



# Patanjali Yog Peeth (UK) Trust

Charity Registration Number 1115370

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## 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:



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## Assessment workbook for level 2

### Personal Details

**Full Name:**

**Address:**

**Telephone number:**

**Teacher's ID number:**

**Date and place of Level 1 training:**

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This assessment workbook is divided into 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 Patanjali 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)



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**Question:** Give examples of three main benefits of Pranayam. (Breathing exercises).

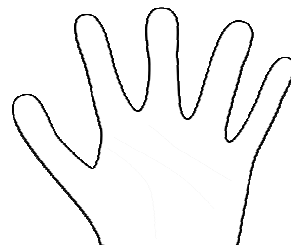
**Question:** Name all the sitting Meditation Posture in Yog.



**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 Bhastrika 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 respire:**

- 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) Kapalbhathi

**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 Bhastrika 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) Kapalbhathi

**22. Which Pranayam are not recommended for pregnant women?**

- a) Anulom Vilome and Bhramari
- b) Bhastrika and Sheetli
- c) Kapalbhathi 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 Pdavrittasana 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



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**102. The three pillars of health according to Maharishi Charak are:**

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