

**SCHEME OF EXAMINATION**  
**And**  
**SYLLABUS**  
**For**  
**Diploma**  
**In**  
**Yoga & Naturopathy**  
**Offered by**  
**Community College of Skill Development**



**J C Bose University of Science & Technology, YMCA**  
**Sector-6, Mathura Road, Faridabad,**  
**Haryana, India**  
**2020-21**

## **ABOUT THE COMMUNITY COLLEGE OF SKILL DEVELOPMENT**

Community College of Skill Development has been running Post Graduate Diploma in Yoga and Naturopathy since 2018 with a mission to impart Yoga and Naturopathy education and significance of corrective exercise for fostering healthy lifestyle. The curriculum also helps the student to develop their skills in setting goals in life and make them physically, mentally, and spiritually strong to face different challenges in life.

## **ABOUT THE PROGRAM**

Diploma in Yoga is a full-time program in Yoga and Naturopathy. The program is covered in the course of one year covering all the major aspects of the study of Yoga. The prominence of Yoga has been on an increase across the globe, with more and more people knowing its benefits on health both in terms of physical and mental health. Along with becoming a medium of leading a healthy lifestyle, yoga has also turned to be a mode of a profession, with people opting for a career in this field. The program of Diploma in Yoga envisages to provide the required training to the aspirants who wish to undertake the further career in this field. The syllabus of Diploma in Yoga comprises theory and practical method of teaching.

## **PROGRAM EDUCATIONAL OBJECTIVES (PEOs)**

PEO 1: To enable the student to have good health.

PEO 2: To practice mental hygiene.

PEO 3: To possess emotional stability.

PEO 4: To integrate moral values.

PEO 5: To attain a higher level of consciousness.

## **PROGRAM OUTCOMES**

After completing the program, students will be able to:

1. The student can understand the knowledge about the theory and practice of Yoga and its nature, scope, development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Meditation and Its nature and scope, Different types of meditation, the concepts Hatha Yoga Pradipika and Gheranda Samhitha, Chakra theory and Kundalini yoga and relevance to the modern life.
2. The student can understand the knowledge of human anatomy & physiology of Cell

structure, systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system. Also, knowledge about Nutrition and dietetics.

3. The student can understand the knowledge of nature, characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaisesika Philosophy, Samkhya Philosophy.
4. The student can understand the knowledge of nature, characteristics, and development of Indian philosophy.

### **PROGRAMME SPECIFIC OUTCOME (PSOs)**

Students will have knowledge of improving the health of mind and body. Basic knowledge of Yoga and Naturopathy on Physical and Mental aspect.

## SCHEME OF EXAMINATION

### FIRST SEMESTER

Subject Code	Subject Name	L-T-P	Credits	Marks Weightage		Course Type
				Internal	External	
DYN-101	Introduction to Yoga	3-0-0	3	25	75	PCC
DYN-102	Human Anatomy	3-0-0	3	25	75	PCC
DYN-103	Hathyoga	3-0-0	3	25	75	PCC
DYN-104	Health and Yoga	3-0-0	3	25	75	PCC
DYN-105	Practical	0-0-18	18	00	100	SDP
<b>Total</b>		<b>12-0-18</b>	<b>30</b>	<b>125</b>	<b>475</b>	

### SECOND SEMESTER

Subject Code	Subject Name	L-T-P	Credits	Marks Weightage		Course Type
				Internal	External	
DYN-201	Patanjali Yoga Sutra	3-0-0	3	25	75	PCC
DYN-202	Naturopathy	3-0-0	3	25	75	PCC
DYN-203	Alternative Therapy	3-0-0	3	25	75	PCC
DYN-204	Naturopathy Practical	0-0-9	9	00	100	SDP
DYN-205	Yoga Practical	0-0-12	12	00	100	SDP
<b>Total</b>		<b>12-0-18</b>	<b>30</b>	<b>100</b>	<b>500</b>	

## DETAILED SCHEME AND SYLLABUS

### FIRST SEMESTER

Subject Code	Subject Name	L-T-P	Credits	Marks Weightage		Course Type
				Internal	External	
DYN-101	Introduction to Yoga	3-0-0	3	25	75	PCC
DYN-102	Human Anatomy	3-0-0	3	25	75	PCC
DYN-103	HathaYoga	3-0-0	3	25	75	PCC
DYN-104	Health and Yoga	3-0-0	3	25	75	PCC
DYN-105	Practical	0-0-18	18	00	100	SDP
<b>Total</b>		<b>12-0-18</b>	<b>30</b>	<b>125</b>	<b>475</b>	

