

Choose the correct option from those given below each question :

1. In which country did the game of Cricket begin?
A. India B. New Zealand C. England D. Australia
2. What is the distance between the wickets in a game of Cricket?
A. 20.12 m B. 21.12 m C. 22.12 m D. 23.12 m
3. What is the maximum length of a bat in the game of Cricket?
A. 90.5 cm B. 92.5 cm C. 94.5 cm D. 96.5 cm
4. What should be the height of the stumps from the ground in the game of Cricket?
A. 70.12 cm B. 71.12 cm C. 72.12 cm D. 73.12 cm
5. How many balls are there in an over in the game of Cricket?
A. 4 B. 5 C. 6 D. 7
6. How many overs does each team play in a one-day International Cricket match?
A. 20 B. 30 C. 40 D. 50
7. Which of the following games has been presented by the people of England to the world?
A. Basketball B. Volleyball C. Karate D. Hockey
8. Which of the following games has been popularized by the people of England in the world?
A. Boxing B. Cricket C. Volleyball D. Badminton
9. Which of the following games has not been given to the world by England?
A. Cricket B. Football C. Volleyball D. Hockey
10. Around which year did the English start playing Cricket in a technical manner?
A. 1700 B. 1750 C. 1800 D. 1850
11. When were the rules of Cricket prepared?
A. In 1722 B. In 1735 C. In 1744 D. In 1751
12. From which year did Cricket start gaining popularity?
A. From 1787 B. From 1790 C. From 1798 D. From 1810
13. When were the 'Marylebone Cricket Club' and the 'Lords Ground' established in England?
A. In 1780 B. In 1787 C. In 1798 D. In 1828
14. When was the 'Imperial Cricket Council' established in England?
A. In 1887 B. In 1892 C. In 1901 D. In 1909
15. What is the short form of the 'International Cricket Conference'?
A. A.C.C. B. I.K.C. C. I.C.C. D. I.C.M.
16. Who has played an important role in the history of Indian Cricket?
A. The Gujaratis B. The Parsis C. The Punjabis D. The Maharashtrians
17. When did the Parsis establish the 'Orient Club'?
A. In 1840 B. In 1845 C. In 1848 D. In 1852
18. When was the 'Bombay Union Hindu Club' established?
A. In 1850 B. In 1870 C. In 1862 D. In 1866

19. When was the 'Mohammedan Cricket Club' established?
A. In 1870 B. In 1875 C. In 1883 D. In 1890
20. When did the Indian Parsee Cricket team visit England?
A. In 1890 B. In 1889 C. In 1870 D. In 1866
21. When did the English Cricket team visit India?
A. In 1848-1849 B. In 1866-1867 C. In 1889-1890 D. In 1890-1891
22. When was the first official Cricket match played in India?
A. In 1910 B. In 1884 C. In 1920 D. In 1887
23. Between which two teams was the first official Cricket match in India played?
A. Bombay Gymkhana and Pune Gymkhana
B. Bharuch Gymkhana and Pune Gymkhana
C. Bombay Gymkhana and Kolkata Gymkhana
D. Bombay Gymkhana and Delhi Gymkhana
24. What is the preferred width of a Cricket ground?
A. 125 yards B. 130 yards C. 135 yards D. 145 yards
25. A straight line of how many metres is drawn from the centre stump on both sides of the side stumps?
A. 1.80 B. 1.55 C. 1.34 D. 1.30
26. How many metres is the length of the bowling crease?
A. 2.64 B. 2.70 C. 2.75 D. 2.80
27. What is the highest breadth of a Cricket bat?
A. 12.8 cm B. 10.8 cm C. 8.1 cm D. 9.3 cm
28. What is the length of each of the balls used in the game of Cricket?
A. $4\frac{3}{4}$ inches B. $4\frac{1}{4}$ inches C. $2\frac{3}{4}$ inches D. $3\frac{3}{4}$ inches
29. How many players are selected for each team in the game of Cricket?
A. 12 B. 14 C. 16 D. 18
30. In fast bowling when the ball is short pitched, what type of shot is played?
A. Front foot drive B. Hook shot C. Back lift D. Back foot drive
31. Which is the basic and effective skill required to get a batsman 'out'?
A. Batting B. Fielding C. Passing D. Bowling
32. Which word will the umpire say to stop play in the game of Cricket?
A. 'Time' B. 'Over' C. 'Go' D. 'Play'
33. In a 5-day test Cricket match, a difference of how many runs is needed for a follow-on?
A. 150 B. 200 C. 100 D. 75
34. In a 3 or 4-day test Cricket match, a difference of how many runs is needed for a follow-on?
A. 200 B. 125 C. 150 D. 100
35. In a 2-day test Cricket match, a difference of how many runs is needed for a follow-on?
A. 75 B. 100 C. 125 D. 150
36. When the ball is not thrown according to the decided rules of Cricket, what type of ball does the umpire declare that delivery?
A. No ball B. Wide ball C. Dead ball D. Out ball

