

प्रश्नमंच

Yoga: History, Philosophy & Practices

INTERNATIONAL DAY OF

yoga



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inspiration



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Aerospace Engineering Professor, Fan of Sanatana Dharma, Bharat, Isha, AoL, NaMo, Science, NMCAD Lab, Apple, Cricket & Kamalhaasan: the artiste only!



Yoga: History, Philosophy & Practices

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Q#1

As per Hindu philosophy who is called the father of yoga (the first yogi)?

- A. Patanjali
- B. Shiva
- C. Vivekanand
- D. Krishnamacharya

A#1

Lord Shiva is known as Adiyogi Shiva, i.e., the first yogi. According to the scriptures and its teachings, in the yogi culture, Lord Shiva is considered as the Adiyogi (the first yogi), Lord Shiva was the father of Yoga.

According to the yogic lore, over fifteen thousand years ago, Shiva attained to his full enlightenment and abandoned himself in an intense ecstatic dance upon the Himalayas. When his ecstasy allowed him some movement, he danced wildly. When it became beyond movement, he became utterly still. He was either in intense dance or absolute stillness, completely uncaring of what was happening around him. Soon, everyone left.

The Adiyogi transformed himself into the Adi Guru; the first Guru was born on that day which is today known as Guru Purnima.



Q#2

Who is believed to be the father of traditional Yoga?

- A. Krishnamacharya
- B. Gautam Buddha
- C. Maharshi Patanjali
- D. Adi Shankaracharya

A#2

A statue of Patañjali, the author of the core text Yoga Sutras of Patanjali, meditating in Padmasana.

The origin of Yoga is considered to date back to Indus-Saraswati Valley Civilization period that is nearly 2700 BC ago. Even in the pre-Vedic period Yoga was practised. Maharishi Patanjali was the first to organize and codify the then ancient practices through his systematic treatise Yoga Sutra, around 2000 years ago. He is also called the father of traditional yoga because of his immense contribution to the field.



Source: Patanjali Yog Peeth

Q#3

The word “Yoga” comes for Sanskrit. What is the literal meaning of this word?

- A. Hindu system of philosophy & meditation
- B. Inner peace & tranquility
- C. Joining together
- D. Controlled breathing

A#3

C. Joining together



Q#4

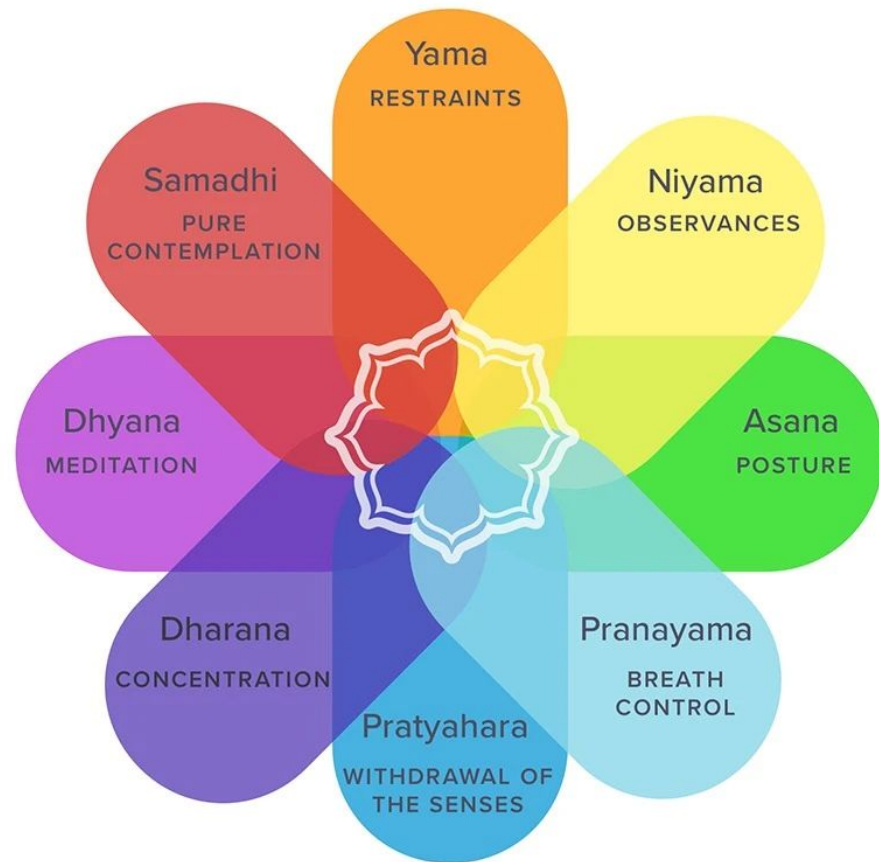
Yoga has eight components, also known as the eight fold path of life – Niyama, Asana, Pranayama, Dhyana, Samadhi are five of them. Which are the other three?

- A. Savichar, Santosa, Tapas
- B. Asteya, Aparigraha, Brahmacharya
- C. Ananda, Asmita, Aachaar
- D. Yama, Dharana, Pratyahara

A#4

D. Yama, Dharana, Pratyahara

The name “8 Limbs” comes from the Sanskrit term Ashtanga and refers to the eight limbs of yoga: Yama (attitudes toward our environment), Niyama (attitudes toward ourselves), Asana (physical postures), Pranayama (restraint or expansion of the breath), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (complete integration).



Q#5

Over time, many new postures have been added to the original compendium of Asanas that yoga started with to incorporate modern day fitness requirements. How many classic Asanas were enlisted in the initial texts?

- A. 84
- B. 108
- C. 33
- D. 195

A#5

A. 84

Q#6

Surya Namaskar is considered to be a complete exercise for the body and has often been cited as a combination of Asanas that helps in stretching almost all the major muscles. How many different Asanas does Surya Namaskar comprise of?

- A. 12
- B. 7
- C. 10
- D. 8

A#6

B.7

The Surya Namaskar or Sun Salutation is the ancient technique of paying respect and being thankful for the Sun that is a source of all forms of life on this earth. It comprises of 12 intense yoga asanas in two sets, i.e. 7 asanas of different types. These 12 poses complete one cycle of Surya Namaskar.



Q#7

Yoga has many practitioners in the West and several Hollywood celebrities such as Adam Levine and Julia Roberts have endorsed it. Indra Devi is credited with introducing Yoga to the West. Which country did she belong to?

- A. Nepal
- B. Russian
- C. India
- D. USA

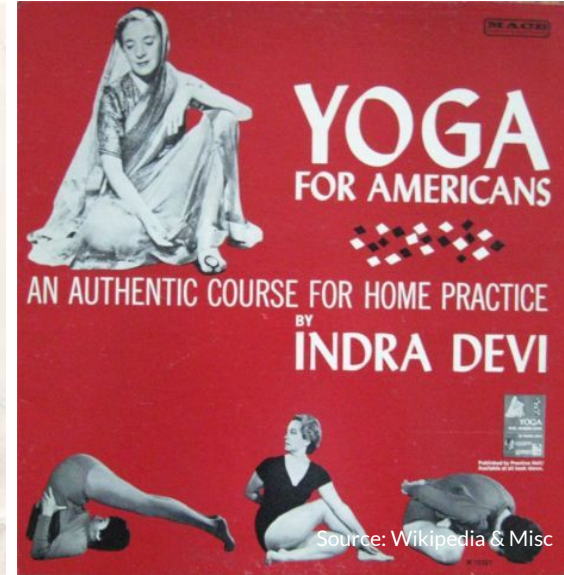
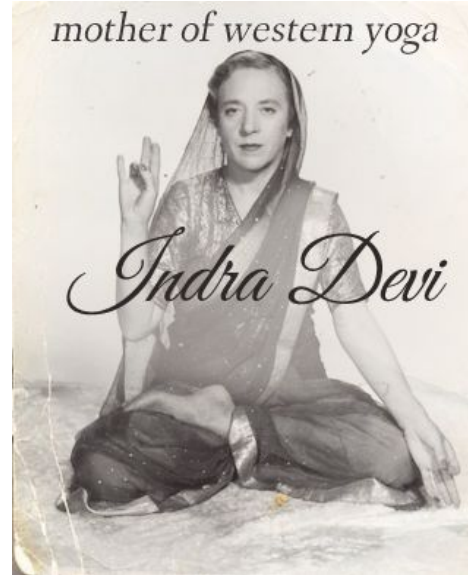


A#7

Eugenie Peterson (May 12, 1899 – April 25, 2002), born in Riga in the Russian Empire (now Latvia), known as **Indra Devi**, was a pioneering teacher of yoga as exercise, and an early disciple of the "father of modern yoga",

She went to India in her twenties, becoming a film star there, including one opposite the reigning superstar Prithviraj Kapoor, and acquiring the stage name Indra Devi. She was the first woman to study under the enigmatic yoga guru Krishnamacharya at the Mysore Palace, alongside B.K.S Iyengar and K. Pattabhi Jois who went on to become world-famous yoga teachers. As her husband was a diplomat, she took her teachings everywhere she went, establishing yoga schools in China, Argentina, Russia and the US. She finally settled down in Los Angeles, the cradle of Hollywood.

America through her many celebrity pupils in Hollywood, and her books advocating yoga for stress relief, earned her the nickname "**first lady of yoga**".



Q#8

An Indian youth organisation entered the Limca Book of Records for simultaneously performing Yoga for the longest duration. Which organisation was this?

- A. NSS
- B. Girl Scouts
- C. LTS
- D. NCC

A#8

D. NCC.

On the occasion of the first International Day of Yoga in 2015, contributing to the largest-ever demonstration of yoga by 'Men in uniform' on a single day at multiple locations at the same time in India, 6,250 cadets performed yoga in Meerut zone on Sunday—on the occasion of International Yoga Day. An army of 10.83 lakh NCC cadets demonstrated yoga on a single day, concurrently at multiple venues, precisely at 1,943 locations across India on Sunday so as to register it in Guinness Book of World Records.



Q#9

Bharat Thakur is an internationally renowned name in the field of yoga instructors and a celebrity in his own right. Which new field of yoga did he lay the foundation for?

- A. Ashtang Yoga
- B. Hatha Yoga
- C. Sahaja Yoga
- D. Artistic Yoga



A#9

D. Artistic Yoga.

Bharat Thakur is one of the spiritual masters of India who have received international recognition. The founder of Artistic Yoga, he has numerous meditation workshops to his credit.

