

CLAT 2020 Test Series Plan

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Current Affairs Questions for CLAT Exam

Current Affairs Quiz 39

Directions: Study the following information carefully and answer the questions given beside.

The ancient practice of yoga has transcended its spiritual origin and assimilated itself into the daily lives of millions around the world. The reason yoga endures as a way of life is the fact that its basic tenets are timeless and resonate with people from all walks of life, helping attain a healthy body and mind, as well as emotional clarity and stability. If done right, yoga can positively impact many aspects of your life, including financial health.

Focusing your mind and establishing a sense of calm is one of the first things yoga teaches you. According to Shweta Taneja, a Delhi-based yoga instructor, this focus is a cornerstone of the practice. "One of the first things we teach in our classes is to concentrate on your own breathing and tune out all external noise," she said.

This practice, when applied to investing, can help you tune out the market noise—which might distract you and push you to make impulsive decisions—and focus instead on your own financial goals.

"Your finances are a very personal affair. Trying to time the ups and downs of the market can take a toll on your personal and professional life, as well as your health, financial and emotional situation. Therefore, it is important to keep your mind focused and detached from the market noise," said Shilpi Johri, a certified financial planner and founder of Arthashastra Consulting.

According to Taneja, the key to unlocking the many benefits of yoga, including centering attention, relieving pain and stress and bringing mental clarity, is to practice it regularly. "We advise our clients to keep practicing the asans and breathing exercises in small doses even if they can't come in for a class or go on vacation. Discipline and regularity are very important. If you stop doing yoga and then try to resume later, you will find that you have lost a lot of flexibility and other benefits you had built up," she said.

This principle also applies to investing. Just as the benefits of yoga compound over time, your corpus also benefits from regular and systematic investing. For instance, investing in mutual funds through systematic investment plans. "When you invest regularly, you are letting compounding work for itself and building wealth for you. When you rationalize your expenditure regularly, your habit of savings also adds to your wealth," said Johri.



1. When is International Yoga Day celebrated every year?

- A. 22 June B. 12 June C. 21 June D. 24 June

2. This year marks which edition of International Yoga Day?

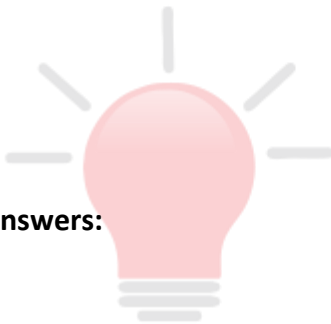
- A. 5th B. 6th C. 4th D. 8th

3. Where was the main national event for the International Day of Yoga 2020 in India to be organised but cancelled in view of Covid-19?

- A. Leh, Ladakh B. Srinagar, J&K C. Delhi D. Chandigarh

4. Where did Yoga originally come from?

- A. Nepal B. Bhutan C. Tibet D. India



Correct Answers:

1	2	3	4
C	B	A	D

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Explanations :

1. The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014.

Hence, option C is correct.

2. The first International Day of Yoga was observed all over the world on June 21, 2015, when over 30,000 people including Modi performed yoga at Rajpath in New Delhi. The year 2020 marks the 6th International Yoga Day.

Hence, option B is correct.

3. The Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) had planned to hold a grand event in Leh, but cancelled it due to the pandemic.

Hence, option A is correct.

4. The beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mentioned in the oldest sacred texts, the Rig Veda. The Vedas were a collection of texts containing songs, mantras and rituals to be used by Brahmins, the Vedic priests.

Hence, option D is correct.



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