

# Karuna Yoga Vidya Peetham

## Bangalore, India

### Student Assessment Sheet: Teachers Feed Back & Weekly Assessment

#### Paper - 6 Elective

Ashtanga Yoga: Primary Series	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
Prayer the invocation (vande gurunam..)					
Surya Namakara(sun salutation)-A					
Surya Namakara(sun salutation)-B					
Primary Series - Standing Asanas					
1. Padangusthasana (big toe pose)					
2. Padahasthasana(hand under foot pose)					
3. Utthita Trikonasana(triangle pose)					
4. Parivrtta Trikonasana(revolving triangle pose)					
5. Utthita Parsvakonasana(extended side angle pose)					
6. Parivritta parsvakonasana(revolving side angle pose)					
7. Prasarita padottanasana a,b,c,d(intense wide leg stretch)					
8. Parsvottanasana(intense side stretch pose)					
9. Utthita hasta Padangusthasana(hand to big toe pose)					
10. Ardha baddha padmottanasana(half bound lotus forward bend)					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
<b>Primary Series - Sitting Asanas:</b>					
1. Dandasana(staff pose)					
2. Paschimottanasana a,b,c (intense west stretch or sitting forward bend)					
3. Purvottanasana(intense east stretch)					
4. Ardha baddha padma paschimottanasana(half bound lotus forward bend)					
5. Tiriang mukhaipada paschimottanasana(three limbs facing intense west stretch pose)					
6. Purvottanasana(intense east stretch)					
7. Ardha baddha padma paschimottanasana(half bound lotus forward bend)					
8. Janu sirsasana (head to knee pose )					
9. Marichyasana					
10. Navasana(boat pose)					
11. Bhujapidasana(shoulder pressure posture)					
12. Kurmasana(tortoise pose)					
13. Supta kurmasana(sleeping tortoise)					
14. Garbha pindasana(embryo pose)					
15. Kukkutasana (rooster pose)					
16. Baddha konasana a,b(bound angle pose)					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
17. Upavista konasana a-b(seated angle pose)					
18. Supta padangustasana(reclining big toe posture)					
19. Ubhaya Padangusthasana(both big toes pose)					
20. Urdhva mukha paschimottasana(upward facing full forward bend)					
21. Setu bandhasana(bridge)					
22. Urdhva dhanurasana(upward bow posture)					
23. Salamba sarvangasana(shoulderstand)					
24. Halasana(plow)					
25. Karnapidasana(ear pressure pose)					
26. Urdhva padmasana(upward lotus)					
27. Pindasana(embryo pose)					
28. Matsyasana(fish pose)					
29. Uttana padasana(extended leg pose)					
30. Sirsasana(headstand)					
31. Yoga mudra (sealed yoga pose)					
32. Padmasana (lotus)					
33. Uttpluthi(uprooting)					
34. Savasana(corpse pose)					

