

Curriculum Framework

CERTIFICATE IN YOGA AND NATURAL HEALING THERAPIES

As per NEP 2020 and Learning Outcomes-based National Curriculum Framework
(Aligned with NCrF and NHEQF)

Effective From Academic Year 2026-2027



GUJARAT VIDYAPITH: AHMEDABAD

Curriculum Framework of Certificate in Yoga and Natural Healing Therapies

Published by:

Dr. Himanshu Patel

Registrar

Gujarat Vidyapith

Near Income Tax Office, Ashram Road, Ahmedabad - 380009.

From the Desk of Vice Chancellor...



Dear All,

Any curriculum, at any level, must be firmly grounded in the objectives and goals that an educator or an educational institution aspires to achieve for its students. A course that trains students to solve mathematical equations must be very different from one that teaches them how to play a musical instrument, practice yoga, or conduct social research. Each subject requires its own methods, activities, and learning goals, which is why curriculum design is so important.

Therefore, curriculum is of utmost importance, as it determines how teachers and students will spend their time—in laboratories, in clinical practice, in creative endeavors, or in interactive lectures. It also reflects what a class, a department, a school, or an institution value; what it defines as its mission; and what it expects its graduates to accomplish. In this sense, the curriculum is the map that guides the essentials of learning from the classroom level to the institutional level.

The true success of any curriculum must be judged by its ability to achieve its intended objectives. It is a test of how well an institution—or an individual teacher—understands and articulates those objectives, and how effectively a pathway is created for students to attain success as defined by them. Curriculum is, in fact, a continuous chain of activities designed to translate broad educational goals into concrete practices, learning materials, and observable changes in behavior. A lesson plan, for instance, is curriculum at the classroom level, answering the critical questions: *What do I want my students to know? How can I engage them meaningfully? How will I measure what they have learned?*

For a society to achieve its educational aspirations, the curriculum must be both functional and relevant to its needs. Through careful management of curriculum, effective use of resources, and policies that bring systemic improvements, education can move society toward a more promising future. Indeed, curriculum is the very foundation of any academic institution—without it, the institution would lose its purpose and direction.

At Gujarat Vidyapith, established by Mahatma Gandhi in 1920 with its rich cultural and educational heritage, we remain committed to these ideals, and we work with well-defined objectives to prepare our students for a brighter academic and social future.

It gives me immense pride and joy to announce the unveiling of the latest curriculum of Gujarat Vidyapith. This curriculum has been carefully designed in alignment with the objectives and guiding principles of the National Education Policy (NEP) 2020. I take this opportunity to place on record my deep appreciation for the efforts of the teaching faculty of Gujarat Vidyapith, the Members of the Board of Studies, and the Members of the Academic Council. Their dedication and vision have given shape to this comprehensive neo-curriculum, which will guide our students and our institution toward continued excellence.

With best wishes,

Dr. Harshad Patel
Vice Chancellor
Gujarat Vidyapith

Curriculum Framework

CERTIFICATE IN YOGA AND NATURAL HEALING THERAPIES

Effective From Academic Year 2026-2027

**Faculty of Education
Gujarat Vidyapith**

Board of Studies

Chairperson:

Dr. Biman Paul

Professor & HOD, Department of Yoga Faculty of Education, Gujarat Vidyapith, Ahmedabad.

External Expert:

Dr. Vivek Maheshwari

Vice Chancellor, Lakulish Yoga University, Ahmedabad.

Members of Department:

1. **Ms. Varsha Joshi** (Assistant professor, Department of Yoga, Gujarat Vidyapith, Ahmedabad.
2. **Dr. Minal N. Panchal** (Assistant professor, Department of Yoga, Gujarat Vidyapith, Ahmedabad

Curriculum Framework- Certificate in Yoga and Natural Healing Therapies - 2026

PROGRAMME STRUCTURE							
Course Code	Course Name	Hours			Credit	Evaluations	
		Theory	Practical	Total		CCE	TEE
SEMESTER-1							
254510425001	YOGIC THERAPY	15	15	30	2	40	60
254510425002	ANATOMY-PHYSIOLOGY AND YOGA	30	0	30	2	40	60
254510425003	AYURVEDA AND NATUROPATHY	15	15	30	2	40	60
254510425004	ALTERNATIVE THERAPIES	15	15	30	2	40	60
254510425005	ASANA, PRANAYAMA, BANDHA-MUDRA, AND KRIYA	0	30	30	2	40	60
Total		75	75	150	10	200	300

s*CCE- Continuous Comprehensive Evaluation; **TEE- Term End Evaluation

Programme Contents	Credits
Core Courses	06
Field and Research	00
Professional Competency	04
Internship	00
Total Credits of Programme	10
Collaborating Organisations	

