

OPEN COURSE-2

YOGA AND PERSONALITY DEVELOPMENT

1. Oldest text book of yoga_____
A)Raja yoga B) yoga sutra) yogasamhitha D) Karma yoga
2. Yoga sutra has_____parts
A) Three B) Two C) Four D) Five
3. The first part of yoga sutra deals with-----
A)Samadhi B) Niyam C)Asana D) Yama
4. Yoga sutra written by-----
A)Patanjali B) Kanada C) Kapila D) Yogi
5. The fourth part of yoga practice aims at-----
A)Heaven B) Liberation C) Purification D) Satisfaction
6. Kaivalyapada means-----
A) Purification B)Sthidi C) Liberation D) Peace of mind
7. The second part of yoga sutra explains-----
A)Sadhanapada B) Cittapada C) Namapada D) none the above
8. Vibhutipada means-----
A) Power B) Weakness C) Super normal power D) Pleasure
9. The founder of yoga system-----
A) Kapila B) Jaimini C)Patanjali D)Yogacharya
10. Yoga sutra is the-----
A) Oldestbook B) Interpretation C) Modernbook D) New version of yoga
11. The statement 'Yogasutra has five parts' is -----
A) True B) FalseC) Undetermined D) None the above
12. Samadhi is explained in the ----- part of yoga
A) First part B) Second part C) Third part D) Fourth part
13. Sadhanapada is in -----part of yoga
A) First part B) second part C) Third part D) Fourth part
14. Kaivalyapada is in-----part of yoga
A) First part B) second part C) third part D) Fourth part

15. Vibhutipada is in -----part of yoga
A) First B) second C) third D) fourth
16. Liberation is described in the-----part of yoga
A) First B) second C) third D) fourth
17. The means of attaining Samadhi is described in-----part
A) First part B) second part C) third part D) fourth part
18. Yoga means-----
A) Relationship B) Union C) Attachment D) none the above
19. The power of concentration is possible through-----
A) Viyoga B) yoga C) Sadhana D) Asana
20. Meditation is a necessary condition of-----
A) Yoga B) Dhyana C) Dharana D) Asana
21. The aim of yoga is separation between-----
A) God and soul B) Body and mind C) Purusha and prakriti D) Purusha and citta
22. Viyoga means-----
A) Ignorance B) Desire C) separation D) Knowledge
23. Yoga is a methodical effort to attain-----
A) Perfection B) union C) Enjoyment D) Discipline
24. The practice of yoga is meant for-----
A) Physical freedom B) spiritual freedom C) courage D) pleasure
25. The meaning of separation in sanskrit
A) Yoga B) viyoga C) Tapas D) vritti
26. How yoga represent purusha and prakriti
A) Separation B) union C) related D) Matter of enjoyment
27. -----is the effort of yoga
A) Pleasure B) perfection C) Detachment D) tapas
28. The metaphysics of yoga derived from-----
A) nyaya B) samkhya C) Raja yoga D) Hatha yoga
29. The metaphysics of yoga is similar to-----
A) mimamsa B) Samkhya C) Vedanta D) nyaya

30. The yogic idea of purusha derived from-----
 A) Prkriti B) samkhya C) vaishesika D) nyaya
31. Yogic idea of prakriti derived from-----
 A) Vedanta B) samkhya C) nyaya D) purusha
32. According to yoga, universe is -----
 A) Created B) uncreated C) illusion D) Avidya
33. Yoga accepts -----principles
 A) 24 B) 25 C) 26 D) 27
34. The highest form of matter is-----
 A) vritti B) citta C) Panchabutas D) ahamkara
- 35.-----is the highest form of matter
 A) body B) citta C) ahamkara D) soul
36. the seat of knowledge according to yoga is-----
 A) prakriti B) purusha C) body D) brain
- 37.-----is the seat of knowledge according to yoga
 A) manas B) soul C) purusha D) prakriti
38. the citta is dominated by-----
 A) sattva B) rajas C) tapas D) ahamkara
- 39.-----is dominated by citta
 A) sattva B) tapas C) ahamkara D) rajas
40. vritti means-----
 A) body concentration B) neatness C) pleasure D) mental meditation
- 41.----- is an obstacle of concentration
 A) Prakriti B) purusha C) joyfulness D) egoism
42. Raga means -----
 A) Attachment B) sorrow C) misery D) pleasure
43. Avidhya means -----
 A) Ignorance B) malobservation C) nonobservation D) none the above
44. Abhinivesa means -----
 A) Clinging to life B) pleasure C) misery D) desire

