

Paper – 5

Yoga: Practices.

PART – A

1. Yogic Sukshma Vyayama: Definition, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

- A Buddhi Tatha Dhruti Shakti Vikasaka (developing the mind and will power)
- B Smarana Shakti Vikasaka (developing the memory)
- C Medha Shakti Vikasaka (developing the intellect)
- D Netra Shakti Vikasaka (developing the eye sight)
- E Kapola Shakti Vardhaka (rejuvenating the cheeks)
- F Karna Shakti Vardhaka (improving the power of hearing)
- G Griva Shakti Vikasaka (strengthening the neck – 1, 2, 3)
- H Skandha Tatha Bahu Mula Shakti Vikasaka (developing the strength of the shoulder-blades and joints)
- I Bhuja Bandha Shakti Vikasaka (strengthening the upper arms)
- J Kurpara Shakti Vikasaka (strengthening the elbows)
- K Bhuja-Valli Shakti Vikasaka (strengthening the fore-arms)
- L Purna Bhuja Shakti Vikasaka (developing the arms)
- M Mani Bandha Shakti Vikasaka (developing the wrists)
- N Kara Prushtha Shakti Vikasaka (developing the back of the hand)
- O Kara Tala Shakti Vikasaka (developing the palms)
- P Anguli Mula Shakti Vikasaka (developing the finger-joints)
- Q Anguli Shakti Vikasaka (strengthening the fingers)
- R Vaksha Sthala Shakti Vikasaka (developing the chest – 1, 2)
- S Udara Shakti Vikasaka (developing the abdominal muscles – 1 to 10)

- T Kati Shakti Vikasaka (strengthening the back – 1 to 5)
- U Muladhara Chakra Shuddhi (toning up the bowels)
- V Upastha Tatha Swadhishtana Chakra Shuddhi (cleaning and toning up the bowels)
- W Kundalini Shakti Vikasaka (developing the power of the mystic coil – Kundalini)
- X Jangha Shakti Vikasaka (strengthening the knees – 1, 2, 3)
- Y Pindali Shakti Vikasaka (developing the calves)
- Z Pada Mula Shakti Vikasaka (developing the strength of the soles)
- Aa Gulpha Padaprushtha Padatala Shakti Vikasaka (developing the strength of ankles and the feet)
- Bb Padanguli Shakti Vikasaka (developing the toes)

2. Yogic Sthula Vyayama: Definition, Technique, Physiological Effects, Therapeutic Utility and Contra-indications.

- A Rekha Gati (walking in a straight line)
- B Hrud Gati (the locomotive exercise)
- C Utkurdana (the jumping exercise)
- D Urdhva Gati (upward movements)
- E Sarvanga Pushti (developing entire body)
- F Shirasana (standing on the head)
- G Suryanamaskara – All the twelve steps along with Mantras and their effects

3. Yogic Shuddhi Kriya: Definition, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

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|--------------|---------------------------|
| A Jala Neti | G Sthala Basti |
| B Sutra Neti | H Kapalabhati & its types |

C Kunjal I Shankhaprakshalana
D Vastra Dhauti J Nauli
E Danda Dhauti K Trataka
F Jala Basti

4. Asanas: Definition, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

1	Siddhasana	17	Utkatasana
2	Padmasana	18	Samkatasana
3	Bhadrasana	19	Mayurasana
4	Muktasana	20	Kukkutasana
5	Vajrasana	21	Kurmasana
6	Swastikasana	22	Uttanakurmasana
7	Simhasana	23	Mandukasana
8	Gomukhasana	24	Uttanamandukasana
9	Virasana	25	Vrukshasana
10	Dhanurasana	26	Garudasana
11	Shavasana	27	Vrushasana
12	Guptasana	28	Shalabhasana
13	Matsyasana	29	Makarasana
14	Matsyendrasana	30	Ushtrasana
15	Gorakshasana	31	Bhujangasana
16	Pashchimottanasana	32	Yogasana

PART – B

1. Pranayamas: Definition, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

1	Anuloma-Viloma / Nadi Shuddhi	5	Ujjayi
2	Surya Bhedi	6	Sheetali
3	Chandra Bhedi	7	Sitkari
4	Bhastrika	8	Bhramari

2. Mudras: Definition, Technique, Physiological Effects, Therapeutic Utility and Contra-indications.

1	Dehamudra
2	Hastamudra
3	Others

3. Bandhas: Definition, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

1	Jalandhara
2	Uddiyana
3	Mula

4. Pratyahara & Dharana: Definition, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

5. Dhyana: Definition, Introduction to various ancient and contemporary meditation techniques, Physiological Effects, Therapeutic Utility and Contra-indications

6. Relaxation techniques: Definition, Introduction to various ancient and contemporary techniques, Physiological Effects, Therapeutic Utility and Contra-indications

7. Contemporary methods of mind control; Practices of advanced Yoga for development of higher mental faculties: Memory and intelligence.