- | | |
|---|--|
| <ul style="list-style-type: none"> • Lakulish Yoga University, Ahmedabad • Hiramani Arogyadham, Gandhinagar • Dev Sanskruti Vishwa vidyalaya, Haridwar • Uttarakhand Sanskrit University, Uttarakhand | <ul style="list-style-type: none"> • Banaras Hindu University (BHU), Varanasi • Preksha Vishwabharti, University, LAdnoonn, Rajasthan • Kaivalyadhama, Lonavala • Barkatullah University, Bhopal |
|---|--|

Programme Outcomes (POs)

After successful completion of the Certificate in Yoga and Natural Healing Therapies program, students will be able to:

PO-1	Foundational Knowledge	Demonstrate understanding of yoga, alternative therapies, anatomy, physiology, and their application for holistic health.
PO-2	Therapeutic Application	Apply yogic practices, Ayurveda, Naturopathy, and Alternative therapies for prevention and management of common lifestyle-related disorders.
PO-3	Practical Skills	Perform and guide safe practice of asana, pranayama, bandha, mudra, kriya, and therapeutic techniques.
PO-4	Professional & Ethical Values	Develop sensitivity towards patient needs with ethical responsibility, safety, and holistic wellness approach.
PO-5	Community & Lifelong Learning	Promote yoga and alternative therapies in community settings and commit to continuous personal growth.

Programme Specific Outcomes (PSOs)

After successful completion of the Certificate in Yoga and Natural Healing Therapies program students will be able to:

PSO-1	Integration of Yogic Knowledge and Modern Science	Synthesize foundational yogic principles with concepts of modern health sciences to understand, analyse, and apply yoga and natural healing practices for holistic well-being and preventive healthcare.
PSO-2	Therapeutic Skills and Application	Demonstrate competency in the application and instruction of yoga techniques (asana, pranayama, kriya, and meditation) along with basic natural therapies for prevention, management, and promotion of health in diverse settings.
PSO-3	Ethical, Professional, and Community Orientation	Exhibit ethical values, professional responsibility, and a community-oriented approach in promoting yoga and natural healing practices, contributing to individual well-being and social health awareness.

CO Attainment Levels (OBE & NEP 2020 Aligned)

COs Attainment Levels	Level	Description	Attainment Criteria			
	Level 3	High	≥ 80% of students score above a set performance benchmark			
	Level 2	Moderate	60%–79% of students meet the performance benchmark			
	Level 1	Low	40%–59% of students meet the performance benchmark			
	Level 0	Not Attained	< 40% of students achieve the desired learning outcome			
Target Attainment (Benchmark)	Cos		CO-1	CO-2	CO-3	CO-4
	Target Level (%)		60	60	60	60

Program –CERTIFICATE OF YOGA AND NATURAL HEALING THERAPIES										
Course Code 254510425001			Name of Course YOGIC THERAPY					Compulsory		
Credit: 02			Teaching Scheme: Theory (15) - Practical (15)					Teaching Hours: 30		
Course Outcomes (COs)										
After completing this course, students will be able to										
CO-1:	Explain the concepts of disease, yogic therapy, and psychosomatic health, and describe the therapeutic role of yogic practices in health management.									
CO-2:	Apply yogic therapy principles and practices for the prevention and management of selected lifestyle-related disorders.									
Detailed Syllabus										
Unit 1: Concept of Disease and Principles of Yogic Therapy										
1.1. Yogic Therapy – Definition, History, and Development										
1.2. Yoga And Health										
1.3. Psychosomatic Health and Therapy										
1.4. Health and Disease from the Yogic Perspective										
1.5. Application of Yogāsana and Prāṇāyāma in Therapy										
1.6. Application of Meditation and Yoga nidrā in Therapy										
Unit 2: Yogic Therapy for Specific Diseases										
1.1. Diabetes										
1.2. High / Low Blood Pressure										
1.3. Thyroid Disorders										
1.4. Acidity / Gastric / Digestive Disorders										
1.5. Joint Pain/ cervical pain/ lower back pain										
1.6. Asthma										
1.7. Mental Stress, Anxiety, and Insomnia										
Mapping Matrix of POs, PSOs, and COs										
COs	Pos						PSOs			
	PO1	PO2	PO3	PO4	PO5	Avg	1	2	3	Avg
CO-1	3	2	1	2	1	1.8	3	2	1	2
CO-2	2	3	3	2	2	2.4	2	3	2	2.33
Avg	2.5	2.5	2	2	1.5	2.1	2.5	2.5	1.5	2.17
3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, --- = No Significant Contribution										

