None of these
16. The concentrated level of mind is known as :  
(a) Viksipta (b) Ekagra (c) Nirudha (d) All these
17. In Yoga system , ----- tune up the nerve system  
(a) Pratyahara (b) Pranayama (c) Asana (d) Niyama
18. ----- is the last limb of Yoga  
(a) Yama (b) Samadhi (c) Pratyahara (d) None of these
19. In Yoga system Dharana denotes :  
(a) Control of the body (b) Steadying of the mind (c) Posture (d) None of these
20. Patanjali's Yoga system shows ----- limbs of yoga  
(a) Eight (b) Four (c) Six (d) None of these

21. In Yoga system ----- denotes the withdrawal of the senses :  
 (a) Dharana (b) Dhyana (c) Pratyahara (d) Pranayama
22. How many limbs of Yoga are included in the external practices :  
 (a) Eight (b) Five (c) Seven (d) Six
23. Asamprajnata Samadhi is related to :  
 (a) Nirudha (b) Ekagra (c) Both (d) None
24. Which among the following is related with Yoga system :  
 (a) Astanga yoga (b) Astanga marga (c) Both (d) None of these
25. How many limbs of yoga are included in the internal practices:  
 (a) Five (b) Three (c) Four (d) None of these
26. Which among the following is not included in the eight limbs of yoga  
 (a) Yama (b) Niyama (c) Dharana (d) Jnana
27. In Yoga system ,Samadhi is of ----- kinds  
 (a) Two (b) Four (c) Three (d) Five
28. Which level of mental life shows that mental modifications are arrested :  
 (a) Ekagra (b) Nirudha (c) Viksipta (d) None of these
29. Which among the following is the work of Patanjali :  
 (a) Samkya sutra (b) Yoga sutra (c) Both (a) and (b) (d) Neither (a) nor (b)
30. Which among the following is a kind of personality according to Yoga  
 (a) Dull mind (b) Oscillating mind (c) One pointed mind (d) All these
31. In Antaranga sadhana how many limbs of yoga are included :  
 (a) Last three (b) First four (c) Last five (d) None of these
32. Which limbs of yoga contains the five vows  
 (a) Niyama (b) Yama (c) Asana (d) None of these
33. Which among the following type of knowledge is related to 'rope snake illusion'  
 (a) Right knowledge (b) Wrong knowledge (c) Verbal knowledge (d) All these
34. There are ----- kinds of sufferings or pains according to Yoga system  
 (a) Five (b) Four (c) Three (d) None of these
35. In yoga ,Pramana means -----  
 (a) Memory (b) Wrong knowledge (c) Right knowledge (d) None of these
36. The term which denotes ignorance is -----  
 (a) Raga (b) Niyama (c) Avidya (d) None of these
37. Which among the following term is related to egoism in Yoga Philosophy  
 (a) Avidya (b) Dvesa (c) Asmita (d) Raga
38. Yoga concept of five levels of mental life is known as :  
 (a) Mahabhutas (b) Panchabhutas (c) Kleshas (d) Chittabhumi
39. In yoga system which term denotes aversion  
 (a) Raga (b) Avidya (c) Dvesa (d) All these
  
40. ----- samadhi is related to Ekagra  
 (a) Samprajnata (b) Asamprajnata (c) Both (d) None of these

#### ANSWER KEY

1. (c) 2.(b) 3.(c) 4.(b) 5.(c) 6.(a) 7.(c) 8. (c) 9.(a) 10. (b) 11.(b) 12.(a) 13(c) 14.(b) 15(a) 16.(b)17.(c)

18.(b) 19.(b) 20.(a) 21.(c) 22.(b) 23.(a)24.(a) 25.(b)26.(d) 27.(a) 28.(b) 29.(b)30.(d) 31.(a) 32.(a) 33.(b)  
34.(a)35.(c)36.(c) 37.(c) 38.(d) 39.(c) 40.(a)

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