



Physical Education Notes Unit 4

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INTRODUCTION TO YOGA

Yoga is an ancient Indian science and philosophy originating over 5,000 years ago. The word 'Yoga' comes from the Sanskrit root '**Yuj**' meaning 'to unite' or 'to yoke' — referring to the union of body, mind, and spirit. **Patanjali's Yoga Sutras** (2nd century BCE) systematically codified yoga into the **Ashtanga (8-limbed) path**.

Patanjali's 8 Limbs of Yoga (Ashtanga Yoga):

Limb	Sanskrit	Meaning
1. Yama	Yama	Ethical restraints — non-violence, truthfulness, non-stealing
2. Niyama	Niyama	Personal observances — cleanliness, contentment, self-discipline
3. Asana	Asana	Physical postures — the third limb; most practised in modern yoga
4. Pranayama	Pranayama	Breath control — regulation of life force (prana)
5. Pratyahara	Pratyahara	Withdrawal of senses from external objects
6. Dharana	Dharana	Concentration — fixing mind on one point
7. Dhyana	Dhyana	Meditation — uninterrupted flow of awareness
8. Samadhi	Samadhi	Super-conscious state — union with universal consciousness

General Benefits of Yoga:

- **Physical:** Improves flexibility, strength, balance, posture, cardiovascular health.
- **Mental:** Reduces stress, anxiety, depression; improves concentration and sleep quality.
- **Hormonal:** Regulates endocrine system — thyroid, adrenal, reproductive hormones.
- **Digestive:** Massages abdominal organs, stimulates digestion, relieves constipation.
- **Respiratory:** Strengthens lungs, increases lung capacity, purifies respiratory tract.
- **Spiritual:** Promotes self-awareness, inner peace, and mind-body-spirit harmony.

1. SURYANAMASKAR (Sun Salutation)

Definition: Suryanamaskar is a dynamic sequence of **12 asanas** performed in a flowing rhythm, synchronised with breath. It is a symbolic tribute to the sun — the source of all life energy. One complete round = right side + left side (24 asanas total).

12 Steps of Suryanamaskar with Breathing:

Step	Asana Name	Action	Breath
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1	Pranamasana (Prayer Pose)	Stand, feet together, palms at chest	Normal
2	Hasta Uttanasana (Raised Arms)	Raise arms overhead, slight backbend	Inhale
3	Hastapadasana (Hand-to-Foot)	Exhale, bend forward, hands to floor/shins	Exhale
4	Ashwa Sanchalanasana (Equestrian)	Step right leg back, right knee down, look up	Inhale
5	Dandasana / Phalakasana (Plank)	Step left leg back, body straight as plank	Hold
6	Ashtanga Namaskara (8-Limbed)	Lower knees, chest, chin to floor; hips up	Exhale
7	Bhujangasana (Cobra Pose)	Slide forward, lift chest, pubic bone down	Inhale
8	Adho Mukha Svanasana (Downward Dog)	Lift hips up and back — inverted V shape	Exhale
9	Ashwa Sanchalanasana (Equestrian)	Bring right leg forward, left knee down, look up	Inhale
10	Hastapadasana (Hand-to-Foot)	Bring left leg forward, bend forward	Exhale
11	Hasta Uttanasana (Raised Arms)	Rise up, raise arms, slight backbend	Inhale
12	Pranamasana (Prayer Pose)	Return to start, palms at chest	Exhale

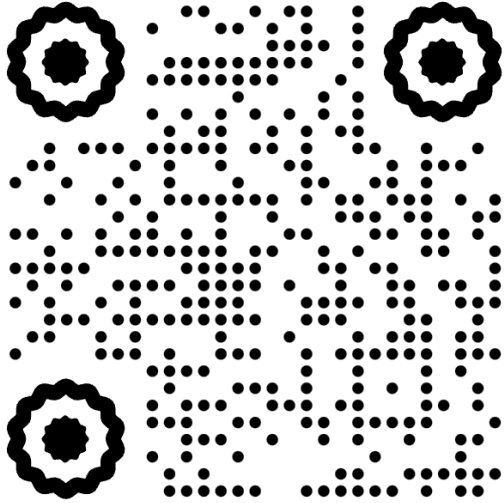
Benefits of Suryanamaskar:

- Improves **spinal flexibility** and joint mobility — all vertebrae are worked.
- Strengthens and tones major **muscle groups** — arms, core, legs, back.
- Enhances **cardiovascular circulation** and increases metabolic rate.
- Regulates **hormonal balance** — stimulates thyroid, adrenal, and reproductive glands.
- Improves **digestion** by massaging abdominal organs through forward/backward bends.
- Reduces **stress and anxiety** — breath-movement synchronisation calms the mind.
- Increases **energy levels** and reduces fatigue.
- Ideal **warm-up** for any physical activity — prepares all body systems.

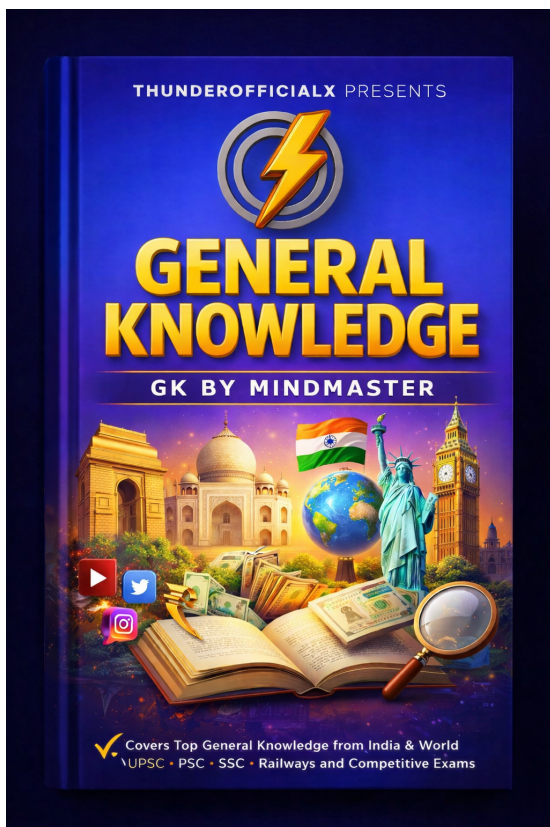
Precautions:

- Avoid with **high BP, heart disease, hernia, or severe back problems.**
- Consult doctor or qualified instructor if **pregnant.**
- Stop immediately if any pain or dizziness occurs.

- Beginners should start slowly with fewer rounds (2–4) and increase gradually.



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2. ASANAS (Yogic Postures)

Asana is the third limb of Patanjali's Ashtanga Yoga. The word means '**seat**' or '**posture**'. Patanjali defines it as '**Sthiram Sukham Asanam**' — a posture that is steady, comfortable, and held with ease. Asanas work on all body systems — muscular, skeletal, nervous, endocrine, and digestive.

A. STANDING ASANAS

Position: Standing on one leg

Technique: Stand tall. Lift one foot, place sole on inner thigh (not knee). Palms together at chest or arms overhead. Gaze fixed (drishti). Hold 30–60 seconds each side.

Benefits: Improves balance and stability; strengthens legs, ankles, spine; enhances concentration and mental focus; builds coordination.

Precautions: Avoid with low BP, dizziness, vertigo, knee/ankle injuries. Use wall support initially if needed.

Position: Standing wide-legged

Technique: Feet wide apart. Right foot out 90 degrees, left foot slightly in. Arms parallel to floor. Exhale, bend right — right hand to shin/ankle/floor, left arm up. Gaze at left fingertips. Hold, repeat other side.

Benefits: Stretches legs, hamstrings, hips, spine; strengthens core, ankles, legs; opens chest and shoulders; improves balance and digestion.

Precautions: Avoid with severe back/neck pain, low BP (use wall support). Do not lock knees.

Position: Forward standing bend

Technique: Stand tall, inhale arms up. Exhale, bend forward from hips (not waist), hands to floor/ankles/shins. Head toward knees. Keep back straight. Hold, inhale up.

Benefits: Stretches spine, hamstrings, calves; strengthens legs; calms mind, reduces anxiety; stimulates liver and kidneys.

Precautions: Avoid with high BP, vertigo, herniated disc, glaucoma. Bend knees if hamstrings are tight.

Position: Standing squat posture

Technique: Feet together or hip-width. Inhale arms up. Exhale, bend knees deeply as if sitting on imaginary chair. Thighs parallel to floor. Back straight, chest lifted, weight on heels. Hold 30–60 seconds.

Benefits: Strengthens legs (quads, glutes, hamstrings), tones core and ankles; increases stamina and heat in body; builds mental endurance.

Precautions: Avoid with chronic knee/lower back pain. Keep knees behind toes to protect joints.

Position: Standing backbend

Technique: Stand tall, hands on lower back. Inhale, gently arch backward, pushing hips forward. Head relaxed back, neck comfortable. Hold 15–30 seconds. Inhale back up.

Benefits: Stretches front body (chest, abdomen, hip flexors); strengthens spine and back muscles; relieves stress; opens chest and improves breathing.

Precautions: Avoid with vertigo, severe neck problems, spinal conditions, high BP (use caution). Never jerk into the bend.

B. SITTING ASANAS

Position: Sitting upright — Padmasana/Sukhasana

Technique: Sit cross-legged. Interlock fingers. Inhale, stretch arms overhead, palms facing up. Stretch spine tall. Hold 30–60 seconds. Release and repeat.

Benefits: Improves posture; stretches shoulders, arms, and upper body; strengthens core and back; develops concentration.

Precautions: Avoid with wrist/shoulder injuries. May sit on chair with feet flat if cross-legged is uncomfortable.

Position: Kneeling backbend

Technique: Kneel hip-width apart, toes tucked or flat. Hands on hips. Inhale, arch back. Reach hands to heels one at a time. Head back, chest open, hips forward. Hold 20–40 seconds.

Benefits: Opens chest and shoulders; stretches front body, hip flexors, and quadriceps; strengthens back muscles; stimulates digestion and thyroid.

Precautions: Avoid with hernia, severe back/neck pain, high/low BP. Beginners keep hands on lower back.

Position: Forward bend in Padmasana/Sukhasana

Technique: Sit cross-legged. Interlock hands behind back. Inhale tall. Exhale, bend forward, forehead toward floor, arms raised behind. Hold, breathe deeply. Rise on inhale.

Benefits: Enhances flexibility of spine and hips; massages abdominal organs; calms mind; stimulates digestive system.

