

SCHEME FOR VOLUNTARY CERTIFICATION OF YOGA PROFESSIONALS

Level of exam : Level 2 [Yoga Teacher]

Please mark the answers in the answer key sheet given separately

This is only a model question paper.

In the examination, you will be asked 60 multiple choice questions and 10 short notes type questions and the total time for written exam is 2.5 hours.

As a model question paper, we have provided here 35 multiple choice questions and 5 short notes type questions for your reference.

1. How many chapters are there in Patanjali Yoga Sutra?

- A. 3
- B. 4
- C. 2
- D. None of the above

2. Which is the basic text of Yoga Philosophy?

- A. Hatha Yoga Pradipika
- B. GherandaSamhitha
- C. Patanjali Yoga Sutra
- D. Shiva Samhitha

3. The Sanskrit word 'Veda' is derived from the root word 'Vid' which means

- A. To Understand
- B. To See
- C. To know
- D. To Hear

4. Six Technical subjects related to Veda are known as

- A. Samhitas
- B. Vedangas
- C. Brahmanas
- D. Aranyakas

5. **According to which School of Vedanta 'All Reality is Brahman'**

- A. Dvaita
- B. Vishitadvaita
- C. Advaita
- D. Shudhadvaita

6. **In which Bhava, the surrendering attitude of the servant to his master is involved**

- A. MaduryaBhava
- B. DasyaBhava
- C. SakhyaBhava
- D. Santa Bhava

7. **Yoga Karmasu _____ [Fill in the blanks]**

- A. Nischalam
- B. Chalam
- C. Kausalam
- D. Phalam

8. **Which of the following pranayama purifies the Astral body?**

- A. Ujjai
- B. NadiShodhana
- C. Surya Bedha
- D. Moorcha

9. **The word "Nadi" is derived from the word "Nad" which means**

- A. To flow
- B. To blow
- C. To Run
- D. To carry

10. **At which Chakra, the union of Ida and Pingalanadi takes place**

- A. Manipura
- B. Anahata
- C. Ajna
- D. Visudhi

11. **Raja Yoga is the yoga of controlling our**
- A. Sense Organs
 - B. Organs of Action
 - C. Mind
 - D. Our emotions
12. **Which Prana governs our digestive system?**
- A. Apana
 - B. Vyana
 - C. Samana
 - D. Udana
13. **Chakras and Nadis are components of which Kosha?**
- A. Annamaya
 - B. Pranamaya
 - C. Manomaya
 - D. Vijnyayamaya
14. **Which of the following is not a Mahasiddha as per Hatha Yoga Sutra?**
- A. Kapali
 - B. Kapalika
 - C. Buddha
 - D. Matseyanda
15. **The word 'Guru' means remover of _____ [Fill in the blanks]**
- A. Darkness
 - B. Laziness
 - C. Anger
 - D. Light
16. **Who out of the following is an enlightened master?**
- A. Maharishi Vasishtha
 - B. Maharishi Vishwamitra
 - C. Maharishi Patanjali
 - D. All the above

17. Yoga of Synthesis is the contribution of which Yogi?

- A. Sri Aurobindo
- B. Swami Vivekananda
- C. Sri Yogananda
- D. Sri Chaitanya

18. Ashtanga Yoga of Patanjali is otherwise known as which yoga as per Swami Vivekananda

- A. Bhakti Yoga
- B. Raja Yoga
- C. Karma Yoga
- D. Jnana Yoga

19. Which of the following is not a Vritti?

- A. Pramana
- B. Vikalpa
- C. Viveka
- D. Nidra

20 .By cultivating attitude of friendliness towards the happy and compassion towards the unhappy_____--

- A. The mind retains its disturbed calmness
- B. The mind retains its undisturbed calmness
- C. The mind will be preoccupied with thoughts
- D. The mind will be preoccupied with emotions

21. Which of the following is a Klesha according to Patanjali?

- A. Thoughts
- B. Abhyasa
- C. Arambha
- D. Arogya

22. Who authored the Srimad Bhagavatham?

- A. Vishwamitra
- B. Vedavyasa
- C. Vasishta
- D. Vidura

23. **When the result of a deed is not expected it is called**
- A. Bhakti Yoga
 - B. Kriya Yoga
 - C. Raja Yoga
 - D. Karma Yoga
24. **Svatmarama belongs to which sect?**
- A. NathParampara
 - B. AshtangaParampara
 - C. GherandaParampara
 - D. PatanjaliParampara
25. **MitaHara in Hatha yoga means**
- A. Little eating
 - B. Neither overeating nor under eating
 - C. Under eating
 - D. Only over eating
26. **What moves when Prana moves according to Hatha Yoga?**
- A. Manas
 - B. Mana Shakti
 - C. Chitta
 - D. Buddhi
27. **Filtration is one of the primary functions of**
- A. Lung
 - B. Heart
 - C. Kidney
 - D. Liver
28. **Which Asana is good for chronic low back pain?**
- A. Dhanurasana
 - B. Bhujangasana
 - C. Chakrasana
 - D. Halasana

29. Which one of the following attribute satisfies the criteria of Sattvic Food?

- A. Spicy, hot, bitter, sour and pungent
- B. Pure, essential, natural, vital, energy containing
- C. Unnatural, overcooked, stale, left over and processed food
- D. None of the above

30. Which of these is not a process of Cognition?

- A. Perception
- B. Attention
- C. Memory
- D. Sleeping

31. While arranging your Yoga classroom/Studio/Hall in general, what 'background sound' will you prefer among the following

- A. Good Rhythmic Music
- B. Soothing and meditative instrumental music
- C. Silence
- D. Sounds of nature [eg. Water, birds, Wind sounds]

32. In a group discussion, questions can be best entertained at what time?

- A. while relaxing between two practices
- B. next day
- C. while doing the practice
- D. not necessary to entertain questions, keep practicing

33. A student is not able to practice as per your satisfaction. How will you deal with this student?

- A. Force the student by applying physical pressure on the body
- B. Encourage the student to have patience and continue to practice
- C. Ask him not to practice at all
- D. Ignore the student

34. Dress for yoga practice should be

- A. Tight fitting jeans
- B. Costly and sophisticated dresses
- C. Protective covering from head to toe
- D. Loose fitting and comfortable

35. Arrange the following teaching practices in sequence

(i) Breathe Awareness (ii) Anulom Vilom Pranayama (iii) Yogic Breathing (iv)

Abdominal-Thoracic Breathing

A. (i)-(ii)-(iii)-(iv)

B. (i)-(iv)-(iii)-(ii)

C. (i)-(ii)-(iv)-(iii)

D. (iii)-(ii)-(iv)-(i)

Short notes type questions:

What is Ashtanga Yoga [Patajali's]?

Briefly explain the significance of Chakras in our body?

How is Yoga different from stretching and other kind of fitness exercises?

What are the four methods of teaching Yoga?

What are the essential features of Environment in Yogic teaching?