

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

**YSH406 PRACTICAL – II: ASANAS**

**Learning Objectives:**

- Training of students in certain Asanas, classical references to the Asanas.
- To make the students to understand the method of Asana practice.
- To have references for the practices.

**Learning Outcome:**

After the completion of the course, the student will be able –

- To perform the asanas systematically.
- Describe and demonstrate the procedures of the asanas.
- To apply the asanas therapeutically according to the individual requirement.
- To represent the practice in proper terms.
- Understanding and self-improvement of health and concentration.

|            |                                                     |              |
|------------|-----------------------------------------------------|--------------|
| <b>I</b>   | <b>Asanas</b>                                       | <b>24Hrs</b> |
|            | 1) Yaugika Suryanamaskara – 17 Vinyasa              |              |
|            | 2) Padangusthasana, Padahasthasana                  |              |
|            | 3) Utthita Trikonasana, Parivrtta Trikonasana       |              |
|            | 4) Utthita Parshvakonasana, Prasarithapadottanasana |              |
| <b>II</b>  | <b>Asanas</b>                                       | <b>24Hrs</b> |
|            | 1) Parshvottanasana                                 |              |
|            | 2) Utthita Padangusthasana                          |              |
|            | 3) Ardhabaddhapadmottanasana                        |              |
|            | 4) Veerabhadrasana                                  |              |
| <b>III</b> | <b>Asanas</b>                                       | <b>24Hrs</b> |
|            | 1) Paschimottanasana, Purvottanasana                |              |

- 2) Ardhabaddhapadmapaschimottanasana, Janushirshasana
- 3) Tiryannmukhaikapadapaschimottanasana
- 4) Marichasana 1 & 2, Navasana

#### **IV Asanas**

**24 Hrs**

- 1) Bhujapeedasana, Kurmasana
- 2) Setubandhasana
- 3) Viparitarani, Salamba Sarvangasana
- 4) Halasana, Shavasana II

#### **REFERENCE BOOKS**

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