37. Once the ball is in the hands of the wicket-keeper or the batsman gets out, what kind of ball is it counted as?
A. No ball B. Leg ball C. Dead ball D. Wide ball
38. If a batsman hits the wicket(s) while trying to hit the ball, what kind of out is it known as?
A. Hit the ball twice B. Hit wicket out C. Handle the ball out D. Stumped out
39. The boundary on a Cricket ground is drawn from a diameter of how many yards?
A. 50 yards to 65 yards B. 55 yards to 70 yards
C. 60 yards to 75 yards D. 65 yards to 80 yards
40. How many runs does the opposite team get if a 'no ball' is declared?
A. 2 runs B. 0 run C. 1 run D. 4 runs
41. How many players' names are declared to play the match before it starts?
A. 11 players B. 12 players C. 13 players D. 14 players
42. What is the colour of the uniform for a Cricket test match?
A. Sky blue B. Yellow C. Light green D. White
43. When does the game of Cricket start?
A. When the umpires put the bails on the stumps
B. When the umpire says the word 'Play'
C. When the umpire tosses the coin
D. When a captain of one of the teams tosses the coin
44. When does the batting team get 6 runs?
A. When the umpire declares a 'no ball'.
B. When the umpire declares a 'wide ball'.
C. When the ball sails over the boundary line without bouncing anywhere inside the boundary line.
D. When the ball falls inside the boundary line and rolls over it.
45. When does the game of Cricket end?
A. When the umpire says 'Play'.
B. When all the players are 'out'.
C. When the umpire declares a player 'out'.
D. When the umpire picks up the bails and says 'Time'.
46. Which of the following skills is not a bowler's skill?
A. Off-spin bowling B. Leg-spin bowling C. Batting D. Fast bowling
47. Which of the following skills is not a batsman's skill?
A. Back lift B. Off-spin bowling C. Hook shot D. Front foot drive
48. Which of the following skills is a batsman's skill?
A. Catching B. Throwing C. Back foot drive D. Bowling
49. Which of the following skills is a bowler's skill?
A. Back lift B. Leg-spin bowling C. Hook shot D. Front foot drive
50. How many players of one (the fielding) team are present on the ground during the game of Cricket?
A. 15 players B. 12 players C. 13 players D. 11 players
51. How many feet wide should the pitch be on both sides from the centre of the wicket on a Cricket ground?
A. 4 feet B. 8 feet C. 6 feet D. 5 feet

