

DGS Order No. XX of 2025

Subject: Introduction of standardized “Sagar Mein Yog (SMY)” syllabus for implementation in all approved pre-sea Maritime Training Institutes (MTIs) - reg.

1. Whereas, Yoga is universally acknowledged as a timeless science and philosophy of life offering a profound and holistic framework for enhancing overall well-being. It promotes mental clarity, emotional stability and physical vitality through practices rooted in mindfulness, disciplined movement and conscious breathing. These principles are especially relevant for seafarers, who often work in high-pressure, physically demanding and socially isolated environments for extended periods. By fostering self-awareness, stress management, and inner balance, yoga equips seafarers with essential tools to navigate the unique challenges of life at sea, thereby contributing to their sustained personal and professional resilience.
2. Recognizing the need to support the overall well-being of seafarers, the Directorate General of Shipping (DGS) is pleased to announce the official implementation of the “Sagar Mein Yog (SMY)” syllabus across all approved Pre-Sea Maritime Training Institutes (MTIs) in India. This initiative reflects the Directorate’s sustained commitment to fostering holistic health physical, mental, and emotional among Indian seafarers. It also aligns with international standards and best practices, including the principles outlined in the Maritime Labour Convention (MLC), 2006, reinforcing India’s leadership in advancing seafarer welfare.
3. As part of this Directorate’s flagship initiative, “Sagar Mein Yog (SMY)” a comprehensive yoga and mindfulness syllabus has been designed for inclusion in all Pre-Sea training programmes. This initiative seeks to instill physical fitness, mental focus and emotional resilience in seafarers from the outset of their maritime journey. The curriculum has been carefully adapted to align with the specific needs and durations of different pre-sea courses, ensuring its relevance and impact across training disciplines.
4. Whereas, the “Sagar Mein Yog (SMY)” programme is a transformative wellness initiative designed to embed traditional yoga and mindfulness practices within the maritime training framework. Its core objective is to promote the physical, mental and emotional well-being of seafarers across all stages of their careers beginning with pre-sea training, continuing through post-sea education and extending into life at sea
5. Whereas, Yoga provides a time-tested framework that fosters mental clarity, emotional resilience, and physical vitality qualities especially vital in the high-stress and often isolating environment of maritime life. In recognition of these benefits, a structured and stage-specific curriculum has been developed. This will be implemented in the first phase across all pre-sea

training programmes, with subsequent phases extending its integration into post-sea competency courses and at-sea wellness protocols.

6. Recognizing the variation in pre-sea course durations, physical demands and target competencies, the yoga curriculum has been customized accordingly to ensure maximum relevance and effectiveness. The “Sagar Mein Yog (SMY)” syllabus has been meticulously designed to address the distinct needs and training objectives of each type of pre-sea course offered by Maritime Training Institutes (MTIs). The specific duration, structure and content of the yoga modules for each pre-sea programme are detailed in the **Annexure** appended to this order, providing clear guidance for implementation and compliance.

7. The “Sagar Mein Yog (SMY)” Programme is thus envisaged as a bridge between ancient yogic wisdom and the modern seafaring experience delivering customized wellness interventions tailored to the unique demands and conditions of life at sea. The programme is based on the belief that yoga is not merely physical practice, but a transformational life support system that can accompany seafarers throughout all phases of their maritime journey. Accordingly, a stage-specific curriculum has been developed, addressing the distinct needs of each phase.

8. All approved Maritime Training Institutes (MTIs) conducting pre-sea courses are hereby directed to incorporate a dedicated module on “Sagar Mein Yog (SMY)” as a mandatory and integral component of their training curriculum for Indian seafarers. This inclusion is intended to equip seafarer trainees with essential knowledge and practical skills in yoga and mindfulness, fostering a strong foundation for holistic well-being. By embedding these practices early in their training, the initiative aims to prepare seafarers to effectively navigate the unique physical, mental, and emotional demands of maritime life.

(Shyam Jagannathan)
Director General of Shipping

Enclosure(s): As above

DGS Circular No. xx of 2025**Subject: Training of Trainers (ToT) for "Sagar Mein Yog" Programme for Promoting Holistic Wellness Among Indian Seafarers - reg.**

The Directorate General of Shipping (DGS) is pleased to announce the **Training of Trainers** guidelines (as annexed) under the “**Sagar Mein Yog (SMY)**” initiative, aimed at promoting holistic wellness among Indian seafarers. This initiative is part of our ongoing efforts to enhance the physical, mental and emotional well-being of seafarers through the integration of Yoga practices onboard ships.

2. Whereas, the Directorate has conceptualized and launched a pioneering initiative titled “Sagar Mein Yog (SMY)”, aimed at fostering comprehensive physical, mental and emotional well-being through the integration of yoga and mindfulness practices into the maritime ecosystem.

3. Whereas, Yoga, widely acknowledged as a philosophy of life, embodies principles that empower individuals to cultivate resilience, inner peace and enhanced focus qualities that are imperative for seafarers who routinely operate in high-stress, isolated and challenging environments. The “Sagar Mein Yog (SMY)” programme has been envisioned to harmonize yogic wisdom with the distinct life conditions and professional demands encountered by seafarers.

4. Whereas, this programme is structured around the foundational belief that Yoga serves as a transformative support system for seafarers across different phases of their maritime journey. To this end, a comprehensive and stage-specific syllabus has been meticulously curated for the following categories:

- a) Pre-Sea Training (First Phase)
- b) Post-Sea Phase (Second Phase)
- c) At-Sea Practice (Third Phase)

5. Whereas, it shall be mandatory for all approved MTIs to train their trainers and specially equip them with the requisite pedagogical skills, content mastery and contextual understanding essential for the effective dissemination of the “Sagar Mein Yog (SMY)” syllabus.

6. This is issued with the approval of the Director General of Shipping.

Dy. Director General of Shipping

Enclosure(s): As above

GUIDELINES FOR TRAINING OF TRAINERS FOR SAGAR MEIN YOG INITIATIVE

1. Aims

The syllabi for the "Sagar Mein Yog" programme incorporate key elements of **Ashtanga Yoga**, **Kriya Yoga**, and the **Bhavas of Buddhi**. These principles are applied to real-life situations through Yogic and other alternative techniques designed to naturally help individuals achieve balance. The programme aims to offer a Yogic perspective that sets the foundation for deeper learning while preventing the misinterpretation or misuse of techniques. This foundational theme is considered essential and may be delivered in multiple layers, aligned with the readiness of the learners.

