

Sports Quiz

General Questions and Answers on Yoga

Q-1. What is the meaning of yoga?

A-1. The word 'yoga' has been derived from the Sanskrit word 'yuj' which means 'union or join'. Thus literal meaning of yoga is union of individual's human soul with the supreme universal spirit.

Q-2. Write the definitions of yoga?

A-2. (a) "Checking the impulses of mind is yoga." (By Mahrishi Patanjali)
(b) "Yoga is spiritual kamdhenu." (By Swami Sampurnanand)

Q-3. Explain the history of yoga?

A-3. Yoga is as old as the Hindu civilization itself. Traditionally lord Shiva is considered original founder of yoga. It is believed that lord shiva had narrated divine science of yoga firstly to wife parvati for upliftment of humanity. Importance of yoga has been referred in to the Vedas. Different forms of yoga have been mentioned in Puranas, Upanishads, and Smritis. The Aryans used to practise yogic exercises as early as 3000 B.C. Epics like The Ramayana, The Mahabharata and Bhagvad Puranas written about 400 B.C. also contain vivid account of various branches of yoga. Today yoga has become popular all over world as a means of self realization and development of positive health.

Q-4. What is the importance of Yoga in our life?

A-4.

1. Physical purity.
2. Cure and prevention from diseases.
3. Reduces mental tension.
4. Beautification of body.
5. Provides relaxation.
6. Keeps the correct posture of body.
7. Yoga can be performed easily.
8. Spiritual development.
9. Increases flexibility.
10. Reduces obesity.
11. Improves health.
12. Enhances moral and ethical values.

Q-5. Write the definition of Asana?**A-5.** "Sthiram Sukhamasanam." (By Mahrishi Patanjali)**Q-6. What are the types of asanas?****A-6.**

1. Meditative asanas.
2. Relaxative asanas.
3. Cultural asanas.

Q-7. What are eight elements of Yoga? (Ashtanga Yoga)**A-7.** The Aim of Yoga to secure liberation, Moksha. To attain this goal individual has to control his body, mind, emotions and desires. As mind is very inconsistent and restless , constant practices of yoga through its eight elements or stages can help in achieving objectives.**First five elements of Ashtanga yoga compare of external yoga and the last three of internal yoga. Eight elements of yoga as explained by patanjali are as follows:-**

1. **YAMA**- Yama means restraint or social discipline. Patanjali refers to following five yamas:-
 - a) AHIMSA- It means non-violence.
 - b) SATYA- It means truth.
 - c) ASTEYA- It means control or conquest of mind and senses.
 - d) APRIGRAHA- It means non-receiving.
 - e) BRAHMACHARYA- It means celibacy.
2. **NIYAMA**- Niyama are regulatory physical habits requiring individual discipline. They are also five in numbers:-
 - a) SAUCHA- It means regular cleanliness of external and internal body and purification of mind.
 - b) SANTOSH- It means contentment. Individual should remain contented physically as well as mentally in a congenial as well as uncongenial atmosphere.
 - c) TAPAS- It means penance. Individual should conquer all his desires.
 - d) SAVDHYAYA- It means self study. One should analyze himself and try to correct his short comings.
 - e) ISHWARPARMIDHANA- It means surrender to God. One should surrender all his actions to God.
3. **ASANAS**- Asanas are certain special pattern of postures that stabilize mind and body. They are psychophysical exercises which improve general tone of muscles and bring tranquility to the mind.

4. **PRANAYAMA**- Pranayam is regulation of breathing after adopting correct and relevant posture. It has three phases:-
 a) Purak (Inhalation)
 b) Rechak (Exhalation)
 c) Kumbhak (Retention or holding breath)
5. **PRATYAHAR**- Pratyahar means restraining the senses from object of enjoyment. It is a process of bringing back or suppressing the desires which are real cause of all troubles.
6. **DHARNA**- It means focusing of mind. After controlling desires state of dharna comes in which individual gets rid of the impulses, pain and pleasures. Mind is steadied.
7. **DHYANA**- It means meditation. When an individual is able to focus on shunya or nothingness then stage of dhyana comes. It is a smooth and unhampered mental activity which makes the individual contemplate on whatever he likes to.
8. **SAMADHI**- It is a state of great steadiness of mind. Samadhi means self realization. Profound meditation or dhyana enables an individual to be free from pleasure, pain or misery. It is a stage where individual soul unites with universal soul.

