Declaration

Level 1 Training
I …………………………………………………..hereby confirm that I have completed Level 1 Assistant Yog Teacher Training from Patanjali Yog Peeth (UK) Trust and my serial number is.....................

Level 2 Training
I hereby confirm the following that I have/ haven’t bought the DVD of level 2 Training.
I have/haven’t finished the Level 2 Questionnaire.

Level 3 Training
I also confirm that I have/ haven’t received the Training in Haridwar. I have/haven’t knowledge and skills to become an Yog Teacher.

Signature:

Print Name:
Assessment workbook for level 2

Personal Details

Full Name:

Address:

Telephone number:

Teacher’s ID number:

Date and place of Level 1 training:

This assessment workbook is divided in to five parts i.e. Pranayam & Yog asana, Ayurveda, Acupressure, Naturopathy and Balanced living. Please attempt all questions from each part.

Question: What is the mission statement of Pantanjali Yog Peeth (UK) Trust?

Question: State 3 aims and objectives of Patanjali Yog Peeth (UK) Trust.

Question: Describe 4 main health and safety rules before starting Yoga exercises.

Question: Give examples of few main benefits of Yog Asana (physical exercises)
Question: Give examples of three main benefits of Pranayam. (Breathing exercises).

Question: Name all the sitting Meditation Posture in Yog.

Question: Name all the Charkas (energy centres) located in our body.

Question: The five fingers in our hand represent the five elements. Name them for each finger:
Question: Name all types of Pranayam.

Multiple Answer Questions

Pranayam

1. In Pranayam, what is the name for breathing in, holding the breath and breathing out?
   a) Purak-Rechak
   b) Kumbhak-Rechak
   c) Kumbhak-Purak

2. The word “rechak” refers to:
   a) To inhale
   b) To exhale
   c) To respire

3. In Pranayam the word “Purak” refers:
   a) To inhale
   b) To exhale
   c) To hold the inhaled air

4. By the daily practice of Trataka:
   a) Asthma gets cured
   b) Vision power increases
   c) Heart disorders get cured

5. The right statement about Bhastrika Pranayam is
   a) The oxygen intake capacity increases
   b) Abdominal muscles become strong and healthy
   c) The digestive glands secretion increases
6. Changes achieved by the practice of Pranayams
   a) Optimistic thinking
   b) Good physical health
   c) Both

7. A normal healthy person breathes
   a) 8-10 times a minute
   b) 30-35 times a minute
   c) 25-30 times a minute

8. The word “Prana” refers to:
   a) Vital Power
   b) Oxygen
   c) Life Energy
   d) All

9. By the daily practice of Trataka:
   a) Asthma gets cured
   b) Vision power increases
   c) Heart disorders get cured

10. The right statement about Bhashrika Pranayam is:
    a) The oxygen intake capacity increases
    b) Abdominal muscles becomes strong and healthy
    c) The digestive glands secretion increases

11. The human body consists of how many Koshas (sheath):
    a) 5
    b) 7
    c) 4
12. Changes achieved by the practice of Pranayams:
   a) Optimistic thinking
   b) Good physical health
   c) Mental health

13. A normal healthy person respires:
   a) 8-10 times/min
   b) 30-35 times/min
   c) (c) 25-30 times/min

14. Generally Pranayam are practiced in which yogic posture:
   a) Padmasana
   b) Sukhasana
   c) Vrjasana

15. Which Pranayam should be done very slowly by people with high BP.?
   a) Anulom – Vilome
   b) Udgeet
   c) Kapalbhati

16. When you should not do Pranayam
   a) After eating
   b) In the afternoon
   c) In both cases

17. How many types of Pranayam H.H. Swami Ramdev Ji teach in this Yoga comps?
   a) 5
   b) 6
   c) 7
18. In Pranayam what is the meaning of word ‘Purak’

a) Breathing in  
b) Breathing out  
c) Holding the breath

19. What is true for Bhrastrika Pranayam?

a) Increases in the intake of oxygen in the body  
b) Strengthens the digestive glands  
c) Tones the abdominal muscles.