45. Yoga do not accept----- pramana
A) Anubalabti B)pratyksha C)anumana D)scripture
46. Yoga accepts perception?
A) True B>false C)not concerned D)none the above
47. Yoga accepts ----- means of knowledge
A) Three B)four C)five D)two
48. ----- is an invalid cognition
A) Viparyaya B)paryaya C)Perception D)inference
49. Vipraryaya means
A) Misconception B)conception C)perception D)cognition
50. Vikalpa means
A) Imagination B)dream C)wrong cognition D)sankalp
51. ----- is a mental modification
A) Sleep B)dream C)desire D)action
52. ----- is a mental modification
A) Vikalpa B)aim C)perception D)anumana
53. ----- is a mental modification
A) Viparyaya B)pleasure C)misery D)action
54. Nidra means -----
A) Sleep B)dream C)fear D)sleep walking
55. Yoga do not accept ----- as right knowledge
A) Arthapathi B)PERception C)inference D)scripture
56. ----- Yoga accepts as right knowledge
A) Scripture B)arthapathi C)anupalbthi D)tapas
57. Yoga accepts ----- as right knowledge
A) Inference B)Yayama C)yama D)niyama
58. ----- is an erroneous idea
A) Viparyaya B)perception C)cognition D)maya
59. Smriti means
A) Memory B)dream C)repetition D)rytham

