



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

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.

I Selected Kriyas

24Hrs

- 1) Jalaneti, Kapalabhati
- 2) Agnisara, Trataka
- 3) Sutraneti
- 4) Gajakarani



II Asanas

24Hrs

- 1) Svastikasana, Tadasana 1&2
- 2) Vaidika Suryanamaskara – 9 Vinyasa
- 3) Siddhasana, Padmasana
- 4) Baddha Padmasana, Pashasana

III Asanas

24Hrs

- 1) Shalabhasana, Bhikasana
- 2) Dhanurasana, Parshvasahita Dhanurasana
- 3) Ustrasana, Vajra & Suptavajrasana
- 4) Pavanamuktasana, Bhujangasana

IV Asanas

24 Hrs

- 1) Urdhwa Padmasana
- 2) Pindasana

3) Matsyasana,Uttanapadasana

4) Shavasana I.

REFERENCE BOOKS

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