Q-8. Write the name of ten asanas name?

A-8.

- a) Tadasana
- b) Padhastasana
- c) Trikonasana
- d) Pashchimottanasana
- e) Titaliasana
- f) Bhujangasana
- g) Bhunamanasana
- h) Ushtrasana
- i) Urdhav-hastotanasana
- j) Chakrasana

Q-9. What is Pranayama?

A-9. Pranayama is an appropriate control over the process of breathing i.e. Inhalation and exhalation.

Q-10. Write the names of eight types of Pranayama?

A-10.

1. Alom-vilom pranayama.
2. Suryabhedhi pranayama.
3. Ujjai pranayama.
4. Sheetli pranayama.
5. Sheet Kari pranayama.
6. Bhramari pranayama.
7. Bhastrika pranayama.
8. Plavani pranayama.

Q-11. Write the three phases of pranayama?

A-11.

- a) Inhalation (Purak)
- b) Retention (Kumbhak)
- c) Exhalation (Rechak)

Q-12. Write the important things for pranayama?

A-12.

- a) Place
- b) Posture
- d) Time
- e) Time ratio (1:4:2)

Q-13. Write the general rules to be followed while practising yogasanas?

A-13.

- 1) The bowels and bladder should be empty.
- 2) Clothing should be light and loose.
- 3) Prefer the open area for the practise.
- 4) Do not drink or eat immediately after the practise: - give at least 20 to 30 minutes gap.
- 5) All the yogic practice should be learnt only under guidance.

Q-14. Write the aim of yoga?

A-14. Yoga education is not physical culture; it is actually a subconscious education to integrate the personality on spiritual values.

AIM- The aim of yoga is to establish harmony, balance, integration of personality at all possible levels:- physical, mental, social, intellectual, emotional and spiritual.

Q-15. Write the name of panch-prana.

A-15.

- 1) Udana-(Head region)
- 2) Prana-(Chest region)
- 3) Samana-(Upper abdomen)
- 4) Apana-(Lower abdomen)
- 5) Vyana-(Entire body)

Q-16. Write the distraction of mind. (Chitta-vikshep)

A-16.

- 1) Avidya (Lack of awareness)
- 2) Asmita (Egoism)
- 3) Raga (Attachment)
- 4) Dwesha (Hated, Repulsion)
- 5) Abhinivesha (Fear of death)

Q-17. How many types of yoga are there?

A-17. Yoga is of seven types:-

- 1) Karma yoga
- 2) Jnana yoga
- 3) Hatha yoga
- 4) Raj yoga
- 5) Mantra yoga
- 6) Laya yoga
- 7) Bhakti yoga

Q-18. Explain preventive and curative effects of yoga.

A-18. Yoga involves a variety of postures, which affect the entire body. Asanas recharge the body and help in even distribution of energy throughout the body. It helps in curing many diseases related to circulatory and respiratory system, muscular system skeletal system, nervous and digestive system. This results in improved health of mind and body.

Q-19. Write the name of asanas which are useful when the navel is displaced?

A-19.

- a) Uttanpadasana
- b) Dhanurasana
- c) Chakrasana
- d) Shalabhasana

Q-20. Write the concept of Hatha yoga.

A-20. Hatha yoga is powerful, but difficult, the whole principle of action is founded on an intimate connection between the body and the soul. Its aim is to ensure perfect health by physical and mental purification through the control of mind and body. The power of concentration can be developed if there is balance and harmony between the body and mind.

Q-21. What is meditation?

A-21. Another name of meditation is dhyana. It is sustained concentration or deep reflection on a particular object of thought. Asanas still the body whereas meditation stills the mind. It is a complete concentration of mind over a period of time without divergence. In the process of meditation, a person is able to integrate his body, breath, senses, mind, reason and ego.

Q-22. What is the aim of meditation?

A-22. Aim at finding your centre, it is with you.

Q-23. Are there any qualities to be specially cultivated to succeed in this search of my centre?

A-23. Specially the following three:-
 1) Ahimsa (Harmlessness)
 2) Ekagrata (One-pointedness)
 3) Saralata (Simplicity)

Q-24. Why do you pray to God?

