



# VKCSM Yoga Certification

*Approved PrCB of YCB , Ministry of Ayush , Govt. of India.*

**|| ONLINE ASSESSMENT (REMOTE ONLINE PROCTORING) ||**

# SYSTEM REQUIREMENT

- OS – Windows 7 and above or mobile.
- Stable Internet connectivity (min 1mbps is recommended)
- Browser: Latest versions of Google Chrome/ Mozilla Firefox/ Internet Explorer
- Webcam enabled system
- Antivirus, Firewall or Ad Blocker software should be disabled
- Disable remote desktop softwares like team viewer, chrome remote desktop viewer
- Any application that uses webcam needs to be disabled like Skype, Gtalk/Hangout
- Provide access to \*.mettl.com " and open up the following ports on your network – 80, 443, 1987,1988

**Tech Support: 82228-73086**

# THEORY

1. After the authorization, candidate exam will start and questions will appear on his/her screen and web cam will record all the exam including candidate activities as well as candidate system screen.

2. All the questions are MCQ type. There is no negative marking.

3. After finishing the test. Click on **FINISH TEST** BUTTON. Before submission candidate can check the answer attempted. Candidate can change any answer before final submission.



# PROCESS FLOW–SNAPSHOTS

You will receive the link through mail:

- Click on Proceed Test



Hi,  
Welcome to  
Level 2 Yoga Wellness  
Instructor

|                                 |                              |                               |
|---------------------------------|------------------------------|-------------------------------|
| Question count:<br>60 Questions | Section count:<br>1 Sections | Test duration:<br>120 Minutes |
|---------------------------------|------------------------------|-------------------------------|

Proceed

Internet Connectivity

Ensure that you have a stable internet connection with a minimum speed of 512 kbps

# REGISTRATION DETAILS

- Fill all the details as per details mentioned in the Admit card (this is only a sample snapshot. Actual registration details may vary).  
Then Click On **PROCEED**

Hi ,

Welcome to  
DEMO EXAM\_VKCSM

|                                 |                              |                              |
|---------------------------------|------------------------------|------------------------------|
| Question count:<br>11 Questions | Section count:<br>1 Sections | Test Duration:<br>10 Minutes |
|---------------------------------|------------------------------|------------------------------|

1. Registration Details    2. Capture Face    3. Capture ID card

Email Address \*  
abcd@gmail.com

First Name \*    Last Name  
ABCD    EFG

Contact No \*  
9812345678

Gender \*  
 Male     Female     Transgender

Enrollment No. \*  
YE12345678

Terms and Conditions \*  
 By using our offerings and services, you are agreeing to the [Terms of Services](#) and [License Agreement](#) and understand that your use and access will be subject to the terms & conditions and [Privacy Notice](#) contained therein.

**Proceed**


# PHOTO CAPTURE


- System will ask to capture your Photo, simply click on capture and proceed with next button.


**Instructions**

Recapture your face in case of the following issues:

**BAD SCENARIOS**

 Blurred Image

 Face Cut

 No Proper Light

1. Registration Details    **2. Capture Face**    3. Capture ID card

Please align yourself to the center of the screen and press 'Capture Your Face' button.



**Proceed**    Re-Capture Your Face

# ID PROOF CAPTURE

- System will ask to capture ID Proof, simply click on capture and proceed with Submit button.
- Wait for approval from Proctor/ Exam Coordinator.

### Instructions

Recapture your ID Card in case of the following issues

**BAD SCENARIOS**


 Blurred Image

 ID card not cut

 Keep ID card Straight

1. Registration Details 2. Capture Face 3. Capture ID card

Please align yourself to the center of the screen and press 'Capture Your ID' button.



Submit Re-Capture Your ID

# EXAM START

- Click on **Start Test**

The screenshot shows an exam start interface. On the left, a light blue sidebar contains the following text: "Hi Dwdqw,", "Welcome to", "Level 2 Yoga Wellness", "Instructor", and a table with three columns: "Question count: 60 Questions", "Section count: 1 Sections", and "Test Duration: 120 Minutes". A vertical line with three circular icons (document, person, document) runs through the center. A blue arrow points from the "Start Test" button in the bottom right to the "Start Test" text in the top left. Another blue arrow points from the "Start Test" button to the "Section #1" row in the table below.

