

**National Institute of Open Schooling
Senior Secondary Course
Lesson 19: Shatkarma
Worksheet-19**

- Q.1- Explain the various components of Shatkarma.
- Q.2- List the types of Dhauti and its benefits.
- Q.3- Explain the methods and benefits of Kapal Bharti.
- Q.4- Describe the method of Nauli Kriya.
- Q.5- Differentiate between Jal Neti and Sutra Neti.