TIME magazine called Bharat Thakur “the **Living Himalayan Master**”. Early Years. Bharat was chosen by his master, Sukhdev Brahmachari at the age of 4 and taken to the Himalayas.

Bharat Thakur's **Artistic Yoga** is the leading Yoga company in India.



Q#10

Recently, a photo of Canadian Prime Minister Justin Trudeau doing Mayurasana went viral. Around 40 years back another world leader struck a similar pose, alas there was no social media he could go viral on. Who was he?

- A. Richard Nixon
- B. Pierre Trudeau
- C. Harold Wilson
- D. Georges Pompidou



A#10

B. Pierre Trudeau.

Canadian Prime Minister Justin Trudeau is giving us yet another reason to do yoga. Here is Pierre Trudeau, former Canadian Prime Minister and Justin's father, doing the same Mayurasana pose.



I clicked random and landed here. I like it. So for being so awesome, here's a picture of former Prime Minister of Canada, Pierre Trudeau, doing a fairly awesome yoga pose called the Peacock.

976 views

imgur

Q#11

Kundalini comes from the term “Kunda” which is a cavity for what particular animal?

- A. Snake
- B. Bear
- C. Eagle

A#11

The serpent, or snake, can be found in the pelvic area, and is where the power of Shakti is represented.



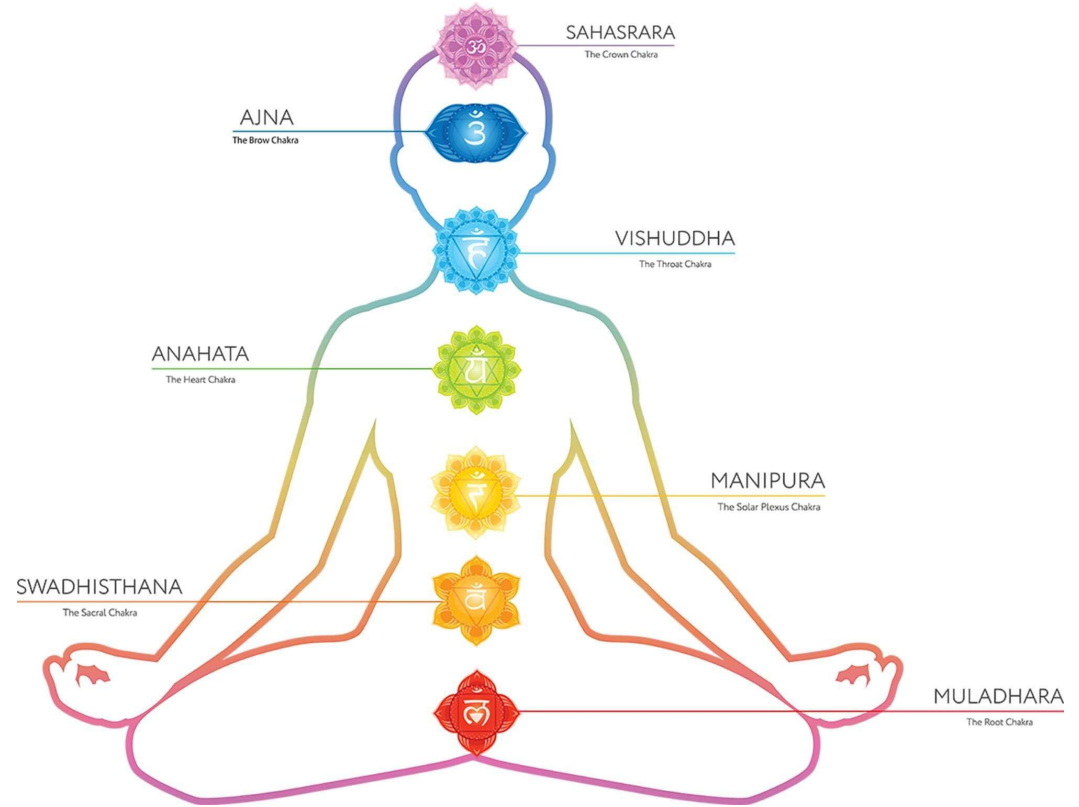
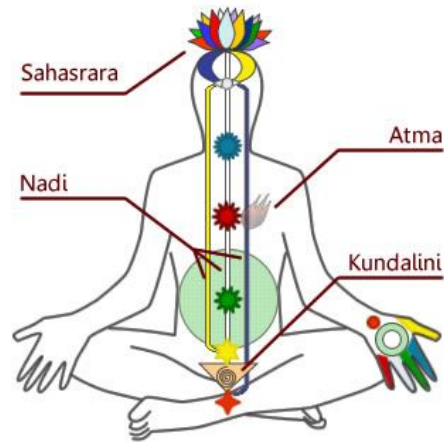
Q#12

Where is Kundalini located?

- A. the base of the spine
- B. the brain
- C. the whole body

A#12

Kundalini, which is in Hinduism a form of primal energy, is said to be located at the base of the spine.



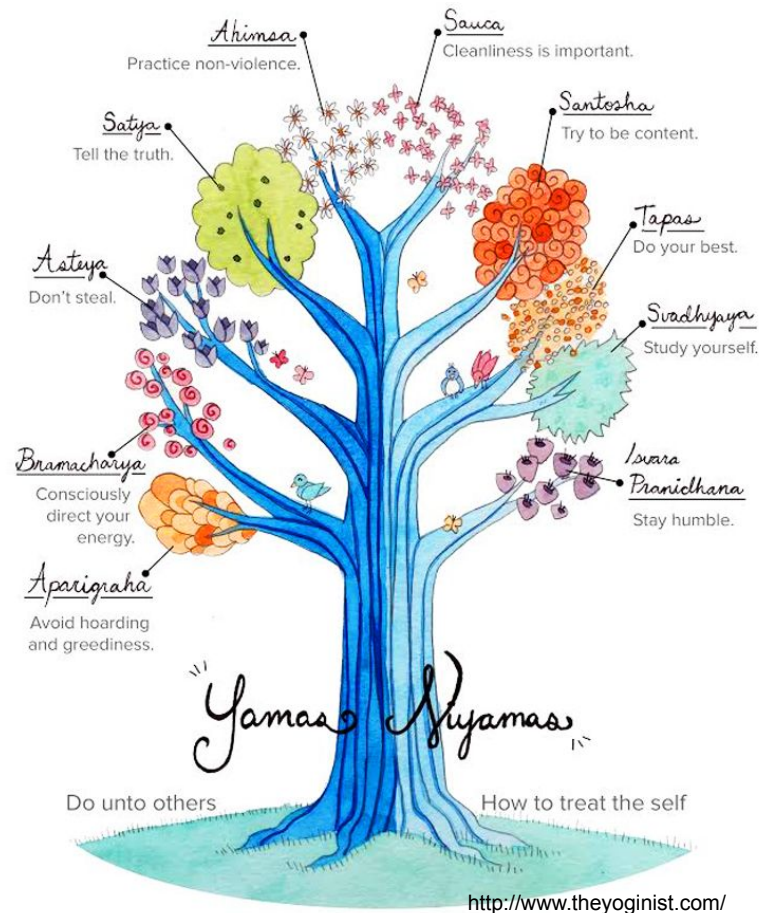
Q#13

What are the Yamas?

- A. Moral and ethical rules or goals
- B. The holy scriptures of Hinduism
- C. Occult or psychic powers

A#13

The Yamas are moral and ethical rules/goals set upon a person to commit to. The five aspects are: non-violence, truthfulness, non-stealing, bodily continence, and non-attachment to worldly possessions.



Q#14

Which type of yoga focuses primarily on exercise and physical techniques?

- A. Hatha yoga
- B. Jnana yoga
- C. Raja yoga

A#14

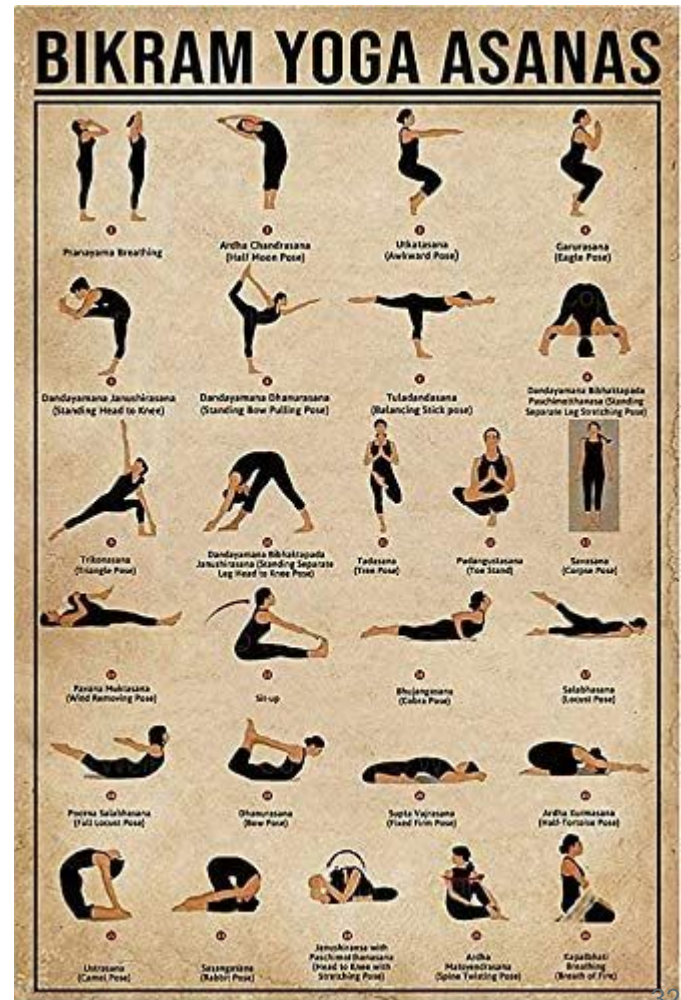
Hatha yoga focuses primarily on exercise and physical techniques, and is most closely associated with the Western world's interpretation of yoga.



Q#15

Bikram yoga is a form of what type of yoga?