52. In the game of Cricket, what is the method of holding the bat and standing at the wickets known as?
A. Grip B. Stance C. Backward D. Glance
53. On which type of ball is the 'Hook shot' usually played?
A. Bouncer B. Off-spin ball C. Fast D. Leg-spin ball
54. What is the part of the ground that falls between the two bowling creases known as?
A. Stance B. Gully C. Pitch D. Slip
55. What is the skill in which the bat is raised and taken backwards to strike the ball bowled by a bowler in the game of Cricket?
A. Back lift B. Back foot drive C. Front foot drive D. Hook shot
56. In the game of Cricket, which shot should be learned first before learning other shots for scoring runs?
A. Back foot drive B. Front foot drive C. Hook shot D. Off-spin drive
57. When the ball is short pitched and straight, which type of shot is played?
A. Back lift B. Hook shot C. Back foot drive D. Front foot drive
58. How many main criteria of bowling are there in the game of Cricket?
A. Two B. Three C. Four D. Five
59. How many types of fielding arrangements are made in the game of Cricket?
A. Three B. Five C. Two D. Four
60. What is the length of a Cricket bat?
A. 3 feet and 5 inches B. 3 feet and 2 inches
C. 4 feet and 2 inches D. 3 feet and 6 inches
61. Which player does not have the right of bowling, batting, or wicket-keeping in the game of Cricket?
A. The twelfth player B. The eighth player
C. The ninth player D. The eleventh player
62. What is done to choose an innings in the game of Cricket?
A. A coin is tossed.
B. Permission of the umpire is taken.
C. The captains of the two teams decide.
D. The wicket-keepers of the two teams decide.
63. If the ball struck by a batsman rolls over and crosses the decided boundary line, how many runs does the batting team score?
A. 2 runs B. 6 runs C. 3 runs D. 4 runs
64. When the ball bowled by a bowler is well out of the reach of a batsman's bat, which type of ball is declared by the umpire?
A. No ball B. Wide ball C. Wicket ball D. Bowled ball
65. When a ball coming straight at the wickets is obstructed by the batsman's body without touching any part of the bat, the fielding team appeals and if the umpire is certain that the ball would have definitely hit the stumps, what kind of 'out' is declared by him?
A. Catch out B. Bowled out C. Stumped out D. LBW out
66. When a batsman cannot play the ball and it hits the stumps behind so that the bails and stumps fall off; or if the batsman hits a ball but it still hits the stumps behind, what kind of 'out' is declared by the umpire?
A. Bowled out B. Hit wicket out C. Stumped out D. Catch out

67. When a ball that touches the bat or the hand of the batsman gets lofted into the air, and is caught before it touches the ground by any of the fielders inside the boundary line, the batsman is declared as out.
 A. Hit wicket B. Catch C. Bowled D. Stumped
68. When a batsman goes beyond the popping crease to hit the ball, but misses it and if this ball is snapped up by the wicket-keeper who proceeds to whip off the stumps while the batsman is still outside the popping crease, what kind of 'out' is declared?
 A. Bowled out B. LBW out C. Run out D. Stumped out
69. Which skill is considered as basic to score runs in the game of Cricket?
 A. Catching B. Bowling C. Throwing D. Batting
70. Where should the wicket-keeper stand at the time of spin-bowling?
 A. Away from the stumps B. Next to the batsman
 C. Near the stumps D. Next to the fielder
71. Where should the wicket-keeper stand at the time of fast-bowling?
 A. Away from the stumps B. Near the stumps
 C. Next to the batsman D. Near the bowler
72. Six balls bowled at a stretch to the batsman is called a/an
 A. Bouncer B. Over C. Innings D. Wicket
73. What is the preferred length of a Cricket ground?
 A. 145 yards B. 155 yards C. 160 yards D. 180 yards
74. Which sport is considered as one of the most favourite games of the world?
 A. Hockey B. Kabaddi C. Cricket D. Kho-Kho
- Ans. 1. England 2. 20.12 m 3. 96.5 cm 4. 71.12 cm
 5. 6 6. 50 7. Hockey 8. Cricket
 9. Volleyball 10. 1700 11. In 1744 12. From 1787
 13. In 1787 14. In 1909 15. I.C.C. 16. The Parsis
 17. In 1848 18. In 1866 19. In 1883 20. In 1866
 21. In 1889-1890 22. In 1884 23. Bombay Gymkhana and Pune Gymkhana
 24. 145 yards 25. 1.34 26. 2.64 27. 10.8 cm
 28. $4\frac{3}{4}$ inches 29. 16 30. Hook shot 31. Bowling
 32. 'Play' 33. 200 34. 150 35. 75
 36. No ball 37. Dead ball 38. Hit wicket out
 39. 60 yards to 75 years 40. 1 run 41. 12 players
 42. White 43. When the umpire says the word 'Play'
 44. When the ball sails over the boundary line without bouncing anywhere inside the boundary line.
 45. When the umpire picks up the balls and says 'Time'. 46. Batting
 47. Off-spin bowling 48. Back foot drive 49. Leg-spin bowling
 50. 11 players 51. 5 feet 52. Stance 53. Bouncer
 54. Pitch 55. Back lift 56. Front foot drive 57. Back foot drive
 58. Two 59. Two 60. 3 feet and 2 inches
 61. The twelfth player 62. A coin is tossed. 63. 4 runs
 64. Wide ball 65. LBW out 66. Bowled out 67. Catch
 68. Stumped out 69. Batting 70. Near the stumps
 71. Away from the stumps 72. Over 73. 180 yards
 74. Cricket

From the four options given for each question, darken the circle (○) that corresponds to the correct answer with your pen:

(1) AKARNA DHANURASANA

- In which asana are the soles of the feet pulled up to the ears?

