

**High Commission of India
Nicosia**

On the occasion of International Yoga Day on June 21st 2017, the High Commission of India is organizing following contests about Yoga:-

(A) A quiz contest on Yoga and Naturopathy

The questionnaire comprising of 50 questions is attached.

(B) Article writing contest

The article not more than 1000 words on one of the following topics to be written-

- (a) Benefits of Yoga for Cancer
- (b) Benefits of Yoga for Antenatal Care
- (c) Benefits of Yoga for Depression

(2) The competition is open to anyone residing in Cyprus.

(3) The competition is open till 19th June 2017.

(4) The answers to the quiz (format given at the end of questionnaire) and article can be mailed to accts.nicosia@mea.gov.in along with personal and contact details.

(5) The top three winners in each category will be honored and awarded with prizes on the International Yoga Day 21st June 2017.

(6) The winners of both contests would be informed on 20th June 2017 and would be invited to the venue of celebration of IDY 2017 to be held at Platres Athletic Sport Centre, Platres.

(7) For further query, please contact at Tel no. 22351170 (extension no. 103)

QUESTIONS FOR YOGA QUIZ

<p>1. Five types of Yama according to Patanjali are:</p> <ul style="list-style-type: none">a. Ahimsa,Asteya,Satya,Brahmacharya and Asana.b. Ahimsa,Satya,Asteya,Brahmacharya and Aparigrahac. Satya,Asteya,Brahmacharya, Aparigraha and Dhyanad. Asteya,Brahmacharya,Satya,Dhyana and Asana
<p>2. Normal Blood Pressure is----?</p> <ul style="list-style-type: none">a. 140/90mmHgb. 80/120mmHgc. 90/140mmHgd. 120/80 mmHg
<p>3. Asana useful in diabetes is –</p> <ul style="list-style-type: none">a. Padmasanab. Virasanac. Mandukasanad. Siddhasana
<p>4. Which one of the following attribute satisfies the criteria of Sattvic Food?</p> <ul style="list-style-type: none">a. Spicy, hot, bitter, sour and pungentb. Pure, essential, natural, vital, energy containingc. Unnatural, overcooked, stale, left over and processed foodd. None of the above
<p>5. Which asana affects the digestive system ?</p> <ul style="list-style-type: none">a. Vajrasanab. Udarakarshan asanac. Matyendrasanad. All of the above
<p>6. A student is not able to practice as per your satisfaction. How will you deal with this student?</p> <ul style="list-style-type: none">a. Force the student by applying physical pressure on the bodyb. Encourage the student to have patience and continue to practicec. Ask him not to practice at alld. Ignore the student
<p>7. The spinal nerves pairs are:-</p> <ul style="list-style-type: none">a. 28b. 30c. 31

d. 33

8. 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

9. Which one is the basic unit of the living organism?

- a. Neuron
- b. Nephron
- c. Cell
- d. Mitochondria

10. Where does Ajna Chakra located?

- a. Eyebrow centre
- b. Chest
- c. Tongue
- d. Legs

11. Which is not a Pancha Bhuta?

- a. Earth
- b. Water
- c. Sunlight
- d. Air

12. How many kinds of Kapalbhati are said in 'Gherandsamhita'?

- a. 01
- b. 02
- c. 03
- d. 04

13. The great sayings of Upanishads are popularly referred as

- a. Sutras
- b. Karikas
- c. Mahavakyas
- d. All of these

14. How many Asanas are described in 'Gherandsamhita'?

- a. 84
- b. 84000
- c. 08
- d. 32

<p>15. The number of Chittabhumi in Yoga is:-</p> <ul style="list-style-type: none">a. 05b. 02c. 03d. 04
<p>16. In which canto (Parva or book) does the Gita occur in?</p> <ul style="list-style-type: none">a. BhishmaParvab. DronaParvac. BhimParvad. Upanishad
<p>17. Which of following is /are included in Triratna?</p> <ul style="list-style-type: none">a. Asteya, Ahimsa, Satyab. SamyakBhavac. SamyakJnana and SamyakCharitrad. Ahimsa, Mudita, Maitri
<p>18.is a heterodox system of classical Indian Philosophy.</p> <ul style="list-style-type: none">a. Nyayab. Yogac. Carvakad. None of these
<p>19. What is not a Sadhak Tatva according to Hatha Yoga Pradipika?</p> <ul style="list-style-type: none">a. Utsahb. Dhairyac. Prajalpod. Dhyana
<p>20. Who is the author of Nyaya Sutras?</p> <ul style="list-style-type: none">a. Kapilab. Kanadac. Jaiminid. Patanjali
<p>21. Which one is not a Spinal deformity?</p> <ul style="list-style-type: none">a. Scoliosisb. Kyphosisc. Osteoporosisd. Lordosis
<p>22. How many types of Pranayama explained in Yoga Sutra?</p> <ul style="list-style-type: none">a. 01b. 02