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, --- = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Lecture, Group Discussion, Story Telling, Assignment, Audio-visual, Demonstration				
CO-2 (Unit: 2)	• Lecture, Ask & Know Technique, Group Discussion, Presentation, Demonstration				
Assessment Method					
Continuous Comprehensive Evaluation 40 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	20	10	5	5
	CO-2	20	10	5	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	30	Term End Examination		
	CO-2	30			
	References				
Books:					
1. Yogic Therapy by Swami Kuvalyananda and Dr. S. L. Vinekar, Kaivalyadham Lonavla					
2. Yoga As Therapy - Medical view by Dr. Satish Pathak, Kaivalyadham Lonavla					
3. योग एवं योगिक चिकित्सा - प्रो. रामहर्ष सिंह, चौखम्बा संस्कृत प्रतिष्ठान					
Online Resources & Tools:					
1. eBook					
• Light on Yoga – Comprehensive guide to āsana and therapeutic applications					
• Yoga Therapy – Clinical application of yoga for various health conditions					
2. Research articles					
• PubMed- Research articles on yoga and therapeutic applications					
• Google Scholar – Scholarly literature on yoga therapy and health sciences					

Program - CERTIFICATE OF YOGA AND NATURAL HEALING THERAPIES

Course Code 254510425002	Name of Course ANATOMY PHYSIOLOGY AND YOGA	Compulsory
Credit: 02	Teaching Scheme: Theory (30) - Practical (0)	Teaching Hours: 30
Course Outcomes (COs)		

After completing this course, students will be able to

CO-1:	Explain the basic concepts of human anatomy and physiology, including cell structure, tissues, immune, musculoskeletal, and respiratory systems, and describe the effects of yogic practices on these systems.
CO-2:	Describe the structure and functions of digestive, excretory, nervous, endocrine, and cardiovascular systems, and apply the knowledge of yogic practices in maintaining and improving the functioning of these systems.

Detailed Syllabus**Unit-1. General Introduction to the Human Body and Yoga, Immune System, Musculoskeletal System, Respiratory System**

- 1.1. Anatomy and Physiology: General Introduction, definition, Importance in Yoga Education
- 1.2. Human body: Cell- Structure and function, Tissues –their types, organs and systems
- 1.3. Immune System: Basic concept of Immunity- Innate and Acquired, Major organs, Immune cells. Role of lymphatic system in immune defence, Effect of Yoga on Immune System.
- 1.4. Musculoskeletal System: Structure, function and types of Muscles, Bones and Joints. Physiological Effects of Yogic Practice on Muscles, Bones and Joints.
- 1.5. Respiratory System: Structure, Functions, Physiology of Breathing. Effects of yoga on Respiratory system.

Unit-2. Digestive System, Excretory System, Nervous System, Endocrine System, Cardiovascular System

- 2.1. Digestive System: Anatomy and Function of digestive system, Effects of Yoga on Digestive System
- 2.2. Excretory System: Structure and functions of kidneys, ureters, bladder, and urethra. Role of Skin, lungs and liver in excretion, Formation of urine. Effects of yoga on excretory function
- 2.3. Nervous System: Brief introduction of different organs and functions. Yogic effects on Nervous System - Autonomous: Sympathetic, Parasympathetic
- 2.4. Endocrine System: Major Endocrine glands, their secreted hormones, and associated functions. Yogic effects on Endocrine System
- 2.5. Cardiovascular System: Brief Introduction of Key organs of Cardiovascular system. Function of Cardiovascular system in brief. Effects of Yoga on Cardiovascular system