A. In Naukasana ○ B. In Vrukshasana ○
~~C. In Akarna Dhanurasana ○~~ D. In Ushtrasana ○
- With which asana does the hip joint become strong and the flexibility of the body increases?

~~A. Akarna Dhanurasana ○~~ B. Setukasana ○
 C. Garudasana ○ D. Garbhasana ○
- In which asana is the big toe of the right leg held by the first two fingers of the left and the big toe of the left leg held by the first two fingers of the right hand?

~~A. In Akarna Dhanurasana ○~~ B. In Vimukh Trikonasana ○
 C. In Pavanmuktasana ○ D. In Garbhasana ○
- By doing which asana regularly are illnesses like hip pain, tonsils, constipation, indigestion, rheumatism, tumour in the armpit, pain in the feet, etc. are cured?

A. Lolasana ○ B. Garudasana ○ C. Garbhasana ○ ~~D. Akarna Dhanurasana ○~~
- In which asana does the shape of the body look like a stretched bow whose string has been pulled as if for shooting an arrow?

A. In Akarna Padmasana ○ ~~B. In Akarna Dhanurasana ○~~
 C. In Vimukh Trikonasana ○ D. In Trikon Dhanurasana ○
- Which of the following asanas is done while sitting down?

A. Pavanmuktasana ○ B. Bhujangasana ○ C. Garudasana ○ ~~D. Akarna Dhanurasana ○~~
- Keep both legs straight, lock both arms and hold. Then with the hand that is lower (down) and holding the foot, pull the foot towards the 'opposite ear.' This is the method of which asana?

~~A. Akarna Dhanurasana ○~~ B. Trikon Dhanurasana ○
 C. Vimukh Dhanurasana ○ D. Akarna Padmasana ○

(2) USHTRASANA

- What does the body look like in Ushtrasana?

A. Like a peacock ○ ~~B. Like a camel ○~~ C. Like a tree ○ D. Like a bridge ○
- Which asana should those suffering from problems of the spine not do?

~~A. Ushtrasana ○~~ B. Naukasana ○ C. Lolasana ○ D. Vrukshasana ○
- In which asana are the soles of the feet and the knees in contact with the ground?

~~A. In Ushtrasana ○~~ B. In Akarna Dhanurasana ○
 C. In Dwimukh Trikonasana ○ D. In Pavanmuktasana ○
- Which asana is beneficial for rheumatism of the hands and feet?

A. Pavanmuktasana ○ ~~B. Ushtrasana ○~~ C. Garudasana ○ D. Lolasana ○

5. In which asana does the body look like a camel?
 ✓ A. In Ushtrasana B. In Shalabhasana
 C. In Makarasana D. In Garbhasana
6. Which of the following asanas is done while sitting down?
 A. Pavanmuktasana B. Garudasana ✓ C. Ushtrasana D. Shalabhasana
7. In which asana does one have to keep a distance of about 1 foot between the knees and 4 inches between the big toes after attaining the position of Vajrasana?
 A. In Lolhasana B. In Setukasana ✓ C. In Ushtrasana D. In Garbhasana
8. Pick out the benefit of Ushtrasana.
 A. Flexibility of the body increases.
 B. Semen is protected and the mind becomes steady.
 C. Piles are fully cured.
 ✓ D. The liver, spleen and the gallbladder become healthy and efficient.