20. People with high blood pressure should avoid:

a) Agnisar  
b) Anulom Vilome  
c) Bhramari

21. Which Pranayam is best for all intestinal problems?

a) Anulom Vilome  
b) Bhrastika  
c) Kapalbhati

22. Which Pranayam are not recommended for pregnant women?

a) Anulom Vilome and Bhramari  
b) Bhrastrika and Sheetli  
c) Kapalbhati and Bahya

23. What is the name of right nostril in ‘Swar Chikitsa’?

a) Chandra Bhedi Swar  
b) Surya Bhedi Swar  
c) None
24. How many poses are in total in Surya Namaskara?
   a) 10
   b) 12
   c) 6

25. How do you do Tadasana?
   a) Sitting
   b) Standing
   c) Lying on back

26. How do you sit in Vajrasana?
   a) Crossed leg
   b) Straight leg
   c) On your knee

27. Mandukasana is good for
   a) Back problems
   b) Breathing Problems
   c) Diabetes

28. Gomukhasana strengthens:
   a) Liver
   b) Heart
   c) Kidney

29. What is the main benefit of Vakrasana?
   a) It reduces fat from the shoulders
   b) It reduces fat from the waist
   c) It reduces fat from thighs
30. **How do you do Ardha Matsyendrasan?**

   a) Sitting  
   b) Lying on back  
   c) Lying on stomach

31. **How do you breathe when you do Naukasana?**

   a) Breathe in to come up and breathe out to go down  
   b) Hold breath when come up and go down  
   c) Breathe in when down and breathe out to come up

32. **Pavanmuktasan is only good for getting rid of trap wind**

   a) True  
   b) False

33. **Markatasana cures all the deformities of**

   a) Bones  
   b) Eyes  
   c) Spinal chord

34. **Makarasan, Bhujangasana and shalabhasana are special asana for**

   a) Shoulder  
   b) Spine  
   c) Pelvic

35. **In Padvrittasana and Dvicarikasan you rotate your:**

   a) Hands  
   b) Neck  
   c) Legs
36. **You do Yog Nidra while:**

   a) Sitting  
   b) Standing  
   c) Lying on back

37. **In Sinhasan you**

   a) Roar like a lion  
   b) Neigh like a horse  
   c) Moo like a cow

38. **Which Aasan can be done after eating food?**

   a) Shirsha Aasan  
   b) Mayur Aasan  
   c) Vraj Aasan

39. **To increase the height of children which Asans should be done?**

   a) Tadasan  
   b) Halasana  
   c) Both

40. **How many types of ‘yam’ in Ashtang yog**

   a) Three  
   b) Five  
   c) Seven  
   d) Four

41. **How many types of ‘Niyam’ in Ashtang yog**

   a) Three  
   b) Five  
   c) Seven  
   d) Four
42. The benefit of Halasana

a) Back bone becomes flexible
b) Body is healthy
c) Loose weight
d) All

43. Right mudras for Padamasana

a) Gayan Mudras
b) Ashawni Mudras
c) Akash Mudra
d) All

44. Who should not do Shirshasan?

a) Heart patient
b) Pregnant women
c) Eye patient
d) All

45. How many Dund Asanas are recommended by Swami Ramdev for Youth?

a) 12
b) 11
c) 10

46. How many Baithak exercises are there for youth?

a) 5
b) 9
c) 7

47. Which of the following is an Asana for relaxation?

a) Savasana
b) Balasana
c) Makarasana
48. **Laughter sets you free and so you will feel good:**
   a) True    b) False

**Acupressure**

49. **Acupressure works to maintain:**
   a) All aspects of wellbeing
   b) Only physical health
   c) Only mental health

50. **What is the duration of pressure?**
   a) From 10 second to 1 minute
   b) From 30 seconds to 2 minutes
   c) From 50 seconds to 5 minutes

51. **Gyan Mudra is used to improve:**
   a) Concentration
   b) Health
   c) None

52. **Benefits of Apana Mudra are:**
   a) Removes dryness of the body
   b) Useful in heart and vatadosa related problems
   c) Improves concentration

53. **Solar plexus controls:**
   a) Organs below the diaphragm
   b) Head and shoulder
   c) Knee and ankles
54. Surya mudra is pressing tip of these two fingers
   a) Ring and thumb
   b) Index and thumb
   c) Little and thumb

Ayurveda, Naturopathy and Balanced Living

55. Ayurveda is the art of living:
   a) A fast life
   b) A slow life
   c) A balanced life

56. Ayurveda is the science of:
   a) Life
   b) Medicine
   c) Living being

57. The basic principles of Ayurveda are that the universe is made up of
   a) 7 elements
   b) 5 elements
   c) 3 elements

58. Pitta, Vata and Kapha are
   a) 3 elements
   b) 3 doshas
   c) 3 asana

59. Sattvic, Rajasic and Tamasic are 3 constitutions of
   a) Body
   b) Mind
   c) Emotions
60. Satkarma is:
   a) Physical exercise
   b) Breathing exercise
   c) Cleansing Kriya