2. Objectives

a) Self-Care through Yoga:

This section covers various Yoga techniques (Kriyas, Asanas, Pranayama, and Bhavana), along with their foundational understanding, step-by-step execution, benefits, and the appropriate mindset required for practice.

b) 8 Steps to a Better You:

This theme explores the Eightfold Path of Yoga, addressing all dimensions of human existence and guiding individuals towards harmonious living with oneself, others, and the environment.

c) Relationships and Personal Development:

Focusing on relationships with oneself and others, this theme emphasises enhancing both interpersonal and intrapersonal dynamics while maintaining high energy levels. It encourages a balanced approach to communication and well-being across financial, physical, mental, personal, professional, and spiritual domains.

d) Yoga and Wellness:

This section introduces Yoga Therapy aimed at achieving balance in behaviour, thinking, diet, and relaxation referred to as Achar, Vichar, Ahara, and Vihara in Yogic philosophy.

e) Preventive Health Care / Understanding Your Body:

This module highlights the importance of understanding the body's structure and functions (Anatomy and Physiology) to maintain health. A healthy body is foundational to Yogic thought and behaviour.

f) Stress Management through Yoga:

Yoga views stress as a matter of perception and proposes that a shift in perception can be the solution. Concepts such as Klesha, Klishta-Aklishta Vrittis, and Kriya Yoga (Tapas, Swadhyaya, Ishwarapranidhana) are employed to facilitate this transformation based on the learner's readiness.

g) Emotional Management:

Acknowledging emotions as a powerful driving force, this theme presents Yogic methods for regulating and channelling emotions effectively. Key concepts include Ahimsa, Satya, Brahmacharya, Ishwarapranidhana, a sense of duty, concentration, letting go, confidence, and willpower.

h) Special Yoga Protocols for Self-Help:

This section provides practical, ready-to-use Yoga protocols tailored for seafarers to manage challenging physical or mental situations at sea or home. It also helps learners understand the structure of these protocols, empowering them to design their own for other scenarios.

i) Evaluation / Performance of Learning:

This component assesses the transformation experienced by learners throughout the course. Participants are encouraged to express their growth through words, actions, presentations, or creative performances and to reflect on their alignment with the Yogic way of life.

3. Trainers / Trainee Qualifications

- A postgraduate degree in Yoga with a minimum of 55% marks from a recognized University / Institution, along with at least 5 years of experience as a Yoga teacher in a UGC-recognized University / College / Institute, or a reputed school / organization.

OR

- A graduate degree from a recognized University / Institution, along with a Postgraduate Diploma in Yoga of at least one year duration, with a minimum of 55% marks from a recognized University / Institution, and a minimum of 5 years of experience as a Yoga teacher in a UGC-recognized University / College / Institute, or a reputed school / organization.
- For institutions not governed under the UGC Act, candidates must submit a certificate of equivalence for the degree / diploma from the appropriate authority.
- Candidates submitting experience certificates from their own institutions must also provide the registration certificate of the institution, along with valid proof demonstrating their teaching tenure during the claimed period.

4. Additional Requirements:

- Level 3 Certificate from the Yoga Certification Board, Ministry of AYUSH, Government of India.
- Proficiency in both Hindi and English.
- Working knowledge of computer operations.

5. Desirable:

Knowledge of Vedas, Upanishads, Indian Philosophy, History and Culture of India, Sanskrit and Hindi language.

6. Course durations

18 hours (3 days)

7. Tea Trainers ratio

- 1:40 (1 Trainer : 40 Trainees)

8. Training of Trainers (TOT) programme

a) It is essential to orient qualified Yoga instructors to ensure the effective delivery of the "Sagar Mein Yog" syllabi. The ToT programme includes a concise review of key concepts and techniques, with a primary focus on teaching methodologies suitable for the maritime context.

b) Special emphasis should be placed on adapting the delivery based on the nature of the course Pre-sea, Post-sea, or At-sea. Trainers should learn how to structure lessons effectively, including how to begin and conclude sessions, develop content, and conduct learner-focused evaluations all while upholding the true spirit of Yoga.

c) Prerequisites for attending the ToT programme include:

- Thoroughly reviewing all relevant syllabi.
- Gaining clarity on the topics and techniques, along with preparing thoughtful questions.
- Preparing a list of points of agreement or disagreement with the content, along with reasoning.
- Wearing comfortable clothing suitable for practicing basic Yoga techniques.
- Demonstrating active participation, taking notes, asking questions and freely expressing opinions during sessions.

9. Implementation

Approved Maritime Training Institutes (MTIs) offering pre-sea courses are required to integrate the "Sagar Mein Yog (SMY)" programme into the initial phase of their existing pre-sea course curriculum. They must also ensure that their instructors hold the prescribed qualifications and have successfully completed the mandatory Training of Teachers (TOT) programme.

10. Teaching Aids (A)

A1 The Instructor Manual

A2 Audio-visual equipment

A3 Any new (or contemporary) technology relevant to instruction

A4 Yoga Mats

11. Books / Publications (B)

B1 The Bhagavad Gita - *Eknath Easwaran*

B2 Light on Yoga - *B.K.S. Iyengar*

B3 The Complete Book of Vinyasa Yoga - *Srivatsa Ramaswami & Tirumalai Krishnamacharya*

B4 The Yamas & Niyamas: Exploring Yoga's Ethical Practice

B5 Restore and Rebalance: Yoga for Deep Relaxation

B6 Roots of Yoga

B7 Yoga: Immortality and Freedom

B8 The Heart of Yoga: Developing a Personal Practice

B9 Yoga Anatomy

B10 The Yoga Tradition

B11 The Wisdom of Yoga

B12 Yoga Sequencing

12. Course outline / Time Table:

SN	Days / Timings (Hrs)	Subject area	Hours	
			Lecture (Hrs)	Activity (Hrs)
1	Day 1 1000 - 1300	Seafarers' profession: Nautical, Engineering and Catering, Officers and Ratings	3.0	--
2	1400 - 1500	Lifestyle Stresses Work hours	1.0	--
3	1500 - 1700	Sagar Mein Yog (SMY) concept	2.0	--
3	Day 2 1000 - 1300	Preparing body, mind & soul for yoga	1.5	1.5
4	1400 - 1700	Sagar Mein Yog (SMY) Syllabus	3.0	--
5	Day 3 1000 - 1100	Stress Management through Yoga How to teach differently in Pre and Post Courses and for at sea Protocol	0.5	0.5
6	1100 - 1200	Emotional Management Significance as the bases and Heart of Yoga for Beginners at all ages	0.5	0.5
7	1200 - 1300	Special Yoga Protocols for Self Help Understanding the sequence and time assessment	0.5	0.5
8	1400 - 1700	Evaluation / Performance of Learning What to evaluate and how	--	3.0
		Total	12.0	6.0

13. Lesson plan:

The Maritime Training Institute (MTI) intending to conduct the course shall prepare detailed lesson plans in alignment with the proposed course outline and the available course materials, books, and publication.

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SAGAR MEIN YOG FOR PRE SEA COURSE SEAFARERS

BE / BTech Marine engineering - 4years

DAY WISE PLAN FOR EACH YEAR

NOTE 1: The Yogic terminology in the syllabus is to help us and the faculty to have a focus on what to teach. In the content of teaching minimal use of Yogic terminology is to be made.

NOTE 2: Every topic will be introduced by giving some live examples with which the students and faculty can relate. It can be also from the stories/experiences we have heard from the seafarers.

NOTE 3: In this course the examples and experiences used will be from the seafarer's life on the Engine Side

Longitudinal Transformation Maps

These topics synthesize Bhagavad Gita's emotional governance [1][2], Hatha Yoga Pradipika's energy techniques [3], Gheranda Samhita's sevenfold path [4], and Patanjali's psychological frameworks [5] into actionable modules. Each addresses seafarers' unique challenges through permanent mind-state shifts via:

- Physical anchors (asanas/breath) for acute distress
- Cognitive reframing (Gita wisdom) for perspective shifts
- Energy rebalancing (pranayama/mudras) for sustained stability
- Community integration to combat isolation [6][4][2].