Precautions: Avoid during pregnancy, recent abdominal surgery, back problems (use caution). Do not force forehead to floor.

Position: Sitting in Vajrasana

Technique: Sit on heels (Vajrasana). Place hands on thighs/floor, fingers spread like claws. Inhale through nose. Exhale forcefully through mouth — stick tongue out toward chin, make 'HAAA' sound, gaze upward (Shambhavi mudra).

Benefits: Relieves stress and tension; strengthens throat muscles and vocal cords; improves facial circulation; excellent for throat infections and stuttering.

Precautions: Avoid with throat infections during acute phase, severe jaw pain/TMJ disorders.

Position: Lying prone — advanced sitting category

Technique: Lie face down. Bend knees. Reach back, hold ankles firmly. Inhale, simultaneously lift chest and thighs off floor. Body balanced on abdomen. Look ahead. Hold 15–30 seconds.

Benefits: Strengthens back muscles; improves spine flexibility; stretches chest, abdomen, and quadriceps; stimulates digestive and reproductive organs.

Precautions: Avoid with high BP, hernia, spinal injury, pregnancy, recent abdominal surgery.

Position: Basic comfortable cross-legged seat

Technique: Sit cross-legged comfortably on mat or blanket. Hands on knees in Chin mudra or Jnana mudra. Spine straight, shoulders relaxed. Close eyes, breathe naturally.

Benefits: Promotes relaxation and mental calm; improves posture; foundation for pranayama and meditation; accessible to all levels.

Precautions: Avoid with hip/knee stiffness or injury — use cushion or folded blanket under hips. Switch cross of legs regularly.

C. LYING ASANAS

Prone (Face Down) Asanas

Position: Lying face down — relaxation pose

Technique: Lie on stomach, legs apart, feet turned outward. Fold arms, rest chin/cheek on forearms. Close eyes. Relax entire body. Breathe deeply and naturally. Hold 5–10 minutes.

Benefits: Deeply relaxes body and mind; reduces stress, fatigue, and muscular tension; relieves back pain; excellent counter-pose after backbends.

Precautions: Avoid with severe spinal injuries (consult physiotherapist). Generally safe for all.

Position: Prone backbend — legs lifted

Technique: Lie face down, arms beside body, palms down. Inhale, simultaneously lift both legs, chest, and head off floor. Arms straight, gaze forward. Hold 15–30 seconds. Exhale, lower down.

Benefits: Strengthens lower back, spine, and legs; tones abdominal organs; improves posture; builds core strength.

Precautions: Avoid with slipped disc, sciatica, abdominal surgery, pregnancy. Start with single leg raises.

Position: Prone — gentle backbend

Technique: Lie face down, hands under shoulders. Inhale, slowly lift chest using back muscles (not hands). Keep pubic bone on floor. Elbows slightly bent. Gaze forward/up. Hold 15–30 seconds.

Benefits: Strengthens spine and back muscles; opens chest and lungs; stimulates abdominal organs; improves breathing; relieves lower back pain.

Precautions: Avoid with carpal tunnel, pregnancy, recent abdominal surgery, severe back injury. Never force the arch.

Supine (Face Up) Asanas

Position: Supine inversion — restorative

Technique: Lie near a wall. Lift legs up against wall, buttocks as close to wall as possible. Arms relaxed by sides. Eyes closed. Hold 5–15 minutes. Breathe deeply.

Benefits: Improves circulation and reduces leg swelling; calms nervous system; relieves lower back tension; reduces varicose veins; excellent for stress and insomnia.

Precautions: Avoid during menstruation, glaucoma, high BP (use caution), serious neck issues.

Position: Full body inversion — Queen of Asanas

Technique: Lie on back. Inhale, lift legs then hips off floor. Support lower back with hands. Straighten body vertical, chin to chest (jalandhara bandha). Body weight on shoulders/upper arms. Hold 30–120 seconds. Lower slowly.

Benefits: Stimulates thyroid and parathyroid glands; improves circulation to brain; strengthens shoulders and core; calms nervous system; relieves varicose veins and fatigue.

Precautions: Avoid with neck injuries, high BP, glaucoma, menstruation, pregnancy. Never turn head while in pose.

D. ADVANCED ASANAS

Position: Standing squat — advanced version

Technique: Same as basic Utkatasana but deepen the bend, hold longer (60–90 seconds), add twists or balance variations. Advanced practitioners lower to below parallel.

Benefits: Builds extreme lower body endurance; strengthens quads, glutes, and core; develops mental toughness and will-power.

Precautions: Avoid with chronic knee/back pain. Requires strong baseline fitness.

Position: Arm balance — Padmasana base

Technique: Sit in Padmasana (full lotus). Insert arms between thighs and calves. Place palms on floor. Inhale, press hands, lift entire body off floor. Balance on hands. Hold as long as possible.

Benefits: Greatly strengthens arms, wrists, shoulders; improves balance and core stability; builds mental focus and body awareness.

Precautions: Avoid with weak wrists/shoulders/elbows, carpal tunnel, beginners. Requires full Padmasana first.

Position: Horizontal arm balance

Technique: Kneel. Place hands on floor with fingers pointing toward body. Bend elbows, rest abdomen on joined elbows. Lean forward, lift legs, straighten body horizontally. Hold 10–30 seconds.

Benefits: Detoxifies body by stimulating digestive fire (agni); strengthens arms, wrists, core; improves balance; stimulates all abdominal organs.

Precautions: Avoid with wrist injuries, high BP, hernia, pregnancy, menstruation. Very advanced — requires guidance.

Quick Reference — All Asanas at a Glance

Asana	Type	Key Benefit	Avoid If
Vrikshasana	Standing	Balance, leg strength, concentration	Low BP, dizziness
Trikonasana	Standing	Hip stretch, spine, chest opening	Severe back/neck pain
Padahasthasana	Standing	Hamstrings, spine, calm mind	High BP, vertigo
Utkatasana	Standing	Leg strength, stamina, core	Knee/back pain
Ardhachakrasana	Standing	Backbend, chest opening, spine	Vertigo, neck issues
Parvatasana	Sitting	Posture, shoulder stretch, core	Wrist/shoulder injury

Ushtrasana	Sitting	Chest opening, back strength, thyroid	Hernia, back/neck pain
Yogmudrasana	Sitting	Spinal flex, digestive massage	Pregnancy, abdominal surgery
Simhasana	Sitting	Throat, stress relief, face	Acute throat infection
Dhanurasana	Prone/Sitting	Back strength, spine flex, abdomen	High BP, hernia, pregnancy
Sukhasana	Sitting	Relaxation, meditation base	Hip/knee stiffness
Makarasana	Prone	Deep relaxation, back relief	Severe spinal injury
Shalabhasana	Prone	Lower back, legs, core	Slipped disc, pregnancy
Bhujangasana	Prone	Spine, chest, breathing	Carpal tunnel, pregnancy
Viparita Karani	Supine	Circulation, stress, insomnia	Menstruation, glaucoma
Sarvangasana	Supine	Thyroid stimulation, brain circulation	Neck injury, high BP
Kukutasana	Advanced	Arm strength, balance	Weak wrists, beginners
Mayurasana	Advanced	Detox, arm strength, digestion	Wrist injury, pregnancy

3. KRIYAS (Cleansing Techniques)

Kriyas (Shatkarmas) are six yogic cleansing practices designed to purify the body internally before pranayama and meditation. The six kriyas are: **Neti, Dhauti, Nauli, Basti, Kapalbhathi, Tratak.**

★ Kapalbhathi (Skull-Shining Breath)

Active cleansing kriya for respiratory purification and energising the brain. 'Kapal' = skull, 'Bhati' = shining/illuminating.

Step-by-Step:

Step 1: Sit straight in Sukhasana or Padmasana. Hands on knees.

Step 2: Take a deep natural inhalation.

Step 3: Perform short, sharp, powerful exhalations through nose by contracting abdomen forcefully inward.

Step 4: Inhalation is passive — abdomen naturally releases outward.

Step 5: Start with 20–30 rounds, gradually increase. Rest after each set.

Step 6: Focus on abdominal contractions.

Breathing: Active exhale (forceful); passive inhale (automatic).

Benefits:

- Cleanses entire respiratory tract and sinuses.
- Purifies blood and energises brain cells.
- Strengthens abdominal muscles and digestive organs.
- Improves concentration and mental clarity.
- Generates internal heat — useful in winter.

Precautions: Avoid with high BP, epilepsy, hernia, heart conditions, pregnancy, menstruation, dizziness. Stop if lightheaded.

★ Tratak (Concentrated Gazing)

Cleansing kriya for eyes and mind — involves steady, unblinking gazing at a focal point.

Step-by-Step:

Step 1: Sit comfortably in a darkened room.

Step 2: Place a candle flame at eye level 60–90 cm away.

Step 3: Gaze at the flame without blinking for as long as possible.

Step 4: When eyes water or strain, close eyes and visualise the flame at the point between eyebrows.

Step 5: Practice 5–15 minutes. Rub palms and cup over eyes after.

Breathing: External gaze (bahir tratak); internal visualisation after closing eyes.

Benefits:

- Strengthens eye muscles and improves eyesight.
- Develops concentration, willpower, and mental focus.
- Purifies and tones the nervous system.
- Activates the Ajna chakra (third eye) — enhances intuition.

Precautions: Avoid with epilepsy, eye inflammation/infection, extreme emotional states. Never perform with defective eyesight without guidance.

★ Neti (Nasal Cleansing)

Cleansing of nasal passages. Two types: Jala Neti (water cleansing) and Sutra Neti (thread cleansing).

Step-by-Step:

Step 1: Jala Neti: Prepare lukewarm saline water (1 tsp salt per 500ml).

Step 2: Tilt head sideways over sink. Insert neti pot spout into upper nostril.

Step 3: Allow water to flow through nasal cavity and out lower nostril.

Step 4: Repeat on other side. Blow nose gently to clear passages.

Breathing: Breathe through mouth during practice.

Benefits:

- Clears nasal congestion and sinusitis.
- Removes dust, pollen, and pollutants from nasal passages.
- Improves breathing quality — essential before pranayama.
- Prevents respiratory infections and allergies.

Precautions: Avoid Jala Neti with nose bleeds, ear infections (water can enter Eustachian tube). Always use properly prepared saline — never plain water or very hot water.

★ Dhauti (Alimentary Cleansing)

Internal cleansing of the digestive tract. Multiple types: Vamana Dhauti (stomach cleansing), Vastra Dhauti (cloth cleansing), Danta Dhauti (teeth cleansing).

