

**GUIDELINES FOR PRACTICAL EXAMINATIONS  
& INTERNAL ASSIGNMENTS  
YOGA ASSISTANT (667)**

**Max. Marks: 100+20**

**Time: 3.00 hrs.**

**Pass Criteria: 50% in both (Practical & Internal Assignments)**

**Marking Schemes for Practical Examination:**

Activities	Marks Allotted	Remarks
Practical Activities – any two	40 (20x2)	
Spotting (10 spots)	30 (10x3)	
Project work/ Report on the work during attachment with concerned centre	20	
Viva- Voce	10	
<b>Total Marks</b>	<b>100</b>	

**Marking Schemes for Internal Assignments:**

<b>Internal Assignments during PCPs &amp; Training</b> ( Study Centre will take test of skills & competencies and also see candidate performance like sincerity, regularity & other human values)	<b>20</b>	The obtained marks will update under the Internal Assignments
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**Breakup of Practical Activities:**

- To understand the Aim - 02
- Correct selection of Tools/ equipment/Materials Required - 05
- Procedure - 07
- Result/ Observation - 03
- Benefits - 03

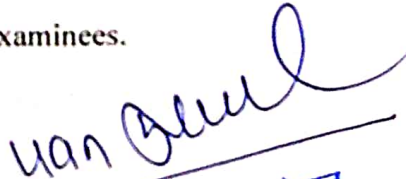
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**Total** - **20**

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**Guidelines for Practical Examiner**

- Four practical activities should be given to the students form the list and they have the option to perform only two activities.
- All the required material (Tools, Equipments etc.) should be available at the Centre of examiner.
- Different sets of the practical activities can be given to the different examinees.

  
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**Paper- Yoga Assistant Spotting:**


**30 Marks (10x3)**

1. Identification of any Yoga Asana through picture/poster and its benefits.
2. Identification of any Pranayama through picture/poster its use.
3. Identification of any Sukshma Yogic Practice through picture/poster its use.

**Practical Activities**

**40 Marks (20x2)**

1. Sukshma vyayama (leg joints)
2. Sukshma vyayama (hand joints)
3. Sukshma vyayama (eye practices)
4. Abdominal group asanas
5. Shakti bandha
6. Relaxation asanas
7. Meditative asanas
8. Vajrasana group
9. Standing asanas
10. Backward bending asanas
11. Forward bending asana
12. Spinal twisting asanas
13. Inverted asanas
14. Balancing group of asanas
15. Suryanamaskara
16. Pre-pranayama practice
17. Stimulating pranayama
18. Tranquilizing and cooling pranayama
19. Nadi shodana pranayama
20. Neti kriya
21. Kunjal kriya – vaman dhauti
22. Laghu shankha prachalana
23. Kapalabhati kriya
24. Trataka kriya
25. Hasta and mana mudra
26. Kaya and adhara mudra
27. Water fast
28. Morning walk
29. Hot fomentation
30. Wet pack

  
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