

## MAHARASHTRA STATE BOARD OF SKILL DEVELOPMENT EXAMINATION, MUMBAI

Examination--July, 2020

CERTIFICATE COURSE IN YOGA TEACHER

[१२५-3 iEE°E]

(BEthE MhE—100)

IEdPQ)Eo aEhE +hb÷bE&lt;Qo(EE+®03)

MhE

1. (+) ME3yEaEE VEEMEE IEE (EdhEi°EE½) (ESE) :-

5

- (1) u (EE °EEMa EEE Eo°hEE° EdhEi°EE½) BEo +E°ExE .....
- (2) IEE°u IEEIE±E (relax) Eo°hEE° EdhEi°EE½) BEo +E°ExE .....
- (3) E°EEda °EE ° = (E°EEMO IEdGoEE .....
- (4) bEdaEE +E°E°EE ° = (E°EEMO IEdGoEE .....
- (5) IEdEE ExE EE Eo°hEE° IEEEE°E .....
- (6) (EE °E°u ZEE Eo°hEE° aEhE° BEo +E°ExE .....

(E) SMO EEOEE E°E°u iEdE±E½ (EdhEi°EE½) (ESE) :-

5

- (1) E°E±EIEO ½ BEo IEEEE°E ESE IEE°u +E½
- (2) E°EO °EiE°EESaEE (EE°E° ° bE°EE EEO aEhE = (E°EEMO +E½
- (3) vEEExE Ea°EEEda iEhEE E E°EO ½Eda
- (4) =SE °EiE°EESaEE (EE°E° ° EE°E E°E°u Eo°Ea
- (5) IEE EE°ExE ½ EE°E°EESaEE °E°EE ° = (E°EEMO +E°ExE +E½
- (6) aEhE°E°E +I°EE°E E°E°E IEdE°E Eo°E.

(Eo) BEE EECaEE°E =KE°u E±E½ (EdhEi°EE½) (ESE) :-

5

- (1) °E EEMEE°ExE
- (2) EGE°ExE
- (3) =OE°ExE
- (4) EXEE°ExE
- (5) IEEVEEMEE°ExE
- (6) EE°E°E°ExE.

(b) aEhE°E VEdE±E VEO°EE (EdhEi°EE½) (ESE) :-

5

' + ' ME]o

- (1) ½EE°ExE
- (2) E°hEE°ExE
- (3) vEE°E°ExE
- (4) E°EEEdhEE°ExE
- (5) E°E°E Eo°hEE°u +E°ExE
- (6) °E°E°ExE

' E' ME]o

- (+) vEEExEE EEO +E°ExE
- (E) EEESE EE°E°E°ExE
- (Eo) =IE°E°u Eo°hEE°u +E°ExE
- (b) (EE °E°u ZEE Eo°hEE°u +E°ExE
- (<) EE °E°u ZEE Eo°hEE°u +E°ExE
- (j) xEEbE

2. IEEbEaeie =ke@ l+e% (Edheia) nme :-  
 (+) EleeE'Exe "EO%ea]o'a  
 (x) EehEae'EESa ; aeEna  
 (Eo) "EeeoeEo qEEeoEe o EEIEEE EoqEo =(aeEeo +e%?  
 (b) {EE|Ehe o{E']o Eo'u.  
 3. JEE+E+(Eo Edheia) nme |EqEEEO =ke@ l+e% :-  
 (+) "EE+EE E VEE+EE u xE o{E']o Eo'u.  
 (x) +EEe@ oEvEXE  
 (Eo) o'ie:oe o e oeEVeeoe o EEIEEE  
 (b) {EEa e@ ZEEEE Eohaeie aeEEe +e'exa  
 4. IEEbEaeie =ke@ l+e% (Edheia) nme :-  
 (+) v'ExE EhEE Eo'u.  
 (x) xe'+Eo E jEE]Eo ae EGoe EhEE Eo'u.  
 (Eo) x'oio E Eoe+e;eio ae EGoe EhEE Eo'u.  
 (b) "'Epa " ; aeEna EhEE Eo'u E Edheiae @EEEEe o =(aeEeo +e%?  
 5. EJEE l+e% (Edheia) SEe :-  
 (+) qEEEOEE o  
 (x) oEEEme  
 (Eo) oEEE Eoe@u  
 (b) =bb'eXe xE  
 (<) EEeu Epd.  
 6. IEEbEaeie =ke@ l+e% (Edheia) nme :-  
 (+) xEbO +|aeoe EhEE Eo'u.  
 (x) aeEE(EoeE +e@EPESa @EhE EhEE Eo'u.  
 (Eo) +1` EME aeEE  
 (b) aeEE Ev'ea +e%ESa E%k E o{E']o Eo'u.