Step-by-Step:

Step 1: Vamana Dhauti: Drink 6–8 glasses of lukewarm saline water quickly.

Step 2: Stand and bend forward. Insert two fingers into throat to stimulate vomiting reflex.

Step 3: Expel all the water. Rest in Shavasana after.

Step 4: Best performed on empty stomach in early morning.

Breathing: Perform only under expert guidance.

Benefits:

- Cleans stomach and oesophagus of accumulated mucus and toxins.
- Relieves acidity, indigestion, and gastric disorders.
- Stimulates digestive fire (agni).

Precautions: Highly advanced — ONLY under qualified yoga teacher supervision. Avoid with ulcers, heart disease, severe acidity.

4. BANDHAS (Energy Locks)

Bandha means 'lock' or 'bind' in Sanskrit. Bandhas are muscular contractions that lock or redirect the flow of **prana (life force energy)** within the body. They are practised during pranayama and advanced asanas to intensify and control energy flow. There are three main bandhas.

◆ Uddiyana Bandha (Abdominal Lock / Upward Flying Lock)

Description: Contraction of abdominal muscles and diaphragm — pulling them IN and UP under the ribcage. 'Uddiyana' = to fly upward.

Technique: Stand or sit. Exhale completely. Bend slightly forward, hands on thighs. Hold the exhale (bahir kumbhaka). Pull abdomen in and UP as if trying to touch spine. Hold 5–10 seconds. Release, breathe normally.

Breathing: Exhale fully before; hold breath OUT (no inhalation) during the lock.

- Stimulates and massages all digestive organs — liver, pancreas, intestines.
- Strengthens core muscles — abdominal wall and diaphragm.
- Enhances metabolism and digestive fire (agni).
- Tones and lifts pelvic floor.
- Redirects prana upward through central energy channel (sushumna nadi).

Precautions: Avoid with ulcers, hernia, heart conditions, high BP, menstruation, pregnancy. Must perform on EMPTY stomach only.

◆ Jalandhara Bandha (Throat Lock / Cloud-Bearing Lock)

Description: Chin pressed firmly to chest — creating a lock in the throat region. 'Jala' = net/throat; 'Dhara' = stream. Controls prana in the cervical region.

Technique: Sit comfortably — Padmasana or Sukhasana. Inhale deeply. Hold breath (antara kumbhaka). Lower chin to chest (jugular notch). Sit tall. Hold for comfortable duration. Release chin before exhaling.

Breathing: Inhale and hold breath IN (antara kumbhaka) while chin is lowered.

- Stimulates and regulates thyroid and parathyroid glands.
- Compresses carotid sinuses — helps regulate heart rate and blood pressure.
- Prevents prana from moving upward during pranayama — concentrates it.
- Relieves stress and calms the nervous system.
- Naturally occurs in Sarvangasana (chin-to-chest position).

Precautions: Avoid with neck injuries, cervical spondylosis, high BP (if severe), thyroid disorders (consult first). Never force chin down — use folded blanket under hips to facilitate.

◆ Mula Bandha (Root Lock / Perineal Lock)

Description: Contraction of the perineal muscles (pelvic floor) — the root/base of the body. 'Mula' = root. Often called the 'foundation bandha'.

Technique: Sit in Padmasana or Vajrasana. Close eyes. Contract the perineal/pelvic floor muscles (same as stopping urination mid-flow). Draw upward and inward. Hold and breathe normally. Release slowly.

Breathing: Can be held with normal breathing (unlike Uddiyana and Jalandhara).

- Strengthens pelvic floor muscles — prevents prolapse, incontinence.

- Activates Muladhara chakra (root chakra) — grounds energy.
- Prevents downward leakage of prana (apana).
- Improves sexual health and reproductive organ function.
- Creates foundation for pranayama and meditation.

Precautions: Beginners may find isolation of muscles difficult. Avoid during menstruation (if uncomfortable). Safe for most people under guidance.

5. PRANAYAMA (Breathing Techniques)

Pranayama is the 4th limb of Ashtanga Yoga. 'Prana' = life force/vital energy; 'Ayama' = expansion/control. Pranayama regulates the breath to control prana, influencing both physical health and mental states. Three phases: **Puraka** (inhalation), **Kumbhaka** (retention), **Rechaka** (exhalation).

● Bhramari (Humming Bee Breath)

Description: Calming pranayama — produces humming 'mmm' sound like a bee during exhalation. 'Bhramara' = bee.

Technique: Sit comfortably. Close ears with thumbs, eyes with index fingers, and nostrils with middle fingers (optional). Inhale deeply through nose. Exhale slowly, producing a smooth humming 'mmm' sound. Feel vibration in skull. Repeat 5–10 rounds.

Breathing: Deep inhale through nose; slow humming exhale through closed mouth.

- Instantly calms mind and reduces stress/anxiety.
- Lowers blood pressure by activating vagus nerve.
- Improves concentration and memory.
- Beneficial for headaches, migraines, and insomnia.
- Stimulates pineal and pituitary glands.

Precautions: Avoid with active ear infections. Use caution if very high BP.

● Sheetal (Cooling Breath)

Description: Cooling pranayama — reduces body heat. 'Sheeta' = cold/cool. Inhale is through rolled tongue.

Technique: Sit comfortably. Roll tongue into tube shape (like a straw). Inhale slowly through rolled tongue. Close mouth, exhale through nose. Repeat 10–15 rounds. Can add kumbhaka (retention).

Breathing: Inhale through curled tongue; exhale through nose.

- Cools body temperature — ideal in hot weather.
- Calms nervous system and reduces anger/agitation.
- Aids digestion and relieves acidity and thirst.
- Lowers high BP.

Precautions: Avoid in cold weather, cold/cough/asthma, low BP. Use Sheetkari if unable to curl tongue.

● Sheetkari (Hissing Breath)

Description: Alternative cooling pranayama — for those who cannot roll tongue. 'Sheeta' = cool.

Technique: Sit comfortably. Clench teeth gently, part lips. Inhale slowly through the gaps between teeth — producing 'sss' sound. Close mouth. Exhale through nose. Repeat 10–15 rounds.

Breathing: Inhale through teeth gaps; exhale through nose.

- Cools body — similar effects to Sheetal.
- Reduces thirst, hunger, and sleepiness.
- Calms nerves and reduces stress.

Precautions: Avoid with sensitive teeth, dental problems, respiratory conditions, low BP.

● Ujjayi (Victorious/Ocean Breath)

Description: Energising pranayama with slight constriction of glottis creating ocean wave sound. 'Ujjayi' = victorious. Used during asana practice.

Technique: Sit or practise during asanas. Slightly constrict back of throat (glottis). Inhale deeply through nose — ocean wave sound on inhale. Exhale through nose — similar sound. Both in and out breaths audible.

Breathing: Both inhale and exhale are audible through slightly constricted throat; through nose only.

- Warms the body from inside — ideal for asana practice.
- Builds heat, strength, and endurance.
- Improves oxygen absorption and lung capacity.
- Enhances focus and mindfulness during asana.

Precautions: Avoid with very low BP or severe respiratory conditions. Keep throat constriction gentle — never force.

● Nadi Shodhana (Alternate Nostril Breathing / Anulom Vilom)

Description: Balancing pranayama — alternates breath between left and right nostrils. 'Nadi' = channel; 'Shodhana' = purification. Balances Ida and Pingala nadis.

Technique: Sit comfortably. Right hand in Nasagra mudra (thumb closes right nostril, ring/little finger closes left). Close right nostril with thumb. Inhale through left. Close left, release right. Exhale through right. Inhale through right. Close right, release left. Exhale through left. This = one round. Repeat 5–15 rounds.

Breathing: Alternate nostril breathing — never hold if beginner. Advanced: add kumbhaka (retention).

- Balances left (Ida — cool, lunar) and right (Pingala — warm, solar) energy channels.
- Calms nervous system and reduces anxiety.
- Improves focus, clarity, and mental balance.
- Excellent preparation for meditation.
- Regulates blood pressure and cardiac rhythm.

Precautions: Avoid with acute cold/fever/blocked nose. Advanced kumbhaka should only be with teacher.

Quick Comparison — All Pranayamas

Pranayama	Nature	Key Effect	Avoid If
Bhramari	Calming	Stress, anxiety, BP reduction, migraine	Ear infections
Sheetali	Cooling	Body cooling, acidity, anger	Cold weather, asthma
Sheetkari	Cooling (alternate)	Body cooling, thirst, stress	Sensitive teeth
Ujjayi	Energising/Warming	Heat, focus, endurance, asana	Very low BP
Nadi Shodhana	Balancing	Mental balance, calm, meditation prep	Blocked nose, fever
Kapalbhati	Energising/Cleansing	Respiratory purification, energy, digestion	High BP, hernia, pregnancy

6. YOGNIDRA (Yogic Sleep)

Yognidra is a systematic method of complete physical, mental, and emotional relaxation. It is a state between wakefulness and sleep — the **hypnagogic state**. Developed by **Swami Satyananda Saraswati** at the Bihar School of Yoga. 1 hour of Yognidra = 4 hours of regular sleep.

Structure of a Yognidra Session:

Stage	Name	Process
1	Preparation / Physical Settling	Lie in Shavasana. Eyes closed. Deep natural breaths. Body still. Release all physical effort.
2	Sankalpa (Resolve)	Plant a short, positive affirmation/intention e.g. 'I am healthy' — deeply in the subconscious mind.
3	Rotation of Consciousness	Mentally rotate awareness through all body parts in sequence — right hand, left hand, back, front, etc.
4	Breath Awareness	Count breaths from 27 backward. Observe natural breath rhythm without control.
5	Pairs of Opposites	Experience opposite sensations — heaviness/lightness, warmth/cold, pain/pleasure — to balance nervous system.
6	Visualisation (Rapid Images)	Follow a rapid series of mental images guided by instructor — stimulates subconscious mind.
7	Sankalpa (Resolve repeated)	Repeat the resolve/affirmation again — planted in relaxed, receptive subconscious state.
8	Externalisation	Gradually bring awareness back to body, room, surroundings. Gently move fingers, toes, open eyes.

Benefits of Yognidra:

- Reduces **stress, anxiety, and chronic fatigue** — deepest relaxation possible.
- Dramatically **improves sleep quality** — ideal for insomnia.
- Rejuvenates both **body and mind** in a short time.
- Enhances **learning, memory, and creativity** — brain in alpha/theta state.
- Promotes **emotional healing** and resolution of deep-seated tensions.
- Effective for **psychosomatic disorders** — hypertension, digestive issues, headaches.
- Facilitates deep **self-awareness and insight**.