- A. Hot yoga
- B. Forrest yoga
- C. Hatha yoga

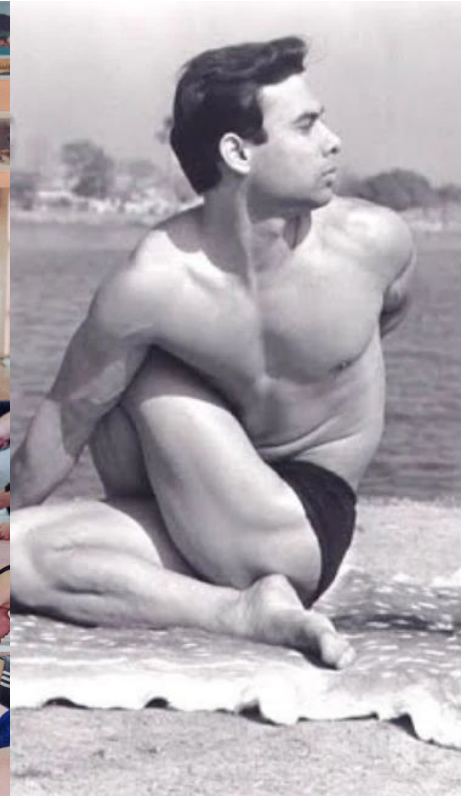


A#15

California-based Bikram Choudhury, a proponent of Hatha Yoga asanas, claimed that his sequence of 26 asanas and two breathing exercises in a hot room was unique. His style had a name, simply called 'Bikram Yoga'.

The 'Yogi to the Stars', has been a proponent of 'hot yoga', 90-minute sessions, practised in a room heated to around 40 degrees. It is said that it is meant to mimic the weather in India.

Among his followers include former sports stars Kareem Abdul-Jabbar and John McEnroe and Hollywood stars such as George Clooney and Charlie Sheen, among others.



Q#16

The sanskrit name for Mountain Pose is:

- A. Dandasana
- B. Tadasana
- C. Utkatasana
- D. Uttanasana



A#16

Tadasana

The foundation of all standing poses, Mountain Pose makes a great a starting position, resting pose, or tool to improve posture.

Q#17

Whose statue is this?



A#17

Maharishi Patanjali



Q#18

The Yoga Sutras of Patanjali date from the 2nd century BCE, and gained prominence in the west in the 20th century after being first introduced by?

- A. Ram Dev Baba
- B. Swami Vivekanand
- C. Swami Sivananda
- D. Paramahansa Yogananda

A#18

On 11th September, 1893; Swami Vivekananda created a stir in the west. Thanks to his famous speech at Chicago in the Parliament of religions. As it was a, powerful oration of Vivekananda on the spiritual superiority of Indian religious traditions, won the Americans. Overtime, he realized Yoga was the best way to introduce spirituality to the West.



Q#19

Who is called the “father of modern yoga”?

- A. Swami Vivekanand
- B. Tirumalai Krishnamacharya
- C. B. K. S. Iyengar
- D. Bikram Choudhury

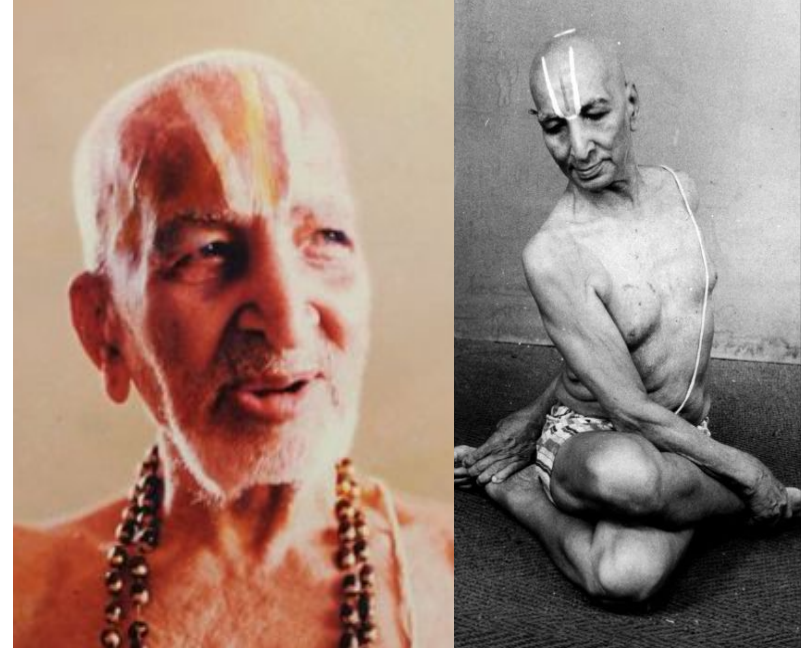
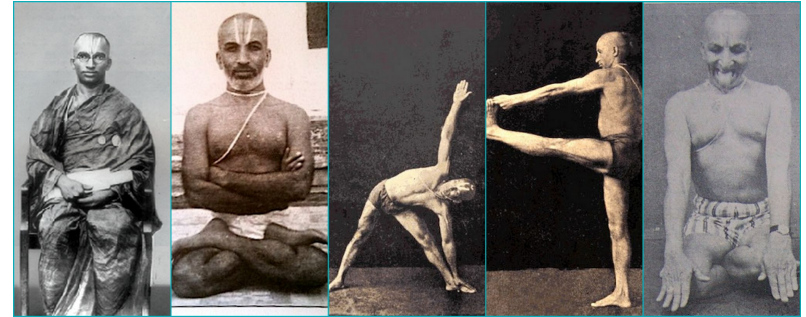
A#19

Tirumalai Krishnamacharya (1888-1989)

Krishnamacharya lived to be 100 years old, but he had never crossed the Indian shores. There was something about his teachings, though, that made it possible for almost every form of yoga practised today to trace its origins to his school in Mysore, Karnataka. It is for this that he is called the 'Father of Modern Yoga' by his followers.

Yoga asanas like the shirshasana (head-stand) and sarvangasana (shoulder-stand) are said to have been made prominent in his classes. Krishnamacharya was one of the first gurus to combine the importance of breathing and the physical exercise, and also integrated meditation with yogasanas.

It was his disciples, like Indra Devi, Pattabhi Jois and B. K. S. Iyengar, who popularized yoga worldwide. Krishnamacharya was happy teaching yoga within India, but it was he who laid the foundation of yoga as we know it today. But for him, and his disciples, yoga would have remained an ancient Indian practice confined to its place of its origin.



Q#20

How many Guinness world records awarded to the Ministry of AYUSH on the first International Day of Yoga observed around the world on 21 June 2015:

- A. One
- B. Two
- C. Three
- D. Four

A#20

The first International Day of Yoga was observed around the world on 21 June 2015. 35,985 people, including Narendra Modi and dignitaries from 84 nations, performed 21 asanas (yoga postures) for 35 minutes at Rajpath in New Delhi. The day was observed by millions across the world. NCC cadets entered the Limca Book of Records for the "largest yoga performance simultaneously by a single uniformed youth organisation" by performing at multiple venues.

The event established two Guinness world records awarded to the Ministry of AYUSH, and received by the minister Shripad Yesso Naik. They were for the

- A. the largest yoga class, of 35,985 people
- B. the largest number of participating nationalities (84 nations).



Q#21

Two Guinness World Records were made viz. the Largest Yoga Lesson involving 35,985 participants and maximum number of Nationalities (84) participated in a single Yoga lesson. Who received the awards:

- A. Baba Ramdev
- B. Shripad Yesso Naik
- C. Dr H R Nagendra
- D. Kamlesh D. Patel

A#21

B. Shripad Yesso Naik



Q#22

Two days International Conference was organised on 21st and 22nd June, 2015 at Vigyan Bhavan, New Delhi on the following issue:

- A. Yoga for Global Health
- B. Yoga for Holistic Health
- C. Yoga for Global Well-being
- D. Yoga for Holistic Scope

A#22

B. Yoga for Holistic Health

Q#23

A total of 177 nations co-sponsored the resolution, which is the highest number of co-sponsors ever for any UNGA resolution of such nature. Which is the countries that did not support the UN resolution on yoga presented by India?

- A. Pakistan
- B. China
- C. USA
- D. None of the above



A#23

In the 69th United Nations (UN) General Assembly, on December 11, 2014, the 193-membered UNGA approved the proposal by consensus with a record 177 co-sponsoring countries passing the resolution to establish June 21 as "International Day of Yoga".

The inception of IDY has also been considered as one of the major recognition of India's soft power.

Pakistan was among the handful of countries that did not support the resolution.



Q#24

Outside India, IDY was celebrated on 21st June 2015 in all the UNGA member countries except

- A. Pakistan
- B. Paraguay
- C. Zambia
- D. Yemen

A#24

D. Yamen

Q#25

Main Event of 2nd IDY was organized at

- A. New Delhi
- B. Lucknow
- C. Chandigarh
- D. Ranchi

A#25

The ministry organized an event titled "The National Event of Mass Yoga Demonstration" at **Chandigarh**, attended by the PM.

India's Permanent Mission to the UN organized celebrations at the United Nations on 20 and 21 June 2016. A special event titled "Conversation with Yoga Masters – Yoga for the achievement of the Sustainable Development Goals" was the centerpiece. Jaggi Vasudev was the main speaker at the event.



Q#26

The 4th International day of Yoga was organized by the Ministry of AYUSH in association with leading Yoga Institutions, Centre and State Governments, on 21st June, 2018 at

- A. Dehradun
- B. New Delhi
- C. Kolkata
- D. Trivandrum

A#26

The event in **Dehradun** was held at the Forest Research Institute. PM Modi led an estimated 50,000 volunteers to mark the fourth anniversary of International Yoga Day. The theme for 2018 was "Yoga for Peace". Over 1,00,000 people gathered at a yoga session in Kota, Rajasthan and performed yoga together, earning the city a Guinness World Record.