Mapping Matrix of POs, PSOs, and COs

Cos	POs						PSOs			
	PO1	PO2	PO3	PO4	PO5	Avg	1	2	3	Avg
CO-1	3	2	1	1	1	1.60	3	2	1	2
CO-2	3	3	2	2	2	2.40	3	3	2	2.67
Avg	3	2.50	1.50	1.50	1.50	2	3	2.50	1.50	2.33

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, --- = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Lecture with anatomical charts/models, Question-answer, Demonstration, Assignment				
CO-2 (Unit: 2)	• Lecture, Panel Discussion, Presentation, Problem-based learning, Ask & Know Technique				
Assessment Method					
Continuous Comprehensive Evaluation 40 Marks			Exam Component		
	COs	Marks	Class Test	Assignment	Presentation/ Seminar
	CO-1	20	10	5	5
	CO-2	20	10	5	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	30	Term End Examination		
	CO-2	30			

References

Books:

- 1 Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
- 2 Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
- 3 Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan Books
- 4 Gupta, A.P. (2011). Human Anatomy and Physiology. Agra, India: Sumit Prakashan. Guyton, A. C. & Hall, J. E. (2006). Textbook of medical physiology (11th ed.).

Online Resources & Tools:

1. NDLI (National Digital Library of India) – **Free books, lectures, and journals**

Program - CERTIFICATE OF YOGA AND NATURAL HEALING THERAPIES

Course Code 254510425003	Name of Course AYURVRDA AND NATUROPATHY	Compulsory
Credit: 02	Teaching Scheme: Theory (15) - Practical (15)	Teaching Hours: 30
Course Outcomes (COs)		

After completing this course, students will be able to

CO-1:	Explain the fundamental principles of Ayurveda, including Tridosha, Dhatu, Mala, Agni, and the role of lifestyle practices (Dinacharya, Ritucharya) in health promotion and disease prevention.
CO-2:	Describe the principles and techniques of Naturopathy and apply natural therapies such as hydrotherapy, massage, mud therapy, sun therapy, and fasting for health and wellness.

Detailed Syllabus

Unit-1. Nature and Principles of Ayurveda

- 1.1. Tridosha Theory (Vata, Pitta, Kapha)
- 1.2. Sapta Dhatu, Mala (waste), and the concept of Agni (digestive fire)
- 1.3. Ayurvedic Lifestyle and Disease Prevention
- 1.4. Daily Routine (Dinacharya), Seasonal Routine (Ritucharya) – Adapting lifestyle with seasons
- 1.5. Introduction to Prakrit (natural) Dosha and Vikrit (imbalanced) Dosha
- 1.6. Ayurvedic Remedies for Common Illnesses

Unit-2. Principles and History of Naturopathy

- 2.1. History of Naturopathy, Fundamental Principles of Naturopathic Healing, Water Therapy (hydrotherapy), Massage, Mud Therapy, Sun Therapy, Fasting (Upavasa)

Mapping Matrix of POs, PSOs, and COs

COs	POs						PSOs			
	PO1	PO2	PO3	PO4	PO5	Avg	1	2	3	Avg
CO-1	3	2	1	2	2	2.0	3	2	2	2.33
CO-2	2	3	3	2	2	2.4	2	3	2	2.33
Avg	2.50	2.50	2.0	2.0	2.0	2.2	2.5	2.50	2.0	2.33

Teaching Pedagogy

CO-1 (Unit: 1)	• Lecture with PPT and charts, Conceptual Explanation Case-based Examples (lifestyle & disease prevention) , Assignment
CO-2 (Unit: 2)	• Lecture, Demonstration Method (Hydrotherapy, Mud, Massage), Self-reflection activity, Practical Exposure, Presentation

Assessment Method

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	CO-1	20	10	5	5
	CO-2	20	10	5	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
			Term End Examination		
	CO-1	30			
	CO-2	30			