60. The recollection of the object through previous experience is -----

- A) Smriti B)sruthi C)avadhi D)धारणा

61. Vairagya means -----

- A) Passionlessness B) passion C) detachment D)enimty

62. The trace of rajas is -----

- A) Pravrtti B)niyama C)yama D)sadhana

63. Yama means -----

- A) Abstention B) detachment C) desire D) body

64. Niyama means -----

- A) Observance B) abstention C) detachment D) desire

65. Yoga accepts ----- as eight fold method

- A) Niyama B)vairagya C)viparya D)citta

66. Asana means -----

- A) Posture B) sleep C) play D) breath

67. Pranayama means -----

- A) Regulation of breath B) posture C) sleep D)dyana

68. Yoga accepts ----- as eight fold path

- A) Prathyahara B)citta C)vritti D)vikalpa

69. Prathyahara means -----

- A) Withdrawal of senses B) sleep C) dream D) posture

70. Dhyana means -----

- A) Concentration B) abstention C) attachment D) prayer

71. Contemplation means ----- in Sanskrit

- A) Dharana B)dhyana C)Samadhi D)pratyahara

72. Which one is an eight fold method in Yoga?

- A)vikalpa B) Samadhi C)vritti D)vinaya

73. Dhyana means -----

- A)abstention B) Attention C)contemplation D)concentration

74. Which one is not eight links of Yoga?

- A)yama B)niyama C) Vicharana D)pratyahara

75. Which one is not eight links of Yoga?

A)asana B)pranayama C) Sadhana D)yama

76. ----- is direct aid of Yoga

A)vrita B)citta C) Samadhi D)yama

77. ----- is indirect aid of Yoga

A)Samadhi B)viparya C) Yama D)karma

78. ----- is direct aid of Yoga

A) Niyama B. Asana C) Dharana d. Pranayama

79. ----- is direct aid of Yoga

A)vikalpa B)yama C) Dhyana D)posture

80. ----- is indirect aid of Yoga

A)Samadhi B)dhyana C)tapas D) Niyama

81. ----- is indirect aid of Yoga

A)dhyana B)Samadhi C)swapna D) Pranayama

82. Indirect aid of Yoga is -----

A)sadhana B)dharana C)dharma D) Niyama

83. Direct aid of Yoga is -----

A)yama B)niyama C)asana D) Dharana

84. Indirect aid of Yoga is -----

A)sadhana B)Samadhi C)dhyana D) Asana

85. Antaranga means -----

A)external aid B)manas C)self D) Internal aid

86. Bahiranga means -----

A)internal aid B)body C)ahankra D) External aid

87. ----- is Bahiranga

A)Samadhi B)dhyana C)upadhi C) Yama

88. ----- is Antaranga

A)yama B)niyama C) Samadhi D)asana

89----- isAntaranga

A)upasana B)asana C)Dhyana D)vrita

90. ----- is Antaranga
 A)niyama B)mind C) Dharana D)dharma
91. ----- is Bhahyaranga
 A)manas B)ahankara C) Niyama D)samadhi
92. ----- is Bhahyaranga aid
 A)Samadhi B)dhyanaC) Asana D)dhwani
93. ----- is not Antaranga aid
 A)Samadhi B)dhyana C) Chitta D)धारणा
94. ----- is Bhahyaranga aid
 A)citta B)vritti C) Pranayama D)samadhi
95. ----- is Bhahyaranga aid
 A)Mind B)body C) Pratyahara D)prakrti
96. Out of eight links of Yoga how many are direct
 A)four B)eight C)Three D)two
97. Out of eight links of Yoga how many are indirect
 A)three B)two C) Five D)four
98. Karma Yoga is related to -----
 A)jnana B)bhkti C) Work D)silence
99. Bhakti Yoga is related to -----
 A)silence B)jana C) Devotion D)work
100. Jnana Yoga is related to -----
 A)bhakthi B)devotion C) Wisdom D)work
101. Work is related to -----
 A)jnana B)bhakhi C) Karma D)selfishness
102. Devotion is related to -----
 A)work B)jnana C) Bhakti D)karma
103. Wisdom is related to -----
 A)bhakthi B)karma C) Jnana D)study
104. Yama is -----
 A)physicalPreperation B)body C) Ethical Preparation D)mind

