

Item	VIVA Question	Answer
1	Yoga is originated in	India
2	The -----are the main sources of yoga	Vedas
3	Two of the oldest Hindu scriptures ,the-----and the----- mention the important of physical postures in the practice of meditation .	Upanishas & Bhagavad Gita
4 taught yoga sutra at Chidambaram .	Patanjali
5is called as the father of yoga .	Patanjali
6	Veda means -----	Knowledge
7	Upanished means	To sit nearly
8 meditation is very popular in America.	Transcendental
9	Yoga journal' is published in	U.S.A
10	B.K.S Iyengar's book -----is considered as the Bible of yoga	Light on Yoga
11	The word yoga is derived from the Sanskrit term	Yuj
12 Stresses on the purification of the body	Hatha Yoga
13	-----stresses on the purification of love.	Bhakthi yoga
14	-----is the path of knowledge	Jnana Yoga
15	-----is the path of work and service	Karma yoga
16	-----stresses on the purification of mind.	Raja yoga
17	-----yoga in the science of sound and vibration.	Mantra Yoga
18	-----yoga is the union with supreme soul through devotion .	Laya yoga
19	-----systemetized the eight fold path of yoga	Patanjali
20	-----deals with individual's moral or ethical disciplines but universal in application	Yama
21	-----are the rules of conduct of an individual.	Niyama
22	-----is a steady and pleasant posture	Asanas
23	The third limb of yoga is ----- .	Asana
24	.-----is the science of breath. .	Pranayama
25	.-----means length or expansion .	Ayama
26	---brings the mind and senses under control .	Pratyahara
27	-----is the state of concentration .	Dharana
28	-----means meditation .	Dhyana
29	-----is the state of super consciousness .	Samadhi
30	-----is the third and highest of the raja yoga .	Samadhi
31	The eight limbs of yoga are known as -----yoga .	Ashtanga
32	Ha'' means the ----- .	Sun
33	Tha' means the -----	Moon
34	Padmasana and siddhasana are come under -----asanas.	Meditative
35	Savasana is a -----asana.	Relaxative
36	-----are cleansing techniques.	Kriyas
37	-----means a sealing posture .	Mudra

38	-----means a posture where certain parts of body are controlled or contracted	Bandha
39	.-----food is necessary when you practice yoga.	Sattvic
40	-----means camel pose .	Ustrasana
41	In -----asana, the thyroid gland is mostly nourished.	Sarvangasan
42	-----is the union of jivatma with paramatma.	Yoga
43	----- is termed plough pose .	Halasana
44	-----is termed fish pose .	Matsyasana
45	-----is termed peacock pose .	Mayurasana
46	-----is termed locust pose .	Salabasana
47	-----is termed cobra pose	Bujangasana
48	-----is termed bow pose .	Dhanurasana
49	-----is termed three angle pose .	Trikonasana
50	-----is termed corpse pose .	Sabasana
51	There are -----lakhs of asanas described by lord siva .	84
52	Those who suffer from heart disease or high blood pressure are warned not to attempt -- -----asana.	Sirsasana
53	-----is termed cow face posture	Gombukasana
54	-----is termed the eagle pose.	Garudasana
55	-----is termed circle pose.	Chakrasana
56	-----is termed tree pose	Virksasana
57	-----means retention of breath .	Kumbakha
58	-----means inhalation.	Purekha
59	-----means exhalation .	Reshaka
60	---means on exercise that makes the skull shining	Kapalbhati
61	Fold the tongue like a tube for -----pranayama.	Sitali
62	Fold the tongue to touch the upper palate for----- pranayama .	Sitkari
63	-----means bellows .	bhastrika
64	Sitkari and -----pranayama are cooling .	Sitali
65	-----pranayama is the only pranayama which can be done at all times of the day and night.	Ujjayi
66	In -----pranayama ,the breath is inhaled through the right nostril nostril and exhaled through the left nostril.	Surya Bhedana
67	The object of nadi sodhana pranayama is the purification of the -----.	Nerve
68	Forceful and strained inhalation or exhalation is done only in -----pranayama.	Bhastrika
69	In -----the inhalation is slow and the exhalation is vigorous	Kapalabhati
70	-----means a large black bee.	Bhramari
71	In -----pranayama ,during exhalation a soft numming sound like the murmuring of bees is made.	Bharmari