## **DNY-101: Introduction to Yoga**

### ***Diploma (Yoga and Naturopathy) I Semester***

No. of Credits:	3	Sessional:	25 Marks		
L	T	P	Total	Theory:	75 Marks
3	0	0	3	Total:	100 Marks
				Duration of Exam:	3 Hours

**Successive:** Basics introduction to Yoga

**Course Objectives:** The objective of studying this course is to acquire knowledge on the Basics of yoga, Indian philosophy, and Basis of different yoga.

**Course Outcomes:** At the end of the course, the student shall be able to:

- CO1 To learn about the basics of yoga theory.
- CO2 To learn about ancient yogic scriptures.
- CO3 To know about the autobiography of yogies.
- CO4 To acquire knowledge of the treatment of different diseases through yogic practice

#### **Course Contents:**

##### **Unit 1: Introduction**

Meaning of yogas, different Definition of yoga, Aim and Purpose of yoga, Introduction of different Method of Yogic Practices.

##### **Unit 2: Yoga Scriptures**

Formation of yoga in Upanishad and veda, Formation of yoga in geeta, Formation of yoga according to Yoga Sutra, Formation of Yoga according to Hath yoga, Format According to Buddhism and Jainism.

##### **Unit 3: Autobiography for Yogic Gurus**

Origin of yoga and Process of Development, Different Yoga traditions, Introduction of yogic guru (Maharshi Patanjali, Gorakhnath, Maharshi Dayanand, Swami Vivekanand, Maharshi Raman, Shri Aurobindo, Maharshi Mahesh Yogi , Swami Kunalayananda.

##### **Unit 4: Importance of Yoga**

Benefits of Yoga in Modern life, Importance of yoga in treatment of disease, Yoga and Employment.

#### **Text Books/ Reference Books:**

1. Upanishad in yoga – PRO. Ishwar Bharadwaj.
2. Yoga Mahavigyan – Dr. Kamakhayakumar.
3. Yog Sutra – DR SomveerArya.

## **DNY-102: Human Anatomy**

### ***Diploma (Yoga and Naturopathy) I Semester***

No. of Credits:	3	Sessional:	25 Marks		
L	T	P	Total	Theory:	75 Marks
3	0	0	3	Total:	100 Marks
				Duration of Exam:	3 Hours

**Successive:** Basic introduction of Human Anatomy

**Course Objective:** The objective of studying this course is to acquire knowledge on the Basics of the Human body system, function of organs and how yogic kriyas helps to prevent disease.

**Course Outcomes:** At the end of the course, the student shall be able to:

- CO1 Discussion of the concept of cells , tissues , skeletal system
- CO2 Describe the structure and function of the brain, shape and size of bones, function of respiratory system and the basic activities of the digestive process.
- CO3 Describe the structure and function of heart and blood circulation, structure and function of kidney, list the function of hormones, different layers of skin and their functions.
- CO4 Discuss anatomically and physiological effects of selected yoga practices.

**Course Contents :**

#### **Unit 1: Fundamental system of body**

Structure and function of cells and tissues, structure of bones and its functions, structure and function of hand and legs bones.

#### **Unit -2 : Important System of Body**

Structure and function main part of the human body (respiratory system , nervous system, the digestive system , Skeletal system)

#### **Unit -3: Blood and related system**

Structure and function of blood circulatory system and heart system ,structure and function excretory, structure and function of Endocrine system , structure and function of skin.

#### **Unit -4: Yogic effects on body systems**

Effect of different Asana , Pranayama, Mudra, Bandham, Shatkaram and Dhyan on the system of Cell, Tissues, Bones, Digestion, Endocrine , Nervous system and Blood –Circulation .

**Reference Book:**

1. Yoga therapy- Swami Shivanand|
2. Human Anatomy and Physiology- Dr. AnantPrakeshGupta|

## **DNY-103: Hatha Yoga**

### ***Diploma (Yoga and Naturopathy) I Semester***

No. of Credits:	3		
L	T	P	Total
3	0	0	3

Sessional:	25 Marks
Theory:	75 Marks
Total:	100 Marks
Duration of Exam:	3 Hours

**Successive:** Asana, Pranayam, Bandh, shatkarma

**Course Objective:** The objective of studying this course is to acquire the theoretical knowledge of Asanas, Pranayam, Bandh and Shatkarma.

