APPENDIX - VI

Personal Data

PONDICHERY UNIVERSITY

Department of Physical Education and Sports

Dear Students,

This questionnaire booklet forms a part of my Ph.D., research work. I am conducting an investigation to explore a few selected psychological aspects of college men students in Pondicherry. In this connection I seek your kind help and co-operation. Please feel free and be frank in giving answers. I honestly assure you that your information will be kept strictly confidential and used for academic purposes only.

Yours faithfully,

Dr. D. Sakthignanavel
(Guide)

(A. JAMES)
Research Scholar

PERSONAL DATA

Please furnish correct information for the following:

1. Name :
2. Age :
3. Class :
4. Name of the College :
APPENDIX - VII

QUESTIONNAIRE – I

TRIER PERSONALITY INVENTORY FOR MENTAL HEALTH

Instructions

This questionnaire contains 20 statements and each statement has four answer categories namely ‘Always’, ‘Often’, ‘Sometimes’ and ‘Never’. There are four boxes against each statement. Read each statement carefully and express your most appropriate answer by placing a cross (X) in one of the four boxes. Answer all the statements.

Example:

1. It is ….. easy for me to keep my mind on a task

<table>
<thead>
<tr>
<th>Statements</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Never</th>
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</thead>
<tbody>
<tr>
<td>1. When something important has to be decided, I….Know exactly what I want.</td>
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<td>2. I…..feel that I am well-matched for life and its difficulties.</td>
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<td>3. I…feel inferior to other people.</td>
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<td>4. I am……well able to represent my own interests.</td>
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<td>5. I am …..Successful in business and personal matters.</td>
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<td>6. I……. allow myself to be easily influenced by others.</td>
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<td>7. I…….have a feeling of passivity and inner emptiness.</td>
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<td>8. I…..view the future with complete confidence.</td>
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<td>9. When I encounter a difficult situation, I…….trust my ability to master it.</td>
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<td>10. I feel full of energy and enterprise.</td>
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<tr>
<td>Statements</td>
<td>Always</td>
<td>Often</td>
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<td>11. I….feel somewhat awkward among others.</td>
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<td>12. My mood is…….good.</td>
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<td>13. I….have an inferiority complex.</td>
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<td>14. I am….in good physical and mental condition.</td>
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<td>15. It is…true that I can’t stand myself.</td>
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<td>16. I…have the feeling that things are too much for me.</td>
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<td>17. I am…….successful in satisfying my needs.</td>
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<td>18. I…….act by the motto that I am responsible for my own happiness.</td>
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<td>19. It’s hard for me to keep my mind on a task or a job.</td>
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<td>20. I …….let myself be easily intimated by others.</td>
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APPENDIX - VIII

QUESTIONNAIRE – II

SELF-CONCEPT SCALE

Instructions:
Here are given fifty one statements and each statement has given five responses (Strongly Agree, Agree, Undecided, Disagree and Strongly Disagree). Please read each statement carefully and respond to it by marking a tick (✓) on any of the five responses given. If you really strongly agree with the statement, mark (✓) on ‘Strongly Agree’; if you only agree with the statement, mark (✓) on ‘Agree’ and so on. There is no right or wrong response. Try to give your response according to what you feel about yourself in reference to that statement.

<table>
<thead>
<tr>
<th>Statements</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Undecided</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. In General, I believe, I am fairly; worthwhile person.</td>
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<td>2. I like and feel pretty good towards myself.</td>
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<td>3. I worry over humiliating situations more than most persons.</td>
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<td>4. I can perform my best in a vocation or job against an opponent who is much superior to me.</td>
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<td>5. I often feel that my movements are clumsy</td>
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<td>6. I think I have an attractive personality.</td>
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<td>7. If given a chance, I could do something that would be of much benefit to the world.</td>
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<td>8. I tend to be quick and certain in my action</td>
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<td>9. I think of myself as a successful person.</td>
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<td>10. At times I am uncharitable to those who love me.</td>
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### Statements