THEMES WITH COLOUR CODING
Getting Started with Yoga
Self Care through Yoga
8 Steps to Better You
Relationship & Personal Development
Yoga and wellness
Preventive Health Care / Getting to know your Body
Stress management through yoga
Emotional Management
Special Yoga Protocols for Self Help
Evaluation / performance of Learning

YEAR 1

Students are young 17-18 years old adolescents. With very little life experiences and curios to learn from life and about life. They do have some beliefs and opinions which they are willing to examine and modify when presented with appropriate proof and the logic that appeals to them. They have chosen to graduate in this course but like any other graduates they may change their future plans even on completion. Their interest in sailing will be just as much as that of a class 8 student about which collage will he/she join after tenth.

The following syllabus is made keeping the mindset of the students in mind, their abilities, and interest in learning. Their immediate focus is to enjoy life, studying, & friends. They want their parents to be happy with their results so that is the only worry immediately. any other worry they have is to adjust away from home in the hostel environment.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA	1	1	1	Sukhasana , Deep Breathing, Chanting (OM 3 times)----Standing- Joint Rotation (Waist, Knee & Ankle)---Sitting- Joint Rotation (Neck, Shoulder, and Wrist)---- Marjhari Asana ---- Parvat Asana --- ---Supine- Pawanmuktasana , Shavasana , Yog Nidra (5 mins)	
			2	Sukhasana , Deep Breathing, Chanting (OM 3 times)----Standing- Tadasana ---- Konasana(1) --- Hastoutthanasana ---- Padahastanasana ----Sitting----- Bhadrasana ---- Baddhakonasana -- -- Prone Asanas- Bhujanga ---- Sphynx ----Supine- Ardhapawanmukta (both legs)---- Purnapawanmukta ---- Knee dropping on sides (spinal twist)---- Shavasana ---- Yoga Nidra (15 mins)	
		2	3	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds) Standing- Jogging on toes (1 min)---- Sarvanga Pushti ---- Ardha Kati Chakrasana ---- Ardha Chakrasana ---- Sitting Asanas- Bhadrasana ---- Baddhakonasana --- - Chakki Chalan ----Prone- Ardhashalabh asana (Both Legs)---	

				-Bhujangasana---- Supine- Ardha Pawanmuktasana ---- Purnapawanmuktasana---- Shavasana---- Sitting- Pranayama Bhramari (5 Times), Meditaion (visualisation) 10 mins.	
			4	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)-- --Standing-Light warm up---- Konasana (2)---- Vriksasan---- Utkatasana---- Sitting- Swastikasana---Vakrasana---- Chakki---- Prone- Ardha Bhujangasana---- Shishuasana---- Pashuasana---- Supine- Ekapada Utthanasana (Utthana Padasana) (without bending legs)---- Navasana---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Yog Nidra (20 mins)	
		3	5	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)----Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)---- Sitting- Shashankasana---- Bhadradasana---- Titli Asana (Butterfly)---- Ardha Ustrasana---- Prone- Marjharisana---- Chaturanga Dandasana (by using elbow)---- Makarasana---- Supine- Navasana---- Viparita Karani (with folded legs)---- Ardha Halasana---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama (9 rounds)----Meditaion (visualisation) 10 mins.	
SELF CARE THRU' YOGA			6	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana---- Bhastrika Pranayama (3 rounds)----Standing- Ardha Chandrasana (with or without wall support)---- Veerabhadrasana (Prakara-1)---- Prasarita Padottanasana---- Kati Chakrasana---- Sitting- Ardha Ustrasana---- Ardha Padmasana---- Veerasana (Prakara-I)----	

				Bhujangasana ---- Mandukasana (Prakara-1) ---- Prone-Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Supine- Viparita Karani (with folded legs)-- --Matsyasana ---- Purva Uthanasana ---- Shavasna(5 mins) Sitting up- Anuloma viloma pranayama(9 rounds) ---- Meditaion (visualisation) 10 mins.	
		4	7	Sitting- Deep breathing---- Chanting OM 3 times ---- Standing- Suryanamaskara (6 rounds) ---- Parighasana ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Siddhasana ---- Padmasana ---- Supta Padmasana (With Support)-- --Prone-Vipritashalabhasana ---- Vimanasana ---- Dhanurasna ---- Supine-Naukasana ---- Vipritakarni ---- Sarvangasana --- Shavasna(5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Yog Nidra (20 mins).	
			8	Bhujangasana	Foundational Yogic Philosophy
2	2	1	9	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)---- Sitting-Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ---- Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana(2 mins) ---- Sitting-- Surya Anuloma Viloma Pranayama(1 min) ---- Anulong	

				viloma (9 rounds), Meditation 10 mins	
			10	Sitting- Deep breathing--Chanting Mantras--- Kapalbhati ---Standing- Hastoutthana --- Padahasta --- Ardha Parsvottanasana --- Parivrtta Trikonasana ---Sitting- Vajrasana --- Mandukasana (Prakara-1)---Ardha Ustrasana ---Supta Veerasana (With Support)---Prone- Purnashalabha --- Bhujanga --- Triyak Bhujanaga --- Dhanur ---Supine- Bhunamana --- ArdhaNavasna --- Navasana --- PurnaPawanmukta --- Shavasana --Sitting-- Surya Anuloma Viloma Pranayama(1 min)--- Anulong viloma (9 rounds), Meditation 10 mins	
		2	11	Sitting- Deep breathing--- Kapalbhati pranayama ---Standing- Chakrasana --- Uthita Trikonasana (with wall support)--- Parsvakonasana (with wall support)---Sitting- Vajrasana --- Supta Vajrasana (Without Support)--- Padmasana --- Vakrasana --- Siddhasana ---Prone- Purna Bhujangasana --- Chaturanga Dandasana (with palms)--- Sarpasana --- Dhanurasana --- Urdhomukhasana ---Supine- Naukasna ----- Pavanamuktasana (Prakara-1)--- Setu bandasna --- Jathara Parivartanasana -- Shavasana (2 mins)---Sitting-- Surya Anuloma Viloma Pranayama(1 min)--- Anulong viloma (9 rounds), Meditation 10 mins	

			12	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)----Standing- Ardha Chandrasana (with or without wall support)---- Veerabhadrasana (Prakara-1)---- Prasarita Padottanasana ---- Kati Chakrasana ----Sitting-Ardha Ustrasana ---- Ardha Padmasana ---- Veerasana (Prakara-I)---- Bhujangasana ---- Mandukasana (Prakara-1)----Prone-Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)----Supine- Viparita Karani (with folded legs)-- Matsyasana ---- Purva Uthanasana ---- Shavasna (5 mins) Sitting up-Anulunga viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
		3	13	Sitting- Deep breathing--Chanting Mantras--- Kapalbhati ----Standing- Hastoutthana ---- Padahasta ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ----Sitting- Vajrasana ---- Mandukasana (Prakara-1)----Ardha Ustrasana ---- Supta Veerasana (With Support)---- Prone- Purnashalabha ---- Bhujanga ---- Triyak Bhujanaga ---- Dhanur ----Supine- Bhunamana ---- ArdhaNavasna ---- Navasana ---- PurnaPawanmukta ---- Shavasana -- --Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
			14	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama) ----Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)---- Sitting- Shashankasana ---- Bhadrasana ---- Titli Asana (Butterfly)---- Ardha Ustrasana ---- Prone- Marjariasana ---- Chaturanga Dandasana (by using	

				elbow)---- Makarasana ----Supine- Navasana ---- Viparita Karani (with folded legs)---- Ardha Halasana ---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama (9 rounds)----Meditaion (visualisation) 10 mins.	
8 Steps to Better You/Relationship & Personal Development		4	15		THEORY- Karma Yoga: Selfless action without attachment to outcomes (Gita Ch. 3)[1][2] 2. Samatvam (Equanimity): Balancing emotions in success/failure (Gita Ch. 2)[2]
			16		THEORY- Jnana Yoga: Self-inquiry for emotional clarity (Gita Ch. 4)[1] 4. Bhakti Yoga: Cultivating devotion for inner peace (Gita Ch. 12)[1]
	3	1	17	Sitting- Deep breathing---- Full Yogic Breath(5 minutes) ---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana -- --Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ---- Prone-Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama ---- Chandra Bhedana Pranayama ---- Sheetali Pranayama ---- Meditation 10 mins	

