

**ASSIGNMENT**  
**B.Sc. SEM-4**  
**EC- YOGA**  
**FEBRUARY 2020**

1. Yogasanas- Importance and rules
2. Sitting postures- Padmasana, Parvatasana
3. Supine postures- Savasana, Uttanapadasana, Matyasana
4. Abdominal postures- Dhanurasana
5. Hand postures- Mayurasana
6. Head postures- Shirsasana
7. Psychosomatic effects of yoga
8. Surya namaskar, Namaskarasana
9. Pranayama
10. Bhramari
11. Yogasana
12. Exercises for care of eyes

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