References

- (1) આયુર્વેદને ઓળખીએ (પુસ્તક)
લેખક મયંક વોરા
પબ્લીકેશન - નવનીત પબ્લિકેશન (ગાલા)
- (2) આયુર્વેદ પ્રકાશ 2014 - 15 આદર્શ સમાજ
કસ્તૂરી મેમોરિયલ ટ્રસ્ટ જિલા હાપુડ ઉત્તરપ્રદેશ
- (3) તંદુરસ્તીની સાચી દિશા
પ્રાકૃતિક ચિકિત્સા
લેખક - ડૉ. ધીરેન ગાલા
પબ્લીકેશન - નવનીત (ગાલા)

Program - CERTIFICATE OF YOGA AND NATURAL HEALING THERAPIES		
Course Code 254510425004	Name of Course ALTERNATIVE THERAPIES	Compulsory
Credit: 02	Teaching Scheme: Theory (15) - Practical (15)	Teaching Hours: 30
Course Outcomes (COs)		
After completing this course, students will be able to		
CO-1:	Explain and apply the principles of Pranic Healing and Reiki Therapy for energy balancing, cleansing, and management of common health problems.	
CO-2:	Demonstrate and apply techniques of Acupressure, Magnet Therapy, Marma Therapy, and Diet Therapy for health promotion, disease prevention, and overall well-being.	
Detailed Syllabus		
Unit – 1 Pranic Healing, Reiki Therapy		
Pranic Healing		
- Fundamental principles of Pranic Healing - Understanding Pranic Energy - Pranic Cleansing and Energy Restoration Techniques - Healing Techniques for Daily Problems - Simple Techniques for Common Diseases		
Reiki Therapy		
Introduction to Reiki therapy		
Unit – 2 Acupressure & Magnate therapy. Marm Therapy, Diet Therapy		
Acupressure & Magnate therapy		
- Principles and History of Acupressure - Identification and Uses of Major Pressure Points (Meridian Points) - Acupressure Tool - Importance of Magnetic energy		
Marm Therapy		
- Importance of Marm Therapy - Marm Points (Locations) - Precautions to be taken during Marma Therapy		
Diet Therapy		
Process of Diet Therapy		

- Structural Understanding of Nutrients
- Carbohydrates, Proteins, Fats, Vitamins, and Minerals
- Diet for Disease Prevention and Health Maintenance
- Diet for Weight Management
- Detox Diet
- Role of Diet in Various Diseases

Mapping Matrix of POs, PSOs, and COs

Cos	POs						PSOs			
	PO1	PO2	PO3	PO4	PO5	Avg	1	2	3	Avg
CO-1	3	2	1	2	2	2.0	3	2	1	2.0
CO-2	2	3	3	2	2	2.4	2	3	2	2.33
Avg	2.50	2.50	2.0	2.0	2.0	2.2	2.5	2.50	1.5	2.17

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

- | | |
|-----------------------|--|
| CO-1 (Unit: 1) | • Demonstration, Guided practice, Observation, Case-based Examples, Assignment |
| CO-2 (Unit: 2) | • Demonstration, Observation, Practical Training, Audio visual, Group Discussion, Assignment |

Assessment Method

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/ Seminar
			10	5	5
Term-End Evaluation 60 Marks	CO-1	20	10	5	5
	CO-2	20	10	5	5
	COs	Marks	Exam Component		
	CO-1	30	Term End Examination		
	CO-2	30			
	COs	Marks			

References

books:

1. Your Hands Can Heal You: Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems by Master Stephen Co (Auther), Eric B. Robin M.D. (Auther), John Merryman
2. The Ancient Science and Art of Pranic Healing Paperback – 1 January 2016, by Master Choa Kok Sui (Auther)
3. Ayurveda and Marma Therapy: Energy Points in Yogic Healing By David Frawley, Subhash Ranade and Avinash Lele (A detailed book connecting Ayurveda, marma points, acupressure, yoga, and healing techniques)
4. Acupressure Cure for Common Diseases by Dr. Devendra Vora
5. Magnet Therapy by Dr. Devendra Vora
6. Diet therapy for common diseases by Dr. Lalitha Kameswari

Online Resources & Tools:

https://www.reddit.com/r/Ayurveda/?utm_source=chatgpt.com
https://www.ayush.gov.in/?utm_source=chatgpt.com
https://www.ninipune.ayush.gov.in/?utm_source=chatgpt.com
https://www.livecure24.com/?utm_source=chatgpt.com