			18	Sitting- Deep breathing---- Agnisaar Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support) ---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara -I) ----- Janu Sirsasana ---- Chakki Chalan ---Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1) ---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana(2 mins) ----Sitting-- Full Yogic Breathing (Purna Yogic Svasana) ---- Ujjayi Pranayama ---- Meditation 10 mins	
		2	19	Sitting- Deep breathing---- Kapalbhati pranayama ----Standing- Chakrasana ---- Uthita Trikonasana (with wall support) ---- Parsvakonasana (with wall support) ----Sitting- Vajrasana ---- Supta Vajrasana (Without Support) ---- Padmasana ---- Supta Padmasana (With Support) ----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms) ---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1) ---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana(2 mins) ----Sitting-- Surya Anuloma Viloma Pranayama(1 min) ---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
			20	Sitting- Deep breathing---- Bhastrika pranayama ----Standing- Chakrasana ---- Uthita Trikonasana (with wall support) ---- Parsvakonasana (with wall support) ----Sitting- Vajrasana ---- Supta Vajrasana (Without Support) ---- Padmasana ---- Supta Padmasana (With Support) ----	

				Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna-----Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)---- Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
		3	21	Sitting- Deep breathing----Sectional Breathing (Vibhagiya Pranayama)- ---Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna-----Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)---- Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Panchakosha Meditation 10 mins	
			22	Sitting- Deep breathing---- Kapalbhati pranayama---- Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna-----Pavanamuktasana	\

				(Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
		4	23		THEORY- Pancha Kosha: Five sheaths of human existence for holistic health[5] 6. Three Gunas: Sattva (purity), Rajas (activity), Tamas (inertia)[5]
			24		THEORY- 7. Pratyahara: Withdrawing senses to manage overstimulation (HYP)[3] 8. Shatkarma: Six purification techniques for mental detox (Gheranda Samhita)[4]
	4	1	25	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Malasana ----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting--	

				Surya Anuloma Viloma Pranayama(1 min)---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
Relationship & Personal Development			26	Sitting- Deep breathing---- Bhastrika pranayama ----Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
			27	Sitting- Deep breathing----Sectional Breathing (Vibhagiya Pranayama)-- Laghu Shankhaprakshalana with all the required asanas followed by Rest of 20 mins.	
Yoga and wellness		2	28	Sitting- Deep breathing---- Kapalbhati pranayama ----Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting--	

				Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
		3	29	Sitting- Deep breathing---- Agnisaar Kriya ----Standing-Ardha Chandrasana ----Ardha Natarajasana ----Padangusthana (with wall support)----Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara -I) ---- Janu Sirsasana ---- Chakki Chalan ---Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Full Yogic Breathing (Purna Yogic Svasana) ---- Ujjayi Pranayama ---- Meditation 10 mins	
			30	Sitting- Deep breathing---- Full Yogic Breath(5 minutes) ---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana -- --Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama ---- Chandra Bhedana Pranayama ---- Sheetali Pranayama ---- Meditation 10 mins	
		4	31		THEORY- 9. Ahimsa (Non-violence): Transforming anger into compassion[5] 10. Santosha

					(Contentment): Countering loneliness through inner fulfillment[5]
			32		THEORY- IV. Meditation & Mental Health (15 Topics) 31. Trataka (Candle Gazing): Enhancing concentration (HYP)[3]
Preventive Health Care / Getting to know your Body	5	1	33	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
			34	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)----Standing- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana Prasarita Padottanasana ----Sitting- Ardha Ustrasana ----- Shishuasana -- Ardha Padmasana ---- Veerasana (Prakara-1)---- Bhujangasana ---- Mandukasana (Prakara-1)---- Prone- Ardha Dhanurasana ----	

				Purna Bhujangasana---- Chaturanga Dandasana (with palms)----Supine- Viparita Karani (with folded legs)---- Matsyasana---- Purva Uthanasana---- Shavasna(5 mins) Pranayama-Anulonga viloma pranayama(9 rounds)---- Chakra meditation (20 mins)	
		2	35	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha---- Agnisaar Kriya---- ---Standing- Padangusthana---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana---- Sitting-Bharadvaj asana (Prakara -I)---- Janu Sirsasana---- Ardha Akarna Dhanurasana---- Spinal Twist---- Parvatasana---- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine-Jathara Parivartanasana ---- Ardha Navasana---- Sarala Matsyasana---- Setu Bandhasana-- Shavasana(2 mins)---- Sitting-- Ujjayi Pranayama (1 min)---- Bhramari Pranayama(5 rounds)--- -Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
			36	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika Pranayama (without hand movements)---- Standing-- Padangusthana (with wall support)- --- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana---- Utthita Parivrtta Trikonasana---- Parshvottanasana----- Sitting--Upavistha Konasana--- -Parsva Veerasana---- SuptaBaddhakonasana---- Paschimottanasana---- Mandukasana (Prakara-II)--- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana----	

Self Care thru Yoga				Dhanurasana---- Urdhomukha Svanasana---- Adhomukha Svanasana---- Salamba Salabhasana--- Supine--- Purnapawanmuktasana--- Shavasana--Guided Yoga Nidra (20 mins)	
	3	37		Sitting- Deep breathing---- Bhastrika pranayama---- Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)---- Sitting-Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana---- Supta Padmasana (With Support)---- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasana-----Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)---- Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
			38	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika Pranayama (3 rounds, without hand movements)---- Standing- Suryanamaskar (6 fast rounds with breath)---- Utthita Trikonasana---- Utthita Parivrtta Trikonasana---- Sitting--Upavistha Konasana---- Parsva Veerasana---- Baddhakonasana---- Supta Baddhakonasana--- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukha---- Svanasana---- Adhomukha Svanasana-----Supine- Sarvangasana---- Sarala Matsyasana---- Setu Bandhasana--- Pranayama-Anulomvilom Pranayama with Kumbhaka--, Meditation 10 mins	

		4	39		THEORY- Mantra Meditation: Sacred sounds (Om) for loneliness
			40		THEORY- Loving- Kindness (Metta): Building connection in isolation
		1	41	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha---Agnisaar Kriya- ---Standing-Padangusthana---- Uthita Parivrtta Trikonasana (with wall support)---Utthita Trikonasana----Sitting-Bharadvaj asana (Prakara -I)---Janu Sirsasana---Ardha Aakarna Dhanurasana---Spinal Twist--- Parvatasana---Prone-Purna Bhujangasana---Chaturanga Dandasana (with palms)--- Sarpasana---Dhanurasana--- Urdhomukhasana---Supine- Jathara Parivartanasana ---Ardha Navasana---Sarala Matsyasana---Setu Bandhasana-- Shavasana(2 mins)---Sitting-- Ujjayi Pranayama (1 min)--- Bhramari Pranayama(5 rounds)--- -Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins 	
Stress management through yoga	6		42	Sitting- Deep breathing---- Bhastrika pranayama ----Standing- Chakrasana ---- Uthita Trikonasana (with wall support)--- Parsvakonasana (with wall support)---Sitting- Vajrasana --- Supta Vajrasana (Without Support)--- Padmasana --- Supta Padmasana (With Support)--- Prone- Purna Bhujangasana --- Chaturanga Dandasana (with palms)--- Sarpasana --- Dhanurasana ---	

				Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
		2	43	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
			44	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)----Standing- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana Prasarita Padottanasana ----Sitting- Ardha Ustrasana ----- Shishuasana -- Ardha Padmasana ---- Veerasana (Prakara-I)---- Bhujangasana ---- Mandukasana (Prakara-1)---- Prone- Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)----Supine- Viparita Karani (with folded legs)---- Matsyasana ---- Purva Uthanasana ---- Shavasana (5 mins) Pranayama - Anuloma	

				viloma pranayama(9 rounds)---- Chakra meditation (20 mins).	
			45	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika Pranayama (3 rounds, without hand movements)----Standing- Suryanamaskar (6 fast rounds with breath)---- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Sitting-- Upavistha Konasana ---- Parsva Veerasana ---- Baddhakonasana ---- Supta Baddhakonasana ---Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukha ---- Svanasana ---- Adhomukha Svanasana ----Supine- Sarvangasana ---- Sarala Matsyasana ---- Setu Bandhasana --- --Pranayama- Anulomvilom Pranayama with Kumbhaka --, Meditation 10 mins	
		3	46	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika Pranayama (without hand movements)----Standing-- Padangusthana (with wall support)- --- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana - -----Sitting-- Upavistha Konasana --- - Parsva Veerasana ---- SuptaBaddhakonasana ---- Paschimottanasana ---- Mandukasana (Prakara-II)---Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---Supine--- Purnapawanmuktasana --- Shavasana -- Guided Yoga Nidra (20 mins)	

			47		THEORY- Detachment vs. Indifference: Healthy non-attachment (Gita 2.47)[2] 42. Managing Anger: Gita's 4-step framework (2.62-63)[2]
		4	48		THEORY- Antaraya (Mental Obstacles): Patanjali's solutions[5] 44. Mudras for Stability: Gyan Mudra (knowledge), Prana Mudra (vitality)[4] 45. Bandhas (Energy Locks): Uddiyana Bandha for courage[3] 46. Sattvic Diet: Nutrition for mental clarity during voyages
	7	1	49	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---- Standing-Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana----Konasana (1&2)---- Vrikshasana---- Garudasana---- Sitting-- Ardha-Matsyendrasana---- Yoga Mudrasana---- Gomukhasana---- Paschimottanasana---- Prone-- Paripurna Bhujangasana---- Purna Dhanurasana---- Vipritshalabhasana---- Naukasana-- Supine-- Navasana---- Setu Bandha---- Sarvangasana---- Matsyasana---- Pranayama-- Bharari	

				in Shanmukhi mudra---- Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
Self Care thru Yoga			50	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha ---- Standing- Sarvangapushti ---- Skandasana ---- Prasavkonasana ---- Ardhachakrasana ----Sitting-- Malasana ---Crow walk---- Vakrasana ---- Janushirsana --- Prone- Vimanasana -(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana ---Supine-- Suptaveerasana ---- Sarvangasana -- Halasana ---- Natrajasana ----- Sitting--, Chakra Meditation (20 mins)	
			51	Sitting- Deep breathing(1 min)---- Chanting (OM)----- JalaNeti -- Followed by Bhastrika Pranayama (3 rounds)-- Standing-Tadasana ---- Veerabhadrasana-3 ---- Reverse warrior Pose ---- UtthitaPrasavakonasana ---- Vamana Dhauti Yog nidra (20 mins) mins	
		2	52	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Vamana Dhauti --- Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana ---Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ---- Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)---- PurnaDhanurasana ---Supine-- Sarvanagasana --- Matsyasana --- Inverted advanced- Sirsasana --- Sitting--, Maha Bandha with all the intermediary Bandhas for 2 mins -- Meditation (10 mins)	
Emotional Management		3	53	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Mahabandha ---- Standing-- Complete Chandranamaskar sequence ---	

				Hastoutthana---- Padahastha---- Sitting-- Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)---- Supta Veerasana (Without Support)---- Supta Padmasana (Without Support)---- Mayurasana----- Prone-- Dhanurasna---- Makarasana-- Supine-- PurnaPawanmuktasana--- Dakshinamurtiasana--- Sitting--, Trataka meditataion (15 mins)	
			54	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Trataka on far object (5 mins)--- Standing- Deviasana---- Trikonasana---- Ardha Prasovottanasana--- ArdhaChandrasana---- Sakandasana---- Sitting-- Padangustha Upavistha Konasana---- Ustrasana---- Urdhva Parivrta Janu Sirsasana---- Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)---Prone----Supine- Dakshinamurtiasana---- Sitting--, Meditation 10 mins	
		4	55		THEORY- Self- Study (Svadyaya): Journaling for self- awareness[5] . Klesha Reduction: Overcoming afflictions (Yoga Sutras)[5]
			56		THEORY- . Gheranda's 25 Mudras: Gestures for emotional balance[4]
	8	1	57	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Trataka on far object (5 mins)--- Standing- Deviasana---- Trikonasana----	

				Ardha Prasovottanasana--- Ardha Chandrasana---- Sakandasana----Sitting-- Padangustha Upavistha Konasana----Ustrasana-----Urdhva Parivratta Janu Sirsasana---- Trianga Mukhaikapada Paschimottanasana----Kurmasana (Tortoise pose)---Prone----Supine- Dakshinamurtiasana----Sitting--, Meditation 10 mins	
			58	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---- Standing-Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana----Konasana (1&2)----Vrikshasana---- Garudasana----Sitting--Ardha- Matsyendrasana----Yoga Mudrasana----Gomukhasana---- Paschimottanasana----Prone-- Paripurna Bhujangasana----Purna Dhanurasana---- Vipritshalabhasana----Naukasana- Supine--Navasana----Setu Bandha----Sarvangasana---- Matsyasana---Pranayama-Bharari in Shanmukhi mudra----Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		2	59	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha---- Standing-Sarvangapushti---- Skandasana----Prasavkonasana---- Ardhachakrasana----Sitting-- Malasana---Crow walk---- Vakrasana----Janushirsana--- Prone-Vimanasana-(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana---Supine-- Suptaveerasana----Sarvangasana-- --Halasana----Natrajasana----- Sitting--, Chakra Meditation (20 mins)	

