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| 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 |
| 9 | Wellness and Holistic Nutrition |  |