(3) LOLASANA

1. How should 'Lolhasana' be performed?
 ✓ A. Sitting down B. Sleeping straight on the back
 C. Sleeping on the stomach D. Standing up
2. Which asana is also known as 'Utthit Padmasana' ?
 A. Vrukshasana B. Garudasana ✓ C. Lolhasana D. Setukasana
3. With whose support is the body raised in Lolhasana?
 A. The legs B. The neck ✓ C. Both hands D. The waist
4. In which asana is the body raised by both hands?
 ✓ A. In Lolhasana B. In Setukasana
 C. In Vrukshasana D. In Pavanmuktasana
5. In which asana does the body have to be raised as high as possible with the force of both hands without jerks or trembles while breathing normally?
 ✓ A. In Lolhasana B. In Garudasana C. In Vrukshasana D. In Garbhasana
6. What is the other name for Lolhasana?
 A. Akarna Dhanurasana B. ✓ Utthit Padmasana
 C. Utthit Lolhasana D. Utthit Setukasana
7. In which asana does the body look like the pendulum of a clock?
 ✓ A. In Lolhasana B. In Setukasana C. In Vrukshasana D. In Ushtrasana
8. In which asana does one sit calmly in Padmasana in the initial stage?
 A. In Ushtrasana B. In Akarna Dhanurasana
 C. In Naukasana ✓ D. In Lolhasana
9. By doing which asana do the chest, the arms, the wrist bones, joints and muscles become strong and the chest develops well?
 A. Garudasana ✓ B. Lolhasana C. Vimukh Trikonasana D. Pavanmuktasana
10. The neck and eyes have to be kept straight in the final position of which asana?
 A. Garbhasana ✓ B. Lolhasana C. Ushtrasana D. Garudasana
11. 'First sit in Padmasana' keep both hands on the sides of the thighs. The palm should touch the ground and fingers should point in front. Breathing normally raise your body as much as possible to transferring your weight onto your palms. This method is of which asana?
 A. Garbhasana B. Ushtrasana C. Setukasana ✓ D. Lolhasana

(4) GARBHASANA

1. The shape of which asana looks like a foetus in the womb?
A. Akarna Dhanurasana B. Makarasana C. Garbhasana D. Lolasana
2. What does the body look like in Garbhasana?
A. Like a tree B. Like a foetus in the womb
C. Like a pendulum D. Like a bridge
3. In which asana is the tip of each ear caught with the hand on its respective side?
A. In Garbhasana B. In Garudasana
C. In Vrukshasana D. In Lolasana
4. In which asana do the legs from the thighs to the knees have to be raised to the head while inhaling?
A. In Garbhasana B. In Ushtrasana
C. In Setukasana D. In Garudasana
5. In which asana is Padmasana done in the initial stage?
A. In Garudasana B. In Garbhasana
C. In Vrukshasana D. In Vimukh Trikonasana
6. In which asana does one have to sit on the mat laid on the ground?
A. In Naukasana B. In Pavanmuktasana
C. In Setukasana D. In Garbhasana
7. By doing which asana is semen preserved and the mind starts becoming steady so that celibacy is taken care of?
A. Lolasana B. Pavanmuktasana C. Garbhasana D. Vrukshasana
8. By doing which asana are constipation, swelling on the intestines, colic pain, gas, chronic fever, etc. cured?
A. Garudasana B. Garbhasana
C. Vimukh Trikonasana D. Vrukshasana
9. The practice of which asana reduces fat on thighs and makes them shapely?
A. Pavanmuktasana B. Setukasana C. Garbhasana D. Chakrasana

(5) PAVANMUKTASANA

1. Due to which asana is the gas in the stomach got rid of?
A. Setukasana B. Pavanmuktasana C. Lolasana D. Ushtrasana
2. Which asana is beneficial for people suffering from hernia?
A. Bhujangasana B. Makarasana C. Garudasana D. Pavanmuktasana
3. Which asana is useful in getting rid of the gas in the bowels?
A. Setukasana B. Pavanmuktasana C. Naukasana D. Ushtrasana
4. In which asana is pressure created over the muscles of the stomach with both thighs?
A. In Garudasana B. In Vrukshasana
C. In Garbhasana D. In Pavanmuktasana
5. In which asana are the legs kept straight and raised together at an angle of about 40° - 45°?
A. In Garudasana B. In Pavanmuktasana
C. In Vrukshasana D. In Garbhasana

6. Due to which asana are illnesses chronic constipation, indigestion, gas, acidity, cured?
 A. Lolasana B. Pavanmuktasana C. Garbhasana D. Ushtrasana
7. In which asana is the head raised from the ground turned at the neck and chin taken towards the knees?
 A. In Garbhasana B. In Setukasana
 C. In Pavanmuktasana D. In Vrukshasana
8. Which asana should women not do during menstruation or pregnancy or delivery?
 A. Akarna Dhanurasana B. Vimukh Trikonasana
 C. Garudasana D. Pavanmuktasana
9. Which asana is very useful in reducing the fat around the stomach, waist, thighs and buttocks?
 A. Garudasana B. Vrukshasana C. Lolasana D. Pavanmuktasana
10. Which of the following asanas is done by lying down straight on the back?
 A. Pavanmuktasana B. Bhujangasana C. Makarasana D. Garudasana
11. Which asana should a person suffering from hernia, sciatica, acute pain in the h injury to the abdomen, etc. not do?
 A. Pavanmuktasana B. Setukasana C. Garbhasana D. Chakrasana

