



**NATIONAL INSTITUTE OF AYURVEDA, JAIPUR**



**(Deemed to be University De-Novo)  
(Ministry of AYUSH, Govt. of India)**

## **PG Department of SWASTHAVRITTA & YOGA**

**Course Name: SWASTHAVRITTA & YOGA**

**Course Code: 11(B) Practical**

### **COURSE OUTCOMES**

**At the end of this program student will be:**

1. Able to demonstrate various Dincharya procedures viz. Dantadhavana, Anjana, Nasya, Kavala, Gandusha, Dhumapana, Abhyanga, Udvartana etc;
2. **Able to perform Yogic procedures:**
  - **Asana:** Swastikasan, Gomukhasan, Sarpasan, Kukuttasan, Uttankurmasan etc;
  - **Pranayama:** Nadishudhhi Anulom Vilom Pranayam, Suryabhedani, Ujjayi, Bhasrika, Bhramari, Sheetal, Sitkari;
  - **Mudra:** Viparita karani, Yoga Mudra, Mahamudra etc;
  - **Bandha:** Jalandhara, Uddiyana etc.
3. **Able to perform Shuddhi kriya** – Jala Neti, Sutra Neti, Jala Dhauti, Kapalbhati, Tratak Basti, Nauli, Vastra dhauti;
4. **Able to know Nisargopachara procedures:** Mruttika Snana, Mruttika Patti, Pada and Hasta Snana, Vashpasnana (Steam bath), Awagahana (Immersion bath), Prishtasnana (Spinal bath), Katisnana (Hip bath),