



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

YSS554A PRACTICAL – VII : ADVANCED PRACTICES

Learning Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Learning Outcome:

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

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Self-improvement of health and concentration.

I Pranayama(Advanced) 24 Hrs

- 1) Ujjayi
- 2) Suryabhedana
- 3) Candrabhedana
- 4) Nadisuddhi

II Pranayama(Advanced) 24 Hrs

- 1). Bhastrika
- 2) Bhramari
- 3) Sitali

4) Sitkari

III Meditation (Advanced)

24 Hrs

1) Pranava

2) Soham

3) Sthuladhyana

4) Sukshmadhyana

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