105. Niyama is -----

A)body B)physical preparation C) Ethical Preparation D)law

106. Yoga which one is for Ethical Preparation

A) B)pranayama C)Samadhi D) Yama

107. Yoga consider ----- as Ethical Preparation

A)sadhana B)citta C)vritti D) Niyama

108. Yoga consider ----- as Ethical Preparation

A)purusha B)prakrti C)sahana D) Yama

109. Find the odd one out

A) Yama B) Niyama C) Asana D) Ahimsa

110. ----- is not eight fold method

A)yama B)niyama C)asana D) Vrita

111. Find the odd one out

A) Dhyana B) Dharana C) Samadhi D) Antaranga

112. ----- is not Eight fold method

A)yama B)niyama C) ahimsa D) satya

113. Practice of Ahimsa is -----

A) Ethical Preparation B)physical preparation C)purification D)nothings

114. Ahimsa is a part of -----

A) Yama B)Samadhi C)himsa D)dharana

115. Devotion to God is a part of -----

A) Yama B)tapas C)vikalpa D)amadhi

116. Devotion to God is a Niyama

A) True B>false C)not known D)none the above

117. Tapas is related to -----

A) Niyama B)yama C)citta D)devotion

118. Asana is -----

A) Physical Concentration B)mental concentration C)concentration D)desire

119. Physical activity is related to -----

A) Asana B)dhyana C)dharana D)samadhi

120. Asana is meant for -----

A) Discipline of the body B)soul C)purusha D)prakrti

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

A) Breath Control B) soul C)body D)purusha

122. Hatayoga emphasis -----

A) Breath Control B)body control C)physical control D)prakrti

123. Breath Control influences -----

A) Mind B)body C)soul D)purusha

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

A Mind B)body C)soul D)posture

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

A) Dharana B)yama C)soul D)body

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

A)Dharana B)thinking C)sankalpa D)yama

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

A) Citta B)body C)purusha D)prakriti

128. Dhyana culminates in -----

A) Samadhi B)vritti C)citta D)upalabthi

129. Vichara means -----

A)meditation B) Reflection C)action D)doubt

130. Ananda means -----

A)devotion B) Joy C)misery D)attachment

31. Freedom in Yoga is -----

A)samadhi B) Kaivalya C)citta D)vrita

132. ----- is the freedom in Yoga

A)sadhana B) Kaivalya C)yama D)niyama

133. Kaivalya means -----

A)boundage B) Freedom C)Samadhi D)pleasure

134. Kaivalya is the eternal life of -----

A)man B)Purusha C)soul D)citta

135. Guna means -----

A)medium B) Quality C)quanty D)none the above

136. Yoga of action means -----

A)bhakti B) Kriya Yoga C)jnana D)inaction

137. Kriya Yoga means -----

A)devotion B) Yoga of action C)god worship D)pleasure

138. Devotion to God is one true aids of -----

A)purusha B)prakriti C) Yoga D)citta

139. -----is the object of meditation

A)purusha B)prakriti C) God D)soul

140. God is the object of -----

A)action B)body C) Meditation D)mind

141. Yoga considers God as an object of -----

A)maya B)mind C) Meditation D)action

142. According to Yoga God is -----

A)impersonal B)illusion C) Personal D)none the above

143. ----- is personal according to Yoga

A) body B)mind C) God D)soul

144. Yoga says God has -----

A)attribute B)mode C) Perfect nature D)imperfect nature

145. Perfection is the nature of -----

A)body B)prakriti C) God D)soul

146. Yoga believes in Law of Kama

A>false B)unknown C) True D)none the above

147. According to Yoga God is -----

A)bound B)illusion C) Free D)none the above

148. Yoga says God is -----

A)maya B)illusion C) Omnicient D)temporal

149. God is ----- according to Yoga

A)temporal B)illusion C) Omnicient D)image

150. God is the creator of the world according to Yoga
 A) true B) partially true C) False D) none the above
151. ----- is a form of mind
 A) soul B) tathva C) Prackhya D) tapas
152. According to Yoga ----- is a form of mind
 A) manas B) soul C) Prackhya D) vritti
153. Prackhya may be consider as a form of -----
 A) soul B) vritti C) Mind D) body
154. Prackhya is a form of mind
 1A) True B) false C) undetermined D) none the above
155. ----- is a form of mind
 A) Pravritti B) vritti C) love D) desire
156. Pravritti is a form of mind
 A) True B) false C) undetermined D) none the above
157. According to yoga ----- is a form of mind
 A) Pravritti B) tapas C) sadhana D) yama
158. Pravritti may be considered as a form of -----
 A) Mind B) soul C) body D) vritti
159. ----- is a form of mind
 A) Sthiti B) posture C) buddhi D) yoga
160. Sthiti is a form of mind
 A) True B) false C) undetermined D) none the above
161. According to yoga ----- is a form of mind
 A) Sthiti B) soul C) tapas D) anthakarana
162. Sthiti may be considered as a form of -----
 A) Mind B) body C) vritti D) soul
163. ----- is one of the kinds of personalities
 A) citta B) vrita C) dull mind D) yama
164. Dull mind is -----
 A) Personality B) behaviour C) silence D) action
165. The meaning of dull mind