Precautions: Main caution — do NOT fall asleep. Maintain conscious awareness throughout.

Avoid practising in noisy environments. Use an audio guide if practising alone.

Not suitable for those with severe depression or psychosis without professional guidance.

7. DO'S AND DON'TS OF YOGIC PRACTICES

DO'S	DON'TS
Practise on an EMPTY STOMACH (3–4 hours after meals)	Do NOT force body into postures beyond comfortable range
Use a non-slip yoga mat in a clean, quiet, ventilated space	Do NOT practise during acute illness or injury (unless guided)
Wear loose, comfortable cotton clothing	Do NOT practise after a heavy meal or when exhausted
Focus on correct alignment and breath coordination	Do NOT avoid contraindicated poses (inversions during menstruation/pregnancy)
Warm up before practice; cool down (Shavasana) after	Do NOT hold breath unless specifically instructed
Seek qualified guidance — especially for advanced practices	Do NOT perform jerky, rushed movements — all transitions must be smooth
Listen to your body — respect its limits each day	Do NOT distract yourself — no phone, music, talking during practice
Practise consistently — ideally early morning (Brahma muhurta)	Do NOT compare your progress with others — yoga is personal
Stay hydrated — drink water 30 min before and after practice	Do NOT practise in extreme weather without appropriate modifications
Practise Shavasana at the end of every session (5–10 min)	Do NOT skip Shavasana — it integrates the benefits of the session

QUICK REVISION — Unit IV Yoga at a Glance

Topic	Key Points for CUET
Suryanamaskar	12 steps, synchronised breath; benefits: flexibility, hormones, digestion; avoid: high BP, hernia, pregnancy
Standing Asanas	Vrikshasana (balance), Trikonasana (triangle), Padahastasana (forward bend), Utkatasana (chair), ArdhaChakrasana (backbend)
Sitting Asanas	Parvatasana, Ushtrasana, Yogmudrasana, Simhasana, Dhanurasana, Sukhasana
Prone Asanas	Makarasana (relax), Shalabhasana (locust), Bhujangasana (cobra)
Supine Asanas	Viparita Karani (legs-up), Sarvangasana (shoulder stand — thyroid stimulation)
Advanced Asanas	Kukutasana (arm balance in Padmasana), Mayurasana (peacock — detox)
Kriyas	Kapalbhati (skull-shining), Tratak (gazing), Neti (nasal), Dhauti (alimentary)
Bandhas	Uddiyana (abdominal lock — exhale), Jalandhara (throat lock — inhale), Mula (root lock)
Pranayamas	Bhramari (calming), Sheetal/Sheetkari (cooling), Ujjayi (warming), Nadi Shodhana (balancing)
Yognidra	8 stages: Settle, Sankalpa, Rotation, Breath, Opposites, Visualisation, Sankalpa, Externalise
Key Rule	Empty stomach; warm-up; breath coordination; no force; Shavasana at end

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SECTION I: TRICKY MCQs (Q.1 – Q.10)

Both options may seem correct — read carefully and choose the MOST accurate answer.

Q.1. [TRICKY] Kapalbhata is classified as both a Kriya AND a Pranayama. Which statement BEST differentiates it as a Kriya?

- (a) Because it involves holding of breath (kumbhaka) between rounds
- (b) Because its PRIMARY purpose is internal cleansing of the respiratory system, not breath expansion
- (c) Because it uses alternating nostril breathing like Nadi Shodhana
- (d) Because it is performed only in Padmasana and cannot be done in any other position

Q.2. [TRICKY] Sarvangasana is called the 'Queen of Asanas'. Which of the following BEST explains this title?

- (a) It is performed only by female practitioners
- (b) It directly stimulates the thyroid gland through chin lock and inversion, benefiting the entire endocrine system
- (c) It is the most visually impressive asana in the sequence
- (d) It must be performed immediately after Shirshasana (headstand) in all traditions

Q.3. [TRICKY] Uddiyana Bandha must be performed on a COMPLETE EXHALATION (bahir kumbhaka). Why can it NOT be performed on inhalation?

- (a) Because inhaling causes the diaphragm to descend, making upward abdominal movement impossible
- (b) Because the bandha is named 'Uddiyana' which means downward in Sanskrit
- (c) Because inhalation causes too much prana to enter the body simultaneously
- (d) Because Uddiyana Bandha works on the Manipura chakra which only activates during exhalation

Q.4. [TRICKY] Sheetalī and Sheetkari are both cooling pranayamas, but they differ in ONE key anatomical aspect. Which option correctly identifies the key difference?

- (a) Sheetalī uses the nose for both inhalation and exhalation; Sheetkari uses the mouth for both
- (b) Sheetalī inhales through a CURLED TONGUE tube; Sheetkari inhales through the GAPS BETWEEN TEETH
- (c) Sheetalī is for men only; Sheetkari is for women only
- (d) Sheetalī reduces body heat; Sheetkari increases body heat

Q.5. [TRICKY] In the Suryanamaskar sequence, which step involves holding the breath (kumbhaka)?

- (a) Step 3 — Hastapadasana
- (b) Step 5 — Dandasana/Phalakasana (Plank Pose)
- (c) Step 6 — Ashtanga Namaskara
- (d) Step 8 — Adho Mukha Svanasana

Q.6. [TRICKY] A student wants to practise an inversion that stimulates the thyroid. She has mild neck discomfort but can maintain a chin-to-chest position. Which asana is MOST appropriate?

- (a) Sarvangasana — because the jalandhara bandha position directly stimulates thyroid
- (b) Shirshasana — because full inversion is needed for thyroid benefit
- (c) Viparita Karani — because it is a gentler inversion with similar thyroid stimulation
- (d) Shalabhasana — because prone backbends compress the thyroid region

Q.7. [TRICKY] Jalandhara Bandha is naturally formed during which asana without deliberate effort?

- (a) Bhujangasana
- (b) Sarvangasana
- (c) Ushtrasana
- (d) Viparita Karani

Q.8. [TRICKY] Which statement about Yognidra is MOST accurate?

- (a) It is the same as ordinary sleep — both achieve deep physical rest

- (b) It is a state of conscious relaxation where awareness is maintained between waking and sleeping
 - (c) It is a form of Dhyana (meditation) requiring complete emptying of the mind
 - (d) It is only effective if practised for a minimum of 60 minutes without interruption
-

Q.9. [TRICKY] Tratak (concentrated gazing) is classified as a Kriya because it primarily:

- (a) Involves controlling the breath during gazing
 - (b) Cleanses the eyes by producing therapeutic tears while strengthening eye muscles
 - (c) Is performed before pranayama as a warm-up
 - (d) Requires sitting in Padmasana to be effective
-

Q.10. [TRICKY] A practitioner performs Nadi Shodhana Pranayama. She exhales through the LEFT nostril, then inhales through the LEFT nostril. What is the NEXT correct action?

- (a) Exhale through the right nostril
 - (b) Inhale through the right nostril
 - (c) Close both nostrils and hold breath
 - (d) Exhale through the left nostril again
-

SECTION II: STANDARD MCQs (Q.11 – Q.40)

Q.11. The Sanskrit word 'Yoga' is derived from which root meaning 'to unite'?

- (a) Yog
- (b) Yuj
- (c) Yam
- (d) Yat

Q.12. Patanjali's definition of Asana is:

- (a) 'Asana is the posture that purifies the body'
- (b) 'Sthiram Sukham Asanam' — steady, comfortable seat
- (c) 'Asana is the union of breath and movement'
- (d) 'Any position held for more than 60 seconds'

Q.13. In which Suryanamaskar step is the body in an inverted 'V' shape?

- (a) Bhujangasana (Step 7)
- (b) Ashtanga Namaskara (Step 6)
- (c) Adho Mukha Svanasana (Step 8)
- (d) Dandasana (Step 5)

Q.14. Which pranayama is recommended as an ALTERNATIVE to Sheetali for people who CANNOT curl their tongue?

- (a) Bhramari
- (b) Ujjayi
- (c) Sheetkari
- (d) Nadi Shodhana

Q.15. Vrikshasana strengthens which primary muscle group?

- (a) Shoulders and upper back
- (b) Quadriceps of standing leg, ankles, and spinal erectors
- (c) Hamstrings and calves of raised leg
- (d) Hip flexors and lower abdominals

Q.16. Yognidra was systematically developed by:

- (a) Patanjali
- (b) B.K.S. Iyengar
- (c) Swami Satyananda Saraswati
- (d) T. Krishnamacharya

Q.17. Shalabhasana is contraindicated for which condition?

- (a) Flat feet
- (b) Mild hypertension
- (c) Slipped disc and sciatica
- (d) Mild knee pain

Q.18. Which Bandha is described as the 'Root Lock'?

- (a) Uddiyana Bandha
- (b) Jalandhara Bandha
- (c) Mula Bandha
- (d) Maha Bandha

Q.19. Bhramari Pranayama gets its name from which analogy?

- (a) The roar of a lion
 - (b) The hissing sound of a cobra
 - (c) The humming sound of a black bee
 - (d) The chirping of a cricket
-

Q.20. In Utkatasana, what is the correct position of the arms?

- (a) Arms stretched sideways parallel to floor
 - (b) Arms raised overhead, parallel to each other
 - (c) Hands on hips throughout
 - (d) Arms folded at chest level
-

Q.21. Makarasana is best described as:

- (a) A prone backbend to strengthen the spine
 - (b) A prone relaxation pose to release tension in the back
 - (c) A sitting pose for meditation preparation
 - (d) A supine inversion to improve circulation
-

SECTION II: STANDARD MCQs (Continued)

Q.22. Which of the following is a Do's rule for yogic practices?

- (a) Practise yoga immediately after a full meal for best digestive benefit
 - (b) Wear tight clothing to support muscles during advanced poses
 - (c) Coordinate breath with movement and focus on alignment
 - (d) Push through pain to increase flexibility faster
-

Q.23. Which pranayama involves constriction of the glottis (back of throat) producing an ocean wave sound?

- (a) Kapalbhata
 - (b) Bhramari
 - (c) Ujjayi
 - (d) Nadi Shodhana
-

Q.24. Dhanurasana's name translates to which shape?

