

MAHARASHTRA STATE BOARD OF SKILL DEVELOPMENT EXAMINATION, MUMBAI

Examination—July, 2020

CERTIFICATE COURSE IN YOGA AND NATUROTHERAPY

[१२]—3 iEE

(BEHE M—100)

aHEE |EEIEE (|EEIEE3)

	M
1. (+) aHEEIEE EEIEE nEE :-	20
(1) {EEEE (2) iEEEE (3) 1/2EEEE	
(4) 1/4EEEE (5) EEEEE.	
(HE) (1) EEIEE nEE SEE E iEEIEE EEIEE E EEE EEE.	20
(2) EEIEE nEE—EEEE EEE E EEE EEE.	
2. (+) EEIEE nEE—EEIEE EE EE VEEIEE.	10
(HE) EEIEE nEE—EE EE EE.	10
3. (+) EEIEE nEE EE EEIEE EEE EEE—EEIEE EE.	10
(HE) EEIEE nEE EE EEIEE EEE EEE—jEE EE.	10
4. iEEE {EE.	10
5. EE {EE.	10

ENGLISH

[TIME ALLOWED—3 HOURS]

(MARKS—100)

PRACTICAL YOGA (PRACTICAL - III)

	Marks
1. (a) Yoga practical exam, perform the asana practically :—	20
(1) Padmasana (2) Matsyasana	
(3) Halasana (4) Shashankasana	
(5) Vajrasana.	
(b) Practical of Shadkriya	20
(1) Neti Sutraneti or jalneti, practical	
(2) Vaman—practical.	
2. (a) Practical of Bhramari and Bhasrika Pranayama and write in brief.	10
(b) Practical of suryanamaskara and write in brief.	10
3. (a) Sujok therapy—Show practical and write in brief.	10
(b) Tratak practical and write in brief.	10
4. Oral	10
5. Sessional Marks	10