A) Slow to think B) fast to think C) inability to think D) pleasure

166.----- is the meaning of dull mind

A) sorrow B) misery C) pleasure D) slow to think

167. Odd one out

A) Yama B) pranayama C) cittavritti D) Samadhi

168. odd one out

A) satya B) ahimsa C) asteya D) yama

169. Yoga is not related to samkhya

A) true B) undetermined C) false D) none the above

170.----- is a personality of mind

A) purusha B) prakrti C) desire D) dissipated mind

171. Odd one out

A) Sadhana B) Samadhi C) Niyama D) Asana

172.----- is a personality

A) Dissipated mind B) Asana C) Yama D) Beauty

173. Dissipated mind is -----

A) Personaity B) Behaviour C) Sad D) Happy

174.----- is a personality

A) One pointed mind B) Happiness C) Sad D) Pleasure

175. One pointed mind is -----

A) Personality B) Aim C) Happiness D) jealous

176. Dissipated mind means -----

A) Wantering mind B) Silent mind C) Active mind D) Passive mind

177.----- is a kind of personality

A) Dissiipated mind B) Self C) Mind D) Soul

178. Dissipated mind means -----

A) foolish out lay B) Intelligent mind C) Wantering mind D) Peace of mind

179. Oscillating mind is -----

A) Self B) Personality C) Mind D) Soul

180. Oscillating mind is related to -----

A) Brain B) Purusha C) Soul D) Vritti

181. Concentrated mind is -----

A) Personality B) Purusha C) Anthakara D) Yama

182. ----- is a kind of personality

A) Concentrated mind B) Citta C) Vrita D) Beauty

183. Author of Raja Yoga

A) Vivekanda Swami B) Narayana Swami C) Sree Narayana Guru D) Kapila

184. ----- is written by Vivekanda Swami

A) Astanga Yoga B) Raja Yoga C) Astanga Yoga D) Bhakti Yoga

185. Concentration is -----

A) Internal Practice B) External Practice C) Upavasa D) Satyagraha

186. ----- is internal practice

A) Concentration B) Action C) Silence D) Upavasa

187. Meditation is -----

A) Internal Practice B) External Practice C) Action D) Dhyana

188. ----- is internal practice

A) Meditation B) Play C) Entertainment D) Sleep

189. Absorption is -----

A) Internal Practice B) External Practice C) Body Movement D) Activity of Soul

190. ----- is internal practice

A) Absorption B) Citta C) Soul D) Action

191. Asana is -----

A) Control of body B) Control of Soul C) Control of mind D) Control of Purusha

192. breath control leads to -----

A) Concentration B) Eye Concentration C) Body Concentration D) Concentration of Purusha

193. Trait approach is to understand -----

A) Personality B) Soul C) Body D) Purusha

194. ----- is an approach to personality

A) Trait approach B) Direct approach C) Silent approach D) Aggressive approach

195. Analysis approach is to understand -----

A) Personality B) Body C) Soul D) prakriti

196. ----- is an approach to personality

A)Analysis approach B)Talkative approach C)Synthetic approach D)Observational approach

197.Trait theory is -----

A)Study of human personality B)Study of mind C)Study of body D)Study of self

198.Study of personality is known as -----

A)Trait theory B)Self Theory C)Analytic Theory D)Synthetic Theory

199.Analytical approach is based on

A)Analysis B)Thinking C)Synthetic D)Criticism

200.How many personalities are accepted by Yoga

A)Five B)Four C)Two D)Three

Answer Key

1.B

2.C

3.A

4.A

5.B

6.C

7.A

8.C

9.C

10.A

11.D

12.A

13.B

14.D

15.C

16.D

17.A

18.B

19.B

20.A

21.C

22.C

23.A

24.B

25.B

26.A

27.B

28.B

29.B

30.B

31.B

32.B

33.B

34.B

35.B

36.B

37.C

38.B

39.D

40.D

41.D

42.A

43.A

44.A

45.A

46.A

47.A

48.A

49.A

50.A

51.A

52.A

53.A

54.A

55.A

56.A

57.A

58.A

59.A

60.A

61.A

62.A

63.A

64.B

65.A

66.A

67.A

68.A

69.A

70.A

71.A

72.B

73.B

74.C

75.C

76.C

77.C

78.C

79.C

80.D

81.D

82.D

83.D

84.D

85.D

86.D

87.C

88.C

89.C

90.C

91.C

92.C

93.C

94.C

95.C

96.C

97.C

98.C

99.C

100.C

101.C

102.C

103.C

104.C

105.C

106.D

107.D

108.D

109.D

110.D

111.D

112.C

113.A

114.A

115.A

116.A

117.A

118.A

119.A

120.A

121.A

122.A

123.A

124.A

125.A

126.A

127.A

128.A

129.B

130.B

131.B

132.B

133.B

134.B

135.B

136.B

137.B

138.C

139.C

140.C

141.C

142.C

143.C

144.C

145.C

146.C

147.C

148.C

149.C

150.C

151.C

152.C

153.C

154.A

155.A

156.A

157.A

158.A

159.A

160.A

161.A

162.A

163.C

164.A

165.A

166.D

167.C

168.D

169.C

170.D

171.A

172.A

173.A

174.A

175.A

176.A

177.A

178.A

179.B

180.A

181.A

182.A

183.A

184.A

185.A

186.A

187.A

188.A

189.A

190.A

191.A

192.A

193.A

194.A

195.A

196.A

197.A

198.A

199.A

200.A