

M.A Part II
Philosophy
Semester IV (2019-2020)
Paper XV
Yoga Value Education

Type : MCQ

Q1. According to Patanjali Yoga sutras, many vices like greed are destroyed through the practice of (1)

- 1.**Truth
- 2.Charity
- 3.Peace
- 4.Equality

Q2.It is through the practice of Asana (Yogic postures)that the body becomes(1)

- 1.restless
- 2.**steady
- 3.agitated
- 4.lethargic

Q3.Action based on right knowledge is often possible due to the practice of(1)

- 1.**Yoga
- 2.competition
- 3.dynamism
- 4.professionalism

Q4.Yama- in Patanjali Yoga sutras implies(1)

- 1.reflection
- 2.research
- 3.rest
- 4.**Self -restraints

Q5.According to Yoga, to frighten others is an act of (1)

1. ** injury
2. bravery
3. slavery
4. enquiry

Q6. From Yoga Value education perspective- taking a thing not given by its owner/to which one is not entitled is (1)

1. freedom
2. **stealing
- 3.power
4. progress

Q7.To abstain from injuring any being implies (1)

- 1.Abhyasa
- 2.Asteya
- 3.Aparigraha
- 4.**Ahimsa

Q8.Great hindrance to one's success on the path of Yoga is due to (1)

- 1.**possession of material objects of enjoyment
- 2.additional guidance by experts
3. too much information
- 4.excessive work

Q9.According to Patanjali Yoga sutras , surrender of all actions to God is (2)

- 1.**Isvara-pranidhana
- 2.Svadyaya
- 3.Santosha
- 4.Saucha

Q10.This includes study of the Sastras relating to liberation and the repetition of the symbolic Om (2)

- 1.Samadhi

- 2.Aparigraha
- 3.Asteya
- 4.**Svadhyaya

Q11.According to Patanjali Yoga sutras, cleansing the mind of impurities like arrogance, malice etc is (2)

- 1.external purification
- 2.**internal purification
- 3.artificial purification
- 4.imposed purification

Q12. If one is able to endure hunger and thirst, one is not easily disturbed thereby during (2)

- 1.**meditation
- 2.medication
- 3. contemplation
- 4.argumentation

Q13. According to Patanjali

Yoga sutras,to be established in restraints and observances means that there is complete (2)

- 1.elevation of perverse thoughts
- 2. **elimination of perverse thoughts
- 3. indifference to perverse thoughts
- 4. ignorance about perverse thoughts

Q14.Ability to bear pains of extremes like hunger and thirst, heat and cold etc implies(2)

- 1.**austerities
- 2.adversities
- 3.difficulties
- 4.complexities

Q15. According to Patanjali Yoga sutras,

when the mind is disturbed by passions one should practise pondering over (2)

- 1.similarities
- 2.**opposites
- 3.past
- 4.future

Q16. Absence of fluctuations or undisturbed calmness of the mind according to Patanjali Yoga implies (2)

- 1.**tranquillity
- 2.tenacity
- 3.transition
- 4.transformation

Q17.Kaivalya (liberation)and detachment are (3)

- 1.**separable
- 2.inseparable
- 3.opposite
- 4.same

Q18.Para Vairagya is (3)

- 1.pseudo detachment
- 2.**Supreme detachment
- 3.distorted detachment
- 4.dynamic detachment

Q19.In Patanjali Yoga sutras,highest form of knowledge is that which brings about final and entire cessation of all (3)

- 1.**sorrows
- 2.dreams
- 3.ideas
- 4.objects

Q20. The spirit of friendliness (according to Patanjali Yoga sutras) should be entertained towards those who have experienced (3)

- 1.pain
- 2.**happiness
- 3.doubt
- 4 shock

Q21. Mr. X with a purified mind becoming one pointed on the path of Yoga will eventually attain (3)

1. **serenity
2. divinity
3. immunity
4. popularity

Q22. According to Patanjali Yoga sutras, the stopping of mental modifications is possible by practice and (3)

1. **detachment
2. distinction
3. direction
4. doubt

Q23. That flows down the plane of discriminative knowledge ending in the higher ground of Kaivalya or liberation leads unto (3)

1. power
2. indifference
3. fame
4. **good

Q24. Abhyasa according to Patanjali implies (3)

1. **constant practice
2. talking
3. thinking
4. hearing

Q25. Patanjali Yoga sutras reflect on two methods- repeated practice and Vairagya for (3)

1. initiating the flow of chitta vrittis
 2. **stopping the flow of chitta vrittis
 3. increasing the flow of chitta vrittis
 4. observing the flow of chitta vrittis
-