Paper Code : 8302

M P ED Sem – IV (Old Course)
Mar/June – 2021
402 : Yogic Science

કુલ સમય : ૬૦ મીનીટ **કુલ પ્રશ્નો : ૫૦** **વિદ્યાર્થીએ ટીક કરવાના પ્રશ્નો : ૩૫**

નોંધ : વિદ્યાર્થીએ માત્ર ૩૫ પ્રશ્નો જ ટીક કરવાના રહેશે. જો વધારે ટીક કરેલ હશે તો પ્રથમ ૩૫ પ્રશ્નો જ ગણતરીમાં લેવામાં આવશે.

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1. How yogasan does help the mind if it achives good health of the body?
   a. Peace b. Unrest c. Meditation d. Realization
2. What are the asanas from which the entire world can benefited?
   a. Expensinve b. Intellectual c. Fickle d.Non-expensive
3. Which part of ashtang yoga means silencing extrovered mind?
   a. Assumption b. Withdrawal c. Meditation d. Yama
4. Over whom does the seeker aquire full control from withdrawal?
   a. On the senses b. On Indra c. On Ishtadev d. On Heart
5. Apart from which part of yoga, assumption, meditation and samadhi can not be achieved?
   a. Yama b. Asama c. Withdrawal d. Rule
6. Which is the asana for meditation?
   a. Shavasana b. Makarasana c. Bhadrasana d. Balkasana
7. How many types of asanas are provided for benefit?
   a. Two b. Three c. Four d. Five
8. How many of the asanas are particulary useful?
   a. 21 b. 52 c.64 d. 84
9. What os the asana for health?
   a. Dhanursana b. Bethak c. Padmasana d. Sukhasana
10. Which asana is performed by staning up?
    a. Pshchimotasana b. Mayurasana c. Bhujangsana d. Sarwangsana
11. Which asana is perfomed by lying of back?
    a. Shalbhasana b. Sarwangasana c. Halasana d. Utkatasana
12. Which asana is perfomed by lying of stomach?
    a. Dhanurasana b. Vakrasana c. Halasana d. Tadaasana
13. What are first five limbs of Ashtang Yoga?
    a. Antrang b. Bahirang c. Raajyoga d. Uttrang
14. Which asana is performed by sitting?
    a. Dhanurasana b. Suryasana c. Halasana d. Gaumukhasana
15. Which day is celebrated as the Yoga day?
    a. 22nd June b. 21st June c. 23rd July d. 14th Nov
16. Whose true identity is the main purpose of Yoga?
    a. Body b. Heart c. Soul d. Science
17. What can be brought down to the world by the combination of Yoga and science?
    a. Sun b. Moon c. Stars d. Heaven
18. Through Yogasana what the internal organs of the body get naturally?
    a. Massage b. Oil c. Observation d. Vision
19. What is the key for developing all the powers of human beings?
    a. Moksha b. Yoga c. Samadhi d. Wealth
20. Which is the third part of Ashtang Yogs?
    a. Pranayam b. Yama c. Rule d. Asana
21. How the body is formed by Yoga?
    a. Flexible b. Stiff c. Powerless d. Fickle
22. What is required for withdrwal?
    a. Yoga Practice b. Varsatile Mind c. Resurrection d. Stability
23. Which are the last three parts of Ashtang Yoga?
    a. Raajyoga b. Hathayoga c. Antrang d. Bahirang
24. Which of the following Pranayam action does not cause coolling in the body?
    a. Suryabheban b. Chandrabhedan c. Shetali d. Sitkari
25. Which of the following Pranayam action causes heat in the body?
    a. Sheetali b. Sitkari c. Suryabhedan d. Chandrabhedan

26. What is the space around the navel called in yogic science?
a. Sudarshanchakra b. Meruchakra c. Manipurichakra d. Nachichakra
27. Which cycle is also called solar cycle?
a. Goyanchakra b. Nachichakra c. Siddhchakra d. Manipurichakra
28. In which pulse doed the sun reside ?
a. In idaa b. In sushushan c. In pingala d. Sitkari
29. Which pulse runs from the left nostril?
a. Bhramati b. Sushushna c.Pingala d. Idaa
30. Which pulse runs from the right nostril?
a. Pingala b. Sushushana c. Sheetali d. Idaa
31. Which Shtkriya provides enough oxygen to the body?
a. Nauli b. Basti c. Neti d. Kapalbhati
32. Which Shatkriya releases a large amoung of Carbon Dioxide?
a. Basti b. Kapaalbhati c. Tratak d. Jalneti
33. Which Shatkriya benefits greatly to the peopel who have been suffering from snoring for years?
a. Dhyoti b. Kapaalbhati c. Basti d. Sutraneti
34. How many types of purification action are shown in Yoga?
a. Five b. Six c. Seven d. Eight
35. What are the main types of Neti?
a. Two b. One c. Three d. Four
36. How many types of Dhyoti have been discussed in Gherandsamhita?
a. Elevan b. Twleve c. Thirteen d. Fourteen
37. What is the action of keeping an eye on an object called?
a. Tratak b. Kapaabhati c. Basti d. Nauli
38. In which Shatkriya dominance of Udiyanbandha is useful?
a. Nauli b. Dhyoti c. Tratak d. Neti
39. Which part of the body is cleaned by the action jalneti?
a. Esphhagus b. Stomach c. Nose d. Throat
40. What makes Doha look stricler for Sutraneti?
a. From stool b. From Colour c. From glue d. From wax
41. What are the two vertical muscles of the abdomen called?
a. Nachi b. Nal c. Nauli d. Pedhu
42. How many types of Basti are there?
a. Four b. Five c. Three d. Two
43. Physically how the person is quickly affected by the environment?
a. Weak b. Strong c. Powerful d. Forced
44. What always happens in a person's health?
a. Strength b. Progress c. Comepetition d. Fluctuations
45. How does television helps health education?
a. Visible b. Audible c. Modern d. Communication
46. How health is divided into several types of aspects?
a. Two b. Three c. Four d. Five
47. A person with no disease in the body is called?
a. Patinet b. Unhealthy c. Health d. Fourteen
48. Which calmness or discomfort can be identified by speech and bahviour?
a. Cultural b. Economic c. Social d. Mental
49. What should be done an hour before the start of the game?
a. Heavy breakfast b. A very heavy breakfast c. Meals d. Light breakfast
50. Which is more valuable than time?
a. Money b. Life c. Business d. Power.