Q#27

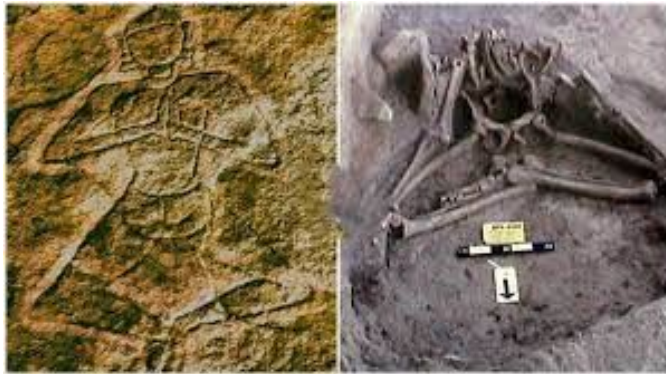
Yoga is widely considered as an "immortal cultural outcome" of the

- A. Ancient Greek Civilization
- B. Indus Saraswati Valley Civilisation
- C. Maya Civilization
- D. Aztec Civilization

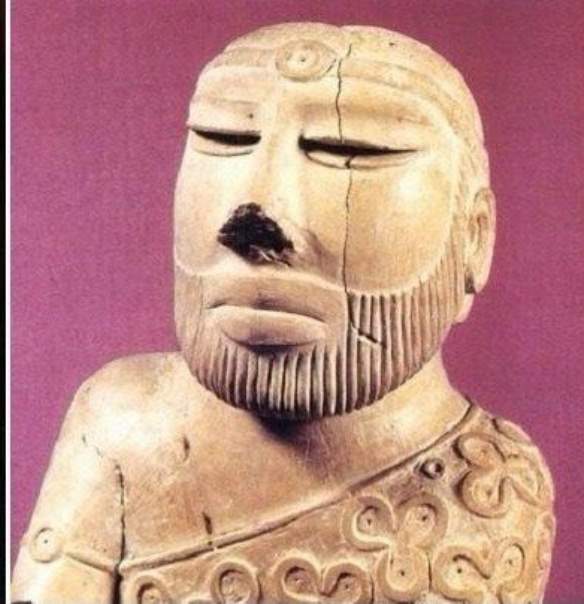
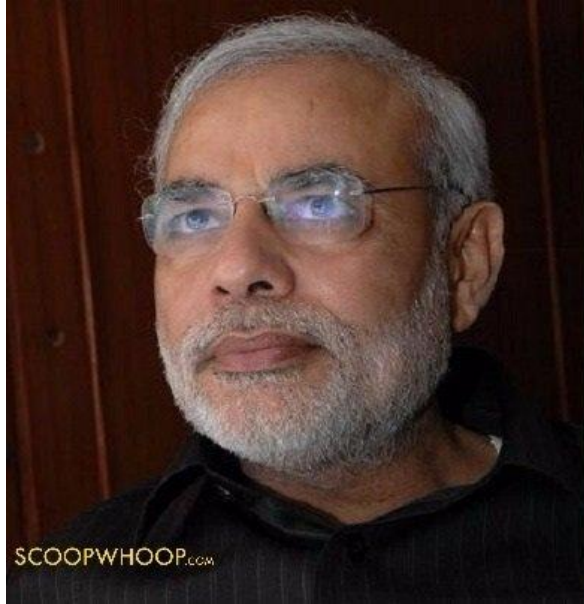
A#27

Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilisation - dating back to 2700 BC.

A number of seals and fossil remains of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhanā suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga.



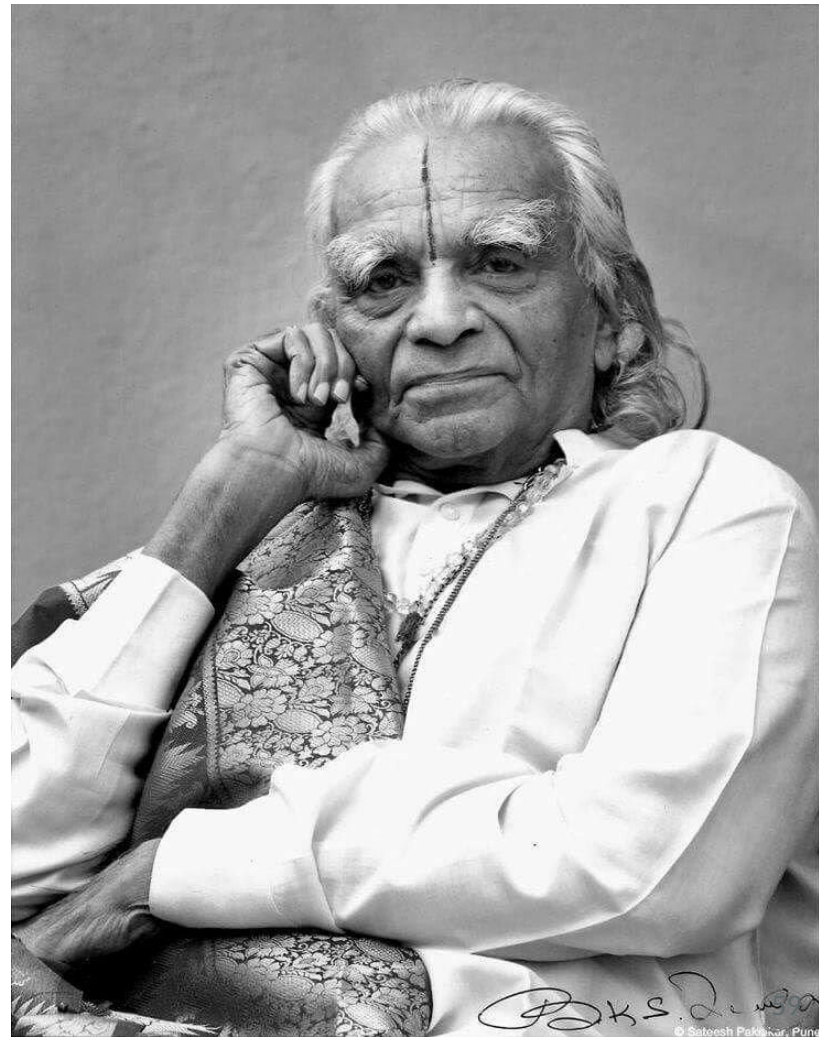
Artifacts excavated from Harappa appear to show figures with eyes "overshadowed" and focused at the tip of the nose.



Q#28

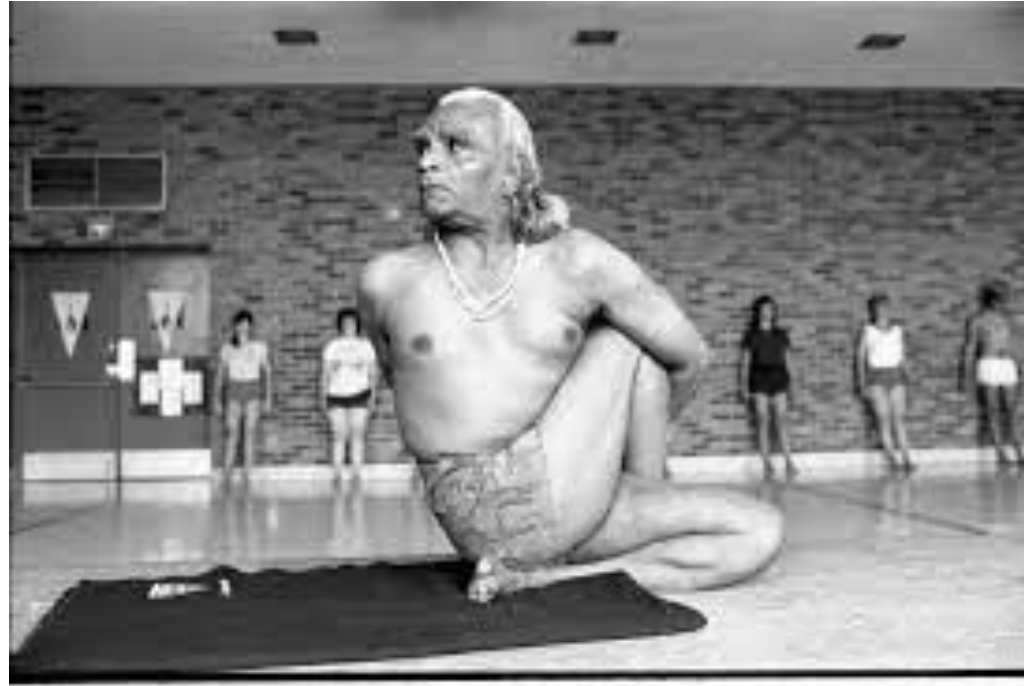
Whose picture is this?

- A. Swami Shivananda
- B. B.K.S. Iyengar
- C. Swami Kuvalayananda
- D. Maharshi Mahesh Yogi



A#28

B.K.S. Iyengar, with his deep gaze, supple body and flowing hair, remained the superstar of the yoga world as long as he lived. A star disciple of Krishnamacharya, Iyengar set up the Ramamani Iyengar Memorial Yoga Institute in Pune in 1975. His teachings came to be known as 'Iyengar Yoga'. What differentiates this yoga form others is that it uses props such as ropes, cushions, wood blocks, chairs, benches and belts. In fact, some even call it 'furniture yoga'. A firm believer in the concept that with discipline it was possible to achieve the union of body, mind, emotions and intellect, **Iyengar's yoga school** attracted fans from around the world and they, in turn, made Iyengar a household name in the West. Iyengar passed away in 2014 at the age of 96.



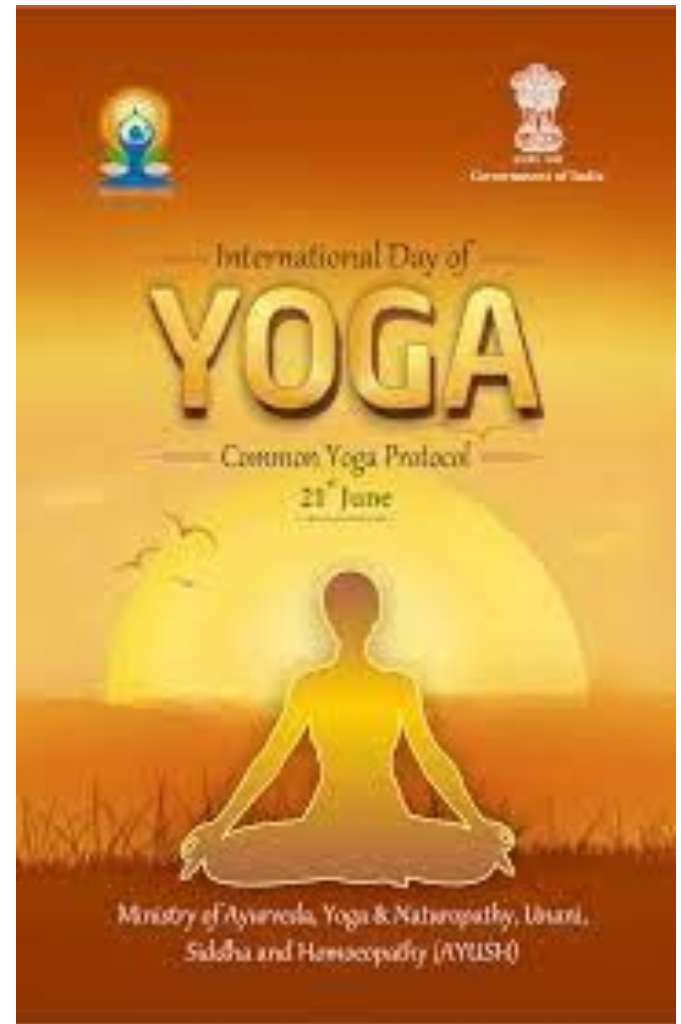
Q#29

Common Yoga Protocol (CYP) is issued by

- A. AYUSH
- B. MDNIY
- C. CCRYN
- D. S-VYASA

A#29

Ministry of AYUSH, Govt of India
releases Common Yoga Protocol (CYP).