- (a) Triangle
 - (b) Wheel
 - (c) Bow
 - (d) Lotus
-

Q.25. Nadi Shodhana Pranayama is also known as:

- (a) Kapalabhati
 - (b) Anulom Vilom / Alternate Nostril Breathing
 - (c) Kumbhaka
 - (d) Surya Bhedana
-

Q.26. Viparita Karani is contraindicated during:

- (a) Mild stress and anxiety
 - (b) Menstruation and glaucoma
 - (c) Insomnia and lower back pain
 - (d) Fatigue and poor circulation
-

Q.27. In Yogmudrasana, the arms are positioned:

- (a) Raised overhead with fingers interlocked
 - (b) Interlocked behind the back, raised as body bends forward
 - (c) Stretched sideways at shoulder height
 - (d) Placed on the knees in chin mudra
-

Q.28. Which of the following conditions is Kapalbhata SAFE for?

- (a) High blood pressure and heart disease
 - (b) Pregnancy and hernia
 - (c) Epilepsy and dizziness
 - (d) Healthy individuals under qualified guidance
-

Q.29. Simhasana (Lion Pose) is particularly beneficial for which health issue?

- (a) Lower back pain
 - (b) Knee stiffness
 - (c) Throat infections and stuttering
 - (d) Hypertension
-

Q.30. The eight limbs of Patanjali's Ashtanga Yoga in the correct order are:

- (a) Yama, Niyama, Pranayama, Asana, Pratyahara, Dharana, Dhyana, Samadhi
 - (b) Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
 - (c) Asana, Pranayama, Yama, Niyama, Pratyahara, Dharana, Dhyana, Samadhi
 - (d) Niyama, Yama, Asana, Pranayama, Dharana, Pratyahara, Dhyana, Samadhi
-

SECTION II: STANDARD MCQs (Continued)

Q.31. What does 'Nadi' refer to in Nadi Shodhana?

- (a) Nostril
 - (b) Energy channel/pathway in the body
 - (c) Breath retention
 - (d) The meditation object
-

Q.32. Kukutasana requires the practitioner to be in which BASE position first?

- (a) Sukhasana
 - (b) Vajrasana
 - (c) Padmasana
 - (d) Siddhasana
-

Q.33. Which pranayama is MOST recommended as preparation for meditation?

- (a) Kapalbhathi
 - (b) Ujjayi
 - (c) Nadi Shodhana
 - (d) Sheetali
-

Q.34. ArdhaChakrasana is a STANDING backward bend. 'Ardha' means:

- (a) Full
 - (b) Half
 - (c) Reverse
 - (d) Seated
-

Q.35. Mayurasana (Peacock Pose) is classified as an advanced asana primarily due to:

- (a) The extreme flexibility required in the spine
 - (b) The exceptional arm, wrist, and core strength required to hold the body horizontal
 - (c) The need to perform it in Padmasana simultaneously
 - (d) The requirement to hold breath for the entire duration
-

Q.36. The 'Sankalpa' in Yognidra is planted at which stage?

- (a) During the rotation of consciousness
 - (b) At the beginning AND before externalisation — twice in the session
 - (c) Only at the very end before waking
 - (d) Only after the visualisation stage
-

Q.37. Jala Neti uses which solution for nasal cleansing?

- (a) Plain cold water
 - (b) Warm water with turmeric
 - (c) Lukewarm saline (salt) water
 - (d) Medicated herbal water
-

Q.38. Which asana is known as the 'Corpse Pose' and is used for final relaxation?

- (a) Sukhasana
 - (b) Makarasana
 - (c) Shavasana
 - (d) Yognidra
-

Q.39. Parvatasana (Mountain Pose) in sitting position primarily benefits:

- (a) Lower back and hamstrings

- (b) Shoulders, arms, and spinal elongation
 - (c) Hip flexors and abdominals
 - (d) Knee joints and ankle stability
-

Q.40. Which of the following is the correct precaution for Ushtrasana (Camel Pose)?

- (a) Avoid if you have flat feet or bunions
 - (b) Avoid with hernia, severe back/neck pain, and high/low BP
 - (c) Avoid if you have mild shoulder tension
 - (d) Avoid in morning sessions — only practise in evenings
-

SECTION III: MATCH THE FOLLOWING (Q.41 – Q.43)

Match Column A with Column B and choose the correct combination.

Q.41. MATCH THE FOLLOWING — Pranayama Types: Column A: 1. Bhramari 2. Sheetali 3. Ujjayi 4. Nadi Shodhana Column B: P. Alternate nostril, Ida-Pingala balance Q. Ocean breath, glottis constriction R. Humming bee, calms mind S. Curled tongue, cools body

- (a) 1-S, 2-R, 3-P, 4-Q
- (b) 1-R, 2-S, 3-Q, 4-P
- (c) 1-P, 2-Q, 3-S, 4-R
- (d) 1-Q, 2-P, 3-R, 4-S

Q.42. MATCH THE FOLLOWING — Asana Categories: Column A: 1. Vrikshasana 2. Sarvangasana 3. Makarasana 4. Kukutasana Column B: P. Advanced arm balance in Padmasana Q. Supine inversion, thyroid stimulation R. Prone relaxation, crocodile S. Standing balance, one-legged

- (a) 1-P, 2-Q, 3-S, 4-R
- (b) 1-Q, 2-S, 3-R, 4-P
- (c) 1-S, 2-Q, 3-R, 4-P
- (d) 1-S, 2-R, 3-P, 4-Q

Q.43. MATCH THE FOLLOWING — Kriyas and Their Primary Purification Target: Column A: 1. Kapalbhati 2. Tratak 3. Neti 4. Dhauti Column B: P. Nasal passages Q. Stomach and oesophagus R. Eyes and nervous system S. Respiratory system and brain

- (a) 1-R, 2-P, 3-S, 4-Q
- (b) 1-S, 2-R, 3-P, 4-Q
- (c) 1-P, 2-S, 3-Q, 4-R
- (d) 1-Q, 2-R, 3-P, 4-S

SECTION IV: ADDITIONAL MCQs (Q.44 – Q.50)

Q.44. The term 'Shatkarma' refers to:

- (a) Six types of asanas
 - (b) Six cleansing techniques of yoga
 - (c) Six branches of yoga philosophy
 - (d) Six pranayama techniques
-

Q.45. Which asana directly involves the Jalandhara Bandha (throat lock) as part of its structure?

- (a) Bhujangasana
 - (b) Sarvangasana
 - (c) Trikonasana
 - (d) Utkatasana
-

Q.46. Which is the CORRECT breathing pattern for Bhujangasana (Cobra Pose)?

- (a) Exhale to rise up, inhale to lower down
 - (b) Inhale to rise up (chest lift), exhale to lower down
 - (c) Hold breath throughout the pose
 - (d) Breathe normally with no coordination
-

Q.47. Mula Bandha specifically involves contraction of which anatomical region?

- (a) Abdominal muscles and diaphragm
 - (b) Neck and throat muscles
 - (c) Perineal muscles and pelvic floor
 - (d) Facial muscles and jaw
-

Q.48. Adho Mukha Svanasana is step 8 of Suryanamaskar. Its key action and breath is:

- (a) Lift chest, slide forward — Inhale
 - (b) Lift hips up and back into inverted V — Exhale
 - (c) Step right foot back, knee down — Inhale
 - (d) Lower knees, chest, chin — Exhale
-

Q.49. Which of the following BEST describes Pratyahara in Patanjali's Ashtanga Yoga?

- (a) Physical postures to prepare the body
 - (b) Withdrawal of senses from external objects to turn attention inward
 - (c) Breath control to regulate prana
 - (d) Ethical observances and personal disciplines
-

Q.50. A complete round of Suryanamaskar consists of how many individual posture positions?

- (a) 12 (one side)
 - (b) 24 (both sides — right + left)
 - (c) 8 (the sun salutation core)
 - (d) 10 (excluding the repeated poses)
-

ANSWER KEY — Quick Reference

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

DETAILED ANSWER EXPLANATIONS

Read carefully — understand WHY the correct answer is right AND why other options are wrong.

— TRICKY MCQs —

Q.1 — Correct Answer: (B)

Wrong: (a) Because it involves holding of breath (kumbhaka) between rounds

CORRECT: (b) Because its PRIMARY purpose is internal cleansing of the respiratory system, not breath expansion

Wrong: (c) Because it uses alternating nostril breathing like Nadi Shodhana

Wrong: (d) Because it is performed only in Padmasana and cannot be done in any other position

Explanation: Kapalabhati is technically a KRIYA (shatkarma) because its PRIMARY function is CLEANSING — purifying the lungs and sinuses of toxins and stale air. While it also influences prana (so some schools classify it as pranayama), the defining characteristic that separates it as a kriya is its cleansing/purification intent. Option (a) is wrong — kapalabhati does NOT require kumbhaka. Option (c) is Nadi Shodhana's feature. Option (d) is incorrect — it can be done in any comfortable seated position.

Q.2 — Correct Answer: (B)

Wrong: (a) It is performed only by female practitioners

CORRECT: (b) It directly stimulates the thyroid gland through chin lock and inversion, benefiting the entire endocrine system

Wrong: (c) It is the most visually impressive asana in the sequence

Wrong: (d) It must be performed immediately after Shirshasana (headstand) in all traditions

Explanation: Sarvangasana = 'Sarva' (all) + 'anga' (limbs) = posture that benefits ALL limbs and body systems. The chin-to-chest position creates natural Jalandhara Bandha which compresses the thyroid gland. The inversion reverses blood flow, stimulating the endocrine, circulatory, and nervous systems holistically. Option (a) is completely incorrect. Option (c) is subjective/wrong. Option (d) is a common trap — while Sarvangasana is often paired with headstand, it is NOT mandatory in all traditions.

Q.3 — Correct Answer: (A)

CORRECT: (a) Because inhaling causes the diaphragm to descend, making upward abdominal movement impossible

Wrong: (b) Because the bandha is named 'Uddiyana' which means downward in Sanskrit

Wrong: (c) Because inhalation causes too much prana to enter the body simultaneously

Wrong: (d) Because Uddiyana Bandha works on the Manipura chakra which only activates during exhalation

Explanation: On INHALATION, the diaphragm contracts and moves DOWNWARD, filling the lungs. This downward diaphragm movement makes it physically impossible to simultaneously pull the abdomen IN and UP (which requires the diaphragm to be relaxed/released upward). On complete exhalation, the diaphragm naturally rises, allowing the abdomen to be pulled dramatically inward and upward under the ribcage. This is a physiological necessity, not a traditional choice. Option (b) is wrong — 'Uddiyana' means to FLY UPWARD. Options (c) and (d) are non-scientific distractors.

