

INTERNATIONAL DAY OF YOGA 2024

Yoga for Self and Society

YOGA WISDOM QUIZ

Who is known as the "Father of Modern Yoga"?



A. Swami Vivekananda

B. Paramahansa Yogananda

C. Sri Tirumalai Krishnamacharya



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When is International Yoga Day celebrated ?

A. June 21

B. September 21

C. December 21



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Which yoga center is located in Coimbatore?

A. Isha Yoga Centre

B. Ramamani Iyengar Memorial
Yoga Institute

C. Ashtanga Yoga Research
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Which United Nations organization declared June 21 as International Yoga Day?

A. United Nations Development Programme (UNDP)

B. United Nations General Assembly (UNGA)

C. World Health Organization (WHO)



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Which PM of India gave the idea of celebrating IYD at the United Nations ?

A. Manmohan Singh

B. Morarji Desai

C. Narendra Modi



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In which year was the first International Yoga Day celebrated?



A. 2014

B. 2016

C. 2015



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Which book is written by Sri M?

A. Prana And Pranayama

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C. The Yoga Sutras of Patanjali



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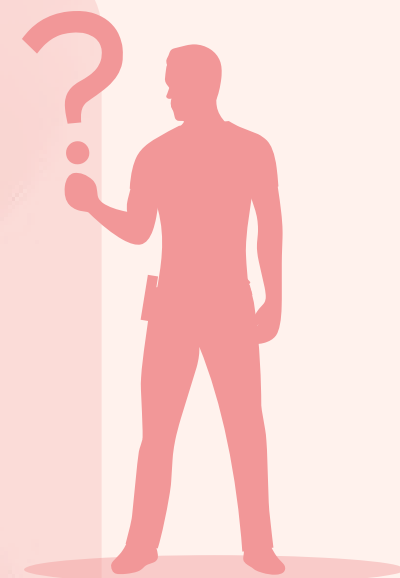
YOGA WISDOM QUIZ

The Art of Living Foundation conducts yoga programs. Which Indian Guru is its founder?

A. Sri Sri Ravi Shankar

B. Paramahansa Yogananda

C. Baba Ramdev



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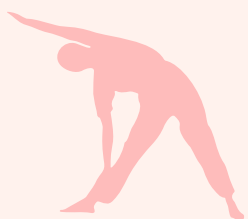
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Where is 'The Himalayan Iyengar Yoga Center' situated ?

A. Chennai

B. Pune

C. Dharamshala



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Which Indian government ministry is responsible for promoting Yoga?



A. Ministry of AYUSH

B. Ministry of Health and Family Welfare

C. Ministry of Culture



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A. Shirshasana (Headstand)

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Which Indian spiritual leader introduced the concept of "Yoga for sports"?

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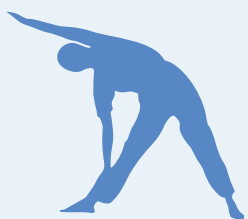


Which government of India award is given for excellence in the field of yoga?

A. National Yoga Award

B. Rajiv Gandhi Khel Ratna Award

C. Dronacharya Award



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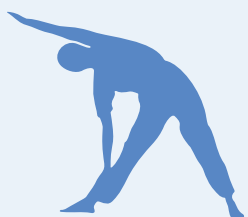
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Which yoga institute is situated in Pune?

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!/? In his speech at the United Nations, Narendra Modi described yoga as a way to create _____

A. World Peace

B. Sustainable Development

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Which Indian city hosted the main event for the first International Yoga Day?

A. Varanasi

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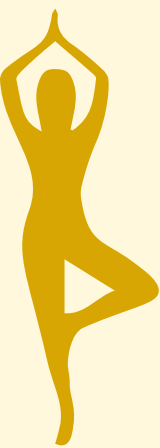


When were the PM Yoga Awards officially announced?

A. 21 June 2018

B. 21 June 2016

C. 21 June 2017



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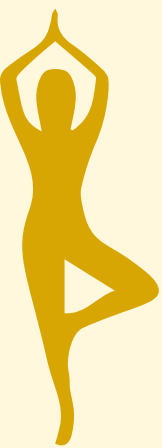
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