

Yoga Wellness Trainer

Sample Papers

Training Provider		Training Center	
Center SPOC		Batch Id	
Center SPOC Contact No		Assessment date	
Candidate Name		Trainer Name	
Candidate Contact No		Trainer Contact No	
Candidate Signature		Trainer Signature	

Q1. Before a yoga session, the trainer should ensure:

- a) Loud music
- b) Appropriate ambience
- c) Mobile phones ON
- d) Heavy meal

Q2. Participants should preferably attend yoga on

- a) Full stomach
- b) Empty stomach
- c) After lunch
- d) After dinner

Q3. Yoga communication should reflect:

- a) Bias
- b) Cultural and gender sensitivity
- c) Anger
- d) Favoritism

Q4. A yoga session generally starts with:

- a) Running
- b) Prayer/Chanting/Meditation
- c) Games
- d) Lunch

Q5. The trainer should maintain:

- a) Privacy and confidentiality
- b) Public disclosure
- c) Gossip
- d) None

Q6. A yoga session should end with:

- a) Exercise only
- b) Meditation or closing prayer
- c) Discussion only
- d) Snacks

Q7. After the session, the trainer should:

- a) Ignore participants
- b) Address queries and doubts
- c) Leave immediately
- d) Delete records

Q8. Human anatomy and physiology knowledge is required for:

- a) Cooking
- b) Yoga training
- c) Driving
- d) Painting

Q9. Which is a yogic relaxation technique?

- a) Yoga Nidra
- b) Cricket
- c) Football
- d) Boxing

Q10. Surya Namaskara is important for:

- a) Yoga Sadhana and wellbeing
- b) Gaming
- c) Shopping
- d) Banking

Q11. The first step in training is:

- a) Planning training sessions
- b) Closing session
- c) Evaluation only
- d) Attendance

Q12. Training delivery plan is prepared to:

- a) Organize training
- b) Cancel training
- c) Delay training
- d) Avoid training

Q13. A trainer should demonstrate:

- a) Yoga postures
- b) Dance only
- c) Singing
- d) Acting

Q14. Feedback from participants should be:

- a) Ignored
- b) Evaluated and acted upon
- c) Deleted
- d) Hidden



Q15. Records of subordinates should be maintained according to:

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|--------------------|--------------------------|
| a) Personal choice | b) Organizational policy |
| c) Friends' advice | d) None |

Q16. What is the primary goal of yoga?

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|------------------------------------|---------------------|
| a) Bodybuilding | b) Weight loss only |
| c) Union of body, mind, and spirit | d) Entertainment |

Q17. Communication should be effective with:

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| a) Selected people only | b) All individuals |
| c) Friends only | d) Seniors only |

Q18. The word "Yoga" is derived from which Sanskrit root?

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|---------|--------|
| a) Bhuj | b) Yuj |
| c) Kri | d) Man |

Q19. Team members should:

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|--------------------|-------------------------|
| a) Work separately | b) Work collaboratively |
| c) Compete always | d) Avoid cooperation |

Q20. What is the ideal environment for practicing yoga?

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|--|-------------------------|
| a) Noisy place | b) Crowded room |
| c) Clean, quiet, and well-ventilated space | d) Bright sunlight only |