

International Yoga Day Quiz

1. When is International Yoga Day celebrated?

- ☐ a) June 15
- ☐ b) June 20
- ☐ c) June 21
- ☐ d) June 25

(Answer: c) June 21)

2. Which organization officially recognized International Yoga Day?

- ☐ a) WHO
- ☐ b) UNESCO
- ☐ c) UNGA
- ☐ d) UNICEF

(Answer: c) UNGA)

3. In which year was International Yoga Day first celebrated?

- ☐ a) 2014
- ☐ b) 2015
- ☐ c) 2016
- ☐ d) 2017

(Answer: b) 2015)

4. Which country proposed the idea of International Yoga Day to the UN?

- ☐ a) Sri Lanka
- ☐ b) India
- ☐ c) Nepal
- ☐ d) Bhutan

(Answer: b) India)

5. Who proposed the idea of International Yoga Day at the UN?

- ☐ a) Ramdev
- ☐ b) Narendra Modi
- ☐ c) Sadhguru
- ☐ d) Dr. Harsh Vardhan

(Answer: b) Narendra Modi)

6. What does the word 'Yoga' mean in Sanskrit?

- ☐ a) Peace
- ☐ b) Balance
- ☐ c) Union
- ☐ d) Energy

(Answer: c) Union)

7. Which ancient Indian text mentions yoga practices?

- ☐ a) Mahabharata
- ☐ b) Vedas
- ☐ c) Yoga Sutras of Patanjali
- ☐ d) Bhagavad Gita

(Answer: c) Yoga Sutras of Patanjali)

8. Which form of yoga focuses on physical postures?

- ☐ a) Bhakti Yoga
- ☐ b) Jnana Yoga
- ☐ c) Karma Yoga
- ☐ d) Hatha Yoga

(Answer: d) Hatha Yoga)

9. Which city hosted the first International Yoga Day event?

- ☐ a) Varanasi
- ☐ b) Delhi
- ☐ c) Rishikesh
- ☐ d) Bengaluru

(Answer: b) Delhi)

10. How many countries co-sponsored the resolution for Yoga Day at the UN?

- ☐ a) 80
- ☐ b) 120
- ☐ c) 175
- ☐ d) 193

(Answer: c) 175)

11. Which of these is a breathing practice in yoga?

- ☐ a) Mudra
- ☐ b) Asana
- ☐ c) Pranayama
- ☐ d) Dhyana

(Answer: c) Pranayama)

12. Which Indian ministry organizes International Yoga Day activities?

- ☐ a) Ministry of Tourism
- ☐ b) Ministry of Health
- ☐ c) Ministry of Culture
- ☐ d) Ministry of AYUSH

(Answer: d) Ministry of AYUSH)

13. What is the traditional time recommended for doing yoga?

- ☐ a) Afternoon
- ☐ b) Evening

- ☐ c) Midnight
 - ☐ d) Morning
- (Answer: d) Morning)

14. What is 'Surya Namaskar' commonly known as?

- ☐ a) Moon Salutation
 - ☐ b) Wind Flow
 - ☐ c) Sun Salutation
 - ☐ d) Earth Pose
- (Answer: c) Sun Salutation)

15. Which of the following is *not* a yoga pose?

- ☐ a) Tree Pose
 - ☐ b) Cobra Pose
 - ☐ c) Lion Pose
 - ☐ d) Dolphin Pose
- (Answer: c) Lion Pose)