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<td>11. Sometimes I feel depressed for no apparent reason at all.</td>
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<td>12. I frequently feel thwarted because I am unable to do as I desire.</td>
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<td>13. I often feel I get blamed or punished when I don’t deserve it.</td>
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<td>14. I find it hard to continue work when I do not get enough encouragement.</td>
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<td>15. When upset emotionally I take much time to recover.</td>
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<td>16. I find it hard to do my best when people are watching.</td>
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<td>17. At times I indulge in false excuses to get out of things.</td>
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<td>18. I prefer not to spend much time dwelling on the past.</td>
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<td>19. I am unwanted by those, I feel, are important to me.</td>
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<td>20. I am satisfied to a large extend about my sex matters.</td>
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<td>21. I become upset by criticism even if it is good or meant well.</td>
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<td>22. I look forward to prepare myself to attend what I intended to.</td>
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<td>23. My greatest weakness is that I find difficult to complete my work without assistance from others.</td>
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<td>24. It is my conviction that people in general tend to grow more conservative after the age of forty.</td>
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<tr>
<td>25. I am as good as anyone else.</td>
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<tr>
<td>Statements</td>
<td>Strongly Agree</td>
<td>Agree</td>
<td>Undecided</td>
<td>Disagree</td>
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<td>26. If I was young again I would try to do the thing which I could not do earlier.</td>
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<td>27. The members of my family often take advice and suggestion from me for overall matters.</td>
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<td>28. When things go wrong I pity or blame myself.</td>
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<td>29. I sometimes think or imagine of performing sexual act that many people consider unnatural.</td>
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<td>30. I certainly feel useless at times.</td>
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<tr>
<td>31. I spend much of the time worrying over the future.</td>
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<td>32. I find difficult to control my weight.</td>
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<td>33. I can always hear and see things as well as most other people.</td>
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<td>34. I don’t get invited out by friends as often as I would really like.</td>
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<td>35. At times I brag about my qualities before others.</td>
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<td>36. I am fairly able to recall the significant events of my early childhood.</td>
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<td>37. I can recover easily and quickly from social blunders.</td>
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<td>38. I frequently fail to recollect several things which I am to do.</td>
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<td>39. I have several times given up doing a thing because I thought to little of my ability.</td>
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### Statements

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<tr>
<td>40.</td>
<td>I see it is a bad mistake to spend most of my time worrying for the future, instead I prefer to try to find some pleasure in every present moment.</td>
<td>Strongly Agree</td>
<td>Agree</td>
<td>Undecided</td>
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<tr>
<td>41.</td>
<td>I am often in low spirit.</td>
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<td>42.</td>
<td>It is very important to me to feel that what I am doing is very worthwhile or meaningful.</td>
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<td>43.</td>
<td>I enjoy mixing with people.</td>
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<td>44.</td>
<td>I can tackle new situations with reasonable degree of assurance.</td>
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<td>45.</td>
<td>At times I feel a painful sense of loneliness and want very much to share an experience with someone else.</td>
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<td>46.</td>
<td>I can almost always go to sleep at night without any difficulty.</td>
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<td>47.</td>
<td>When luck turns against me I pray God to make it in favor of me.</td>
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<td>48.</td>
<td>Sometimes I would become a respectable person of society.</td>
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<td>49.</td>
<td>I believe that everyone is responsible for that he is as for what he does.</td>
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<td>50.</td>
<td>I deserve severe punishment for my sins.</td>
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<td>51.</td>
<td>I usually prefer to do things in tried way rather than experimenting new and different ways.</td>
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APPENDIX - IX

QUESTIONNAIRE - III

EYSENCK PERSONALITY INVENTORY

INSTRUCTIONS:

There are 57 questions given below followed by ‘yes’ or ‘No’ responses for each statement. If your answer is ‘Yes’ tick (✓) the word ‘Yes’. If your answer is ‘No’ tick (✓) the word ‘No’. There is no right or wrong answers.

