

MAHARASHTRA STATE BOARD OF SKILL DEVELOPMENT EXAMINATION, MUMBAI

Examination--July, 2020

CERTIFICATE COURSE IN YOGA TEACHER

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(ENGLISH)

[TIME ALLOWED—3 HOURS]

(MARKS—100)

PRACTICAL YOGA-2 (PRACTICAL-II)

Marks

- | | |
|---|----|
| 1. Practical demonstration and theory writing of :— | 20 |
| (a) Sarvangasana, (b) Halasana, (c) Chakrasana, | |
| (d) Dhanurasana, (e) Gomukhasana. | |
| 2. Write indications and contraindications of Shuddhikriyas. | 20 |
| 3. Practical demonstration of yogic management for arthritis patient what precautions arthratis patient should take while doing asanas. | 20 |
| 4. (a) Practical demonstration and theory writing of Shankhaprakahalan. | 10 |
| (b) Practical demonstraion and theory writing of Kapalbhati and Netrabasti. | 10 |
| 5. (a) Marks for Viva of Student. | 10 |
| (b) Marks for internal assesment exam. | 5 |
| (c) Marks for practical record book. | 5 |