



REVISION SHEET

SUBJECT: YOGA (841)

CLASS-XII

TERM 1

Very Short Answer Type Questions

1. What are the most important texts on yoga?
2. What is the oldest text on yoga?
3. Who is the author of the Yoga Sutras?
4. What are the four chapters of the Yoga Sutras?
5. What is the main theme of the Bhagavad Gita?
6. What is the meaning of the term "Upanishads"?
7. What is the "Hatha Yoga Pradipika"?
8. What is the "Gheranda Samhita"?
9. What is the concept of ahara?
10. What is balanced diet?
11. What are the macro nutrients?
12. What are the micro nutrients?
13. What is sattvic diet?
14. Explain rajasic diet?
15. Explain tamasic diet?
16. Explain apathya / un-wholesome food?
17. What is pathya / wholesome food?
18. Explain effect of mitahara?

Short Answer Type Questions

1. What are the different types of yoga discussed in the Bhagavad Gita?
2. What is the relationship between the Yoga Sutras and the Bhagavad Gita?
3. What are some of the key concepts and practices discussed in the Upanishads?
4. What are some of the key teachings on meditation in the Yoga Sutras?
5. What is the significance of the "Yoga Sutra" in modern yoga practice?
6. What are some of the key teachings on asana practice in the Hatha Yoga Pradipika?
7. What are some of the key practices of kriya yoga, as described in the "Gheranda Samhita"?
8. What are some of the key teachings on the path of devotion in the Bhagavata Purana?
9. Describe the significance of hatha yoga practices in health problems?
10. Describe the concept of mental well being according to Patanjali yoga?
11. Explain the causes of faulty mental health according to Patanjali yoga sutras?
12. Describe the effects of cittavikshepa?

13. What are the steps for promoting mental modifications of health?

14. According to Patanjali, what is ashtang yoga?

Long Answer Type Questions

- 1. Discuss the concept of "ashtanga yoga" as described in the Yoga Sutras.**
- 2. Compare and contrast the teachings on karma, dharma, and self-realization in the Bhagavad Gita and the Upanishads.**
- 3. Discuss the role of the guru-disciple relationship in the Hatha Yoga tradition, as described in the Hatha Yoga Pradipika.**
- 4. Compare and contrast the teachings on the different types of yoga in the Bhagavad Gita and the Yoga Sutras.**
- 5. Discuss the significance of the Bhagavata Purana in the context of yoga philosophy and practice.**
- 6. Explain all parts of bahiranga yoga?**
- 7. Describe all parts of ashtang yoga?**
- 8. Explain concept of healthy living described in bhagwat gita?**
- 9. Explain the following types of yoga :**
 - **Bhakti yoga**
 - **Karma yoga**
 - **Janana yoga (Jnana yoga)**
- 10. Explain the following:**
 - **Yoga means equanimity?**
 - **How yoga is a skill action? Describe?**
 - **How yoga dedicate the divine qualities?**
- 11. Explain the following:**
 - **Physical health**
 - **Mental health**
 - **Social health**
 - **Spiritual health**