

# MSPL - Personnel Certification Body

Approved By (YOGA CERTIFICATION BOARD)  
Ministry of AYUSH, Govt. of India  
27, Guru Jambheshwar Nagar, Gate No. 1 Opp. Vijay Dawar,  
Vaishali Nagar, Jaipur - 302021 Rajasthan, INDIA

## GUIDELINES FOR ONLINE EXAM

### Exam Guidelines – Theory Exam

1. The approval to appear in the Theory exam will to be given by MSPL's authorized representative by verifying registration details with his / her photo, government issued ID proof and Admit Card.
2. Questions and their relevant options (Which language Candidate chose English and Hindi/other language) to display on screen one by one
3. Provision for Candidate to select any one option out of given 4 options
4. Provision for Candidate to skip questions and come back to that question later
5. Test once submitted cannot be edited
6. In case of power failure, the test to start from where it was stopped and all the attempted questions will be saved. However, the time of test is reduced as per the time taken from start of test to end of test
7. YCB has also access to view the screen of Candidate and Candidate's webcam during in the exam
8. The screen and webcam will monitored during the entire duration of exam
9. Following are treated as violation of norms.
  1. Anyone else come in the room
  2. Candidate speaks to someone not visible/visible
  3. Candidate cover face
  4. Candidate press F5 or switch window of exam screen
  5. Candidate look other screen
  6. Candidate left the test and joined later
10. Based upon the violations the exam of candidate will cancel by PrCB and UMC (Unfair Mean Practices) case will be filed.
11. In case of completion of duration of test, the test will be auto-submitted

### Exam Guidelines – Practical Exam

1. The approval to appear in the Practical exam will to be given by MSPL's authorized representative by verifying registration details with his / her photo, government issued ID proof and Admit Card.
2. In case of power failure, the test will start from where it was stopped
3. YCB has access to view the screen of candidate and webcam of all the candidates appearing in the exam
4. The webcam of candidate will be recorded during the entire duration of exam and kept in record of MSPL.
5. Following are treated as violation of norms of exam.
  1. Anyone else come in the room

2. Candidate speaks to someone not visible/visible
3. Candidate cover face
4. Candidate left the test and joined later

### **How to start Exam :-**

The System Configuration

- a. Computer / Laptop (Minimum Dual Core CPU with 1 GB RAM, 250 GB HDD) with Microphone, Speaker, Web Cam and internet speed more than 512 KBPS
- b. Yoga Mat placed at least 5 feet away from the webcam in horizontal position with sufficient lighting and no light in the background (for Practical Exam)

### **Steps for Theory Exam**

1. Open website [exam.yogsansthan.com](http://exam.yogsansthan.com)
2. Clicks on the **Student Login**
3. Fill Enrolment Number and Password in **“Login with us”** and Click on **“Login”** button (Enrolment Number and Password will provides by MSPL, PrCB)
4. Now your examination panel is open and at specific time you can start your exam.
5. Clicks on **“Theory Exam Start”**
6. Now your exam is live you can mark any answer and click **“Save & Next”**
7. If you want to see pervious question you can click on **“Save & Previous”**
8. If you want review the question you can clicks on **“Mark for Review and Next“**
9. After reply all questions you can submit the exam by clicking on **“Submit Exam”** or it will automatically submit after exam time.
10. Your result will be declared within seven days on YCB and PrCB’s website.

### **Steps for Practical Exam**

1. Open website [exam.yogsansthan.com](http://exam.yogsansthan.com)
2. Clicks on the **Student Login**
3. Fill Enrolment Number and Password in **“Login with us”** and Click on **“Login”** button (Enrolment Number and Password will provides by MSPL, PrCB)
4. Now your examination panel is open and at specific time you can start your exam.
5. Clicks on **“Practical Exam”**.
6. You will get a message for allow **Mice and Camera**, Clicks on **“Allow”**
7. If you don’t allow mice or camera your exam can’t start.
8. A screen will open with your video, You will fill your enrolment no in **“Display Name”** and Clicks on **“Enter Broadcast Studio”**
9. After enter you will get your screen in a small box, you will move your cursor on your picture/video and clicks **“Add to Stream”**
10. Now your practical session is Live, Your Examiner will ask any question to you.

For more Details you can visit: [www.yogsansthan.com](http://www.yogsansthan.com) or Mob:- 7230003310