

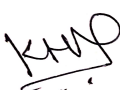
# Visvesvaraya Technological University

(State University of Government of Karnataka Established as per the VTU Act, 1994)

“JnanaSangama”, Belagavi - 590 018, Karnataka State

## Guidelines for Yoga Syllabus for Semester IV

4 <sup>th</sup> Semester	Patanjali's Ashtanga Yoga 1. Yama 2. Niyama	Patanjali's Ashtanga Yoga. Yama :Ahimsa, satya, asteya, brahmacarya, aparigraha Niyama : shoucha, santosh, tapa, svaadhyaya, Eshvarapranidhan	Total 20-24 hrs
	Suryanamaskara	Suryanamaskar 12 count 4 rounds	2 hrs / week
	Different types of Asanas a. Sitting 1. Sukhasana 2. Paschimottanasana b. Standing 1. Ardhakati Chakrasana 2. Parshva Chakrasana c. Prone line 1. Dhanurasana d. Supine line 1. Halasana 2. Karna Peedasana	Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name, technique, precautionary measures and benefits of each asana	
	Kapalabhati	Meaning, importance and benefits of Kapalabhati. 40 strokes/min 3 rounds	
	Pranayama – 1. Suryanuloma –Viloma 2. Chandranuloma-Viloma 3. Suryabhedana 4. Chandra Bhedana 5. Nadishodhana	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama	

  
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