

B.Sc. Yoga (3rd year)

Paper-II : Advanced Yogic Therapy

Effect of various yogic practices on different Systems

Dr. Ram Kishore
Assistant Professor (Yoga)
School of Health Science
CSJMU, Kanpur

Effect of various yogic practices on Skeletal Systems

Shatkarma

Sukshm
vyayam

Yam Niyam

Aasan

Mudra Bandha

Pranayam

Meditation

Effect of various yogic practices on Endocrine Systems

Shatkarma

Suksh
m
vyayam

Yam Niyam

Aasan

Mudra Bandha

Pranayam

Meditation

Effect of various yogic practices on Nervous Systems

Shatkarma

Sukshm
vyayam

Yam Niyam

Aasan

Mudra Bandha

Pranayam

Meditation



Thanks