Self Care thru Yoga			60	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Mahabandha ---- Standing-- Complete Chandranamaskar sequence --- Hastoutthana ---- Padahastha ---- Sitting-- Trianga Mukhaikapada Paschimottanasana ---- Kurmasana (Tortoise pose)---- Supta Veerasana (Without Support)---- Supta Padmasana (Without Support)---- Mayurasana -----Prone-- Dhanurasna ---- Makarasana -- Supine-- Purna Pawanmuktasana --- Dakshinamurtiasana ---Sitting--, Trataka meditaitaion (15 mins)	
		3	61	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Vamana Dhauti --- ---Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana ---Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ---- Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)---- Purna Dhanurasana ---Supine-- Sarvanagasana --- Matsyasana --- Inverted advanced- Sirsasana --- Sitting--, Maha Bandha with all the intermediary Bandhas for 2 mins -- Meditation (10 mins)	
			62	Sitting- Deep breathing(1 min)---- Chanting (OM)----- Jala Neti --- Followed by Bhastrika Pranayama (3 rounds)- Standing-Tadasana ---- Veerabhadrasana-3 ---- Reverse warrior Pose ---- Utthita Prasavakonasana ---- Vamana Dhauti Yog nidra (20 mins) mins	
		4	63		THEORY- Resilience- Building Practices (10 Topics) 51. Daily Sankalpa (Intention):

				mins followed by 10 mins of meditation	
			68	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Kapalbhati pranayama ----Standing--Fast rounds of Sun salutations (21 rounds)---Sitting-- Parvatasana with side bendings---- Bhujangasana --- Yogamudra -----Supine-Shavasana--Yog Nidra (20 mins)	
			69	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Evaluation / performance of Learning		3	70	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Kapalbhati pranayama ---- Shankha Prakshalana With all the preparatory asanas practice followed by resting	
			71		THEORY-54. Group Sadhana: Collective energy against isolation 55. Silent Retreats: Simulating ship solitude safely
Special Yoga Protocols for Self Help		4	72		THEORY- 57. Hero's Journey Framework: Arjuna's transformation (Gita)[1] 58. Forgiveness Practices: Releasing resentment
	10	1	73	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika pranayama ----Standing- Veerbhadrasana 1 & 2 ---- Uttakatasana ---- Konasana --- Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana ---	

				Adhomukhaswanasna --Supine-- Sarvangasana ---- Halasana ----- Matsyasana ----Inverted---- Sirsasana -----China Mudra (1 min)-- --Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			74	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika pranayama ----Standing-- Chandranamaskara sequence --- Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana -- Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
			75	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Kapalbhati pranayama ----Standing--Fast rounds of Sun salutations (21 rounds)---Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Supine-Shavasana- -Yog Nidra (20 mins)	
		2	76	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Sutra Neti -- Followed by Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)-Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Prone- Bhujanga ---- Makarasna (rest with bharamari on sides)---Supine-- Natarajasana --- Sitting--, Chakra Meditation 20 mins	
			77	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced/Intermediate asanas--- followed by guided Chakra Meditation 20 mins	
		3	78	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	

Evaluation / performance of Learning		4	79		THEORY- Legacy Building: Connecting to maritime heritage
			80		BE HAPPY!

YEAR 2

Students have now got used to Yoga terms and even use many of them in their day to day language. They can do half an hour of Yoga practice on their own confidently. They have had some good experiences of healthy changes in their body and mind. They have had better concentration in their studies. This makes them capable of paying attention to their mind now. Having paid attention to Body level in year one they are now ready to pay attention to the mental level.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
8 Steps to Better You/Relationship & Personal Development	1	1	1	THEORY and Introduction to Therapeutic Yoga	THEORY- **Crisis Management Tools (10 Topics)
			2	HIGH BP: Asana: siddhasana, Ananda madirasana, Adhomukha Virasana, Supta Baddhakonasana, Pawanmuktasana, Shavasana. Pranayama: Nadi shodhana, sheetali, seetkari, ujjayi, bhramari. Other: Yoga nidra, meditation.	
		2	3	Sitting- Deep breathing--- Agnisaar Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support) ---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara - D) ---- Janu Sirsasana ---- Chakki Chalan ----Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ----	

				Salamba Salabhasana---- Supine-Naukasna----- Pavanamuktasana (Prakara- 1)----Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)----Sitting-- Full Yogic Breathing (Purna Yogic Svasana)----Ujjayi Pranayama----Meditation 10 mins	
			4	Face Yoga, Sukshama vyayama, Yog Nidra (20 mins)	
Relationship & Personal Development			5	Suryanmaskar sequence (54 rounds) Yog Nidra 20 mins	
		3	6	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati---- Standing- Hastoutthana----Padahasta--- -Ardha Parsvottanasana---- Parivrtta Trikonasana---- Sitting-Vajrasana---- Mandukasana (Prakara-1)---- Ardha Ustrasana----Supta Veerasana (With Support)---- Prone-Purnashalabha---- Bhujanga----Triyak Bhujanaga----Dhanur---- Supine-Bhunamana---- ArdhaNavasna----Navasana-- --PurnaPawanmukta---- Shavasana----Sitting--Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
		4	7	Sitting- Deep breathing---- Kapalbhati pranayama---- Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)---- Sitting- Vajrasana- ---Supta Vajrasana (Without Support)---- Padmasana---- Vakrasana---- Siddhasana---- Prone-Purna Bhujangasana-- -- Chaturanga Dandasana (with palms)---- Sarpasana----	

				Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara- 1)----Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
			8	THEORY	5-Step Emotional First Aid: STOP (Stop, Breathe, Observe, Proceed)
			9	LOW BP: Asana: siddhasana, Ananda madirasana, Adhomukha Virasana, Supta Baddhakonasana, Pawanmuktasana, Shavasana. Pranayama: Nadi shodhana, sheetali, seetkari, ujjayi, bhramari. Other: Yoga nidra, meditation.	
	2	1	10	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati---- Standing- Hastoutthana----Padahasta--- -Ardha Parsvottanasana---- Parivrtta Trikonasana---- Sitting- Vajrasana---- Mandukasana (Prakara-1)---- Ardha Ustrasana---- Supta Veerasana (With Support)---- Prone- Purnashalabha---- Bhujanga----Triyak Bhujanaga----Dhanur---- Supine- Bhunamana---- Ardha Navasna---- Navasana-- -- PurnaPawanmukta---- Shavasana----Sitting--Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	

		2	11	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)- ---Sitting-Shashankasana---- Bhadrasana----Titli Asana (Butterfly)----Ardha Ustrasana----Prone-Marjariasana---- Chaturanga Dandasana (by using elbow)----Makarasana-- --Supine-Navasana---- Viparita Karani (with folded legs)----Ardha Halasana---- Shavasna (5 mins) Sitting up-Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
			12	Janushirshasana	
		3	13	Sitting- Deep breathing----Full Yogic Breath(5 minutes)---- Standing-Chakrasana---- Uthita Trikonasana ---- Parsvakonasana----Sitting-Siddhasana----Padmasana---- Lola Asana----Tola Asana---- Prone-Purna Bhujangasana-- --Chaturanga Dandasana (with palms)----Sarpasana---- Dhanurasana---- Urdhomukhasana----Supine-Naukasna----- Pavanamuktasana (Prakara-1)----Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)----Sitting--Chandra Anuloma Viloma Pranayama----Chandra Bhedana Pranayama---- Sheetali Pranayama---- Meditation 10 mins	

			14	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
		4	15	THEORY	**Anxiety Containment**: 5-4-3-2-1 sensory technique
			16	THEORY	**Anger De-escalation**: Breath-to-mantra transition
Self Care thru Yoga	3	1	17	Angina pectoris: (pains in the chest): Asana: Sukhasana, long deep breathing, hasta utthanasana. Para Virasana, pawanmuktasana , makarasana, akarna dhanurasana, Shavasana, Pranayama: All pranayama (no retention) Ujjayi, nadi shodhana, bhramari. Mudra: Yoga mudra. Other: Yoga nidra, Mantra chanting	

