

(2025 onwards)

**Indian Knowledge System (IKS): Value of Yoga and Meditation  
(VYMVAC103M) / (VYMVAC203M)**

**Marks 50**

**Credits 3**

**THEORY (2 CREDITS)**

**Marks 40**

**1. Yoga, Meditation: Introduction to Ancient Indian Tradition (10 hours)**

- Yoga in different ancient texts - Veda, Upanishads, Gita, Patanjali's Yogasutras
- Conceptions and Misconceptions about yoga
- Relevance of yoga in modern age

**2. Fundamentals of Human Biology, Yoga/Meditation and Holistic Health (15 hours)**

- Homeostasis & Stress
- Personal efficiency through yoga

**3. Applied Yoga/ Meditation: Different Perspectives (5 hours)**

- Patients,
- Sports-person,
- Geriatrics,
- Specially-abled
- Corporates

**PRACTICALS (1 CREDIT)**

**30 Hours**

**Marks 10**

At least one set of asana to be completed in day 1, day 2 and day 3.  
Ideally, fourth day onwards, all four sets should be practiced in sequence:

**1<sup>st</sup>** Day: Basic pranayama in Padmasana – kapalbhati, anulombilom.

**2<sup>nd</sup>** Day: Marjari-asana, Vajrasana, Konasana, Veerbhadrasana, Suryanamaskar, Bhramari, Shabhasana, Yognidra meditation.

**3<sup>rd</sup>** Day: Padmasana, salvasana, viprit salvasana, bhujangasana, dhanurasana, naukasana, Pawanmuktasana, setubandhasana, natrajasana, Ardha matsyendrasana, yogmudrasana.

**4<sup>th</sup>** Day: Nadisodhan, Panchkosha meditation.

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