Q#30

Starting prayer “ॐसंगच्छध्वं संवदध्वं...” of Common Yoga Protocol is taken from:

- A. Yoga Sutras
- B. Rigveda
- C. Upnishad
- D. Bhagwat Gita

A#30

Rigveda

Q#31

Name of the asana depicted in the picture?

- A. TĀḌĀSANA
- B. VṚKṢĀSANA
- C. PĀDA-HASTĀSANA
- D. BHADRĀSANA



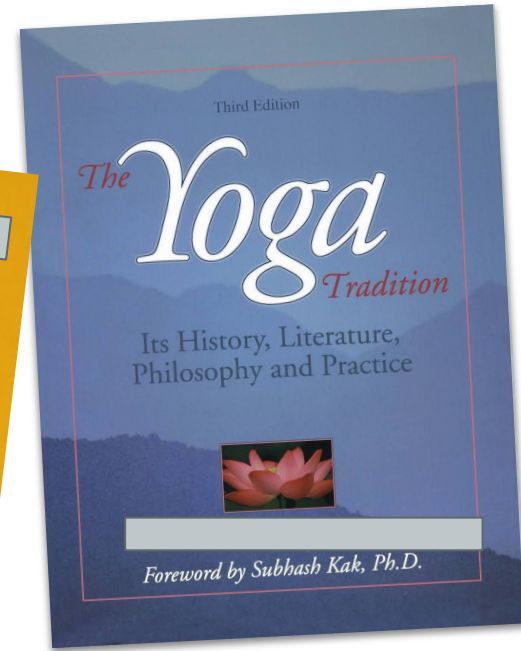
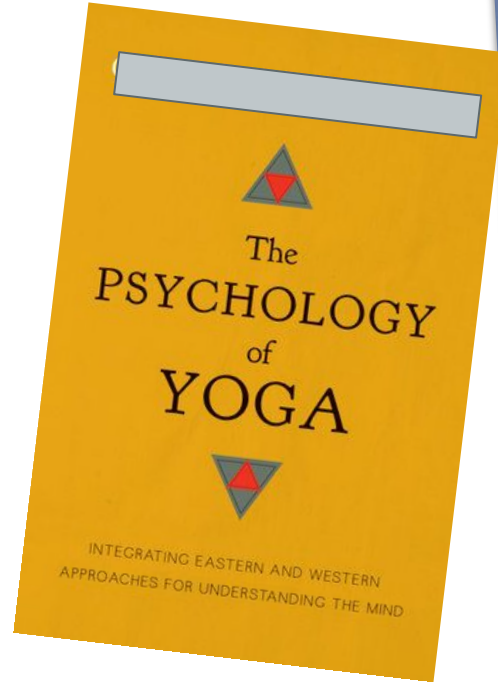
A#31

Tadasana, Mountain Pose or Samasthiti is a standing asana in modern yoga as exercise; it is not described in medieval hatha yoga texts. It is the basis for several other standing asanas

Q#32

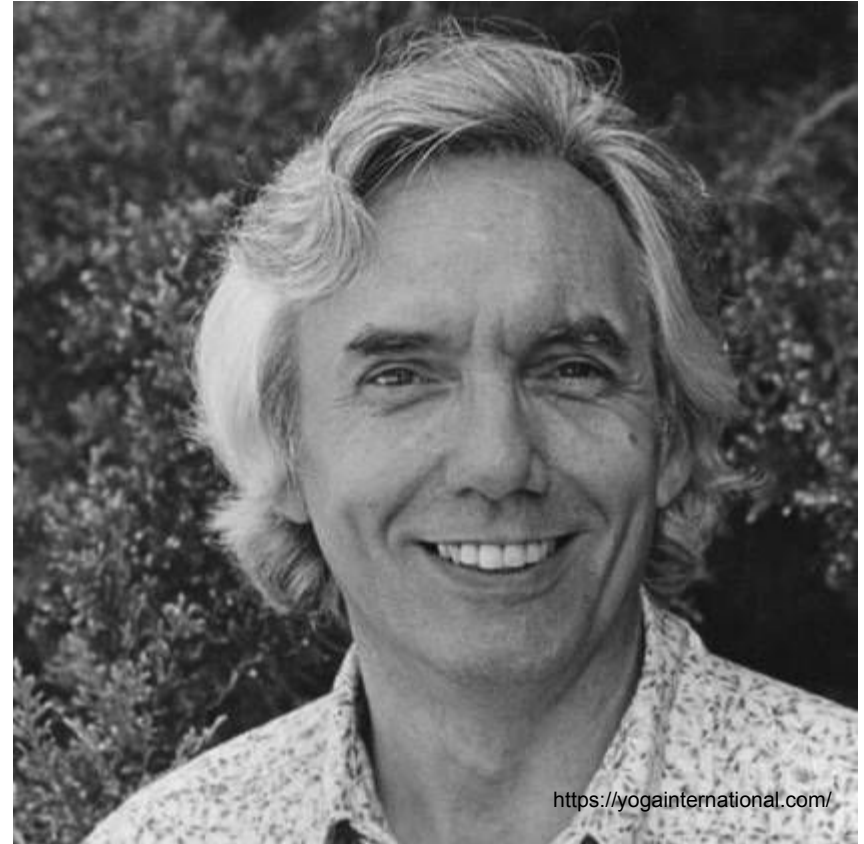
Author of the book “The Yoga Traditions - Its History, Literature, Philosophy & Practice” is

- A. Georg Feuerstein
- B. Ken Wilber
- C. Paul Nicolai Hartmann
- D. None of the above



A#32

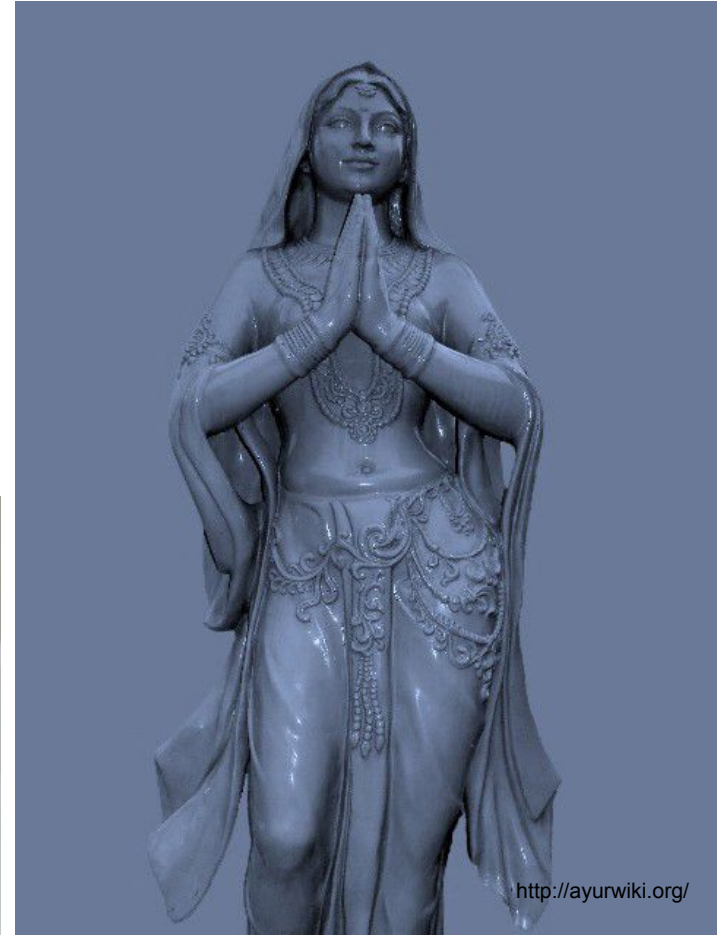
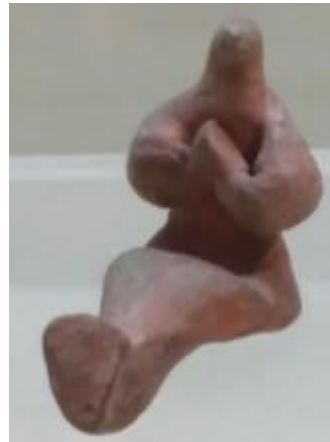
Georg Feuerstein, Ph.D. (1947-2012), authored over forty-five books, including *The Deeper Dimension of Yoga* and *The Yoga Tradition*, and created distance-learning courses on Yoga philosophy and history through Traditional Yoga Studies.



Q#33

Name of the mudra depicted in photo?