**Course Outcomes:** At the end of the course, the student shall be able to :

- CO1 To give and introduction of Hathayoga.
- CO2 To give understanding of Asanas.
- CO3 To learn the Introduction of Pranayams.
- CO4 To know about Shatkarmas.

#### **Course Contents:-**

##### **Unit-1: Introduction**

Introduction and Meaning of Hatha Yoga, Definition of Hatha Yoga , Suitable time and place for practice, Diet of Hatha Yogi, Seeker elements and obstructing elements in yoga practice, Characteristics of Hatha Sidhi.

##### **Unit-2 Asanas and Bandhas**

Introduction and meaning of Asana, Formation of Asana in Hatha Pardipika, formation Of Asana according to Gherandasamhita, Description of Bandh in Hathapradipika, Description of Bandh in Gherand Samhita.

##### **Unit-3: Pranayamas**

Introduction and Meaning of Pranayama, Formation of pranayama according to Hatha Pradipika, Formation of Pranayama according to GherandaSamhita, Role of pranayama in different diseases, Benefits of pranayama.

##### **Unit-4: Shatkarma**

Introduction and Meaning of Shatkarma, Benefits of Shatkrama, Acc to Hathpadeepika (Process, Benefits and caution) Dhauti ,Basti, Neti, Nauli, Trataka & Kapalabhati.

#### **Reference Book-**

1. Hatha Yoga Pardipika- Swami AnnantBharti
2. GherandaSamhita- Dr. Raghvendra SharmaRaghav.



## **DNY-104: Health and Yoga**

### ***Diploma (Yoga and Naturopathy) I Semester***

No. of Credits:	3			Sessional:	25 Marks
L	T	P	Total	Theory:	75 Marks
3	0	0	3	Total:	100 Marks
				Duration of Exam:	3 Hours

**Successive:** Health, disease, yogic solution, diet and nutrition.

**Course Objective:** The objective of studying this course is to understand the concept of diet and the medical value of nutrition. Advice appropriate diet to different age group and in different diseases. Understand health definition according to season.

**Course Outcomes:** At the end of the course, the student shall be able to :

- CO1 To learn about health according to Ayurveda,
- CO2 To acquire knowledge how yoga helps in different type of disease.
- CO3 To acquire knowledge how yoga helps in different type of disease.
- CO4 To learn about diet and nutrition.

#### **Course Content's-**

##### **Unit -1: Introduction of Health**

Meaning and definition of health, Dincharya, ratrichariya and rituchrya. Base Pillar of health (Diet, Celibacy and Sleep), Tridoshas, Saptadhatus.

##### **Unit-2: Disease, symptoms and their yogic solution**

Concept of disease, cause of disease, Symptoms and solution according to yoga (Constipation, Ulcer, backache, Cold and cough, Hyper-tension, low blood pressure, Asthma.

##### **Unit-3: Disease, symptoms and their yogic solution**

Symptoms and Solution according to yoga in different Disease- (Eyes problem, Obesity, Heart disease, Thyroid, Diabetes, Tension (Stress and Depression)

##### **Unit -4: Diet and Nutrition**

Meaning and definition of diet, the purpose of diet, Balance diet, Concept of Nutrition, mitahar- (Moderate diet).

#### **REFERENCE BOOK:**

- 1.yog and yogic therapy – Pro. Ramharsh singh
- 2.yogic therapy- swami kuvlayanand

## DNY-105: Practical

### *Diploma (Yoga and Naturopathy) I Semester*

No. of Credits:	18	Sessional:	00 Marks		
L	T	P	Total	Theory:	00 Marks
0	0	18	18	Total:	100 Marks
				Duration of Exam:	3 Hours

**Pre- Requisite:** Nil

**Successive:** Nil

**Course Objective:** The objective of studying this course is to understand the state techniques, Health benefits, applications, precautions and contraindication founder mention yogic practices. To demonstrate and instruct under mentioned yogicpractices.

**Course Outcomes:** At the end of the course, the student shall be able to :

CO1 To learn the practical knowledge of yogic cleansing techniques. Demonstrate the ability to perform yoga movements in various combinations and forms.

CO2 To learn the practical knowledge of breathing techniques (pranayam) and Bandhas.