(6) SETUKASANA

1. The complete stance of which asana is like a 'fly-over'?
 A. Chakrasana B. Garudasana C. Garbhasana D. ~~Setukasana~~
2. In which asana does one sleep on the back in the initial stage?
 A. In Lolasana B. In Garudasana
 C. In Akarna Dhanurasana D. In Setukasana
3. Which asana is beneficial for people suffering from osteoporosis?
 A. Lolasana B. Ushtrasana C. Chakrasana D. Setukasana
4. In which asana does the shape of the body become like a bridge?
 A. In Garudasana B. In Setukasana
 C. In Garbhasana D. In Naukasana
5. By doing which asana is the spine stretched mainly?
 A. Garudasana B. Setukasana C. Vrukshasana D. Pavanmuktasana
6. In which asana should the head, neck, shoulders, elbows and heels remain in touch with the ground while raising the waist?
 A. In Garbhasana B. In Pavanmuktasana
 C. In Setukasana D. In Garudasana
7. In which asana do the raised hips and thighs have to be supported by the hands?
 A. In Garbhasana B. In Setukasana
 C. In Garudasana D. In Vrukshasana
8. Which of the following asanas is done by lying down straight on the back?
 A. Ushtrasana B. Garbhasana C. Setukasana D. Shalabhasana

(7) NAUKASANA

1. In which asana is the body from the waist to the head and from the waist to the toes 45° ?
A. In Garudasana B. In Naukasana C. In Lolasana D. In Garbhasana
2. In which asana are the muscles of the throat and the chest massaged ?
A. In Pavanmuktasana B. In Naukasana
C. In Lolasana D. In Garudasana
3. In the initial stage of which asana is only the thigh region in contact with the ground ?
A. In Vrukshasana B. In Setukasana C. In Lolasana D. In Naukasana
4. While doing which asana should the body not tremble ?
A. Naukasana B. Shalabhasana C. Makarasana D. Bhujangasana
5. What does the body look like in Naukasana ?
A. Like a tree B. Like a boat C. Like a camel D. Like a snake
6. Which of the following asanas is done by sleeping straight (on the back) ?
A. Bhujangasana B. Garudasana C. Naukasana D. Shalabhasana
7. 'Raise both legs, until they make an angle of 45° with the ground. Keep legs together and take care that they do not bend from the knees.' Of which asana is this method ?
A. Garudasana B. Akarna Dhanurasana C. Lolasana D. Naukasana

(8) CHAKRASANA

1. In which asana does the body look like a wheel ?
A. In Shalabhasana B. In Chakrasana
C. In Setukasana D. In Bhujangasana
2. By doing which asana does the posture become straight ?
A. Chakrasana B. Pavanmuktasana C. Makarasana D. Garbhasana
3. Which of the following asanas is done by lying down straight on the back ?
A. Garudasana B. Bhujangasana C. Lolasana D. Chakrasana
4. By doing which asana is energy generated in the body ?
A. Chakrasana B. Shalabhasana C. Bhujangasana D. Garudasana
5. 'While raising the body from the waist, take care that the palms of the hand and the soles of the feet do not leave the ground. Bring the waist back down slowly and take care that it does not bang against the ground.' - Which asana do these facts concern ?
A. Lolasana B. Chakrasana C. Akarna Dhanurasana D. Ushtrasana

(9) BHUJANGASANA

1. Which of the following means 'Bhujang' ?
A. Arms. B. Heap C. Snake D. Water
2. Which of the following asanas is done by lying down on the stomach ?
A. Garudasana B. Bhujangasana C. Naukasana D. Garbhasana