- A. Pranayam
- B. anjalimudrā
- C. Tadasan
- D. Jñānamudrā



A#33

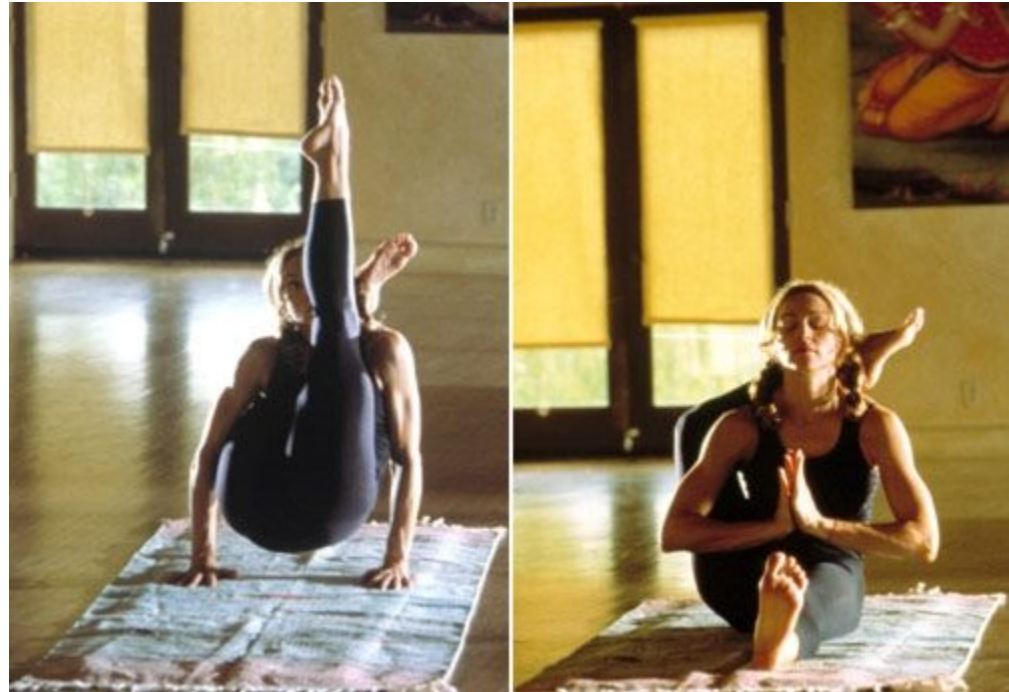
Añjali Mudrā is a hand gesture, associated with Indian religions and arts, practiced throughout Asia and beyond. It is a part of Indian classical dance postures such as Bharatanatyam, yoga practice, and a part of the greeting Namaste.



Q#34

Who was Madonna's Yoga Guru?

- A. Krishnamacharya
- B. Bikram Choudhury
- C. Georg Feuerstein
- D. Pattabhi Jois



A#34

Pattabhi Jois (1915-2009)

Krishnamacharya's foremost disciple, Guruji Jois founded the Ashtanga Yoga Research Institute or KPJAYI - K. Pattabhi Jois Ashtanga Yoga Institute - in Mysore, at the same place where his guru taught him the nuances of yoga when he started. He was the primary proponent of the Ashtanga Yoga.

Unlike the Iyengar school, there are no props used in his style of yoga. The Ashtanga or the eight-limb yoga is basically a sequence of six series (each of which has a group of asanas) conducted under supervision. Jois, because of the traditional approach and his focus on keeping it simple, attracted students all across the world. The followers of this yoga include Madonna, Gwyneth Paltrow and Sting.



Madonna's yoga guru Pattabhi Jois dead

Updated: May 19, 2009, 01:44 IST



Mysore: K Pattabhi Jois, the legendary guru of Ashtanga Yoga, breathed his last in Mysore on Monday afternoon. He was 94 years old, and had been ailing for sometime.

Jois was the teacher of Hollywood celebrities Gwyneth Paltrow and Madonna. Born in tiny Kowshiki in Hassan district, Pattabhi Jois put Ashtanga Yoga on the map of the world.

<https://www.latimes.com/>

Q#35

Which asana is recommended for relieving back pain & breathing?

- A. Vajrasana
- B. Bhujangasana
- C. Badhakonasana
- D. Garudasana

A#35

Bhujangasana or Cobra Pose is a solution to solve these and many other problems, just sitting (or lying down) at home! Bhujangasana, the Cobra Pose, is a pose that you do while lying down on your stomach. It gives your body (especially the back), a good stretch that melts your stress away almost instantly!



Q#36

Which asana is extremely useful for defective eyesight?

- A. VAJRĀSANA
- B. UṢṬRĀSANA
- C. ŚAŚAKĀSANA
- D. VAKRĀSANA



A#36

UṢṬRĀSANA

Uṣṭrāsana is extremely useful for defective eyesight. Uṣṭra means camel. The body in this pose resembles a camel, hence the name.



Q#37

Which pranayam is useful for thyroid disorder?

- A. Ujjai
- B. Anulom Vilom
- C. Bhramari
- D. Surya Bhedan

A#37

Ujjai pranayam. From the word, 'jaya' comes ujjayi, which means victory – victorious. "Ujjayi" is, therefore, the Pranayama which gives freedom from bondage. It is part of the eight Kumbhakas of Hathayoga.

UJJAYI PRANAYAMA THE PSYCHIC BREATH

INHALE
THROUGH
BOTH NOSTRILS
WITH
CONTRICTED
GLOTTIS

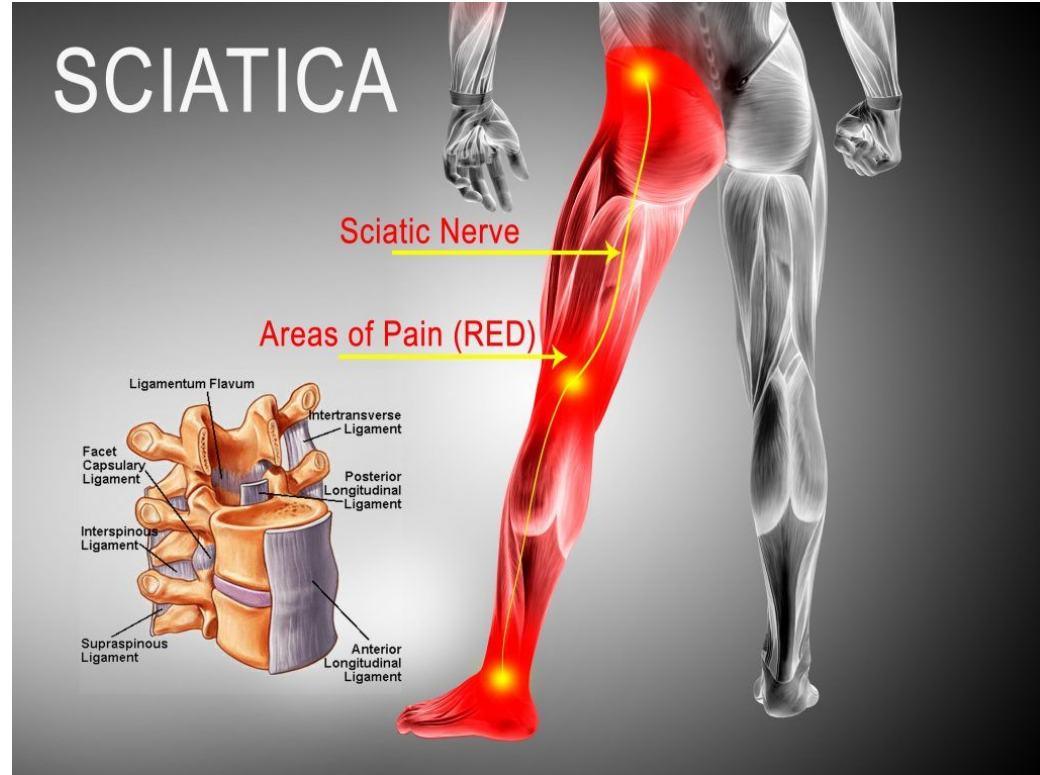


EXHALE
THROUGH
LEFT NOSTRIL

Q#38

Which asana relieves in sciatica and lower backache?

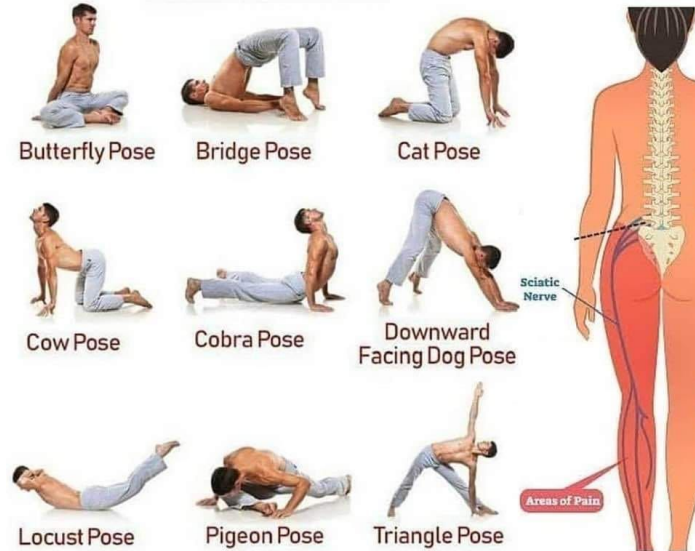
- A. ŚALABHĀSANA
- B. Makarāsana
- C. BHUJAṄGĀSANA
- D. SETUBANDHĀSANA
- E. All of the above.



A#38

Śalabhāsana/ Locust comes from the Sanskrit śalabh meaning grasshopper or locust and āsana meaning posture. The posture is said to resemble a locust resting on the ground. All the poses are helpful in relieving the sciatica.

SCIATICA RELIEF



Q#39

Names of the pranayamas shown in picture in the order right to left are

- A. Sitkari & Sitali
- B. Sitali & Sitkari
- C. Sitkari & Ujjayi
- D. Ujjayi & Bhramari



A#39

Sitkari & Sitali

Sitkari & Sitali pranayama are terrific breaths for cooling the body and mind. Sitali involves curling your tongue.

Being able to curl your tongue has long been thought to be a genetic trait, however that has recently been disapproved. Either way, some of us can, and some of us can't. For those who can, sitali is the cooling breath of choice, for those of us who can't, then sitkari is the option.



