

## MAHARASHTRA STATE BOARD OF SKILL DEVELOPMENT EXAMINATION, MUMBAI

Examination—JULY, 2020

CERTIFICATE COURSE IN ALTERNATE HEALING THERAPY

[१००]—3 [१०००]

(BEHÉ MBE—100)

[१०००] [१०००] [१०००] [१०००] [१०००] [१०००]

MBE

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1. (+) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००] :-

- (1) ..... [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (2) ..... [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (3) ' [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (4) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (5) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (6) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (7) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (8) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (9) ' [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (10) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (11) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
- (12) ..... [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]

(+) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००] :-

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- (1) [१०००] [१०००] [१०००] [१०००] [१०००] [१०००]
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[१०००] [१०००]

2. JEE+EO+EE(EE) EdehEi'EEVp nne |E|xEEEO =KEu E+EVp :-

(+) @u; dNE iEESaEE {EE@EE EE@Eoia E'E'EO E+EVp.

(E) ESE }+EE@u @E@E'E'EO E+EVp.

(Eo) ++ECZEE@u ]iCxEEe'E'EOSEE <E'EVpOE E+EVp.

(b) BJEEtE 'aCiEoSaa |EE'EE@u @u; dNE ]iCxEEo EoEa {EE@EE'E EoEia ?

3. JEE+EO+EE(EE) EdehEi'EEVp nne |E|xEEEO =KEu E+EVp :-

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(+) {EE@EE@Eo oEEaE ESSEoi'EE'E'EO E+EVp.

(E) ' oEVEEo ' IE@EE'E'EO E+EVp.

(Eo) ESE@EC]EO = {ESE@Sa {E-uEoSaa +x'a {EE@EE'E (side effect) EdehEia ?

(b) ' @u; dNE ]iCxEEo ' 'EOEEV (EaEE EoEa EME+EVp iEa E+EVp.

4. JEE+EO+EE(EE) EdehEi'EEVp nne |E|xEEEO IEb@aEE =KEu E+EVp :-

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(+) {E'EEEO = {ESE@Sa {E-uEoSaa 'EE|E@E E'oE@E (iekE) EdehEio ?

(E) ' +@aEE IE@EO ' 'VpEVa EdeE ? EdehEdehEaEE @EEaEa iEO = {E@EiE 'Eia ?

(Eo) ' o{EE'EE+EE 'EE{E@E@E ' E'E'EO E+EVp.

(b) ++ECZEE@u ]iCxEEo EdehEdehEaEE +EVEE@E = {ESE@u EVa EE{E@Ea VEEia ?

5. JEE+EO+EE(EE) EdehEi'EEVp SE@E@u]EE E+EVp :-

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(+) {E@E'E

(E) Vp+EO]EO E+EVp (Holistic healing)

(Eo) VE@-@EE'EEEO ESSEoi'EE

(b) EVpEEPE@ESa {EE@EE'E

(<) SE@E@E@u {E-uEO.

6. JEE+EO+EE(EE) EdehEi'EEVp nne |E|xEEEO =KEu E+EVp :-

16

(+) ++ECZEE@u ]iCxEEoSaa {E-uEO'E'EO E+EVp.

(E) ESE@EC]EO ]oE]o ]iCxEEoSaa oE@EiEiE'E'EO E+EVp.

(Eo) oEEaE ESSEoi'EE 'VpEVa EdeE ? iEO E@EE@EE EVa E+EVp VEEia ?

(b) ' 'ECZEO@SExE ' = {ESE@u {E-uEO'E'EO E+EVp.

**(ENGLISH)**

[ TIME ALLOWED—3 HOURS ]

(MARKS—100)

**PRINCIPLES OF ALTERNATE HEALING THERAPY (THEORY-II)****Marks**1. (a) Fill in the blanks (any *ten*) :—

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- (i) ..... technique is a way to feel better and relaxed.
- (ii) ..... technique is a form of deep tissue massage.
- (iii) ..... therapy uses guided relaxation to achieve a trance.
- (iv) Rolfing technique improves ones ..... behavior.
- (v) ..... is a technique to identify and lose harmful habits.
- (vi) Manual therapy means ..... applying controlled force to joint.
- (vii) ..... therapy helps the patient to recover normal breathing.
- (viii) Panchagavya chikitsa is also called as .....
- (ix) Cowpathy means ..... chikitsa.
- (x) ..... was the originator of Sujok Therapy.
- (xi) Aromatic essentials oils are used as medicines in ..... therapy.
- (xii) ..... remedies are solutions of Brandy and water.

(b) Write *True* or *False* (any *ten*) :—

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- (i) Chiropractic mobilization refers to high velocity manipulation.
- (ii) Rolfing technique reduces the stress.
- (iii) Hypnosis is not useful during childbirth.
- (iv) Moxibustion is a therapy which involves burning herbs.
- (v) Electro Homeopathy uses electrical devices.
- (vi) Magneto therapy is also called as bio energy therapy.
- (vii) Alexander technique is not useful in scoliosis.
- (viii) Rolfing technique is uncomfortable to the patient.
- (ix) Healing power is not present in all people.
- (x) Chiropractic treatment is non-surgical treatment for disorders of nervous system.
- (xi) Hypnosis is not a state of deep sleep.
- (xii) Sujok therapy is not useful in weight loss.

[ Turn over

2. Answer any *two* of the following :— 16
- (a) Write about the effectiveness of rolfing technique.
  - (b) Write about the Bach flower remedy.
  - (c) Write the history of Alexander technique.
  - (d) How can rolfing technique affect the individuals emotionally ?
3. Answer any *two* of the following :— 16
- (a) Write about the traditional Hypno therapy.
  - (b) Write about sujok therapy.
  - (c) What are the side effect of chiropractic therapy ?
  - (d) How Rolfing technique is different from massage.
4. Answer any *two* of the following in brief :— 16
- (a) What are the basic principles of alternate Healing therapy ?
  - (b) What is aroma therapy ? In which diseases it is useful ?
  - (c) Write about the spinal manipulation.
  - (d) What is the alexander technique is used for ?
5. Write short notes (any *four*) :— 16
- (a) Panchagavya
  - (b) Holistic healing
  - (c) Biochemic chikitsa
  - (d) Effects of hypnosis
  - (e) Magneto therapy.
6. Answer any *two* of the following :— 16
- (a) Write about the method of alexander technique.
  - (b) Write about the ' Safety of chiropractic treatment technique '.
  - (c) What is hypno therapy ? What are its indications ?
  - (d) Write about the Moxibustion therapy.
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