3. Which asana should students suffering from illnesses like hernia, peptic ulcer, hypothyroidism, severe backache and tuberculosis not do?
 - A. Makarasana
 - B. Naukasana
 - C. Bhujangasana
 - D. Garudasana
4. Which asana should women not do during their menstruation period?
 - A. Lolasana
 - B. Akarna Dhanurasana
 - C. Bhujangasana
 - D. Makarasana
5. In which asana does the body attain the shape of a snake that has raised its hood?
 - A. In Bhujangasana
 - B. In Naukasana
 - C. In Makarasana
 - D. In Garbhasana
6. In the basic stage of which asana should the chin be touching the ground?
 - A. Ushtrasana
 - B. Pavanmuktasana
 - C. Lolasana
 - D. Bhujangasana
7. Pick out the benefit of Bhujangasana.
 - A. Piles are cured.
 - B. Muscles of the neck become strong.
 - C. The balancing capacity of the body increases.
 - D. Fat in the body is reduced.
8. Pick out the benefit of Bhujangasana.
 - A. Mental stress and insomnia are got rid of.
 - B. Energy is generated in the body.
 - C. Pain caused during menstruation in ladies is reduced and irregularity in menstruation period is got rid of.
 - D. The practice of this asana during adolescence is helpful in increasing height.

(10) SHALABHASANA

1. Which of the following asanas is done by lying down on the stomach?
 - A. Garudasana
 - B. Pavanmuktasana
 - C. Garbhasana
 - D. Shalabhasana
2. By doing which asana are piles cured?
 - A. Garudasana
 - B. Shalabhasana
 - C. Makarasana
 - D. Ushtrasana
3. In which asana does the shape of the body become like a locust.
 - A. In Shalabhasana
 - B. In Setukasana
 - C. In Makarasana
 - D. In Chakrasana
4. 'Breathing deeply raise both legs above the ground. Press the palms on the ground and try to use the downward force to raise yourself.' This is the completed stage of asana.
 - A. Garudasana
 - B. Naukasana
 - C. Shalabhasana
 - D. Setukasana
5. Hernia, peptic ulcers, high BP, tuberculosis, any cardiac problem and acute hip pain - which asana should not be done in these conditions?
 - A. Naukasana
 - B. Shalabhasana
 - C. Garudasana
 - D. Chakrasana
6. Pick out the benefit of Shalabhasana.
 - A. Liver, gallbladder, kidneys and adrenal glands become strong.
 - B. Neck muscles become strong.
 - C. Hands and legs become strong.
 - D. Physical fatigue is got rid of.

(11) GARUDASANA

1. Which asana is useful for increasing height?
A. Bhujangasana B. Shalabhasana C. Garbhasana D. Garudasana
2. What does the body look like in Garudasana?
A. Like a bridge B. Like a tree C. Like an eagle D. Like a triangle
3. What is the position of the feet in Garudasana?
A. With one foot steady cross the other foot
B. With one foot steady keep the other foot free
C. Both legs are kept together
D. Stand on the toes of both feet
4. In which asana does the left leg have to be entwined around the right leg and the right leg entwined around the left?
A. In Garudasana B. In Naukasana C. In Setukasana D. In Vrukshasana
5. By doing which asana regularly does concentration increase and a person is aided in Dharana?
A. Ushtrasana B. Garudasana C. Lolasana D. Naukasana
6. In which asana are the legs kept together while standing absolutely straight in 'Attention' pose?
A. In Setukasana B. In Akarna Dhanurasana C. In Garudasana D. In Lolasana
7. 'Raise both hands in front and lock them. The locked hands should be in front of the face in this position.' This method is of which asana?
A. Shalabhasana B. Makarasana C. Bhujangasana D. Garudasana
8. In which asana does the body look like an eagle?
A. In Garudasana B. In Setukasana C. In Lolasana D. In Ushtrasana
9. Which of the following asanas is done standing up?
A. Lolasana B. Bhujangasana C. Setukasana D. Garudasana

(12) MAKARASANA

1. In which asana does the body look like a crocodile?
A. In Setukasana B. In Lolasana C. In Shalabhasana D. In Makarasana
2. Which asana should people suffering from low blood pressure and heart diseases not do?
A. Makarasana B. Bhujangasana C. Chakrasana D. Garbhasana
3. Which of the following asanas is done by lying down on the stomach?
A. Naukasana B. Garudasana C. Makarasana D. Ushtrasana
4. Which asana is beneficial for a person with high blood pressure?
A. Bhujangasana B. Makarasana
C. Pavanmuktasana D. Akarna Dhanurasana
5. Pick out the benefit of Makarasana.
A. Piles are cured.
B. Neck muscles become strong.
C. Concentration increases.
D. Mental stress and insomnia are got rid of.
6. Pick out the benefit of Makarasana.
A. Fat reduces. B. Urinary problems are cured.
C. The spine becomes strong. D. Physical ability increases.