Q#40

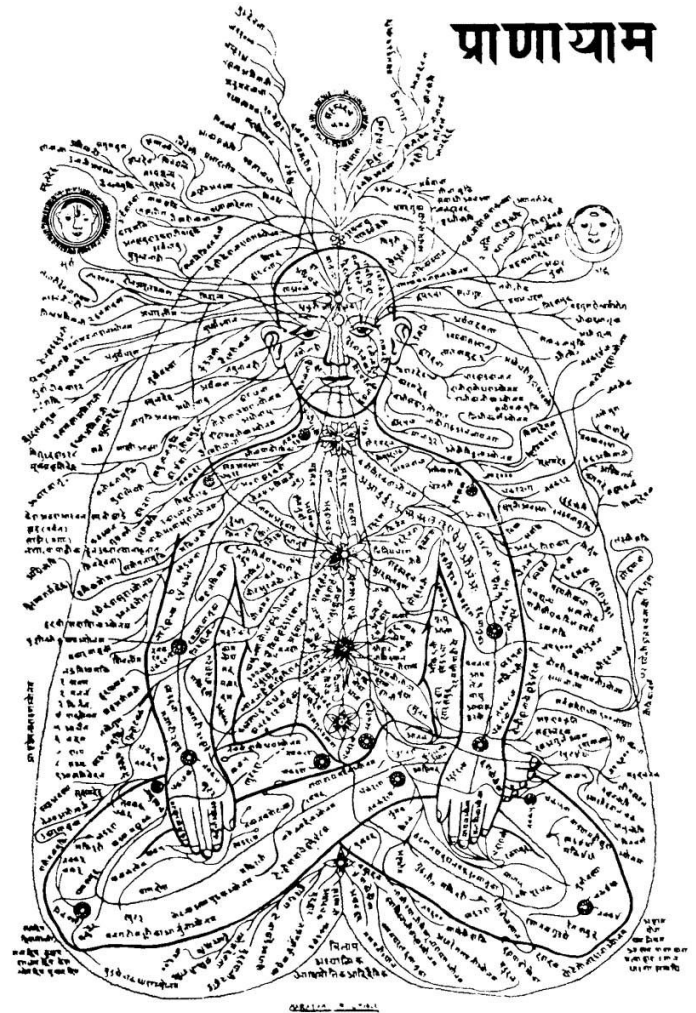
According to Yoga philosophy, how many nadis does human body contains?

- A. 12,000
- B. 24,000
- C. 60,000
- D. 72,000

A#40

In the Pranamayakosha or the energy body, there are 72,000 nadis. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna.

The word “nadi” does not mean nerve. Nadis are pathways or channels of prana in the system. These 72,000 nadis don't have a physical manifestation.



Q#41

Numbers of major chakras in human body is

- A. 3
- B. 5
- C. 7
- D. 9



A#41

In Sanskrit, the word “chakra” means “disk” or “wheel” and refers to the energy centers in your body. These wheels or disks of spinning energy each correspond to certain nerve bundles and major organs. There are seven chakras in the human body – Muladhara, Svadhishtana, Sahasrara, Ajna, Manipura, Vishuddha, and Anahata.

To function at their best, your chakras need to stay open, or balanced. If they get blocked, you may experience physical or emotional symptoms related to a particular chakra.

There are seven main chakras that run along your spine. They start at the root, or base, of your spine and extend to the crown of your head. That said, some people believe you have at least 114 different chakras in the body.



Q#42

Which nadi is related to Vairaga

- A. Ida
- B. Pingala
- C. Sushmna
- D. None of the above



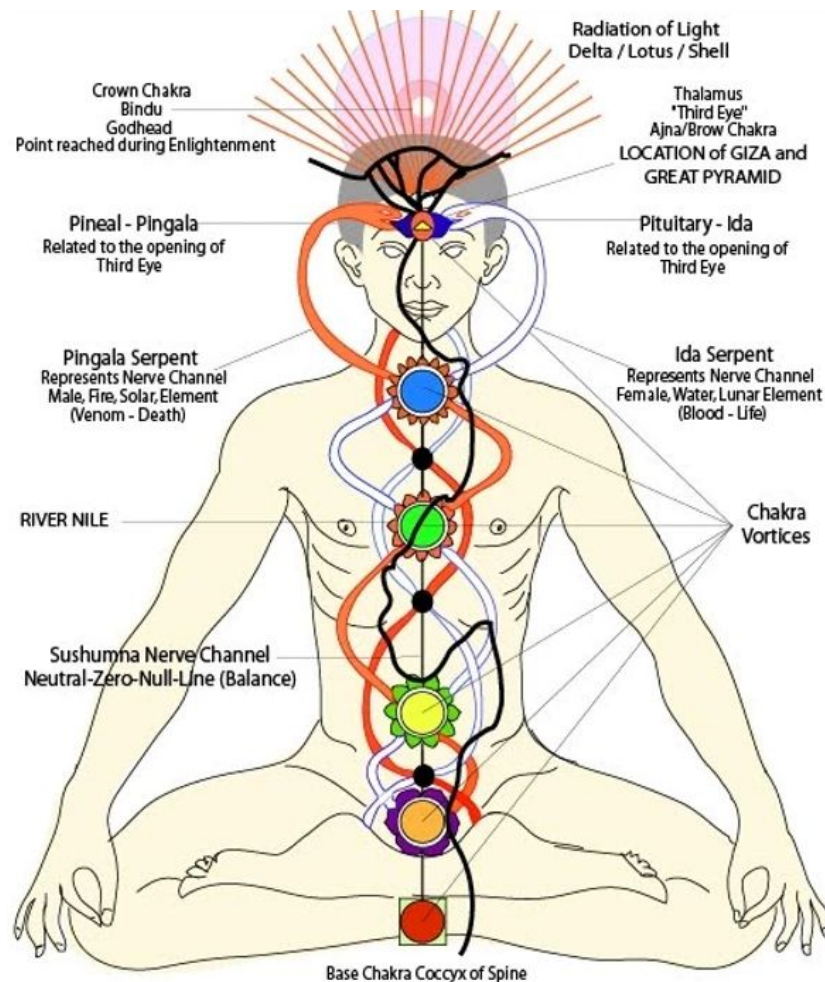
A#42

The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna.

Fundamentally, Sushumna is attribute-less, it has no quality of its own. It is like empty space. If there is empty space, you can create anything you want.

Once energies enter into Sushumna, we say you attain to Vairagya. “Raga,” means color. “Vairag,” means no color, you have become transparent.

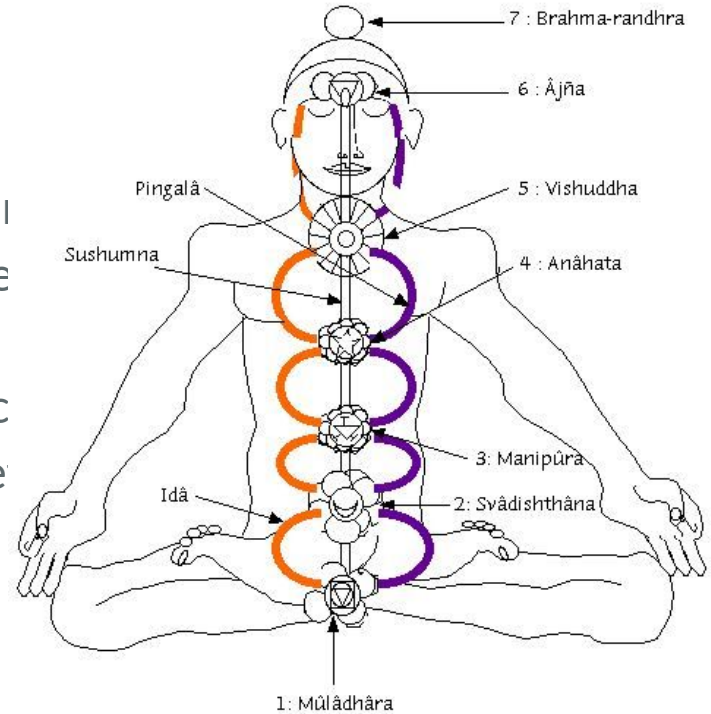
If you have become transparent, if what is behind you is red, you turn red too. If what is behind you is blue, you turn blue too. If what is behind you is yellow, you turn yellow too. You are unprejudiced. Wherever you are, you become a part of that, but nothing sticks to you. Only if you are like this, only if you are in a state of Vairag, then you will dare to explore all dimensions of life when you live here.



Q#43

Which is incorrect statement:

- A. Ida is negative polarity, the lunar force & works during night
- B. Ida predominates at night and is active while viewing television or sleeping.
- C. The Right Hemisphere of the brain is connected to the Ida Nadi.
- D. When the flow of breath is stronger in the left nostril, the left hemisphere (Left Brain) is dominant (Right Brain).
- E. None of the above.



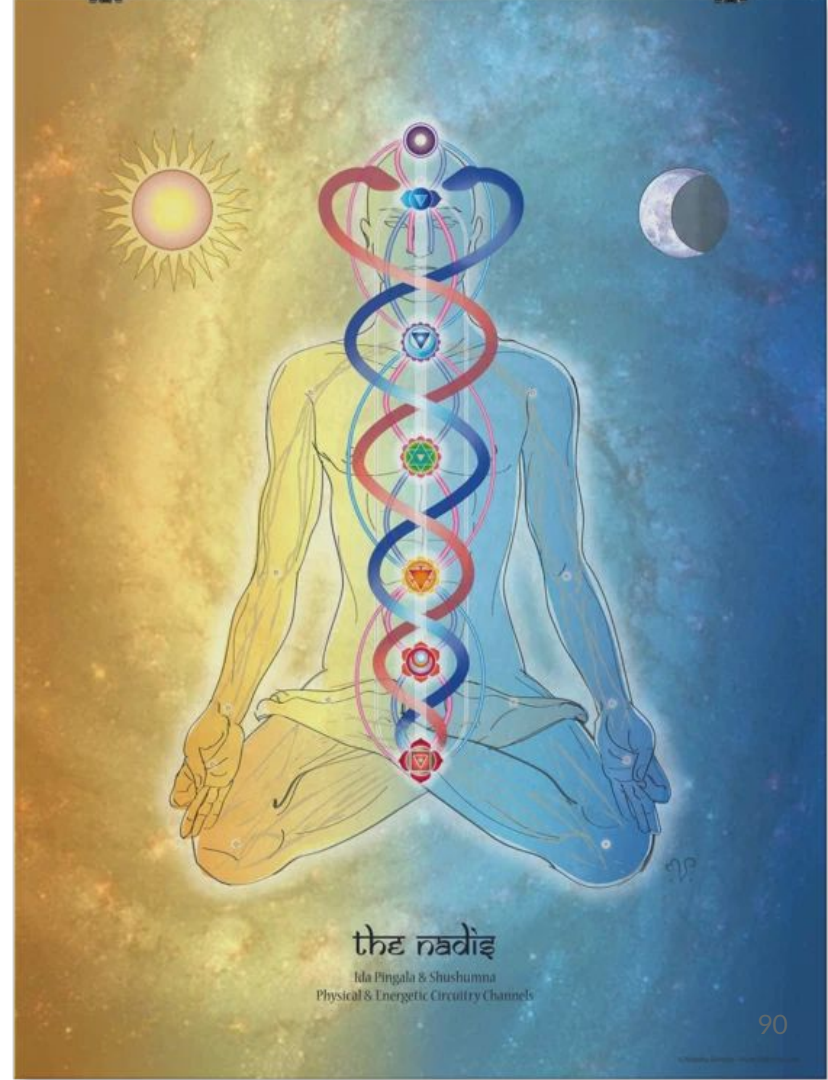
A#43

The entire universe is composed of two forces: consciousness and energy. They are independent and opposite and complementary.