CO3 To learn Sun salutation (surya namaskar) with the divine mantra of sun.

#### **Course Content's-**

1. **Shat Karma** (Cleansing Process).
2. Jalneti (Nostile Cleansing), Rubber Neti, Vamankirya/Kujankirya, Vatkarm, Viyutkaram, Sheetkaram, Kapalbhathi , Nauli(BOYS)
3. **Asana:** Padmasana (Lotus Pose), Vajarasana (Thunderbolt Pose), Gomukhasana (Cow's Face Pose), Ardhmatsyendra (Spinal Twist Pose), Paschimottanasana (Back Stretching Pose), Ustrasana (Camel Pose), Halasna (Plowpose), Sarvangasana(Shoulderstandpose),Uttanpadasana(Standing Forward Bend), Matsyanasana (Fish Pose), Chakraasana (While Pose), Markatasana(Monkey Twist Pose) Setubandh(Bridge Pose), Dhanurasana(Bow Pose), Tadasana(Mountain Pose), Sirshasana(Head Stand), Mayurasana(Peacock Pose), Salabhasana(Locust Pose), Savasana(Corpse Pose).
4. **Pranayam:** Bhastrika, Nadi Shodhana, Bhramri,Ujjayi.
5. **Mudra-Bhandh:** Gyan Mudra, Yog Mudra, Vipritkarni Mudra, Jalandhar Bhandh, Mool Bhandh , Uddyanbhandh.
6. **Sun Salutation with Mantras**

**DETAILED SCHEME AND SYLLABUS**

**SECOND SEMESTER**

<b>Subject Code</b>	<b>Subject Name</b>	<b>L-T-P</b>	<b>Credits</b>	<b>Marks Weightage</b>		<b>Course Type</b>
				<b>Internal</b>	<b>External</b>	
DYN-201	Patanjali Yog Sutra	3-0-0	3	25	75	PCC
DYN-202	Naturopathy	3-0-0	3	25	75	PCC
DYN-203	Alternative therapy	3-0-0	3	25	75	PCC
DYN-204	Naturopathy Practical	0-0-9	9	00	100	SDP
DYN-205	Yoga Practical	0-0-12	12	00	100	SDP
<b>Total</b>		<b>9-0-21</b>	<b>30</b>	<b>100</b>	<b>500</b>	

## DNY-201: Patanjali Yog Sutra

### *Diploma (Yoga and Naturopathy) II Semester*

No. of Credits:	3		
L	T	P	Total
3	0	0	3

Sessional:	25 Marks
Theory:	75 Marks
Total:	100 Marks
Duration of Exam:	3 Hours

**Successive:** Basics introduction of Yoga Sutra.

**Course Objectives:** The objective of studying this course is to acquire knowledge on the concepts and formation of Ishwara, introduction of samadhi and ashtangyog.

**Course Outcomes:** At the end of the course, the student shall be able to:

- CO1 To learn about basics of yogsutra.
- CO2 To understand the concept of samadhi.
- CO3 To know about ashtangyog.
- CO4 To understand the stage of kevalya.

#### **Course Content:**

##### **Unit 1: Basic of Yogsutra**

According to Yogsutra (Definition and meaning) yoga, chittabhumiya and chittavritti, assiduousness(Abhyasa and imperturbability(vairagya),yogantaraya(obstacles), chittaprasadanam(helpful elements).

##### **Unit 2: Concept of Samadhi**

Type of Samadhi →Samprajnata and asamprajnata, ritambharapragya, Concept of kriyayog,punchkleshe), Formation of Sukh or Dukh, Concept and formation of ishvara, vivek-khyatirsaptdhaprajna (pragya).

##### **Unit 3: Ashtasngyog**

Asthangyog (Eight Fold Path)→ Formation and benefits of Yama, formation and benefits of Niyama, formation and benefits of asana, formation and benefits of pranayama, formation and benefits of pratyahara, formation and benefits of Dharana,formation and benefits of dhyana.

##### **Unit 4: Concept of Kevalya**

Concept of samyamah, description of vibhuti, Ashtasiddhi, concept of kevalya, method to achieve kevalya.