**THERAPEUTIC YOGA AND DIET (THEORY-III)****Marks**

1. (a) Fill in the blanks (any *five*) :— 5
- (i) Name any one backward bending asana .....
  - (ii) Name any one relaxing asana .....
  - (iii) Shadkriya useful for constipation .....
  - (iv) Shadkriya useful for eyes .....
  - (v) Name any one cooling pranayama .....
  - (vi) Name any one prone position asana .....
- (b) State *true* or *false* (any *five*) :— 5
- (i) Kapalbhati is one of the pranayama.
  - (ii) Dynamic yoga is good for low B. P. patient.
  - (iii) Meditation is good for stress releasing.
  - (iv) High B. P. patient can do suryanamaskara.
  - (v) Shavasana is good for diabetic patient.
  - (vi) We should do yoga in closed room.
- (c) Answer in one sentence (any *five*) :— 5
- (i) Sarvangasana
  - (ii) Vakrasana
  - (iii) Ugrasana
  - (iv) Vajrasana
  - (v) Bhujangasana
  - (vi) Makarasana.
- (d) Match the following pairs (any *five*) :— 5
- | ‘A’ Group                  | ‘B’ Group                    |
|----------------------------|------------------------------|
| (i) Halasana               | (a) Meditative asana         |
| (ii) Padmasana             | (b) Paschimottanasana        |
| (iii) Dhanurasana          | (c) Standing position asana. |
| (iv) Trikonasana           | (d) Prone position asana     |
| (v) Sitting position asana | (e) Supine position asana    |
| (vi) Shushumna             | (f) Nadi.                    |
2. Write in brief (any *two*) :— 16
- (a) Preliminary movements.
  - (b) Application of pranayama.
  - (c) How prayer is useful for mental peace.
  - (d) Panchapran explain.

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**Marks**

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| <p>3. Write in brief (any <i>two</i>) :—</p> <p>(a) Describe Mulbandha and Jalandhar bandha.</p> <p>(b) Explain Omkar Sadhana.</p> <p>(c) Prayer for self and social.</p> <p>(d) Asana in supine position.</p>       | 16 |
| <p>4. Write answer in brief (any <i>two</i>) :—</p> <p>(a) Dhyan describe in brief.</p> <p>(b) Describe Nauli and Tratak.</p> <p>(c) Describe Basti and Kapalbhathi.</p> <p>(d) Indication and effects of Mudra.</p> | 16 |
| <p>5. Write short notes (any <i>four</i>) :—</p> <p>(a) Shantipath</p> <p>(b) Suryabhedan</p> <p>(c) Suryanamaskar</p> <p>(d) Uddiyan Bandha</p> <p>(e) Vayu mudra.</p>  | 16 |
| <p>6. Write in brief (any <i>two</i>) :—</p> <p>(a) Nadi abhyas—three main nadis.</p> <p>(b) Maintenance of Health by yoga.</p> <p>(c) Ashtanga yoga.</p> <p>(d) Concept of diet according to yoga.</p>              | 16 |
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