Program - CERTIFICATE OF YOGA AND NATURAL HEALING THERAPIES		
Course Code 254510425005	Name of Course ASANA, PRANAYAMA, BANDHA-MUDRA, AND KRIYA	Compulsory
Credit: 02	Teaching Scheme: Theory (0) - Practical (30)	Teaching Hours: 30
Course Outcomes (COs)		
After completing this course, students will be able to		
CO-1:	Demonstrate and practice various Asanas to improve flexibility, strength, balance, and overall physical health.	
CO-2:	Apply and assess pranayama techniques, bandhas, mudras, and Shuddhi kriyas to enhance respiratory efficiency, energy regulation, mental focus, and overall well-being.	
Detailed Syllabus		
Unit-1. Asanas and Suryanamaskara		
1. Tadasan 2. Tiriyak Tadasan 3. Ardhakati Chakrasan 4. Paad Hastaasan 5. Trikonaasan 6. Vakrasan 7. Vajrasan 8. Ardhamatsyendrasan 9. Ushtrasan 10. Jaanushiraasan 11. Bhunaman Vajraasan 12. Vyagrasana 13. Marjari Asana 14. Paschimottanasana 15. Bakasana 16. Parivrtta Janu Shirasana 17. Bhujangasana 18. Shalbhaasan 19. Naukasana (On Abdomen) 20. Dhanurasana 21. Makrasana 22. Uttanpadasana 23. Pavanmuktasan 24. Ardh Halasana 25. Halasana 26. Sarwangasana 27. Vrikshasana 28. Setu Bandhasana 29. Savasana 30. Suryanamaskara		
Unit-2. Pranayama, Bandhas, Mudras and Shuddhi Kriyas		
Pranayama		
1. Yogic Breathing (Yogic Shwāsan) 2. Anulom Vilom Pranayama 3. Surya Bhedana Pranayama 4. Chandra Bhedana Pranayama 5. Sheetali Pranayama 6. Sheetkari Pranayama		

7. Bhramari Pranayama
8. Bhastrika Pranayama

Bandhas (Energy Locks)

- Uddiyana Bandha
- Jalandhara Bandha
- Moola Bandha

Mudras (Gestures)

- Ashwini Mudra
- Viparita Karani Mudra
- Prithvi Mudra
- Vayu Mudra
- Surya Mudra
- Jnana Mudra
- Akash Mudra
- Varun Mudra

Shuddhi Kriyas (Cleansing Practices)

- Jala Neti
- Sutra Neti
- Danda Dhauti
- Vaman Dhauti
- Agnisar Kriya
- Kapalabhati
- Trataka

Mapping Matrix of POs, PSOs, and COs

COs	POs						PSOs			
	PO1	PO2	PO3	PO4	PO5	Avg	1	2	3	Avg
CO-1	3	2	2	1	2	2.0	3	2	2	2.33
CO-2	3	3	3	2	2	2.6	3	3	2	2.67
Avg	3.00	2.50	2.50	1.5	2.0	2.3	3.0	2.50	2.0	2.50

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Demonstration, Observation, Step-by-step Instruction, Guided Practice Sessions, Audiovisual, Assignment,				
CO-2 (Unit: 2)	• Demonstration, Observation, Supervised Practice, Audio visual, Performance-based Learning				
Assessment Method					
Continuous Comprehensive Evaluation 20 Marks			Exam Component		
			Class Test	Assignment	Presentation/ Seminar
	COs	Marks			
	CO-1	20	10	5	5
	CO-2	20	10	5	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	30	Term End Examination		
	CO-2	30			
	References				
Books:					
1. Swami Satyananda Saraswati – <i>Asana, Pranayama, Mudra, Bandha</i> (Bihar School of Yoga)					
2. स्वामी कुवाल्यानंद- प्राणायाम, कैवल्यधाम लोनावाला					
3. Dr. H. R. Nagendra – <i>Pranayama for Health and Healing</i> (SVYASA Publications)					
4. Swami Sivananda – <i>The Science of Pranayama</i>					
5. M.L. Gharote – <i>Applied Yoga</i>					
Online Resources & Tools:					
1 http://www.biharyoga.net					
2 http://www.svyasa.edu.in					