Q.4 — Correct Answer: (B)

Wrong: (a) Sheetali uses the nose for both inhalation and exhalation; Sheetkari uses the mouth for both

CORRECT: (b) Sheetali inhales through a CURLED TONGUE tube; Sheetkari inhales through the GAPS BETWEEN TEETH

Wrong: (c) Sheetali is for men only; Sheetkari is for women only

Wrong: (d) Sheetali reduces body heat; Sheetkari increases body heat

Explanation: The ONLY structural difference between Sheetali and Sheetkari is the inhalation pathway: Sheetali = inhalation through a curled/rolled tongue tube (not everyone can do this genetically). Sheetkari = inhalation through the gaps between the teeth (used when tongue cannot be rolled — alternative practice). Both exhale through the nose. Both cool the body. Neither is gender-specific. Option (a) is completely wrong — both exhale through nose. Options (c) and (d) are incorrect.

Q.5 — Correct Answer: (B)

Wrong: (a) Step 3 — Hastapadasana

CORRECT: (b) Step 5 — Dandasana/Phalakasana (Plank Pose)

Wrong: (c) Step 6 — Ashtanga Namaskara

Wrong: (d) Step 8 — Adho Mukha Svanasana

Explanation: In Suryanamaskar: Step 5 (Plank/Dandasana) = HOLD THE BREATH (kumbhaka). This is the only step where breath is retained. All other steps are either inhale or exhale. The common confusion is with Step 6 (Ashtanga Namaskara = 8-limbed salutation) which is EXHALE, not hold. Step 3 = Exhale; Step 8 = Exhale. Memorisation trick: The plank is held stationary — just like the breath.

Q.6 — Correct Answer: (C)

Wrong: (a) Sarvangasana — because the jalandhara bandha position directly stimulates thyroid

Wrong: (b) Shirshasana — because full inversion is needed for thyroid benefit

CORRECT: (c) Viparita Karani — because it is a gentler inversion with similar thyroid stimulation

Wrong: (d) Shalabhasana — because prone backbends compress the thyroid region

Explanation: This is a clinical-context tricky question. While Sarvangasana (option a) IS the classic thyroid asana, it CONTRADICTS the premise — Sarvangasana requires significant neck compression which would WORSEN mild neck discomfort. Viparita Karani (legs up the wall) is the SAFER alternative inversion that provides some circulatory benefit with minimal neck strain. Shirshasana (headstand) puts even more pressure on the neck. Shalabhasana is a prone backbend with NO thyroid-stimulating mechanism. Safety takes precedence over maximum benefit.

Q.7 — Correct Answer: (B)

Wrong: (a) Bhujangasana

CORRECT: (b) Sarvangasana

Wrong: (c) Ushtrasana

Wrong: (d) Viparita Karani

Explanation: In SARVANGASANA (shoulder stand), the body is inverted vertically and the chin naturally presses firmly against the chest to maintain the pose — this is exactly what Jalandhara Bandha requires (chin-to-chest throat lock). It occurs automatically as a structural necessity of the pose. Bhujangasana = head is lifted backward (opposite). Ushtrasana = major backbend with head extended backward. Viparita Karani = legs up wall, no chin compression.

Q.8 — Correct Answer: (B)

Wrong: (a) It is the same as ordinary sleep — both achieve deep physical rest

CORRECT: (b) It is a state of conscious relaxation where awareness is maintained between waking and sleeping

Wrong: (c) It is a form of Dhyana (meditation) requiring complete emptying of the mind

Wrong: (d) It is only effective if practised for a minimum of 60 minutes without interruption

Explanation: Yognidra = CONSCIOUS relaxation — the key word is CONSCIOUS. The practitioner remains AWARE while the body and mind are in deep relaxation (hypnagogic state = between waking and sleeping). This is fundamentally different from sleep (option a) where consciousness is absent. It is different from Dhyana (option c) which involves sustained focus, not guided relaxation. Option (d) is wrong — even 20–30 minutes of Yognidra is highly effective; the precaution is to stay CONSCIOUS, not to sleep.

Q.9 — Correct Answer: (B)

Wrong: (a) Involves controlling the breath during gazing

CORRECT: (b) Cleanses the eyes by producing therapeutic tears while strengthening eye muscles

Wrong: (c) Is performed before pranayama as a warm-up

Wrong: (d) Requires sitting in Padmasana to be effective

Explanation: Tratak is classified as a Shatkarma (cleansing kriya) because: (1) It CLEANSSES the eyes — sustained gazing produces natural tearing which flushes the lacrimal ducts and eye surface. (2) It STRENGTHENS eye muscles by maintaining steady gaze. This combination of cleansing + toning qualifies it as a kriya. Option (a) is wrong — breath control is not the defining feature of Tratak. Option (c) is partially true (it can precede pranayama) but not the reason for classification. Option (d) is incorrect.

Q.10 — Correct Answer: (A)

CORRECT: (a) Exhale through the right nostril

Wrong: (b) Inhale through the right nostril

Wrong: (c) Close both nostrils and hold breath

Wrong: (d) Exhale through the left nostril again

Explanation: Nadi Shodhana pattern: Close RIGHT → Inhale LEFT → Close LEFT → Exhale RIGHT → Inhale RIGHT → Close RIGHT → Exhale LEFT (= 1 round). So the sequence is: after inhaling LEFT, the next step is CLOSE LEFT and EXHALE RIGHT. Option (a) is correct. This is tricky because students confuse the alternating pattern. The rule is: always exhale from the nostril you did NOT just inhale from. After inhaling left → exhale right. After inhaling right → exhale left.

— STANDARD MCQs —

Q.11 — Correct Answer: (B)

Wrong: (a) Yog

CORRECT: (b) Yuj

Wrong: (c) Yam

Wrong: (d) Yat

Explanation: 'Yoga' comes from the Sanskrit root 'YUJ' meaning to yoke, unite, or join — referring to the union of body, mind, and spirit. 'Yog' is just the Hindi transliteration, not the root. 'Yam' refers to death god in Hindu mythology. 'Yat' means 'which' in Sanskrit.

Q.12 — Correct Answer: (B)

Wrong: (a) 'Asana is the posture that purifies the body'

CORRECT: (b) 'Sthiram Sukham Asanam' — steady, comfortable seat

Wrong: (c) 'Asana is the union of breath and movement'

Wrong: (d) 'Any position held for more than 60 seconds'

Explanation: 'Sthiram Sukham Asanam' (Yoga Sutras 2.46) = asana should be STEADY (stable) and COMFORTABLE (pleasant). This definition emphasises that asana should be held with ease — not strain or pain. It is one of the most important quotes from Patanjali for exam purposes.

Q.13 — Correct Answer: (C)

Wrong: (a) Bhujangasana (Step 7)

Wrong: (b) Ashtanga Namaskara (Step 6)

CORRECT: (c) Adho Mukha Svanasana (Step 8)

Wrong: (d) Dandasana (Step 5)

Explanation: Adho Mukha Svanasana (Downward-Facing Dog — Step 8) creates an inverted V shape — hips lifted high, hands and feet on ground, body forming a triangle. Bhujangasana = chest lifted (U shape). Ashtanga = 8 points on ground. Dandasana = plank (horizontal line).

Q.14 — Correct Answer: (C)

Wrong: (a) Bhamari

Wrong: (b) Ujjayi

CORRECT: (c) Sheetkari

Wrong: (d) Nadi Shodhana

Explanation: Sheetkari is specifically designed as an alternative to Sheetal for practitioners who genetically cannot curl their tongue into a tube shape. Both produce the same cooling effect through the same inhalation-through-mouth mechanism, just using different oral structures (teeth gaps vs tongue tube).

Q.15 — Correct Answer: (B)

Wrong: (a) Shoulders and upper back

CORRECT: (b) Quadriceps of standing leg, ankles, and spinal erectors

Wrong: (c) Hamstrings and calves of raised leg

Wrong: (d) Hip flexors and lower abdominals

Explanation: In Vrikshasana (Tree Pose), the standing leg's quadriceps, ankle stabilisers, and the erector spinae (spinal muscles maintaining upright posture) are the primary muscles engaged. The raised leg is passive. Shoulders and upper back have minimal engagement.

Q.16 — Correct Answer: (C)

Wrong: (a) Patanjali

Wrong: (b) B.K.S. Iyengar

CORRECT: (c) Swami Satyananda Saraswati

Wrong: (d) T. Krishnamacharya

Explanation: Yognidra as a systematic guided relaxation technique was developed and popularised by Swami Satyananda Saraswati at the Bihar School of Yoga, Munger. It is based on ancient tantric practices (nyasa) but systematised for modern use. Patanjali = Yoga Sutras; Iyengar = Iyengar Yoga; Krishnamacharya = modern Hatha yoga revival.

Q.17 — Correct Answer: (C)

Wrong: (a) Flat feet

Wrong: (b) Mild hypertension

CORRECT: (c) Slipped disc and sciatica

Wrong: (d) Mild knee pain

Explanation: Shalabhasana (Locust Pose) involves simultaneous lifting of both legs from the prone position, creating significant pressure on the lumbar spine. This makes it STRICTLY contraindicated for slipped disc and sciatica as it can worsen nerve compression. Also avoid with pregnancy and abdominal surgery.

Q.18 — Correct Answer: (C)

Wrong: (a) Uddiyana Bandha

Wrong: (b) Jalandhara Bandha

CORRECT: (c) Mula Bandha

Wrong: (d) Maha Bandha

Explanation: MULA = root/base. Mula Bandha = contraction of perineal/pelvic floor muscles at the ROOT of the body. Uddiyana = abdominal lock (flies upward). Jalandhara = throat lock (chin to chest). Maha Bandha = all three locks simultaneously.

Q.19 — Correct Answer: (C)

Wrong: (a) The roar of a lion

Wrong: (b) The hissing sound of a cobra

CORRECT: (c) The humming sound of a black bee

Wrong: (d) The chirping of a cricket

Explanation: 'Bhramari' = large black bee or bumblebee in Sanskrit. The pranayama produces a humming 'mmm' sound during exhalation that resembles the humming/buzzing of a bee. This gives it the common name 'Humming Bee Breath'.

