



# MANGALORE UNIVERSITY

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

YSS554A PRACTICAL – VII : ADVANCED PRACTICES

### 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.

|            |                              |               |
|------------|------------------------------|---------------|
| <b>I</b>   | <b>Pranayama(Advanced)</b>   | <b>24 Hrs</b> |
|            | 1) Ujjayi                    |               |
|            | 2) Suryabhedana              |               |
|            | 3) Candrabhedana             |               |
|            | 4) Nadisuddhi                |               |
| <b>II</b>  | <b>Pranayama(Advanced)</b>   | <b>24 Hrs</b> |
|            | 1). Bhastrika                |               |
|            | 2) Bhramari                  |               |
|            | 3) Sitali                    |               |
|            | 4) Sitkari                   |               |
| <b>III</b> | <b>Meditation (Advanced)</b> | <b>24 Hrs</b> |
|            | 1) Pranava                   |               |
|            | 2) Soham                     |               |
|            | 3) Sthuladhyana              |               |

## REFERENCE BOOKS

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