#### **Text Books/ Reference Books:**

1. Patanjaliyog dhrasanam –Dr. Devi sahya Pandydeep.
2. Patanjali yog Pardeep – Geeta PressGorakhpur.

## DNY-202: Naturopathy

### *PG Diploma (Yoga and Naturopathy) II Semester*

No. of Credits:	3			Sessional:	25 Marks
L	T	P	Total	Theory:	75 Marks
3	0	0	3	Total:	100 Marks
				Duration of Exam:	3 Hours

**Pre- Requisite:** Nil

**Successive:** Basic introduction of Naturopathy.

**Course Objectives:** The objective of studying this course is to acquire knowledge of five elements and different type of treatment related to disease in naturopathy.

**Course Outcomes:** At the end of the course, the student shall be able to:

- CO1 To learn about the concept and principle of naturopathy.
- CO2 To learn the mud, air and sun treatment for different diseases.
- CO3 To know massage and fasting effects on different system of body.
- CO4 To learn the effects of internal and external use of water.

**Course Contents:**

#### **Unit 1: Introduction**

Meaning and definition of naturopathy, history of naturopathy, importance and basic principle of naturopathy, Acute and Chronic disease-Symptoms, diagnosis and naturopathy treatment.

#### **Unit 2: Mud, Air and Sun Therapy**

Importance of mud, type and effect of mud therapy on body, types of mud, mud bath uses in treatment ways, importance and treatment uses of sun color, method of Sun bath, tie and precaution, benefits of air bath, method of treatment by air and its precautions.

#### **Unit 3: Ether and Air Therapy**

**A)Fast**→ Definition and meaning of fast and basic principle of fast, type of fasting- long, short, full, water fasting, juice fasting, fruit fasting, rules of fasting, fasting for wellness.

**B )Massage** → Definition, meaning of massage, principle of message, type (scientific and ayurvedic), different methods of massage-normal, friction, slap, tap, pinch etc, treatment method and precaution of massage.

#### **Unit 4: Hydrotherapy**

Definition and meaning of water treatment, purpose and importance of water, quality effect of different temperature on body, normal bath, natural bath, friction bath, katibath, mehan bath,

steam bath, spinal bath, foot bath, Enema. method, benefit and precaution, benefit of water in health wellness, water treatment used in different diseases .

**REFERENCE BOOK:**

1. History and philosophy of Naturopathy – Dr. S.j.Singh|
2. Nature Cure – Dr. H . K .Bakhru|
3. The Practice of Nature Cure –Dr . HenryLindlahar|

## **DNY-203: Alternative Therapy**

### ***Diploma (Yoga and Naturopathy) II Semester***

No. of Credits:	3	Sessional:	25 Marks		
L	T	P	Total	Theory:	75 Marks
3	0	0	3	Total:	100 Marks
				Duration of Exam:	3 Hours

**Pre- Requisite:** Nil

**Successive:** Basic introduction of different type of Alternative Therapies.

**Course Objectives:** The objective of studying this course is to acquire knowledge of alternative therapies which we can give along with another modern therapies also.

**Course Outcomes:** At the end of the course, the student shall be able to:

- CO1 To learn about the concept and principle of naturopathy.
- CO2 To learn the mud,air and sun treatment for different diseases.
- CO3 To know massage and fasting effects on different systems of the body.
- CO4 To learn the effects of internal and external use of water.

**Course Objectives:** The teaching-learning of this paper will enable learner to:

- Give a brief introduction of alternative therapies.
- Introduction to Acupressure therapy, Magnet therapy and Reiki and Mantra therapy.
- To treatment through alternative therapies.

**Course Contents :**

#### **Unit 1: Introduction**

Meaning of disease, definition, cause and type of disease,symptoms of physically ,mentally and spiritually sick person and healthy person ,origin of alternative therapies, concept of alternative therapies, importance and types of alternative therapies.

#### **Unit 2: Acupressure**

History of acupressure,meaning and definition of acupressure,type of acupressure,principle and rules of acupressure,method of acupressure,tools of acupressure quality and treatment of acupressure,precaution in acupressure.

#### **Unit 3: Magnet therapy**

Magnet therapy → History of magnet therapy,meaning of magnet and magnet field,quality of magnet,type of magnet,type of magnet therapy,method of magnet therapy, principle and precaution of magnet therapy,benefit and effect of magnet therapy.

#### **Unit 4: Reiki & Mantra Therapy**

**A) Reiki Therapy** → History of Reiki therapy, meaning and concept of Reiki therapy, rules of Reiki Therapy, helping tools of Reiki Therapy, method of Reiki Treatments, benefits and limitations of Reiki therapy.

