

Sl.No.	Elective Yoga course	For the Program
1	Fundamentals of Yoga Therapy	BPT (Physiotherapy)
2	Wellness and Holistic Nutrition	M.Sc. Dietetics and Applied Nutrition
3	Foundation of Yoga	MBBS
4	Yoga	MIT
5	Introduction to Yoga	IPM
6	Psychology of Wellbeing (Yoga)	M.Sc. Clinical Psychology
7	Introduction to Yoga	B.Sc. Respiratory Therapy & B.Sc. (Anaesthesia and operation theatre technology)
8	Management of Stress and Emotions, Yoga, and Meditation	MBA