Q.20 — Correct Answer: (B)

Wrong: (a) Arms stretched sideways parallel to floor

CORRECT: (b) Arms raised overhead, parallel to each other

Wrong: (c) Hands on hips throughout

Wrong: (d) Arms folded at chest level

Explanation: In Utkatasana (Chair Pose), as the knees bend and body lowers, the arms are raised OVERHEAD parallel to each other (or hands can be joined). This counterbalances the forward lean of the torso and keeps the chest lifted. Hands on hips is a modification for beginners — not the full classical posture.

Q.21 — Correct Answer: (B)

Wrong: (a) A prone backbend to strengthen the spine

CORRECT: (b) A prone relaxation pose to release tension in the back

Wrong: (c) A sitting pose for meditation preparation

Wrong: (d) A supine inversion to improve circulation

Explanation: Makarasana (Crocodile Pose) = a PRONE RELAXATION posture. The practitioner lies face down, completely relaxed, breathing naturally. It is a classic counter-pose after prone backbends like Shalabhasana and Bhujangasana. It RELEASES tension rather than strengthening. It is NOT an inversion (option d).

Q.22 — Correct Answer: (C)

Wrong: (a) Practise yoga immediately after a full meal for best digestive benefit

Wrong: (b) Wear tight clothing to support muscles during advanced poses

CORRECT: (c) Coordinate breath with movement and focus on alignment

Wrong: (d) Push through pain to increase flexibility faster

Explanation: Breath-movement coordination and alignment focus are fundamental DO's of yoga practice. Options (a), (b), (d) are all DON'Ts: Never practise on a full stomach (wait 3–4 hours); wear loose comfortable clothing; NEVER push through pain — yoga principle is ahimsa (non-violence) including toward oneself.

Q.23 — Correct Answer: (C)

Wrong: (a) Kapalbhathi

Wrong: (b) Bhramari

CORRECT: (c) Ujjayi

Wrong: (d) Nadi Shodhana

Explanation: UJJAYI (Victorious/Ocean Breath) = slight constriction of the glottis (narrowing of throat passage), producing an audible ocean wave or Darth Vader sound. Both inhalation and exhalation are audible. It is the standard breath used throughout Ashtanga Vinyasa yoga practice. Kapalbhathi = forceful exhalation; Bhramari = humming; Nadi Shodhana = alternating nostrils.

Q.24 — Correct Answer: (C)

Wrong: (a) Triangle

Wrong: (b) Wheel

CORRECT: (c) Bow

Wrong: (d) Lotus

Explanation: 'Dhanu' = bow (as in bow and arrow) in Sanskrit. In Dhanurasana, the body forms the shape of an archer's bow — the legs and chest are lifted off the ground (the bow's curve), while the arms holding the ankles represent the bowstring under tension. The pose visually resembles a strung bow.

Q.25 — Correct Answer: (B)

Wrong: (a) Kapalabhathi

CORRECT: (b) Anulom Vilom / Alternate Nostril Breathing

Wrong: (c) Kumbhaka

Wrong: (d) Surya Bhedana

Explanation: Nadi Shodhana = Anulom Vilom = Alternate Nostril Breathing — all refer to the same practice of alternating breath between nostrils to balance Ida and Pingala nadis. Note: Some teachers distinguish Anulom Vilom (no retention) from Nadi Shodhana (with kumbhaka retention), but for CUET purposes they are interchangeable. Surya Bhedana = only right nostril breathing (a different pranayama).

Q.26 — Correct Answer: (B)

Wrong: (a) Mild stress and anxiety

CORRECT: (b) Menstruation and glaucoma

Wrong: (c) Insomnia and lower back pain

Wrong: (d) Fatigue and poor circulation

Explanation: Viparita Karani (Legs Up the Wall) is CONTRAINDICATED during: MENSTRUATION (inverted positions may affect menstrual flow), GLAUCOMA (inversion increases intraocular pressure), severe high BP (use caution). It is actually INDICATED (beneficial) for stress, insomnia, lower back tension, fatigue, and poor circulation — making options (a), (c), (d) wrong.

Q.27 — Correct Answer: (B)

Wrong: (a) Raised overhead with fingers interlocked

CORRECT: (b) Interlocked behind the back, raised as body bends forward

Wrong: (c) Stretched sideways at shoulder height

Wrong: (d) Placed on the knees in chin mudra

Explanation: In Yogmudrasana (Yogic Seal): sit cross-legged, interlock fingers BEHIND the back. Inhale tall. Exhale, bend forward with forehead toward floor, simultaneously lifting the interlocked arms behind/upward. This creates a 'seal' locking the energy within the body. The arm position is the defining feature.

Q.28 — Correct Answer: (D)

Wrong: (a) High blood pressure and heart disease

Wrong: (b) Pregnancy and hernia

Wrong: (c) Epilepsy and dizziness

CORRECT: (d) Healthy individuals under qualified guidance

Explanation: Kapalbhata is CONTRAINDICATED for: high BP, heart disease, pregnancy, hernia, epilepsy, severe dizziness. It is SAFE and beneficial for HEALTHY individuals practising under qualified guidance. All the other options list contraindicated conditions.

Q.29 — Correct Answer: (C)

Wrong: (a) Lower back pain

Wrong: (b) Knee stiffness

CORRECT: (c) Throat infections and stuttering

Wrong: (d) Hypertension

Explanation: Simhasana's forceful exhalation with tongue extended and 'HAAA' sound specifically exercises and tones the throat muscles, vocal cords, and facial muscles. It stimulates circulation in the throat/face region. This makes it particularly beneficial for throat infections, speech disorders like stuttering, and tonsil-related issues. Not primarily indicated for back pain, knee stiffness, or hypertension.

Q.30 — Correct Answer: (B)

Wrong: (a) Yama, Niyama, Pranayama, Asana, Pratyahara, Dharana, Dhyana, Samadhi

CORRECT: (b) Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Wrong: (c) Asana, Pranayama, Yama, Niyama, Pratyahara, Dharana, Dhyana, Samadhi

Wrong: (d) Niyama, Yama, Asana, Pranayama, Dharana, Pratyahara, Dhyana, Samadhi

Explanation: The correct order: 1.Yama, 2.Niyama, 3.ASANA, 4.PRANAYAMA, 5.Pratyahara, 6.Dharana, 7.Dhyana, 8.Samadhi. Memory trick: 'YoNAP-PaDDS' — Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Option (a) swaps Asana and Pranayama (positions 3 and 4) — this is the most common error.

Q.31 — Correct Answer: (B)

Wrong: (a) Nostril

CORRECT: (b) Energy channel/pathway in the body

Wrong: (c) Breath retention

Wrong: (d) The meditation object

Explanation: 'Nadi' = energy channel or pathway through which prana flows in the body. There are 72,000 nadis according to yogic anatomy, of which three are primary: Ida (left, lunar, cool), Pingala (right, solar, warm), Sushumna (central). Nadi Shodhana = purification (shodhana) of these energy channels by alternate nostril breathing.

Q.32 — Correct Answer: (C)

Wrong: (a) Sukhasana

Wrong: (b) Vajrasana

CORRECT: (c) Padmasana

Wrong: (d) Siddhasana

Explanation: Kukutasana (Rooster Pose) specifically requires PADMASANA (full lotus pose) as its base — the arms are inserted between the thighs and calves (only possible in Padmasana where the legs are tightly crossed). The hands are then placed on the floor and the entire body is lifted. It CANNOT be done from Sukhasana, Vajrasana, or Siddhasana as the leg position won't allow arm insertion.

Q.33 — Correct Answer: (C)

Wrong: (a) Kapalbhathi

Wrong: (b) Ujjayi

CORRECT: (c) Nadi Shodhana

Wrong: (d) Sheetal

Explanation: Nadi Shodhana (Alternate Nostril Breathing) is specifically recommended as pre-meditation preparation because: (1) It balances both hemispheres of the brain. (2) It calms and centres the mind. (3) It balances Ida and Pingala nadis, allowing prana to flow through Sushumna — the prerequisite for deep meditation. Kapalbhathi ENERGISES (good before asana). Ujjayi is done DURING asana. Sheetal cools.

Q.34 — Correct Answer: (B)

Wrong: (a) Full

CORRECT: (b) Half

Wrong: (c) Reverse

Wrong: (d) Seated

Explanation: 'Ardha' = HALF in Sanskrit. So Ardhachakrasana = HALF Wheel Pose (as opposed to Chakrasana = full wheel/bridge). This is a fundamental Sanskrit prefix used in many asana names: Ardha Chandrasana (half moon), Ardha Matsyendrasana (half spinal twist), etc.

Q.35 — Correct Answer: (B)

Wrong: (a) The extreme flexibility required in the spine

CORRECT: (b) The exceptional arm, wrist, and core strength required to hold the body horizontal

Wrong: (c) The need to perform it in Padmasana simultaneously

Wrong: (d) The requirement to hold breath for the entire duration

Explanation: Mayurasana requires balancing the ENTIRE body horizontally on just the hands (specifically the joined elbows acting as the fulcrum against the abdomen). This demands exceptional arm strength, wrist stability, core engagement, and body balance. It is the strength and balance demand — not spinal flexibility — that makes it advanced. Pincha Mayurasana (feather peacock) requires Padmasana, not the standard Mayurasana.

Q.36 — Correct Answer: (B)

Wrong: (a) During the rotation of consciousness

CORRECT: (b) At the beginning AND before externalisation — twice in the session

Wrong: (c) Only at the very end before waking

Wrong: (d) Only after the visualisation stage

Explanation: Sankalpa (resolve/intention) is planted TWICE in a Yognidra session: (1) Near the BEGINNING after settling (when the mind is receptive), and (2) near the END just before externalisation (when the subconscious has been deeply accessed). Planting it twice maximises the imprint on the subconscious mind. This is a very important factual detail that distinguishes Yognidra from simple relaxation.

Q.37 — Correct Answer: (C)

Wrong: (a) Plain cold water

Wrong: (b) Warm water with turmeric

CORRECT: (c) Lukewarm saline (salt) water

Wrong: (d) Medicated herbal water

Explanation: Jala Neti uses LUKEWARM SALINE WATER — approximately 1 teaspoon of non-iodised salt dissolved in 500ml of lukewarm water. The salt is essential: it makes the water ISOTONIC (same salt concentration as nasal secretions), preventing irritation or damage to the delicate nasal mucous membranes. Plain cold water would be hypertonic shock to the mucosa.