72	In ----pranayama ,the breath is included through the left nostril and exhaled through the right nostril.	Chandra Bhedana
73	Sat kriyas have ---- processes.	Six
74	Neti kriya is to be followed by -----to keep the nasal passage clean.	Kapalapathi
75	-----bandha is a posture where the neck and throat are contracted.	Jalendra
76	-----is a posture where the diagram is lifted highup the thorax and the abnormal Organs are pulled back towards the spine after exhaling.	Uddiyana Bhandha
77	-----is cleaning nasal passages.	Neti
78	-----is cleaning the eye.	Trataka
79	-----are cleaning techniques.	Kriyas
80	.-----is the adi guru from yoga originated .	Siva
81	-----wrote hathapradipika.	Sratmarama
82	-----is the scripture based on the dialogue between Krishna and arjuna on the subject of yoga .	Bhagavad Gita
83	Situated level with the heart is ---- chakra.	Anahata
84	Situated at the crown of the head is ----- chakra.	Sahasrara
85	Situated in the spine behind the navel is -----chakra.	Manipura
86	Situated approximately two fingers width above mooladhara chakra is ----- chakra .	Swadhisthana
87	Situated in the midbrain ,behind the eyebrow center at the top of the spine is----- chakra.	Ajna
88	Situated at the back of the neck ,behind the throat pit is -----chakra.	Vishuddhi
89	Situated at the perineum in the male body and at the cervix in the female body is -----chakras.	Mooladhara
90	Ahamkara means -----.	Egotism
91	-----means intellect or reason or discrimination or judgment	Buddhi
92	Junctions of the nadis are known as -----.	Chakras
93	-----nadi is known as Chandra nadi.	Ida
94	----- nadi starts from the right nostril ,then moving to the crown of head and then downwards to the base of the spine .	Pingala
95	-----means celibacy.	Bramachariya
96	Japa means repetition of -----.	Mantra
97	-----is the auspicious time between 4.00 to 6.00 am	Brahmamuhtra
98	Yoga was practiced by the people of the -----valley civilization	Indus
99	-----is the guru of B.K.S Iyengar.	Krishnamacharya
100	Doing -----asana fulfills and amplifies the sarvangasana .	Halasana
101	-----asana is invaluable for diabetic patients.	Paschimottanasana
102	-----is termed swan pose .	Hamasana

103	.-----gives the combined effect of the cobra and locust poses.	Dhanurasana
104	---asana digestive even the terrible Halahala poison and increases the digestive power.	Mayurasana
105	-----asana is most useful in chronic constipation	Dhanurasana
106	-----asana resembles nimas pose in which the muslims sit for prayer.	Vajrasana
107	-----asana is beneficial mostly for the activation of 72,000 nadis.	Vajrarasa
108	.-----prepare the body for proper mastery of pranayama.	Asanas
109	.-----means observances.	Niyama
110	----is a universal system which implies integration of the personality of man as a whole.	Yoga
111	Non-violence universal love and yoga vidya were spread over half of the globe Through -----monks .	Buddhist
112	.-----indicates that he because of yoga lived 3000 years long.	Thirumoolar
113	Evidence of the yoga practice has also been found in pre----- century south America cultures such as in st.Augustine ,Colombia.	15 th
114	Mother Theresa is the best example of -----yogi.	Karma
115	Mastery of pranayama makes the mind fit for the practice of -----.	Dharana
116	. As soon as dharana is mastered ,it deepens into -----	Dhyana
117	-----means absorption.	Dhyana
118	Sarvangasana and bhujangasana come under -----asanas.	Cultural
119	-----presents the pose of a lotus in a way.	Padmasana
120	.-----is the king of all asanas.	Sirshasana
121	---is termed all- members pose	Sarvargasana
122	The best time for practicing asanas is early in the -----	Morning
123	Asanas should be done at least -----hours after food	Four
124	Asanas should be done on -----stomach .	Empty
125	In all the asanas,the breathing should be done through the -----only.	Nostrils
126	-----pranayama must be practiced in winter.	Uijayi
127	-----and sitali pranayam must be practiced during summer.	Sikkari
128	Normally ,have the ratio of -----for puraka, kumbhak and rechaka.	1:4:2
129	-----and -----pranayamas relive thirsty immediately.	Sikkari, Sitali
130	-----bhanda is done during inhalation in the practice of pranayama	Mula
131	.-----bhanda is done during exhalation in the practice of pranayama.	Uddiyana
132	Padahasthasana ,dhanurasana and bhujangasana are very useful for -----gender.	Female
133	-----are used as the important body part in doing pranayamas.	Lungs
134	Breathing in pranayamas practices is done through the -----only except in sitali and sitkari.	Nose
135	-----means a sealing posture.	Mudra

136	-----means the posture where certain parts of the body are controlled or contracted.	Bandha
137	-----is a process in which the abdominal muscles and organs are made to move vertically and laterally in a surging motion	Nauli
138	In greek language, Zygon means -----	Yoga
139	.-----is the best mantra, according to nadhamuni	Om
140	Bandha redirect energy flow into ----- nadi.	Shushumna
141	Tat Tvam Asi means you are that ----- is within you.	God
142	Ananda means -----.	Bliss
143	“Do good and be good “ said by -----.	Buddha
144	.----- percent of the impurities in the body go out through the breath.	90
145	Yoga sutras are the compilation of -----aphorisms.	196
146	According to thirumoolar, -----is inside the temple of human body.	God
147	“By practicing -----,we can see the whole world” said by thirumoolar.	Pratyahana
148	.-----is the energetic breath.	Prana
149	There is a possibility to get rid of the misery, there is away ,come, sit, meditate ” Said by-----.	Buddha
150	According to patanjali, “the process of ----- is often compared to the pouring of oil from one vessel to another in a steady ,unbroken stream.”	Meditation