



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences M.Sc. Yogic Science

YSP506A PRACTICAL – VI: PRANAYAMA & MEDITATION

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	24 Hrs
	1) Recaka Kumbhaka	
	2) Puraka Kumbhaka	
	3) Ujjayi	
	4) Nadisuddhi	
II	Pranayama	24Hrs
	1) Suryabhedana	
	2) Candrabhedana	
	3) Sitali	
III	Pranayama	24 Hrs
	1) Bhastrika	
	2) Bhramari	
	3) Sitkari	
IV	Meditation	24Hrs
	1) Pranava	
	2) Soham	

- 3) Akashadharana, Vayavidharana
- 4) Yoganidra

REFERENCE BOOKS

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