Pingala is the positive polarity, the solar force. The Qualities of Pingala are: hot, physical vitality, dynamic activity and tension. Sympathetic Nervous System is represented by Pingala. Mantra is Ham.

Ida is negative polarity, the lunar force. The Qualities of Ida are: cold, relaxation, passivity and sedentary activity. Parasympathetic Nervous System. Some mantras are Tham/Ksham. Ida predominates at night. She is an Introverting Force and is active while we are relaxing, reading, thinking, viewing television or sleeping.

Ida and pingala dominance are directly related to the flow of breath in the nostrils. When the flow of breath is stronger in the left nostrils it indicates ida is dominant (Right Brain). When flow of breath is stronger in the right nostril then pingala is dominant (Left Brain). When one is sleepy the left nostril will be more dominant.



the nadi

Ida Pingala & Shushumna
Physical & Energetic Circuitry Channels

Ida works on the left side of the body and represents passivity, introvert and femininity. Ida is energetically cool, which represents the moon, our mental and emotional energy. Ida works with the right side of the brain, which controls the visual, intuitive and creative side of the brain. Imbalances of the Ida nadi can lower blood pressure, cause depression and slow mental energy. By doing pranayama techniques through the left nostril we can stimulate Ida nadi. **If the Ida nadi is too dominant you should meditate and chant mantras to calm down the mind.**

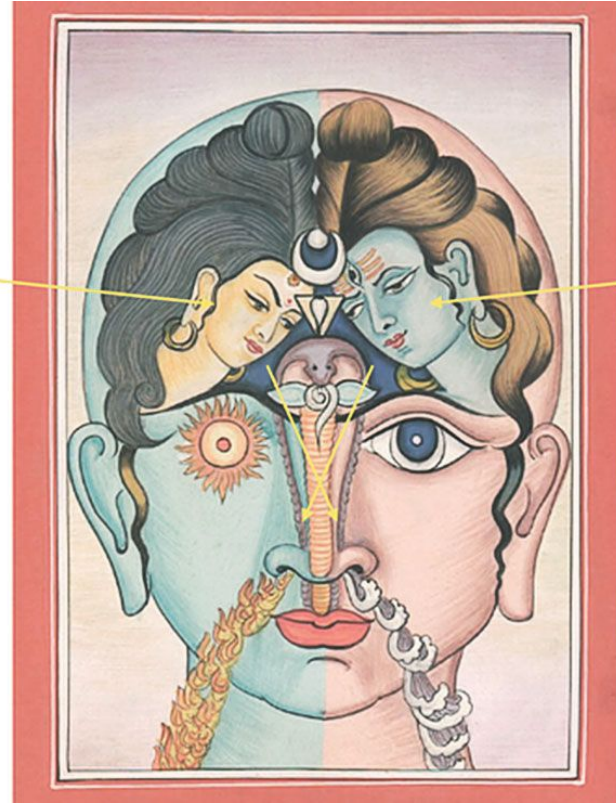
Pingala works on the right side of the body and represents activity, extrovert and masculinity. Pingala is energetically 'hot', which represent the sun, our physical energy. Pingala works with the left side of the brain, which controls the logical side of the brain. Imbalances of the Pingala nadi are high blood pressure, quick temper, large appetite and excessive physical and sexual energy. Same as with Ida nadi you can balance pingala with pranayama techniques, but through the right nostril instead of the left. **If the pingala is dominant it is best to do physical exercise. Food is easily digested as well.**

Sushumna is seen as the most important of nadis in our body. It is our spiritual channel and flows up from the first chakra up to the last chakra. Ida and pingala spiral around Sushumna and sushumna is the pathway within kundalini yoga. Practicing kundalini yoga should be under the supervision of an experienced kundalini yoga teacher. The energy within the Ida, pingala and sushumna nadi is very strong and powerful, which should not be stimulated without any guidance.

Shiva Shakti in the head

The Right Hemisphere of the brain is connected to Ida and the left nostril. The right brain governs the left side of the body. It processes information in a diffuse and holistic manner and controls orientation in space. The right hemisphere is sensitive to the vibrational realm of existence. It stimulates creative, artistic and musical abilities. Is responsible for mental, psychic and extrasensory perception

Idā (Shakti) 🌙 is connected to the left nostril and the right brain hemisphere.



Pingalā (Shiva) ☀️ is connected to the right nostril and the left brain hemisphere.

Q#44

Remember the symbol from medicine with the two coiled snakes around the winged staff? It represents the two main Nadis, Ida and Pingala, reaching their pinnacle of evolution and contributing to the vital energy. In Hermetic philosophy, this is called

- A. Hermes
- B. Caduceus
- C. Rod of Asclepius
- D. Aaron's rod



A#44

The caduceus is the traditional symbol of Hermes and features two snakes winding around an often winged staff. It is often used as a symbol of medicine, especially in the United States, but this is incorrect.

The modern use of the caduceus as a symbol of medicine became established in the United States in the late 19th and early 20th century as a result of documented mistakes, misunderstandings and confusion.



The emergency services' [Star of Life](#) features a [rod of Asclepius](#).

Q#45

Which of these is not the name of one of the seven chakras?

- A. Muladhara
- B. Rudra
- C. Ajna

A#45

There are seven chakras in the human body – Muladhara, Svadhishtana, Saharara, Ajna, Manipura, Vishuddha, and Anahata.

Rudra is not the name of one of the seven tantric chakras, but is instead the Rigvedic deity of wind, storm, and the hunt.

Crown Chakra (Sahasrara)
Connection to the divine



CROWN CHAKRA - The highest Chakra represents our ability to be fully connected spiritually.
Location: The very top of the head.
Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.
Physical association: Pineal gland, brain, nervous system.

Third Eye Chakra (Ajna)
Intuition, sense of purpose and direction in life



THIRD EYE CHAKRA - Our ability to focus on and see the big picture.
Location: Forehead between the eyes. (Also called the Brow Chakra)
Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.
Physical association: Pituitary gland, eyes, sinuses.

Throat Chakra (Vishuddha)
Self-expression



THROAT CHAKRA - Our ability to communicate.
Location: Throat.
Emotional issues: Communication, self-expression of feelings, the truth.
Physical association: Thyroid, respiratory system, teeth, vocal cords.

Heart Chakra (Anahata)
Love, relationships and self-acceptance



HEART CHAKRA - Our ability to love.
Location: Center of chest just above heart.
Emotional issues: Love, joy, inner peace.
Physical association: Heart, thymus, lower lungs, circulatory system, immune system.

Solar Plexus Chakra (Manipura)
Personal power and ability to channel



SOLAR PLEXUS CHAKRA - Our ability to be confident and in-control of our lives.
Location: Upper abdomen in the stomach area.
Emotional issues: Self-worth, self-confidence, self-esteem.
Physical association: Central nervous system, pancreas, liver, digestive tract, skin.

Sacral Chakra (Svadhishthana)
Sexuality and pleasure



SACRAL CHAKRA - Our connection and ability to accept others and new experiences.
Location: Lower abdomen, about 2 inches below the navel and 2 inches in.
Emotional issues: Sense of abundance, well-being, pleasure, sexuality.
Physical association: Reproductive organs, kidneys, bowels, immune system.

Root Chakra (Muladhara)
Career, money mindset and sense of belonging



ROOT CHAKRA - Represents our foundation and feeling of being grounded.
Location: Base of spine in tailbone area.
Emotional issues: Survival issues such as financial independence, money, and food.
Physical association: Spine, rectum, legs, arms, circulatory system.

Q#46

Where is the fourth chakra located?

- A. Heart
- B. Brain
- C. Spine

A#46

The fourth chakra, or Anahata, is also known as the heart chakra.



Q#47

Which chakra signifies the process of enlightenment?

- A. 3rd
- B. 5th
- C. 7th

A#47

The 7th chakra, known as Sahasrara, signifies the process of enlightenment in a person.



SAHASRARA

Sanskrit: सहस्रार

CROWN CHAKRA

Q#48

In 2003, Indian Systems of Medicine and Homoeopathy was renamed as AYUSH department. But the real transformational journey of Yoga begins when a separate AYUSH ministry was created in

- A. 2004
- B. 2009
- C. 2012
- D. 2014

A#48

In 2003, Indian Systems of Medicine and Homoeopathy was renamed as AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) department. But the real transformational journey of Yoga begins from November 9, 2014, when a separate AYUSH ministry was created.

As the nodal ministry, the AYUSH has also released a common Yoga protocol according to which youths and senior citizens can participate in a 45 minutes programme without any hassles.



सत्यमेव जयते

**MINISTRY OF
AYUSH**

Q#49

Around 400 CE, Maharishi Patanjali, sage scientist and propounder of yoga, wrote Yoga Sutra. How many sutras (aphorisms) does it contains?

- A. 84
- B. 101
- C. 118
- D. 196

A#49

196

2. योगश्चित्तवृत्तिनिरोधः ॥ २ ॥

yogashchittavrittinirodhah

Yoga is restraining the mind-stuff (Chitta) from taking various forms (Vrttis)

Q#50

In the classical Astanga yoga system, the ultimate goal of yoga practice is to achieve the state of

- A. Moksha
- B. Samadhi
- C. Dhyan
- D. Dharana.

A#50

The literal meaning of word Samadhi in Yoga is bliss or enlightenment. The state of Samadhi in Yoga is also called the ultimate position in the voyage of Yoga. Likewise, Samadhi is called the final or the eight limb in the Patanjali or Yoga Sutra. When a person reaches the state of Samadhi his or her consciousness reaches to the state where he sees only better. It is the highest level of dhyana.







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