

[१९७०] [८००००]

MAHARASHTRA STATE BOARD OF SKILL DEVELOPMENT EXAMINATION, MUMBAI

Examination—July, 2020

CERTIFICATE COURSE IN YOGA AND NATUROTHERAPY

[१९७०]—3 iEE°E

(BEHE MHE—100)

अभ्यास (EIE+ ०3)

MHE

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1. (+) ME3yEaEE VEEME [E°E] (EdhEiEE) (ESE) :-

- (1) EdhEiEE BEE MESEaxEE E E+1/2
- (2) =dE°E 1/2 EMESEaxEE E +E/2
- (3) E(EPEEE 1/2 EMESEaxEE E +E/2
- (4) EdhEiEE BEE iEEEE°E (Balancing) +E°ESEaxEE E
- (5) EdhEiEE BEE v°EEEEE°E +E°ESEaxEE E
- (6) +E] ME°E 1/2 ME°E °EEMEIEEE +E/2

(E) SHeo Eo ME°E iEE E+1/2 (EdhEiEE) (ESE) :-

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- (1) E(EE+E)EE 1/2 BEo E°E°E +E/2
- (2) =SSu °E nE°E (EAEa °E°E xE °E°E E°E°E)
- (3) E°E °E °E°E (EAEa bE°E°E E°E °E°E E°E°E)
- (4) ME°E°E°E 1/2 ME°E°E JEE°E E°E°E
- (5) अंधान्या खोलीत योगसाधना करावी.
- (6) ME°E°E 1/2 iEEEEE°E +E°E +E/2

(Eo) BEE ECEEE =KE°E E+1/2. (EdhEiEE) nHE :-

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- (1) EEE°E°E
- (2) E°E
- (3) {+EE°E°E
- (4) ME°E
- (5) ME°E°E°E
- (6) E°E°E°E

(b) JEE+E°E VEE°E VEE°E (EdhEiEE) (ESE) :-

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' + ' ME]o

' ME]o

- | | |
|----------------------|-------------------------------|
| (1) EEn°E°E°E | (+) =v°E°E°E +E°E°E |
| (2) E°E°E°E | (E) EAEa °E°E E°E°E°E +E°E°E |
| (3) 1/2 E°E°E | (Eo) =E°E °E°E E°E°E°E +E°E°E |
| (4) ME°E°E°E | (b) E°E °E°E E°E°E°E +E°E°E |
| (5) +v°E°E°E E°E°E°E | (<) v°E°E°E°E +E°E°E |
| (6) E°E°E°E | (i) EEE°E°E°E |

[E+EE] ME (E/2)

(ENGLISH)

[TIME ALLOWED—3 HOURS]

(MARKS—100)

YOGA THERAPY (THEORY-III)**Marks**

1. (a) Fill in the blanks (*any five*) :— 5
- (i) Name any one bandha
 - (ii) Uddiyan is name of the
 - (iii) Pinghala is name of the
 - (iv) Name any one balancing asana
 - (v) Name any one meditative asana
 - (vi) ' Ashtangyoga ' is describe by
- (b) State whether *true* or *false* (*any five*) :— 5
- (i) Kapalbhati is one of the shadkriya
 - (ii) We recomend suryanamaskar for high B.P. Patient.
 - (iii) Dynamic yoga is good for low B.P. Patient.
 - (iv) We do asanas in airy and well ventilated hall.
 - (v) We should do yoga in dark rooms.
 - (vi) Vrikshasana is balancing asana.
- (c) Define in one sentences (*any five*) :— 5
- (i) Pranayama
 - (ii) Yama
 - (iii) Plavani
 - (iv) Yoga
 - (v) Gandhiji
 - (vi) Kumbhak
- (d) Match the pairs :— 5
- | ' A ' Group | ' B ' Group |
|-------------------|---------------------------|
| (i) Padhastasana | (a) Inverted asana |
| (ii) Bhujangasana | (b) Supine position asana |
| (iii) Halasana | (c) Standing asana |
| (iv) Shirsasana | (d) Prone position asana |
| (v) Anulom-Vilom | (e) Meditative asana |
| (vi) Padmasana | (f) Pranayama. |

2. Describe in brief any *two* :— 16
- (a) Define all ten types of Pranayama in brief.
 - (b) Ashatanga yoga describe in brief.
 - (c) Describe procedure and benefit of any four drishti.
 - (d) Describe procedure and benefit of Bandha.
3. Attempt any *two* of the following :— 16
- (a) How yoga is useful to maintain our health.
 - (b) Rules for performing asana.
 - (c) Describe procedure and benefits of any four mudra.
 - (d) Describe procedure and benefits of yoga-Nidra.
4. Write in brief (any *two*) :— 16
- (a) Describe procedure and benefits of Vaman
 - (b) Describe procedure and benefit of Sutraneti.
 - (c) Describe procedure and benefit of Tratak
 - (d) Describe procedure and benefit of Mayurasana and Vrikshasana.
5. Write short notes (any *four*) :— 16
- (a) Natarajasana
 - (b) Kurmasana
 - (c) Simhasana
 - (d) Marjariasana
 - (e) Shavasana.
6. Describe in brief (any *two*) :— 16
- (a) Describe procedure and benefits of Kapalbhati and Bhasrika
 - (b) Describe procedure and benefits of Jalaneti and Sutraneti
 - (c) Describe procedure and benefits of Vastradhauti and Dandadhauti
 - (d) Describe procedure and benefits of Tratak and Basti.
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