



MANGALORE UNIVERSITY

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

YSP506A PRACTICAL – VI: PRANAYAMA & MEDITATION

Learning Objectives:

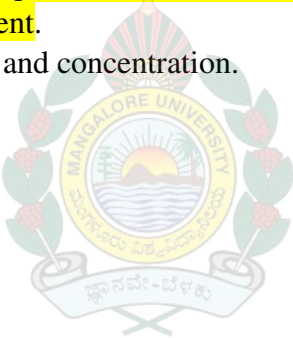
To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutic 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) Bhrumari		
	3) Sitkari		
IV	Meditation		24Hrs
	1) Pranava		
	2) Soham		

- 3) Akashadharana, Vayavidharana
- 4) Yoganidra

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