			18	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana---- Bhastrika Pranayama (3 rounds)----Standing-Utthita Trikonasana----Utthita Parivrtta Trikonasana---- Parshvottanasana Prasarita Padottanasana---- Sitting-Ardha Ustrasana----- Shishuasana---Ardha Padmasana----Veerasana (Prakara-I)----Bhujangasana-- --Mandukasana (Prakara-1)- ---Prone-Ardha Dhanurasana----Purna Bhujangasana----Chaturanga Dandasana (with palms)---- Supine-Viparita Karani (with folded legs)----Matsyasana---- Purva Uthanasana---- Shavasna(5 mins) Pranayama-Anuloma viloma pranayama(9 rounds)---- Chakra meditation (20 mins).	
		2	19	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha---- Agnisaar Kriya----Standing- Padangusthana----Uthita Parivrtta Trikonasana (with wall support)----Utthita Trikonasana----Sitting- Bharadvaj asana (Prakara - I)----Janu Sirsasana---- Ardha Akarna Dhanurasana----Spinal Twist----Parvatasana---- Prone-Purna Bhujangasana-- --Chaturanga Dandasana (with palms)----Sarpasana---- Dhanurasana---- Urdhomukhasana----Supine- Jathara Parivartanasana ----Ardha Navasana---- Sarala Matsyasana----Setu Bandhasana--Shavasana(2 mins)----Sitting--Ujjayi Pranayama (1 min)---- Bhramari Pranayama(5	

				rounds)----Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
			20	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha-- --Standing-Sarvangapushhti---- Skandasana---- Prasavkonasana---- Ardhachakrasana---- Sitting-- Malasana---Crow walk---- Vakrasana----Janushirsana-- -Prone- Vimanasana -(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana--- Supine-- Suptaveerasana---- Sarvangasana----Halasana--- - Natrajasana----- Sitting--, Chakra Meditation (20 mins)	
		3	21	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---- Standing- Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana----Konasana (1&2)---- Vrikshasana---- Garudasana---- Sitting-- Ardha-Matsyendrasana---- Yoga Mudrasana---- Gomukhasana---- Paschimottanasana---- Prone-- Paripurna Bhujangasana---- Purna Dhanurasana---- Vipritshalabhasana---- Naukasana--Supine-- Navasana----Setu Bandha---- Sarvangasana---- Matsyasana--- Pranayama- Bharari in Shanmukhi mudra---- Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
Stress management through yoga			22	Sitting- Deep breathing(1 min)----Chanting (OM)---- Sutra Neti--Followed by	

				Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)- Sitting-- Parvatasana with side bendings--- Bhujangasana --- Yogamudra -----Prone- Bhujangasana --- Makarasana (rest with bhramari on sides)--- Supine-- Natarajasana --- Sitting-- Chakra Meditation 20 mins	
		4	23	THEORY	**Loneliness Protocols** : Connecting to universal consciousness (Gita 6.30)[2]
			24	THEORY	**Sleep Reboot Protocol** : Yoga Nidra + Nadi Shodhana
	4	1	25	Varicose Veins: Asana: All inverted asanas, pawanmuktasana, shashankasana, supta vajrasana, shashank bhujangasana, Sit in vajrasana for at least 10 minutes after meals. Pranayama: Bhramari, Bhastrika, kapalbhati. Bandha: Uddiyana bandha, Molla bandha. Shatkarma: Agnisar kriya, laghoo shankhaprakshalana,	
			26	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	

		2	27	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Konasana (2)----Vriksasan--- - Utkatasana----Sitting- Swastikasana---Vakrasana--- -Chakki----Prone-Ardha Bhujangasana---- Shishuasana----Pashuasana-- --Supine-Ekapada Utthanasana (Utthana Padasana) (without bending legs)----Navasana---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)----Meditaion (visualisation) 10 mins.	
			28	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)- ---Sitting-Shashankasana---- Bhadrāsana----Titli Asana (Butterfly)----Ardha Ustrasana----Prone- Marjharisana---- Chaturanga Dandasana (by using elbow)----Makarasana-- --Supine-Navasana---- Viparita Karani (with folded legs)----Ardha Halasana---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	

		3	29	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)----Standing- Ardha Chandrasana (with or without wall support)---- Veerabhadrasana (Prakara-1)---- Prasarita Padottanasana ---- Kati Chakrasana ----Sitting- Ardha Ustrasana ---- Ardha Padmasana ---- Veerasana (Prakara-I)---- Bhujangasana -- Mandukasana (Prakara-1)- ---Prone- Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Supine- Viparita Karani (with folded legs)---- Matsyasana ---- Purva Uthanasana ---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama (9 rounds)---- Meditaion (visualisation) 10 mins.	
			30	Sitting- Deep breathing---- Chanting OM 3 times---- Standing- Suryanamaskara (6 rounds)---- Parighasana ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Siddhasana ---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Vipritashalabhasana --- Vimanasana ---- Dhanurasna --- ---Supine- Naukasana ---- Vipritakarni ---- Sarvangasana --- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama (9 rounds)-- -- Meditaion (visualisation) 10 mins.	
Self Care thru Yoga		4	31	THEORY	**Panic Attack Interruption**: Bhramari + grounding asanas

			32	THEORY	**Depression Movement Prescription**: 20-min dynamic sequences
			33	Siustitis: Asana: Surya namaskara, Simhasana, Ustrasana, Viparitakarni Mudra, Setubandhasana, During a cold only relaxing practices should be attempted. Shatkarma: Neti, kunjai, laghoo shankhaprakshalana.	
	5	1	34	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati ----Standing- Hastoutthana ---- Padahasta --- -Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Vajrasana ---- Mandukasana (Prakara-1)---- Ardha Ustrasana----Supta Veerasana (With Support)---- Prone- Purnashalabha ---- Bhujanga ---- Triyak Bhujanaga ---- Dhanur ---- Supine- Bhujanama ---- ArdhaNavasana ---- Navasana -- -- PurnaPawanmukta ---- Shavasana ----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
		2	35	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana --- --- Supta Vajrasana (Without Support)---- Padmasana ---- Vakrasana ---- Siddhasana ---- Prone- Purna Bhujangasana -- -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana -----	

				Pavanamuktasana (Prakara-1)--- Setu bandasna --- Jathara Parivartanasana -- Shavasana (2 mins)---Sitting-- Surya Anuloma Viloma Pranayama(1 min)--- Anulong viloma (9 rounds), Meditation 10 mins	
			36	Sitting- Deep breathing (coming to the moment)---chanting, Vajrasana --- Bhastrika Pranayama (3 rounds)---Standing- Ardha Chandrasana (with or without wall support)--- Veerabhadrasana (Prakara-1)--- Prasarita Padottanasana --- Kati Chakrasana ---Sitting- Ardha Ustrasana --- Ardha Padmasana --- Veerasana (Prakara-I)--- Bhujangasana -- Mandukasana (Prakara-1)- ---Prone- Ardha Dhanurasana --- Purna Bhujangasana --- Chaturanga Dandasana (with palms)--- Supine- Viparita Karani (with folded legs)--- Matsyasana --- Purva Uthanasana --- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama (9 rounds)--- Meditaion (visualisation) 10 mins.	
		3	37	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati ---Standing- Hastoutthana --- Padahasta --- Ardha Parsvottanasana --- Parivrtta Trikonasana --- Sitting- Vajrasana --- Mandukasana (Prakara-1)--- Ardha Ustrasana --- Supta Veerasana (With Support)--- Prone- Purnashalabha --- Bhujanga --- Triyak Bhujanaga --- Dhanur --- Supine- Bhunamana --- Ardha Navasna --- Navasana --	