61. What is good for your eyes?
   a) Amla
   b) Aloe Vera
   c) Methi

62. What helps to increase Haemoglobin in blood?
   a) Amla
   b) Aloe Vera
   c) Papaya
   d) All

63. Haemophilia disease is
   a) Bleeding
   b) Joint pain
   c) Hereditary

64. A pregnant woman should not eat
   a) Apple
   b) Papaya
   c) Pineapple
   d) None

65. Which is useful for cancer patient?
   a) Gomutra Ark
   b) Neem leaves
   c) Tulsi leaves

66. Patharchata is most useful for
a) Stone and urine related problems
b) Hearth problems
c) To reduce weight
d) None

67. **Good for hair is**

a) Amla
b) Juice of Louki
c) Coconut oil

68. **Gokshuradi Guggulu is administered in case of:**

a) Urine disorder
b) To reduce uric acid level
c) Both

69. **Osteoporosis is related to:**

a) Calcium deficiency
b) Potassium deficiency
c) Obesity

70. **Jaundice occurs due to the dysfunction of**

a) Kidney
b) Liver
c) Lungs

71. **Babies, whose mothers smoke, are born**

a) Overweight
b) Underweight
c) Normal weight
72. Juice from Jwar of Wheat is good for
   a) Ulcer
   b) Cancer
   c) Diabetes

73. Best yog practice for Asthma is:
   a) Physical exercise
   b) Meditation
   c) Pranayam

74. Physical exercise plays a very little part in Polio, Paralysis and Parkinson
   a) True
   b) False

75. What should be taken first thing in the morning?
   a) Luke warm water
   b) Tea
   c) Cold water

76. Before taking meal what should be avoided
   a) Tea
   b) Coffee
   c) Water

77. Deficiency of Vitamin B causes
   a) Beri beri
   b) Hearth related problems
   c) Cancer
78. Vitamin C is found in
   a) Amla
   b) Lemon
   c) Oranges

79. Balanced diet is made of
   a) Fat
   b) Minerals
   c) Vitamins

80. Too much intake of spicy and hot food causes
   a) Ulcer and Cancer
   b) Increase of fat in body
   c) All

81. In Yoga, “Mitahar” refers to:
   a) Less Diet
   b) 1/2 part by food, 1/4th by water and 1/4th by air
   c) Heavy diet

82. Excessive hot, spicy and oily food:
   a) Makes the person restless
   b) Develops ulcer, gastritis like disorders
   c) Increase fat in body.

83. General rules for eating includes:
   a) Keeping tension away eat with calm mind
   b) Chew food properly
   c) Take your food daily at right time
84. To achieve excellence in Yoga which food is prohibited?
   a) Vegetarian
   b) Non-Vegetarian
   c) Heavy Diet

85. Appropriate sentence according to Ayurveda is:
   a) Milk & Salt should not be consumed simultaneously
   b) Milk & Curd should not be consumed simultaneously
   c) Milk & Salt should never be consumed

86. According to the modern diet therapy the main constituents of a balanced diet are
   a) Fat and Minerals
   b) Protein and Vitamins
   c) Carbohydrates and Water

87. After the practice of Yoga and Pranayam the person should take:
   a) Heavy diet
   b) Tea, coffee etc
   c) Light and easily digestible food after 30 minutes

88. A normal healthy person should take a minimum of:
   a) 5 lt. water per day
   b) 6-8 lt. water per day
   c) 10 lt. water per day

89. Sprouted foods contain maximum amount of:
   a) Vitamins
   b) Fat
   c) Minerals
90. **High B.P. patients should take:**
   a) Less salt
   b) More salt
   c) More sugar

91. **What should be taken early morning?**
   a) Lukewarm water
   b) Tea
   c) Cold water

92. **The source of vitamin C is/are:**
   a) Amla
   b) Lemon
   c) Both

93. **A normal healthy person should take a minimum of:**
   a) 5 pint water per day
   b) 6-8 pint water a day
   c) 10 pint water a day

94. **The behaviour of a Yogi should be:**
   a) Aggressive
   b) Calm and balanced
   c) Neutral

95. **Desired qualities in social conduct are:**
   a) Morality
   b) Righteous conduct
   c) All
96. **Tolerating the austerity for achieving the goal is:**
   
a) Asteya (Abstinence from stealing)
b) Penance (Tapas)
c) Regular study of Vedas (Swadhyaya)

97. **Your attitude towards the Mother Institution (PYP) should be:**
   
a) Honest  
b) Dedicated  
c) All  

98. **Our attitude towards the Guru should be:**
   
a) Faith, veneration  
b) Dedication  
c) All  

99. **The behaviour of a yogi requires minimum of**
   
a) Satto Guna, Rajo Guna, Tamo Guna  
b) Sewa Guna  
c) Both  

100. **A Yogi’s characteristic qualities include:**
    
a) Self realization  
b) Universal well being  
c) Both  

101. **Behavioural expectations from a Yoga Teacher should be:**
    
a) Knowledgeable  
b) Affectionate  
c) Both
102. The three pillars of health according to Maharishi Charak are:

a) Food, Breakfast, Dinner
b) Sleep, awake, sit
c) Food, sleep, celibacy