



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

<b>I</b>	<b>Pranayama</b>	<b>24 Hrs</b>
	1) Recaka Kumbhaka	
	2) Puraka Kumbhaka	
	3) Ujjayi	
	4) Nadisuddhi	
<b>II</b>	<b>Pranayama</b>	<b>24Hrs</b>
	1) Suryabhedana	
	2) Candrabhedana	
	3) Sitali	
<b>III</b>	<b>Pranayama</b>	<b>24 Hrs</b>
	1) Bhastrika	

- 2) Bhramari
- 3) Sitkari

#### **IV Meditation**

**24Hrs**

- 1) Pranava
- 2) Soham
- 3) Akashadharana, Vayavidharana
- 4) Yoganidra

#### **REFERENCE BOOKS**

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13. Swami SatyanandaSaraswati(2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
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