A-24. God answers a need in my scheme of life. Prayer is an escape from the loneliness of the actual into communion with a companion. Prayer is with me a necessity of my life.

Q-25. In which period yoga started?

A-25. Vedic period.

Q-26. Who was the first one, who introduced the word yoga in classical way?

A-26.

a) Kapil Manu	b) <u>Mahrishi Patanjali</u>
c) Sampurnanand	d) Arastu

Q-35. Out of the following which activity dose not belong to Pranayama?

A-35.

- | | |
|------------------|------------|
| a) Dhouti | b) Purak |
| c) Rechak | d) Kumbhak |

Q-36. What is the ratio of breathing in Pranayama?

A-36.

- | | |
|-----------------|-----------|
| a) 2:6:2 | b) 6:12:4 |
| c) 1:4:2 | d) 1:2:1 |

Q-37. What are the first five parts of Yoga known as? (ASHTANGA-YOGA)

A-37.

- | | |
|-------------------------|--------------|
| a) Antrik Sadhan | b) Arambhik |
| c) Bahari Sadhan | d) Pranayama |

Q-38. What are the last three parts of Yoga known as? (ASHTANGA-YOGA)

A-38.

- | | |
|-------------------------|-------------------|
| a) Antrik Sadhan | b) Bahari Sadhana |
| c) Shatkram | d) Pranayama |

Q-39. What is the one word meaning of Yoga?

A-39.

- | | |
|---------------|-------------------------|
| a) Yogi | b) Sadhana |
| c) Meditation | d) Join or Unite |

Q-40. Which one is not Pranayama?

A-40.

- | | |
|-------------|-----------------|
| a) Kumbhak | b) Ahimsa |
| c) Shatkarm | d) Ujjai |

Q-41. Explain the role of Yoga in Sports.

A-41. Yoga and sports are often seen in opposition. Yoga is for practice whereas sports emphasis on training. Yoga is an excellent exercise for the body, mind and soul and helps sports-persons to become more agile, stronger and focused.

- a) Stimulates and changes emotional attitude.
- b) Helps you feel relaxed.
- c) Quick recovery after injury.
- d) Helps to improve flexibility.
- e) Removes stress and tension.

Q-42. Write any two benefits of Ujjai-Pranayama?

A-42.

- 1) Removes cough and clears throat.
- 2) Cures snoring trouble.

Q-43. What are the benefits of Kapalabhati Pranayama?

A-43.

- 1) Purifies Blood.
- 2) Enhances supply to oxygen to the body.
- 3) Improves digestion.
- 4) Useful for lungs.

Q-44. What are the advantages of Padmasana?

A-44.

- 1) It removes urinary disorders.
- 2) This asana is good for concentration of mind.
- 3) It helps in removing backache.
- 4) It helps sciatica problem.

Q-45. What are the advantages of Tadasana?

A-45.

- 1) It reduces Obesity.
- 2) It removes Constipation.
- 3) It removes Digestive problems.

Q-46. What are the advantages of Paschimotanasana?

A-46.

- 1) It removes gas trouble.
- 2) It prevents the early ossification of bones.
- 3) It is a good remedy for Constipation.
- 4) It helps to overcome several menstrual disorders.
- 5) It gives relief in sciatica, backache and asthma.

Q-47. What are the advantages of Chakrasana?

A-47.

- 1) It removes back pain.
- 2) It removes the pain of kidneys.
- 3) It is helpful in removing Obesity.
- 4) It removes the problem of Hernia.

Q-48. What are the benefits of practising Matasyasana?

A-48.

- 1) It is helpful in removing back pain, knee pain and Tonsillitis.
- 2) It also removes the defects of Eyes.
- 3) Skin diseases can be removed, if we practise this asana regularly.
- 4) This asana is helpful for the treatment of diabetes.

Q-49. What are the advantages of Sarvangasana?

A-49.

- 1) It relieves Headache.
- 2) It prevents the untimely wrinkling of the face.
- 3) It enables to have a good eyesight.
- 4) It helps to control the weight of the body.
- 5) The liver and kidneys are massaged and they function better.

Q-50. What are the benefits of doing Shavasana?

A-50.

- 1) It strengthens the Nervous System.
- 2) It controls High Blood Pressure.
- 3) It relieves Mental Tension.
- 4) It helps to cure many Cardiac Problems.