Hi Dwdqw,

Welcome to

## Level 2 Yoga Wellness Instructor

|                 |                |               |
|-----------------|----------------|---------------|
| Question count: | Section count: | Test Duration |
| 60 Questions    | 1 Sections     | 120 Minutes   |

All done. Ready to start? 54 secs  
Select the section you would like to attempt first and then click on Start Test button.

| SECTION NAME                                | NO. OF QUESTIONS | DURATION         |
|---|------------------|------------------|
| <input checked="" type="radio"/> Section #1 | 60 Questions     | Untimed Section* |


\* **Untimed:** These sections are without any specific time limit. You can answer these sections within the total assessment time limit.

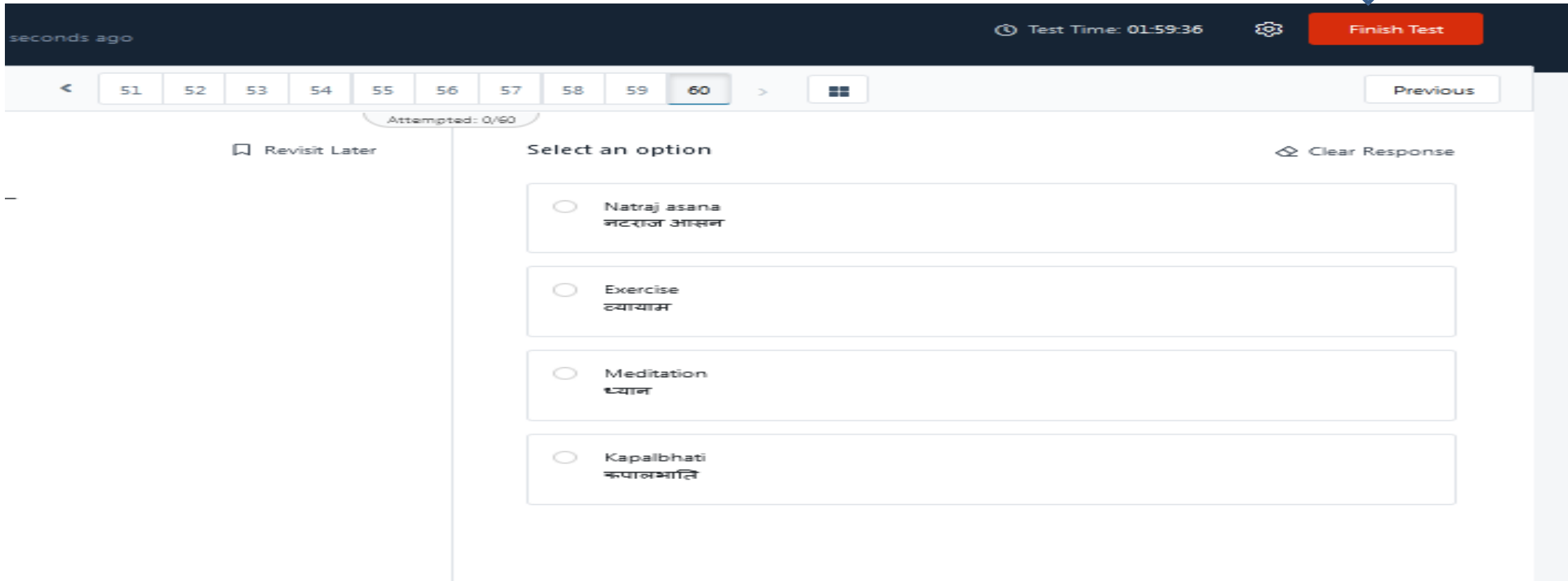
**Total Time of Untimed Sections** = Total time of test - Total time of Timed sections

**Start Test**



# FINISH TEST

- After completing the exam click on Finish test button present at the right top corner of the system screen 



The screenshot displays a test interface. At the top, a dark blue header bar contains the text "seconds ago" on the left, "Test Time: 01:59:36" in the center, and a red "Finish Test" button on the right. Below the header, a navigation bar shows a sequence of question numbers from 51 to 60, with 60 highlighted. A "Previous" button is located on the right side of this bar. The main content area features a "Revisit Later" button on the left and a "Clear Response" button on the right. The central part of the screen is titled "Select an option" and contains four radio button options: "Natraj asana" (नटराज आसन), "Exercise" (द्व्यायाम), "Meditation" (ध्यान), and "Kapalbhati" (कपालभाति).



**THANK YOU !**

**[www.vkcsm.com](http://www.vkcsm.com)**

**Contact for further info on 82228-73086**