- (4) Garbhasana
 1. C 2. B 3. A 4. A 5. B 6. D 7. C 8. B 9. C
- (5) Pavanmuktasana
 1. B 2. D 3. B 4. D 5. B 6. B 7. C 8. D 9. D 10. A
- (6) Setukasana
 1. D 2. D 3. D 4. B 5. B 6. C 7. B 8. C
- (7) Naukasana
 1. B 2. B 3. D 4. A 5. B 6. C 7. D
- (8) Chakrasana
 1. B 2. A 3. D 4. A 5. B
- (9) Bhujangasana
 1. C 2. B 3. C 4. C 5. A 6. D 7. B 8. C
- (10) Shalabhasana
 1. D 2. B 3. A 4. C 5. B 6. A
- (11) Garudasana
 1. D 2. C 3. A 4. A 5. B 6. C 7. D 8. A 9. D
- (12) Makarasana
 1. D 2. A 3. C 4. B 5. D 6. A

Unit 2 : Health Education

5. Infectious and Non-infectious Diseases

1. B 2. B 3. B 4. D 5. A 6. B 7. B 8. A 9. B 10. B
 11. D 12. A 13. B 14. A 15. D 16. C 17. B 18. C 19. A 20. D
 21. B 22. D 23. A 24. C 25. B 26. C 27. B 28. D 29. A 30. B
 31. B 32. B 33. D 34. A 35. B 36. B 37. A 38. C 39. B 40. A
 41. A 42. B 43. D 44. B 45. B 46. D 47. D 48. D 49. C 50. A
 51. D 52. D 53. B 54. B 55. D

6. Approved Therapeutic Methods

1. C 2. C 3. C 4. D 5. D 6. D 7. A 8. D 9. A 10. A
 11. A 12. B 13. D 14. B 15. A 16. D 17. C 18. A 19. A 20. A
 21. D 22. C 23. A 24. A 25. D 26. D 27. C 28. B 29. B 30. D
 31. C 32. D 33. B 34. C 35. B 36. A 37. D 38. B 39. A 40. C
 41. A 42. C 43. A 44. A 45. A 46. D 47. A 48. D 49. D 50. C

ANSWERS

Unit 1 : Yoga Education

1. Internal Organs of Ashtanga Yoga

(1) Dharana

1. D 2. A 3. B 4. D 5. B 6. D 7. A 8. B 9. D 10. B
11. A 12. C 13. B 14. C 15. B 16. D 17. B 18. C 19. A 20. C
21. B 22. C 23. A 24. B 25. A 26. D 27. C 28. D 29. A 30. D
31. B 32. C

(2) Dhyana (Meditation)

1. C 2. B 3. C 4. D 5. B 6. A 7. A 8. D 9. B 10. A
11. D 12. B 13. A 14. D 15. A 16. D 17. B 18. D 19. B 20. C
21. A 22. C 23. C 24. B 25. A 26. D

(3) Samadhi (Deep Meditation)

1. B 2. B 3. A 4. B 5. A 6. B 7. C 8. A 9. A 10. C
11. B 12. A 13. C 14. A 15. A 16. D 17. B 18. C 19. B 20. A
21. C 22. A 23. B 24. D

2. Pranayam

1. C 2. D 3. B 4. B 5. B 6. C 7. A 8. C 9. A 10. B
11. A 12. D 13. C 14. B 15. B 16. A 17. D 18. A 19. A 20. A
21. A 22. B 23. C 24. D 25. C 26. A 27. B 28. C 29. D 30. A
31. D 32. B 33. C 34. B 35. B 36. D 37. A 38. A 39. C 40. B
41. D 42. C 43. A 44. B 45. D 46. A 47. C 48. B 49. A 50. A

3. Bandh

1. D 2. C 3. C 4. C 5. A 6. B 7. C 8. A 9. D

4. Asana

(1) Akarna Dhanurasana

1. C 2. A 3. A 4. D 5. B 6. D 7. A

(2) Ushtrasana

1. B 2. A 3. A 4. B 5. A 6. C 7. C 8. D

(3) Lolanasana

1. A 2. C 3. C 4. A 5. A 6. B 7. A 8. D 9. B 10. B
11. D