- c. 03
- d. 04

23. Jnana Yoga is the work of

- a. Ramana Maharshi
- b. Osho
- c. Vivekanada
- d. SreeNarayana Guru

24. The nature of pingla swar is

- a. cold
- b. hot
- c. cold & hot
- d. none of the above

25. Contra-indication of Vajrasana is--?

- a. Diabetes mellitus
- b. Rheumatism or Arthritis
- c. Asthma
- d. Constipation
- e. Neck pain

26. Is not a Neo Vedantist

- a. M.K. Gandhi
- b. Vivekananda
- c. Aurobindo
- d. Patanjali

27. Which is the Ultimate Purushartha?

- a. Dharma
- b. Kama
- c. Artha
- d. Moksha

28. Who is not an Acharya of 'Hathayoga'?

- a. Matsyendra
- b. Goraksha
- c. Swatmarama
- d. Kapil

29. Which asana improves neuro-muscular coordination, balance and alertness --?

- a. Vajrasana
- b. Konasana
- c. Vrikshasana
- d. Bhujangasana

30. Ida Nadi is related to which nostril?

- a. Left Nostril

- b. Right Nostril
- c. Left and Right Nostril
- d. None of these

31. Philosophy is originally a term.

- a. English
- b. French
- c. Greek
- d. Latin

32. Which one of the following is not a part of the SadhanaChatustaya?

- a. Viveka
- b. Vairagya
- c. Dhyan
- d. Mumukshutva

33. According to Yoga the Raga is:-

- a. Klesh
- b. Prem
- c. Asakti
- d. All of the above

34. Which one is Long bone in our body?

- a. Carpal bones
- b. Scapula
- c. Vertebra
- d. Femur

35. Mind becomes in Alpha state due to the practice of---?

- a. Asana
- b. Exercise
- c. Meditation
- d. Bandha

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

- a. Manipura
- b. Anahata
- c. Ajna
- d. Visudhi

37. Asthma is a --?

- a. Digestive disorder
- b. Neurological disorder
- c. Pulmonary disorder
- d. Musculo skeletal disorder

38. The other name of Yogic Enema is?

- a. Nauli
- b. Dhouti
- c. Basti
- d. Trataka

39. Founder of Yoga Philosophy is?

- a. Kanada
- b. Kapila
- c. Patanjali
- d. Adishankaracharya

40. Which Chakra Symbolized by a lotus of ten petals?

- a. Muladhara Chakra
- b. Anahata Chakra
- c. Manipura Chakra
- d. Visuddha Chakra

41. Karma Yoga is the path of.....?

- a. Knowledge
- b. Devotion
- c. Action
- d. All of these

42. Concept of Sthitapragya is described in

- a. Bhagvadgita
- b. Patanjali Yoga Sutra
- c. Charak Samhita
- d. Hath Yoga Pradipika

43. Self-actualization concept is given by

- a. Carl Roger
- b. Albert Bandura
- c. Abraham Maslow
- d. Sigmund Freud

44. Hatha Yoga

- a. Work is done without attachment
- b. A preliminary to Spiritual Yoga
- c. Education in the Scriptures
- d. The mastery of meditation

45. The fourth Chapter of the Yoga Sutras is termed as

- a. Moksha pada
- b. Phala pada
- c. Kaivalya pada
- d. Samadhi pada

46. Doing duty without attachment of fruits is

- a. Nishkama Karma
- b. Akarma
- c. Vikarma
- d. None of these

47. Which ancient Indian sage authored the 'Sankhya Darshan'?

- a. Gautama
- b. Jaimini
- c. Kapil Muni
- d. Patanjali

48. The word yoga was first mentioned in which Veda

- a. Sama Veda
- b. Rig Veda
- c. Atharva Veda
- d. Yajur Veda

49. From where has the whole knowledge of yoga believed to be originated?

- a. Upanishads
- b. Vedas
- c. Darshanas
- d. Buddhism

50. How many major puranas are there?

- a. 18
- b. 10
- c. 108
- d. 07

FORMAT TO ANSWER THE QUIZ

Q. NO.	ANS.	Q. NO.	ANS.	Q. NO.	ANS.	Q. NO.	ANS.	Q. NO.	ANS.
1		11		21		31		41	
2		12		22		32		42	
3		13		23		33		43	
4		14		24		34		44	
5		15		25		35		45	
6		16		26		36		46	
7		17		27		37		47	
8		18		28		38		48	
9		19		29		39		49	
10		20		30		40		50	