

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

Examination--July, 2020

CERTIFICATE COURSE IN YOGA TEACHER

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**YOGIC PHILOSOPHY (THEORY-II)****Marks**

1. (a) Fill in the blanks (any *five*) :— 5
- (i) Name any one mudra .....
  - (ii) Name any one bandha .....
  - (iii) Name any one meditative asana .....
  - (iv) Name any one shadkriya useful of constipation .....
  - (v) ..... pranayam is useful for Diabetic patient.
  - (vi) ..... pranayam is useful for Asthama patient.
- (b) State *true* or *false* (any *five*) :— 5
- (i) Meditative asana good for high B.P. patient.
  - (ii) Knee pain patient should not jump or climb stairs.
  - (iii) Kapalbhata is one of the shadkriya.
  - (iv) Shankhprakhshalan is good for constipation patient.
  - (v) Low B.P. patient should do suryanamaskar.
  - (vi) Hyperthyroidism patient should do basti.
- (c) Answer in one sentence (any *five*) :— 5
- (i) Asana
  - (ii) Yoga
  - (iii) Dhyna
  - (iv) Samadhi
  - (v) Difference between yoga and exercise
  - (vi) Jalaneti.
- (d) Match the following pairs (any *five*) :— 5
- | ‘A’ Group                | ‘B’ Group                    |
|--------------------------|------------------------------|
| (i) Sheetkari pranayama  | (a) Shatkarma                |
| (ii) Ashtangayoga        | (b) We make noise of Bhramar |
| (iii) Bhramari pranayama | (c) Pantanjali               |
| (iv) Kapil-muni          | (d) Cooling pranayama        |
| (v) Kapalbhata           | (e) Samkhya philosophy       |
| (vi) Tratak              | (f) Pranayama.               |
2. Answer any *two* of the following :— 16
- (a) Aims and objectives of yoga.
  - (b) Types of pranayama.
  - (c) Preliminary preparation of yoga.
  - (d) Mudra describe different types.

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**Marks**

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|---|----|
| <p>3. Write in brief (any <i>two</i>) :—</p> <p>(a) History of yogic sciences.</p> <p>(b) Indian tradition.</p> <p>(c) Buddhism.</p> <p>(d) Asana for strengthening.</p>        | 16 |
| <p>4. Answer any <i>two</i> of following :—</p> <p>(a) Samadhi pada</p> <p>(b) Sadhana pada</p> <p>(c) Vibhuti pada</p> <p>(d) Kaivalya pada.</p>                               | 16 |
| <p>5. Write short notes (any <i>four</i>) :—</p> <p>(a) Neti</p> <p>(b) Dhauti</p> <p>(c) Vaman</p> <p>(d) Basti</p> <p>(e) Tratak</p>  | 16 |
| <p>6. Write in brief (any <i>two</i>) :—</p> <p>(a) Ashtanga yoga describe.</p> <p>(b) Samkhya philosophy of yoga.</p> <p>(c) Western interest of yoga.</p> <p>(d) Samhita.</p> | 16 |
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