

**MAHARASHTRA STATE BOARD OF SKILL DEVELOPMENT EXAMINATION, MUMBAI**

**Examination--July, 2020**

# CERTIFICATE COURSE IN YOGA TEACHER

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(BEÜHÉ MÖÉ—200)

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**(ENGLISH)**

[ TIME ALLOWED—6 HOURS ]

(MARKS—200)

**PRACTICAL YOGA-I (PRACTICAL-I)**

	<b>Marks</b>
1. Practical demonstration and theory writing of :— (a) Vaman      (b) Jalaneti      (c) Sutraneti      (d) Vastradhauti.	20
2. Practical demonstration of :— (a) Bhujangasana      (b) Naukasana      (c) Vajrasana (d) Kukutasana      (e) Garudasana. Describe whom to do these Aasanas and whom not to do.	20
3. Directions for beginners is Yoga Class. Show preliminary movements.	20
4. (a) Practical demonstration and theory writing of any <i>two</i> Pranayama.	10
(b) Importance of prayers in Yoga.	10
5. (a) Marks for practical record book.	10
(b) Marks for internal assessment exam.	10
(c) Marks for viva.	10
6. Give brief note on Omkar Sadhana various ways of omkar chanting, its benefits, effects on the body and practical.	20
7. Explain how Shuddhikriya are helpful in disease management. Explain Shuddhikriya and purification of body.	20
8. Prepare a diet chart for a diabetic patient.	20
9. Prepare a diet chart for high blood pressure patient.	10
10. Explain how Pranayama are helpful in disease management. Pranayama and curing of diseases, explain.	20

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