

Embassy of India
Reykjavik (Iceland)

Article Writing & Online Quiz Contest

IDY - 2017 : Embassy of India in Reykjavik (Iceland) is conducting an Online QUIZ and Article Writing Contest to celebrate the 3rd International Day of Yoga - 2017. The contest is open to all nationals. Winners will be announced on 20th June 2017. Winners can collect their prizes from the Ambassador on 21st June 2017 during 3rd IDY celebration at "**Tjarnarsalur Ráðhúss Reykjavíkur**" (Reykjavik City Hall) from 1700-1900 hrs.

Articles can be written on :

- (i) **Benefits of Yoga for Cancer**
- (ii) **Benefits of Yoga for Antenatal Care**
- (iii) **Benefits of Yoga for Depression**

Questions for Yoga Quiz are :

Q.1.	Asana useful in diabetes is – ?		
a	Padmasana	b	Virasana
c	Mandukasana	d	Siddhasana
Q.2.	Normal Blood Pressure is----?		
a	140/90mmHg	b	80/120mmHg
c	90/140mmHg	d	120/80 mmHg
Q.3.	The word " Nadi " is derived from the word " Nad " which means :		
a	To blow	b	To flow
c	To Run	d	To carry
Q.4.	How many chapters are in the Gita ?		
a	16	b	14
c	12	d	18
Q.5.	Where does Ajna Chakra located ?		
a	Eye brow centre	b	Chest
c	Tongue	d	Legs
Q.6.	Which "Mudra" destroys all diseases of the rectum and prevents premature death ?		
a	Brahmi Mudra	b	Shambhavi Mudra
c	Akashachari Mudra	d	Ashvini Mudra

Q.7.	Which one of the following attribute satisfies the criteria of "Sattvik Food" ?		
a	Spicy, hot, bitter, sour and pungent	b	Pure, essential, natural, vital, energy containing
c	Unnatural, overcooked, stale, left over and processed food	d	None of the above
Q.8.	Which one is the basic unit of the living organism ?		
a	Neuron	b	Nephron
c	Cell	d	Mitochondria
Q.9.	Stress hormone--?		
a	Melatonin	b	Insulin
c	Cortisol	d	Serotonin
Q.10.	Shoulder and Hip joints are the examples of -----?		
a	Hinge joints	b	Ball and Socket joint
c	Condylod joint	d	Pivot joint
Q.11.	The meaning of prana is :		
a	Vital Energy	b	Air
c	Oxygen	d	all of the above
Q.12.	Muscles are attached to the bones by through fibres called ---?		
a	Ligament	b	Cartilage
c	Tendon	d	Capsule
Q.13.	Which one is Long bone in our body ?		
a	Carpal bones	b	Scapula
c	Vertebra	d	Femur
Q.14.	Founder of Yoga Philosophy is?		
a	Kanada	b	Kapila
c	Patanjali	d	Adishankaracharya
Q.15.	Haemoglobin is-		
a	Vitamin	b	Protein and Iron
c	Melanin	d	Carbohydrate
Q.16.	Vedanta is also called		
a	Mimansa	b	UttaraMimansa
c	PurvaMimansa	d	DakshinMimansa
Q.17.	Which of these is not an important consideration for Yoga teacher before class?		
a	Freshness of air	b	Clean Environment
c	Availability of food and water supplies	d	Enough space for Sadhaks to sit

Q.18.	The word "Yoga" is derived from Sanskrit root ?		
a	Yaju	b	Yuj
c	Riju	d	None of the above
Q.19.	Which of the following is a part of the eight –fold- path of Patanjali ?		
a	Abhyasa	b	Vairagya
c	Pratipaksha Bhavana	d	Pratyahara
Q.20.	Which of the following is not a process of Pranayama ?		
a	Rechaka	b	Puraka
c	Kumbhaka	d	Samyaka

Please email the answers to questions mentioned above and your articles to hoc.rekjavik@mea.gov.in before the end of 19th June 2017.

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