

## Unit-3

## Yoga And Lifestyle

1-Mark Questions-(Objective/Subjective).

- The word yoga is first mentioned in.  
a. Bhagawat Gita.    b. Rigveda.    c. Yajurveda.    d. Upanishad.
- Obesity can be checked by the regular practice of Asanas  
a. Vajrasana.    b. Shavasana.    c. Bhujangasana    d. Pawanmuktasana
- Trikonasana must not be practiced by those suffering from.  
a. diabetes.    b. Lower back pain.    c. asthma.    d. Obesity
- Occupational Asthma is caused by  
a. Cold air    b. Dry air    c. Pollen    d. dust & smoke
- Bhujangasana is also known as  
a. snake pose.    b. cobra pose.    c. Reptile pose.    d. Cat pose
- \_\_\_\_\_ is a condition in which airways become narrow & produce extra mucus.  
a. Allergy    b. Low BP    c. High BP    d. Asthma
- Anulom-Vilom is a part of  
a. Asana    b. Meditation    c. Dhyana    d. Pranayama
- In diabetes the pancreas is unable to produce  
a. Insulin    b. graticule    c. Bile    d. All of these
- benefit of vajrasana is  
a. Controls obesity    b. cures back pain    c. Cures kyphosis    d. reduce stress.
- The book which describes yoga in details is written by  
a. Rishi Viswamitra    b. Swami Ramdev    c. Shankaracharya    d. Rishi Patanjali
- The last part of Ashtanga Yoga is  
a. Dhyana    b. Pranayama    c. samadhi    d. Dharana.
- Which of the following Asana (posture) is not used for obesity?  
(a) Ardhamatsyendrasaana (b) Vajrasana (c) Parvatasana (d) Trikonasana
- BMI of an obese person in:  
(a) 19 to 25    (b) Less than 28    (c) Greater than 30    (d) Less than 30
- Obesity means:  
(a) Less insulin production    (b) Accumulation of fat  
(c) Burning of fat    (d) Enlargement of the heart
- According to Yog sutra, Asana means—  
(a) SthiraSukhamAsanan    (b) AsanansukhShira  
(c) Sukhanasanamsthira    (d) Sitting pose
- According to “Asthanagyog” Asana lies in what place—  
(a) Second    (b) Third    (c) First    (d) Fifth

17. What is the excess percentage of the normal weight is called obese:  
(a) 15% (b) 20% (c) 25% (d) 30%
18. Which of the following Asana (posture) is not used for obesity.  
(a) Ardhamatsyendrasana (b) Vajrasana (c) Parvatasana (d) Trikonasana
19. If the pancreas not producing enough insulin. It may lead to:  
(a) Migraine (b) Obesity (c) Diabetes (d) Hypertension
20. Coughing, heavy berating, chest tightness are the symptoms of:  
(a) Asthma (b) Diabetes (c) Obesity (d) Back pain
21. The pressure of blood increase on the wall of the aorta is known as  
(a) Back pain (b) Obesity (c) Hypertension (d) Asthma
22. Select the asana which helps to reduce hypertension  
(a) Trikonasana (b) Chakrasana (c) Shavasana (d) Sukhasana
23. Stretching of spinal muscles associated with—  
(a) Obesity (b) Diabetes (c) Back pain (d) Hypertension
24. Mention two hypertensions related asana.
25. The airways get blocked in Asthma. Give two reasons.
26. What do you mean by contraindication?
27. This is the best asana for mental relaxation and release of stress. Who am I?
28. Enlist two importance of yogasana.
29. Explain the term diabetes.
30. Explain the term vajra.
31. What asthma?
32. What is hypertension?
33. List a few diseases caused by obesity.
34. Enlist few asanas for curing back pain problems.

### 3-Mark Questions

35. Discuss the benefits of asanas for the prevention of diseases in brief.
36. What is obesity? How can we come to know that we are obese?
37. What do you mean by diabetes? Name the asanas which help prevent diabetes.
38. Explain about asthma.
39. Briefly discuss hypertension.
40. "Practising yogasana regularly can prevent many diseases." Justify.
41. Discuss the benefits and contraindication of Ardha Matseyendrasana.

### 5-Mark Questions

42. Discuss the procedure, benefits, and contraindication of Trikonasana & Bhujangasana.
43. Elaborate on the procedure and benefits of Tadasana & Pawanmuktasana.
44. What are the causes of back pain? Explain the procedure, benefits, and contra-indications of any two asanas recommended to cure back pain.
45. Discuss asanas as preventive measures in detail.
46. Explain about any two asanas which are beneficial in preventing as well as curing asthma.

47. Nowadays yoga plays a very important role in the cure of various diseases. Justify the statement by giving suitable examples of asanas for Hypertension.