35.Ending prayer					
<b>Yogic Suksma Vyayama</b>	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
1. Prarthana ... Prayer					
2. Uccarana-Sthala- Tatha- Visuddha-Cakra-Shuddhi (Clearing the Pharynx / throat and voice)					
3. Buddhi Tatha Dhrti-Shakti-Vikasaka (Developing the Mind and Will power					
4. Smarana- Shakti- Vikasaka (Developing the Memory)					
5 . Medha -Shakti-Vikasaka (Developing the Intellect)					
6 . Netra-Shakti-Vikasaka (Improving the Eye-sight)					
7. Kapola-Shakti-Vardhaka (Rejuvenating the Cheeks)					
8. Karna-Shakti Vardhaka (Improving the power of Hearing)					
9. Griva-Shakti-Vikasaka-1 (Strenghtening the Neck -1)					
10. Griva-Shakti-Vikasaka-2 (Strenghtening the Neck - 2)					
11. Griva-Shakti-Vikasaka-3 (Strenghtening the Neck - 3)					
12. Skandha- Tatha- Bahu- Mula- Shakti- Vikasaka (Developing the strength of the Shoulder-blades and joints)					
13. Bhuja- Bandha- Shakti- Vikasaka (Strenghtening the Upper arms)					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
14. Kaphoni Shakti- Vikasaka (Strenghtening the Elbows)					
15. Bhuja-Balli-Shakti-vikasaka (Strenghtening the Fore-arms)					
16. Purna-Bhuja-Shakti-Vikasaka (Developing the Arms)					
17. Mani-Bandha-Shakti-Vikasaka (Developing the Wrists)					
18. Kara-Prstha-Shakti-Vikasaka (Developing the back of the Hand)					
19. Kara-Tala-Shakti-Vikasaka (Developing the Palms)					
20. Angula-Mula-Shakti-Vikasaka (Developing the Finger-Joints)					
21. Anguli-Shakti-Vikasaka (strengthening the Fingers)					
22. Vaksha-Sthala-Shakti-Vikasaka-1 (Developing the Chest -1)					
23. Vaksa-Sthala-Shakti-Vikasaka-2 (Developing the Chest -2)					
24. Udara-Shakti-Vikasaka-1 (Developing the Abdominal muscles-1) Ajagari (the Panther exercise)					
25. Udara-Shakti-Vikasaka-2 (Developing the Abdominal muscles-2)					
26. Udara-Shakti-Vikasaka-3 (Developing the Abdominal muscles-3)					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
27. Udara-Shakti-Vikasaka-4 (Developing the Abdominal muscles-4)					
28. Udara-Shakti-Vikasaka-5 (Developing the Abdominal muscles-5)					
29. Udara-Shakti-Vikasaka-6 (Developing the Abdominal muscles-6)					
30. Udara-Shakti-Vikasaka-7 (Developing the Abdominal muscles-7)					
31. Udara-Shakti-Vikasaka-8 (Developing the Abdominal muscles-8)					
32. Udara-Shakti-Vikasaka-9 (Developing the Abdominal muscles -9)					
33. Udara-Shakti-Vikasaka-10 (Developing the Abdominal muscles-10)					
34. Kati-Shakti-Vikasaka-1 (Strenghtening the back -1)					
35. Kati-Shakti-Vikasaka-2 (Strenghtening the back -2)					
36. Kati-Shakti-Vikasaka-3 (Strenghtening the back -3)					
37. Kati-Shakti-Vikasaka-4 (Strenghtening the back-4)					
38. Kati-Shakti-Vikasaka-5 (Developing the strength of the back -5)					
39. Muladhara-Cakra-Shuddhi (Toning up the Bowels)					
40. Upastha- Tatha- Svadhisthana-Cakra-Shuddhi (Cleansing and toning up the bowels)					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
41. Kundalini-Shakti-Vikasaka (Developing the power of the Mystic Coil)					
42. Jangha-Shakti-Vikasaka-1 (Developing the Thighs-1)					
43. Jangha-Shakti-Vikasaka-2 (Developing the Thighs-2)					
44. Janu-Shakti-Vikasaka (Strenghtening the Knees)					
45. Pindali-Shakti-Vikasaka (Developing the Calves)					
46. Pada-Mula-Shakti-Vikasaka (Developing the strength of the soles)					
47. Gulpha-Pada-Prshtha-Pada-Tala-Shakti-Vikasaka (Developing the strength of the Ankles and the Feet)					
48. Padanguli-Shakti-Vikasaka (Developing the Toes)					
<b>Hatha Yoga Asanas</b>					
Hatha Yoga 32 Asanas by Lord Shiva's for Mortal Human Beings					
1. Vrikshasana (tree pose)					
2. Garudasana (eagle pose)					
3. Sankatasana(dangerous pose) or Garudasana					
4. Utkatasana (mighty or chair pose)					
5. Ustrasana (camel pose)					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
6. Veerasana (hero's pose)					
7. Mandukasana(frog pose)					
8. Uttan mandukasana - (stretching frog pose)					
9. Yogasana (staff or dandasana)					
10. Siddhasana ((adept's pose or psychic pose)					
11. Padmasana (lotus pose)					
12. Bhadrasana (gracious pose)					
13. Muktasana (liberation pose)					
14. Vajrasana (thunderbolt or diamond pose)					
15. Swastikasana (auspicious pose)					
16. Simhasana (lion's pose)					
17. Gomukhasana (cow's face pose)					
18. Vrishasana(bull pose)					
19. Guptasana (alternate name to siddhasana)					
20. Matsyendrasana (spinal twist pose)					
21. Gorakasana(dedicated to sage Goraknath)					
22. Paschimottanasana (back stretching pose)					
23. Koormasana (tortoise pose)					



	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
24. Uttan Koormasana (stretching tortoise pose)					
25. Shavasana or Mritasana (corpse pose)					
26. Matsyasana (fish pose)					
27. Makarasana (crocodile pose)					
28. Shalabhasana (locust pose)					
29. Bhujangasana (cobra pose)					
30. Dhanurasana (bow pose)					
31. Mayurasana (peacock pose)					
32. Kukkutasana (cockerel or rooster pose)					
<b>Project writing</b>					
<b>Format of Thesis</b>					
1) Cover Page					
2) Title Page					
3) Certificate by the Supervisor(s)					
4) Declaration					
5) Acknowledgements					
6) Abstract					

7) List of Abbreviations					
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1. Background /Introduction					
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11. Findings / Discussions					
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