1. Do you often long for excitement?
   - Yes
   - No

2. Do you often need understanding friends to cheer you up?
   - Yes
   - No

3. Are you usually carefree?
   - Yes
   - No

4. Do you find it very hard to take no for an answer?
   - Yes
   - No

5. Do you stop and think things over before doing anything?
   - Yes
   - No

6. If you say you will do something do you always keep your promise, no matter how inconvenient it might be to do so?
   - Yes
   - No

7. Does your mood often go up and down?
   - Yes
   - No

8. Do you generally do and say things quickly without stopping to think?
   - Yes
   - No

9. Do you ever feel “just miserable” for no good reason?
   - Yes
   - No

10. Would you do almost anything for a dare?
    - Yes
    - No

11. Do you suddenly feel shy when you want to talk to an attractive stranger?
    - Yes
    - No

12. Once in a while do you lose your temper and get angry?
    - Yes
    - No

13. Do you often do things on the spur of the moment?
    - Yes
    - No

14. Do you often worry about things you should not have done or said?
    - Yes
    - No

15. Generally, do you prefer reading to meeting people?
    - Yes
    - No

16. Are your feelings rather easily hurt?
    - Yes
    - No
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>17. Do you like going out a lot?</td>
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<td>18. Do you occasionally have thoughts and ideas that you would not like other people to know about?</td>
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<tr>
<td>19. Are you sometimes bubbling over with energy and sometimes very Sluggish?</td>
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<td>20. Do you prefer to have few but special friends?</td>
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<td>21. Do you daydream a lot?</td>
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<td>22. When people shout at you, do you shout back?</td>
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<tr>
<td>23. Are you often troubled about feelings of guilt?</td>
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<td>24. Are all your habits good and desirable ones?</td>
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<td>25. Can you usually let yourself go and enjoy yourself a lot at a gay party?</td>
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<tr>
<td>26. Would you call yourself tense or “highly strung”?</td>
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<tr>
<td>27. Do other people think of you as being very lively?</td>
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<tr>
<td>28. After you have done something important, do you often come away feeling you could have done better?</td>
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<td>29. Are you mostly quit when you are with other people?</td>
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<tr>
<td>30. Do you sometimes gossip?</td>
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<tr>
<td>31. Do ideas run through your head so that you cannot sleep?</td>
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<td>32. If there is something you want to know about would you rather look it up in a book than talk to someone about it?</td>
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<td>33. Do you get palpitations or thumping in your heart?</td>
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<tr>
<td>34. Do you like the kind of work that you need to pay close attention to?</td>
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<td>35. Do you get attacks of shaking or trembling?</td>
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<tr>
<td>36. Would you always declare everything at the customs, even if you knew that you could never be found out?</td>
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</table>
37. Do you hate being with a crowd who play jokes on one another?  Yes  No
38. Are you an irritable person?  Yes  No
39. Do you like doing things in which you have to act quickly?  Yes  No
40. Do you worry about awful things that might happen?  Yes  No
41. Are you allow and unhurried in the way you move?  Yes  No
42. Have you ever been late for an appointment or work?  Yes  No
43. Do you have many nightmares?  Yes  No
44. Do you like talking to people so much that you never miss a chance of talking to a stranger?  Yes  No
45. Are you trouble by aches and pains?  Yes  No
46. Would you be very unhappy if you could not see lots of people most of the time?  Yes  No
47. Would you call yourself a nervous person?  Yes  No
48. Of all the people you know, are there some whom you definitely do not like?  Yes  No
49. Would you say that you were fairly self-confident?  Yes  No
50. Are you easily hurt when people find fault with you or your work?  Yes  No
51. Do you find it hard to really enjoy yourself at lovely party?  Yes  No
52. Are you troubled with feelings of inferiority?  Yes  No
53. Can you easily get some life into a rather dull party?  Yes  No
54. Do you sometimes talk things you know nothing about?  Yes  No
55. Do you worry about your health?  Yes  No
56. Do you like playing pranks on others?  Yes  No
57. Do you suffer from sleeplessness?  Yes  No
APPENDIX – X

EFFECT OF SELECT YOGASANAS, PRANAYAMA AND MEDITATION ON BIOCHEMICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF MALE STUDENTS

TRAINING PROGRAMME

Duration : 12 weeks
Time : 40 minutes
Days : Five days per week

First and Second Weeks

ASANAS (25 minutes)

1. Savasana
2. Halasana
3. Chakrasana
4. Bhujangasana
5. Viparitakarani
6. Dhanurasana
7. Makarasana
8. Ustrasana
9. Matsyasana
10. Bakasana
11. Ssavasana

PRANAYAMA (10 minutes)

1. Kapalabhati - 30 strocks
2. Nadi Sodhana - 1 time
3. Sitakari - 1 : 1 : 1
4. Ujjayi - 1 : 1 : 1

MEDITATION (5 minutes)
Third and Fourth Weeks

ASANAS (25 minutes)

