

  
**MANGALORE UNIVERSITY**  
**DEPARTMENT OF YOGIC SCIENCE**  
**M.Sc. YOGIC SCIENCE**

**YSH405 PRACTICAL – I: KRIYAS AND ASANAS**

**Learning Objectives:**

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

**Learning Outcome:**

After the completion of the course, the student will be able to:

- Perform the kriyas and asanas systematically.
- Describe and demonstrate the procedures of the selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

<b>I</b>	<b>Selected Kriyas</b>	<b>24Hrs</b>
	1) Jalaneti, Kapalabhathi	
	2) Agnisara, Trataka	
	3) Sutraneti	
	4) Gajakarani	
<b>II</b>	<b>Asanas</b>	<b>24Hrs</b>
	1) Svastikasana, Tadasana 1&2	
	2) Vaidika Suryanamaskara – 9 Vinyasa	
	3) Siddhasana, Padmasana	
	4) Baddha Padmasana, Pashasana	
<b>III</b>	<b>Asanas</b>	<b>24Hrs</b>
	1) Shalabhasana, Bhekasana	
	2) Dhanurasana, Parshvasahita Dhanurasana	
	3) Ustrasana, Vajra & Suptavajrasana	
	4) Pavanamuktasana, Bhujangasana	
<b>IV</b>	<b>Asanas</b>	<b>24 Hrs</b>
	1) Urdhwa Padmasana	

- 2) Pindasana
- 3) Matsyasana,Uttanapadasana
- 4) Shavasana I

#### **REFERENCE BOOKS**

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