

M.A Part II

Philosophy

Semester IV (2019-2020)

Paper XV

Interdisciplinary/Cross disciplinary Course: Yoga Value Education

SAMPLE MULTIPLE CHOICE QUESTIONS

1. According to Patanjali Yoga sutras, many vices like greed are destroyed through the practice of
a.Truth b.Charity c.Peace d.Equality
- 2.It is through the practice of Asana (Yogic postures)that the body becomes
a.restless b.steady c.agitated d.lethargic
- 3.Action based on right knowledge is often possible due to the practice of
a.Yoga b.competition c.dynamism
d.professionalism
- 4.Yama- in Patanjali Yoga sutras implies
a.reflection
b.research
c.rest
d.Self -restraints
- 5.According to Yoga, to frighten others is an act of
a.injury b. bravery c. slavery d. enquiry
6. From Yoga Value education perspective- taking a thing not given by its owner/to which one is not entitled is
a. freedom b.stealing c.power d. progress
- 7.To abstain from injuring any being implies
a.Abhyasa b.Asteya c.Aparigraha d.Ahimsa
- 8.Great hindrance to one's success on the path of Yoga is due to
a.possession of material objects of enjoyment
b.additional guidance by experts
c. too much information
d.excessive work
- 9.According to Patanjali Yoga sutras , surrender of all actions to God is
a.Isvara-pranidhana b.Svadyaya c.Santosha d.Saucha
- 10.This includes study of the Sastras relating to liberation and the repetition of the symbolic Om
a.Samadhi b.Aparigraha c.Asteya
d.Svadyaya
- 11.According to Patanjali Yoga sutras, cleansing the mind of impurities like arrogance, malice etc is
a.external purification
b.internal purification
c.artificial purification
d.imposed purification
12. If one is able to endure hunger and thirst, one is not easily disturbed thereby during
a.meditation b.medication

c. contemplation d.argumentation

13. According to Patanjali

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

a.elevation of perverse thoughts

b. elimination of perverse thoughts

c. indifference to perverse thoughts

d. ignorance about perverse thoughts

14.Ability to bear pains of extremes like hunger and thirst, heat and cold etc implies

a.austerities b.adversities c.difficulties

d.complexities

15. According to Patanjali Yoga sutras,

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

a.similarities b.opposites

c.past d.future

16. Absence of fluctuations or undisturbed calmness of the mind according to Patanjali Yoga implies

a.tranquillity b.tenacity c.transition

d.transformation

17.Kaivalya (liberation)and detachment are

a.separable b.inseparable c.opposite d.same

18.Para Vairagya is

a.pseudo detachment

b.Supreme detachment

c.distorted detachment

d.dynamic detachment

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

a.sorrows b.dreams c.ideas d.objects

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

a.pain b.happiness c.doubt d.shock

21.Mr.X with a purified mind becoming one pointed on the path of Yoga will eventually attain

a.serenity b.divinity c. immunity d.popularity

22. According to Patanjali Yoga sutras, the stopping of mental modifications is possible by practice and

a.detachment b.distinction c.direction d.doubt

23.That flows down the plane of discriminative knowledge ending in the higher ground of Kaivalya or liberation leads unto

a.power b.indifference c.fame d.good

24.Abhyasa according to Patanjali implies

a.constant practice

b. talking

c. thinking

d. hearing

25.Patanjali Yoga sutras reflect on two methods- repeated practice and Vairagya for

- a. initiating the flow of chitta vrittis
 - b. stopping the flow of chitta vrittis
 - c. increasing the flow of chitta vrittis
 - d. observing the flow of chitta vrittis
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