1. Savasana
2. Halasana
3. Chakrasana
4. Paschimothanasana
5. Bhujangasana
6. Viparitakarani
7. Dhanurasana
8. Matsyasana
9. Yoga Mudhra
10. Ustrasana
11. Pada Hasthasana
12. Bakasana
13. Savasana

PRANAYAMA (10 minutes)

1. Kapalabhati - 35 strocks / Minutes x 2 times
2. Nadi Sodhana - 2 times
3. Sitakari - 1 : 2 : 1 x 2 times
4. Ujjayi - 1 : 2 : 1 x 2 times

MEDITATION (5 minutes)
Fifth and Sixth Weeks

ASANAS (25 minutes)

1. Savasana
2. Halasana
3. Chakrasana
4. Janu sirasana
5. Bhujangasana
6. Saravangasana
7. Dhanurasana
8. Makarasana
9. Yoga Mudhra
10. Supta Vajrasana
11. Pada Hasthasana
12. Konasana
13. Navasana
14. Bakasana
15. Matayasan
16. Trikonasana
17. Savasana

PRANAYAMA (10 minutes)

1. Kapalabhati - 40 strocks / Minutes x 2 times
2. Bhramari - 2 times
3. Nadi Sodhana - 1 : 2 : 2 : 1 x 2 times
4. Sitakari - 1:2:2:1 x 2 times
5. Ujjayi - 1 : 2 : 1 /Jalandhara-bandha x 1 time
6. Sitali - 1 :2 : 1

MEDITATION (5 minutes)
Seventh and Eighth Weeks

ASANAS (25 minutes)

1. Savasana  
2. Halasana  
3. Chakrasana  
4. Janu sirasana  
5. Bhujangasana  
6. Sarvangasana  
7. Dhanurasana  
8. Bakasana  
9. Yoga Mudhra  
10. Supta Vajrasana  
11. Pada Hasthasana  
12. Konasana  
13. Mayurasana  
14. Navasana  
15. Matayasana  
16. Gomukhasana  
17. Savasana  

PRANAYAMA (10 minutes)

1. Kapalabhati - 50 strokes/minutes x 2 times  
2. Bhramari - 2 times  
3. Surya Bhedana - 1:1:1 or 1:2:2  
4. Sitali - 1:2:2:1 x 2 times  
5. Ujjayi - Jalandhara and Moola bhandha  

MEDITATION (5 minutes)
Ninth and Tenth Weeks

ASANAS (25 minutes)

1. Savasana
2. Halasana
3. Chakrasana
4. Janu sirasana
5. Bhujangasana
6. Saravangasana
7. Dhanurasana
8. Gomukhasana Bakasana
9. Yoga Mudhra
10. Supta Vajrasana
11. Pada Hasthasana
12. Konasana
13. Mayurasana
14. Navasana
15. Ardha Vrckikasana
16. Bakasana
17. Salabhasana
18. Savasana

PRANAYAMA (10 minutes)

1. Kapalabhati - 50 strocks / minutes X1 time
2. Bhastrika - 30 strocks / minutes x 2 times
3. Surya Bhedana - 1:2:2
4. Chandra Bhedma - 1:2:2
5. Bharamari - 1:1:1

MEDITATION (5 minutes) - AUM
Eleventh and Twelfth weeks

ASANAS (25 minutes)

1. Savasana
2. Chakrasana
3. Bhujangasana
4. Saravangasana
5. Dhanurasana
6. Yoga Mudhra
7. Kansana
8. Navasana
9. Uttib padmasana / Bakasana
10. Salabhasana
11. Trikonasana
12. Matayasana
13. Janusirangasana
14. Sasangasana
15. Savasana

PRANAYAMA (10 minutes)

1. Kapalabhati - 50 strocks / Minutes x 1 time
2. Bhastrika - 40 strocks / Minutes x 1 time
3. Nadi Sodhana - 1 : 4 : 2 : 1 x 1 time
4. Ujjayi - 1 : 4 : 2 : 1 x 1 time
5. Sitali - 1 : 4 : 2 : 1 / Minutes x 1 time
6. Sitakari - 1 : 4 : 2 : 1 time

MEDITATION (5 minutes) - AUM