**B Mantra Therapy** → Meaning of mantra, definition and formation of mantra, type of mantra, main source or part of mantra, type of mantra chanting, rules of mantra chanting for beginners, the scientific view of mantra and different mantra effects.

#### **REFERENCE BOOK:**

1. Alternative therapy – Dr. R.H. Vivak |

2. Alternative therapy Method- Dr .Rajkumar Puruthi | 3. Acupresser Naturopathy therapy – Dr. Attar Singh | 4. Magnet Therapy – Dr. Hiralal Bansal |



## **DNY-204: Naturopathy Practical**

### ***Diploma (Yoga and Naturopathy) II Semester***

No. of Credits:	09	Sessional:	00 Marks		
L	T	P	Total	Theory:	00 Marks
0	0	09	09	Total:	100 Marks
				Duration of Exam:	3 Hours

**Pre- Requisite:** Nil

**Successive:** Practical learning of naturopathy treatments.

**Course Objective:** The objective of studying this course is to understand and apply the different techniques of naturopathy treatment for different type of disease.

**Course Outcomes:** At the end of the course, the student shall be able to :

CO1 To learn the practical knowledge of different types of baths related to disease also learn the cleansing process of Large Intestine through Enema.

CO2 To learn the application of mud treatments for different body parts.

CO3 To learn the different techniques of heliotherapy. also learn how to prepare charged water and oil.

CO4 Learn the preparation of Naturopathy practical file.

#### **Course Content:**

- 1. Hydro- Therapy:** Bath-katibath(hot,cold,natural),steam bath, spinal spray, spinal bath, foot bath cold and hot. Enema-natural water, coldwater, warm water. Wet strips-full body, chest, neck, hand and leg.
- 2. Mud Therapy:** Mud strip-chest, abdomen, eyes, forehead, ear, neck. Lape - full body mud lape(raj snan), wet mud bath (pank snan).
- 3. Sun therapy:** Sun bath through the different color of sun rays.

## DNY-205: Yoga Practical

### *Diploma (Yoga and Naturopathy) II Semester*

No. of Credits:	12		
L	T	P	Total
0	0	12	12

Sessional:	00 Marks
Theory:	00 Marks
Total:	100 Marks
Duration of Exam:	3 Hours

**Pre- Requisite:** Nil

**Successive:** Practical learning of Asanas, Pranayamas, Bandhas and Shatkarmas.

**Course Objective:** The objective of studying this course is to understand the state techniques, Health benefits, applications, precautions and contraindication founder mention yogic practices. To demonstrate and instruct under mentioned yogicpractices.

**Course Outcomes:** At the end of the course, the student shall be able to :

CO1 To learn the demonstrate the ability to perform yoga movements in various combinations and forms.

CO2 To learn the practical knowledge of breathing techniques (pranayam) and Bandhas.To learn the practical knowledge of yogic cleansing techniques and different techniques of meditation.

CO3 To learn the preparation of practical file

#### **Course Content's:**

- 1. STANDING POSE:** Natrajasana, Bird pose,Viman Asana ,Warrior pose,Raised Arms Pose, triangle Pose.
- 2. SITTING POSE:** Fetus pose,Embryo in womb pose,Extended Frong Pose, Ak Pad Shikandasana,Plow Pose, Cow Face pose, Spinal twist Pose, Back Stretching, Pose, camel pose.
- 3. PRONE POSE:** Kurmasan ,Cobra pose,Bow pose , shalbhasan.
- 4. SUPINE POSE:** SupineThunder bolt pose, Bridge pose, sarvangasana, Plow Pose, Fish Pose.
- 5. BALANCE POSE:** UttithKurmasana, padambakasana, padamayurasana, Scorpio, Monkey twist pose, titibhasana.
- 6. PRANAYAMA:** Bhastrika, Nadhishodhan,Bhramri,ujjayi,Diaphragmatic breathing.
- 7. MEDITATION:** Twin heart meditation,Transcendental meditation,Isha kriya meditation,Savita dhyana.
- 8. MUDRA:** Yogmudra, Gyanmudra, Vipreet Karnimudra, kakimudra, sambhavi mudra, prithvi mudra, Vayu mudra, jal mudra.
- 9. Shat Karma:** Vattkarm, vayuktarm, sheetkarmkaplabhati, dhauti, sutraneti, kunjaj.