

VALUE OF YOGA AND MEDITATION  
PRACTICAL (1 CREDIT)

Guide to Asanas mentioned in the syllabus

**1. Pranayama in padmasana – kapalbhati, anulom bilom:**

<https://www.youtube.com/watch?v=AtG7cx6p7DY>

[https://www.youtube.com/watch?v=lrkW\\_6vGqvE](https://www.youtube.com/watch?v=lrkW_6vGqvE)

**2. Marjari – asana:**

<https://www.youtube.com/watch?v=-CrHnFJiY2g>

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**Konasan:**

<https://www.youtube.com/watch?v=PwHyARpmbRI>

<https://www.youtube.com/watch?v=YtjKXDHd5hU>

<https://www.youtube.com/watch?v=hRcvSEtoecg>

**Veebhadrasan:**

<https://www.youtube.com/watch?v=yoHs5n4mvdA>

<https://www.youtube.com/watch?v=6KgIrb8QQF0>

**Suryanamaskar:**

<https://www.youtube.com/watch?v=1xRX1MuoImw>

<https://www.youtube.com/watch?v=QFhgghL3vGM>

**Bhramari:**

<https://www.youtube.com/watch?v=hR2ewXJIZSo>

**Shabasan:**

<https://www.youtube.com/watch?v=ogaDPQ85508>

<https://www.youtube.com/watch?v=nF4WqMRbfdI>

**Yognidra Meditation:**

<https://www.youtube.com/watch?v=zLJu3wQA1Ko>

[https://www.youtube.com/watch?v=9\\_SOxCjPbqw](https://www.youtube.com/watch?v=9_SOxCjPbqw)

**3. Padmasan:**

[https://www.youtube.com/watch?v=w\\_j4lnfRC38](https://www.youtube.com/watch?v=w_j4lnfRC38)

<https://www.youtube.com/watch?v=krB0b6ZYGLk>

**Salvasan / Viprit Salvasan:**

<https://www.youtube.com/watch?v=IFKJasb2taE>

<https://www.youtube.com/watch?v=5OZfc285BSk>

**Bhujangasan:**

<https://www.youtube.com/watch?v=luTSRGXPems>

<https://www.youtube.com/watch?v=orGvMehBDQs>

**Dhanurasan:**

<https://www.youtube.com/watch?v=4P2mYcOGxbU>

<https://www.youtube.com/watch?v=pjmDEXjnEVY>

**Naukasan:**

<https://www.youtube.com/watch?v=AV7VHk5qlHg>

<https://www.youtube.com/watch?v=xoQHPAFtQGk>

**Pawanmuktasan:**

<https://www.youtube.com/watch?v=4SW-PU0u7yE>  
<https://www.youtube.com/watch?v=UNQfuFaQWNNo>

**Setubandhasan:**

<https://www.youtube.com/watch?v=mSSK2gXA99U>  
<https://www.youtube.com/watch?v=0UOsDyM4UqA>

**Natrajasan:**

<https://www.youtube.com/watch?v=fzWRhdfc-rw>  
<https://www.youtube.com/watch?v=GCOcRyHHpJk>

**Ardha Matsyendrasana:**

<https://www.youtube.com/watch?v=yjLiltVvgTU>  
<https://www.youtube.com/watch?v=iHl0Kj5vXHY>

**Yogmudrasan:**

<https://www.youtube.com/watch?v=mVrTV1fTjk8>  
<https://www.youtube.com/watch?v=acXLkig4gYo>

**4. Nadisodhan:**

[https://www.youtube.com/watch?v=CQVEt\\_\\_Q7F8](https://www.youtube.com/watch?v=CQVEt__Q7F8)

**Panchkosha Meditation:**

<https://www.youtube.com/watch?v=ZmyQdw9bKAA>