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

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