

TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.A. YOGA

EXAMINATION : NOVEMBER/ DECEMBER -2025

THIRD SEMESTER

Sub. : Gherand Samhita (MA24N -302TH)

Date: 26/11/2025

Total marks: 60

Time: 2.00 pm to 4.30 pm

Instructions:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

Q. 1. Multiple choice questions

(10)

1. _____ asana is performed while performing Yoni mudra.
a) Siddhasana
b) Padmasana
c) Any meditative asana
d) Sukhasana
2. The asanas performed while Varisara dhauti are Tadasana, Tiryak tadasana, Katichakrasana, _____ & Udarakarshan.
a) Brahmacharya asana
b) Tiryak bhujangasana
c) Dhanurasana
d) Gorakhasana
3. _____ asana is beneficial for slip disc, sciatica & lower back.
a) Makrasana
b) Tadasana
c) Dhanurasana
d) Shalabhasana
4. Gherand Samhita is narrated by acharya 'Gherand' to _____.
a) Chandakapali
b) Chitracharya
c) Rammohan
d) Bhadracharya
5. _____ is used for performing varisara dhauti.
a) Jala
b) Sutra
c) Vastri
d) Vayu
6. _____ mudra should be performed after the practice of Mahamudra.
a) Mahavedha
b) Mahabandha
c) Khechari
d) Nabho
7. In Dhyanyoga Samadhi _____ mudra is used.
a) Khechari
b) Bhramari
c) Shambhvi
d) Yoni
8. One should start practicing yoga in _____ ritu.
a) Shishir
b) Vasant
c) Grishma
d) Varsha
9. _____ pranayama relieves anger, anxiety and insomnia.
a) Bhramari
b) Suryabhedha
c) Sheetali
d) Bhastrika