Q.38 — Correct Answer: (C)

Wrong: (a) Sukhasana

Wrong: (b) Makarasana

CORRECT: (c) Shavasana

Wrong: (d) Yognidra

Explanation: SHAVASANA (Corpse Pose) — 'Shava' = corpse — is the standard final relaxation pose performed at the end of every yoga session (5–10 minutes). The practitioner lies flat on back, completely still and relaxed. Makarasana is the PRONE relaxation pose (face down). Yognidra is performed in Shavasana. Sukhasana is the basic sitting pose.

Q.39 — Correct Answer: (B)

Wrong: (a) Lower back and hamstrings

CORRECT: (b) Shoulders, arms, and spinal elongation

Wrong: (c) Hip flexors and abdominals

Wrong: (d) Knee joints and ankle stability

Explanation: In Parvatasana: sitting cross-legged, interlocked fingers stretched overhead, palms facing up. This creates an upward stretch through the entire spine (elongation), while deeply stretching the SHOULDERS and ARMS (especially triceps, latissimus dorsi, and shoulder girdle). It also strengthens core for upright posture.

Q.40 — Correct Answer: (B)

Wrong: (a) Avoid if you have flat feet or bunions

CORRECT: (b) Avoid with hernia, severe back/neck pain, and high/low BP

Wrong: (c) Avoid if you have mild shoulder tension

Wrong: (d) Avoid in morning sessions — only practise in evenings

Explanation: Ushtrasana's major contraindications are: HERNIA (abdominal stretch increases pressure), SEVERE BACK/NECK PAIN (intense spinal extension can aggravate injuries), HIGH/LOW BP (head dropped back affects blood pressure regulation). Flat feet and shoulder tension are not significant contraindications. Timing of practice is not a real contraindication.

— MATCH THE FOLLOWING —

Q.41 — Correct Answer: (B)

Wrong: (a) 1-S, 2-R, 3-P, 4-Q

CORRECT: (b) 1-R, 2-S, 3-Q, 4-P

Wrong: (c) 1-P, 2-Q, 3-S, 4-R

Wrong: (d) 1-Q, 2-P, 3-R, 4-S

Explanation: Bhramari (1) = R (humming bee breath, immediately calms mind/stress); Sheetal (2) = S (curled tongue tube inhalation, cools body); Ujjayi (3) = Q (ocean breath through glottis constriction — ocean wave sound); Nadi Shodhana (4) = P (alternate nostril breathing balancing Ida and Pingala nadis). Option (a) reverses Bhramari and Sheetal descriptions completely.

Q.42 — Correct Answer: (C)

Wrong: (a) 1-P, 2-Q, 3-S, 4-R

Wrong: (b) 1-Q, 2-S, 3-R, 4-P

CORRECT: (c) 1-S, 2-Q, 3-R, 4-P

Wrong: (d) 1-S, 2-R, 3-P, 4-Q

Explanation: Vrikshasana (1) = S (one-legged standing balance pose); Sarvangasana (2) = Q (supine inversion stimulating thyroid — Queen of Asanas); Makarasana (3) = R (prone relaxation crocodile pose); Kukutasana (4) = P (advanced arm balance from Padmasana — Rooster Pose). Option (a) places Vrikshasana with advanced arm balance which is wrong.

Q.43 — Correct Answer: (B)

Wrong: (a) 1-R, 2-P, 3-S, 4-Q

CORRECT: (b) 1-S, 2-R, 3-P, 4-Q

Wrong: (c) 1-P, 2-S, 3-Q, 4-R

Wrong: (d) 1-Q, 2-R, 3-P, 4-S

Explanation: Kapalabhati (1) = S (skull-shining — purifies respiratory system and energises brain cells); Tratak (2) = R (concentrated gazing — cleanses eyes and tones the nervous system/mind); Neti (3) = P (specifically cleanses nasal passages with saline water or thread); Dhauti (4) = Q (alimentary cleansing — purifies stomach, oesophagus, and digestive tract). Option (a) confuses Kapalabhati with eye-cleaning (Tratak's role).

— ADDITIONAL MCQs —

Q.44 — Correct Answer: (B)

Wrong: (a) Six types of asanas

CORRECT: (b) Six cleansing techniques of yoga

Wrong: (c) Six branches of yoga philosophy

Wrong: (d) Six pranayama techniques

Explanation: Shatkarma = 'Shat' (six) + 'Karma' (action) = SIX CLEANSING ACTIONS. These are: Neti, Dhauti, Nauli, Basti, Kapalabhati, Tratak. They purify the body's internal systems before advanced pranayama and meditation. They come from the Hatha Yoga Pradipika.

Q.45 — Correct Answer: (B)

Wrong: (a) Bhujangasana

CORRECT: (b) Sarvangasana

Wrong: (c) Trikonasana

Wrong: (d) Utkatasana

Explanation: In Sarvangasana, the chin presses firmly against the chest (sternum) as the body is inverted — creating a natural, structural Jalandhara Bandha. This is not a deliberate add-on; it is required to maintain the posture. The compression of the throat region in this position is precisely what stimulates the thyroid.

Q.46 — Correct Answer: (B)

Wrong: (a) Exhale to rise up, inhale to lower down

CORRECT: (b) Inhale to rise up (chest lift), exhale to lower down

Wrong: (c) Hold breath throughout the pose

Wrong: (d) Breathe normally with no coordination

Explanation: In Bhujangasana: INHALE as you lift the chest (expansion corresponds to lifting/opening). EXHALE to lower back to ground. This mirrors the general yoga rule: INHALE during expansion/extension movements; EXHALE during compression/flexion movements. This applies to all backbends.

Q.47 — Correct Answer: (C)

Wrong: (a) Abdominal muscles and diaphragm

Wrong: (b) Neck and throat muscles

CORRECT: (c) Perineal muscles and pelvic floor

Wrong: (d) Facial muscles and jaw

Explanation: MULA = root. Mula Bandha = contraction of the PERINEAL MUSCLES and PELVIC FLOOR — the muscular base of the torso/pelvis. The sensation is similar to stopping urination mid-flow. Option (a) = Uddiyana Bandha (abdomen/diaphragm). Option (b) = Jalandhara Bandha. Option (d) = Simhasana (involves facial muscles but not a bandha).

Q.48 — Correct Answer: (B)

Wrong: (a) Lift chest, slide forward — Inhale

CORRECT: (b) Lift hips up and back into inverted V — Exhale

Wrong: (c) Step right foot back, knee down — Inhale

Wrong: (d) Lower knees, chest, chin — Exhale

Explanation: Adho Mukha Svanasana (Downward-Facing Dog — Step 8): EXHALE while lifting hips UP and BACK, creating the inverted V shape. This is a forward-folding/compression movement (exhale = compression). Option (a) = Bhujangasana (Step 7, Inhale). Option (c) = Ashwa Sanchalanasana (Step 4, Inhale). Option (d) = Ashtanga Namaskara (Step 6, Exhale).

Q.49 — Correct Answer: (B)

Wrong: (a) Physical postures to prepare the body

CORRECT: (b) Withdrawal of senses from external objects to turn attention inward

Wrong: (c) Breath control to regulate prana

Wrong: (d) Ethical observances and personal disciplines

Explanation: Pratyahara (5th limb) = withdrawal of the senses from their external objects. The practitioner detaches sense organs from their inputs (sight, sound, taste, touch, smell) and turns awareness inward. This is the bridge between external practices (asana, pranayama) and internal ones (dharana, dhyana, samadhi). Option (a) = Asana; Option (c) = Pranayama; Option (d) = Yama and Niyama.

Q.50 — Correct Answer: (B)

Wrong: (a) 12 (one side)

CORRECT: (b) 24 (both sides — right + left)

Wrong: (c) 8 (the sun salutation core)

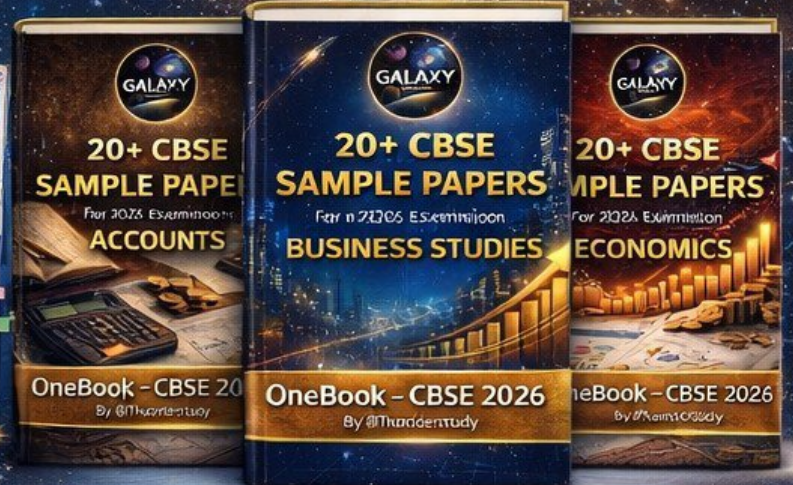
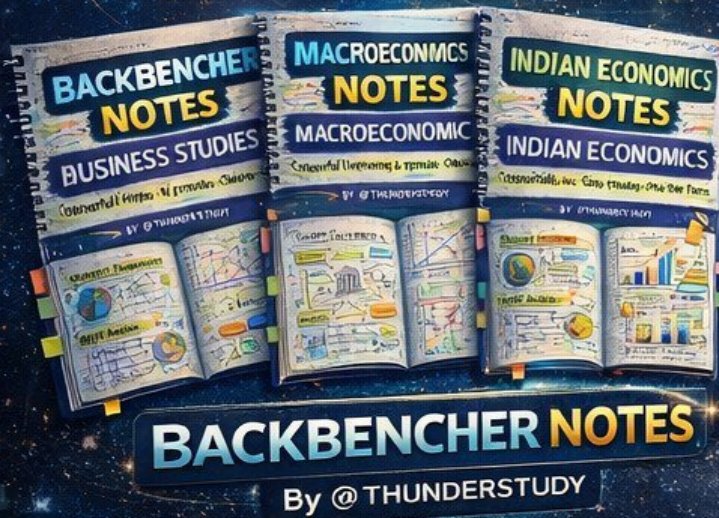
Wrong: (d) 10 (excluding the repeated poses)

Explanation: ONE ROUND of Suryanamaskar = 12 steps leading with the RIGHT leg + 12 steps leading with the LEFT leg = 24 total positions. This ensures both sides of the body are exercised equally. When people say 'I did 12 rounds', they mean 12 cycles of 24 positions = 144 total movements. However, for CUET purposes: the sequence has 12 STEPS; one COMPLETE ROUND = both sides (right + left).

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