

**DEPARTMENT OF YOGIC SCIENCE**  
**YOGA PRACTICAL – SEC**  
**SEMESTER- 2**

➤ **Invocation Prayer:**

- Recitation of Aum Sangchchhdhma.....and Santi Path (Aum Sarve Bhavantu...) and Om Sahana bhavatu Mantra
- Pawan Muktasana Series Part 1, 2 and 3
- Pragy Yoga Vyayama
- Surya Namaskar

➤ **Yoga Asanas:**

Tadasana, Vrikshasana, Padahastasana, Ardha Chakra Asana, Trikonasana, Bhadrasana, Vajrasana/Virasana, Ardha Ustrasana (For Beginners), Ustrasana, Sasankasna, Uttan Mandukasana, Vakrasana/Marichyasana, Makarasana, Bhujangasana, Salabhasana, Setu Bandhasana, Uttanpadasana, Ardha Halasana, Pawanmuktasana, Savasana

➤ **Kapalbhati Kriya**

According to IDY Protocol

➤ **Pranayam:**

Nadi-Shodhan (According to Pt. Shriram Sharma Acharya), Anulom Viloma, Sitali Pranayama, Bhramari Pranayama, Pranakarshan Pranayam.

➤ **Dhyana**

According to IDY Protocol

➤ **Sankalpa:**

According to IDY Protocol

➤ **Shantipath:** Om Sarve Bhavantu Sukhinah, Sarve Santu Nirāmayah Sarve Bhadrani Paśyantu,

Maa Kascit Duhkha Bhāgbhavet Om Shantih Shantih Shantih

➤ **Viva-Voce:**

**Continuous evaluation by the Teachers**