

YOGA AND MEDITATION

Semester – 6th

FE - 6

YM (607)

Credit – 0 + 2 = 2

Practical:

1. Pravthana & religious songs.
2. Yogic Sharirik Kriya.
3. Shitilikarn Vyayam.
4. Asana (Different).
5. Pranayam.
6. Different Mudras.
7. Surya Namaskar.
8. शरीरशुद्धी क्रियाओ