				--PurnaPawanmukta---- Shavasana---- Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
			38	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)- ---Sitting- Shashankasana---- Bhadrasana---- Titli Asana (Butterfly)---- Ardha Ustrasana---- Prone- Marjariasana---- Chaturanga Dandasana (by using elbow)---- Makarasana-- --Supine- Navasana---- Viparita Karani (with folded legs)---- Ardha Halasana---- Shavasna (5 mins) Sitting up- Anulonga viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
Preventive Health Care / Getting to know your Body			39	THEORY	**Addiction Alternatives**: Mudra- meditation substitutions
		4	40	THEORY	**Post-Traumatic Growth**: Karma Yoga for trauma integration[5]
	6	1	41	Asthama: Asana: Surya namaskara, shashankasana, pranamasana, sarvangasana, supta vajrasana, marjari-asana, ushtrasana, hasta uttanasana, utthita lolasana, dwikonasana, matsyasana, backward bending asanas, pada hastasana, baddha padmasana.	

				Shavasana with breath awareness. Pranayama: Nadi shodhana, bhastrika, kapalbhati. Deep abdominal breathing at all times. Shatkarma: Vastra dhauti, shankhaprakshalana, kunjai, jala neti. Other: Yoga nidra, Mantra chanting, Meditation and relaxation techniques to remove the source of nervousness.	
		42		Sitting- Deep breathing---- Kapalbhati pranayama---- Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
		2	43	Sitting- Deep breathing---- Bhastrika pranayama---- Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana---- Chaturanga	

				Dandasana (with palms)---- Sarpasana --- Dhanurasana --- -Urdhomukhasana ---Supine- Naukasana ----- Pavanamuktasana (Prakara- 1)--- Setu bandasna --- Jathara Parivartanasana -- Shavasana (2 mins)---Sitting-- Surya Anuloma Viloma Pranayama(1 min)--- Anulom viloma (9 rounds), Meditation 10 mins	
			44	Sitting- Deep breathing--- Sectional Breathing (Vibhagiya Pranayama) --- Standing- Chakrasana --- Sitting- Vajrasana --- Supta Vajrasana (Without Support)- --- Padmasana --- Supta Padmasana (With Support)--- Prone- Purna Bhujangasana -- -- Chaturanga Dandasana (with palms)----- Urdhomukhasana ----- Jathara Parivartanasana -- Shavasana (2 mins)---Sitting-- Surya Anuloma Viloma Pranayama(1 min)--- Kapalrandhradhauti --- Karnarandhrha dhauti --- Randhra dhauti ---Anulom viloma (9 rounds), Panchakosha Meditation 10 mins	
		3	45	Inverted asanas Practice: Sarvangasana --- Viparitamuktasana --- Halasana --- Matsyansana --- Bhujangasana --- Shashank asana--- Anulomviloma (9 rounds), Chakra Meditation (20 mins)	
			46	Chandranamaskar Sequence (6 rounds) Chakra meditation (20 mins)	**Lifestyle & Environment (5 Topics) 81. **Circadian Yoga**: Aligning

					practice with watch schedules
Stress management through yoga		4	47	THEORY	**Micro-Yoga**: 5-min routines for busy shifts
			48	THEORY	
	7	1	49	Constipation: Asana: Tadasana, tiryaka tadasana, kati chakrasana, surya namaskara, pawanmuktasana, Supta vajrasana, shashankasana, ushtrasana, trikonasana, yogamudrasana, matsyasana, all backward and forward bending asanas, all spinal twist asanas, halasana, druta halasana. Drink 2 to 3 glasses of body temperature warm water before morning practice. Sit in vajrasana for at least 10 minutes after every meal. Pranayama: Nadi shodhana. Mudra: Ashwini mudra. Bandha: Uddiyana and maha bandhas. Shatkarma: <i>Laghoo shankhaprakshalana</i> , agnisar kriya, nauli. Other: Yoga nidra, Meditation	
			50	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-	

				1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
		2	51	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana -- --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara- 1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
			52	Sitting- Deep breathing---- Agnisara Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara - 1)---- Janu Sirsasana ---- Chakki Chalan ----Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---- Supine- Naukasana ----- Pavanamuktasana (Prakara- 1)---- Setu bandasna ---- Jathara Parivartanasana --	

				Shavasana(2 mins)----Sitting--Full Yogic Breathing (Purna Yogic Svasana)----Ujjayi Pranayama----Meditation 10 mins	
		3	53	Sitting- Deep breathing---- Full Yogic Breath(5 minutes)---- Standing- Chakrasana---- Uthita Trikonasana ---- Parsvakonasana---- Sitting- Siddhasana----Padmasana---- Lola Asana----Tola Asana---- Prone- Purna Bhujangasana-- --Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara-1)----Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama----Chandra Bhedana Pranayama---- Sheetali Pranayama---- Meditation 10 mins	
Emotional Management			54	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama)--- Laghu Shankhaprakshalana with all the required asanas followed by Rest of 20 mins.	
		4	55	THEORY	**Sacred Space Creation**: Personalizing cabin altars
			56	THEORY	**Digital Detox**: Reducing screen-induced anxiety
	8	1	57	IBS: Asana: Vajrasana for at least 10 minutes after every meal. Eat slowly, Practice Chandranamaskara Sequence asanas, Forward and Backward bend asanas, Supta vajrasana, Shashankasana,	

				Yogamudrasana, Ushtrasana, Bhujangasana, Pawanmuktasana, Pranayama: Nadi shodhana, bhamari, Sheetkari, Sheetali, Shatkarma: kunjla, Laghu shankha prakshalana. Other: Relaxation and cultivation of mental tranquillity through yoga nidra and meditation.	
			58	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana---- Bhastrika Pranayama (3 rounds)----Standing-Utthita Trikonasana----Utthita Parivrtta Trikonasana---- Parshvottanasana Prasarita Padottanasana---- Sitting-Ardha Ustrasana----- Shishuasana---Ardha Padmasana----Veerasana (Prakara-I)----Bhujangasana-- --Mandukasana (Prakara-1)- ---Prone-Ardha Dhanurasana----Purna Bhujangasana----Chaturanga Dandasana (with palms)---- Supine-Viparita Karani (with folded legs)----Matsyasana---- Purva Uthanasana---- Shavasana(5 mins) Pranayama-Anuloma viloma pranayama(9 rounds)---- Chakra meditation (20 mins).	
		2	59	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha---- Agnisara Kriya----Standing- Padangusthana----Uthita Parivrtta Trikonasana (with wall support)----Utthita Trikonasana----Sitting- Bharadvaj asana (Prakara - I)----Janu Sirsasana---- Ardha Akarna Dhanurasana----Spinal	

				Twist---- Parvatasana---- Prone-Purna Bhujangasana-- --Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Jathara Parivartanasana ---- Ardha Navasana---- Sarala Matsyasana---- Setu Bandhasana--Shavasana(2 mins)----Sitting-- Ujjayi Pranayama (1 min)---- Bhramari Pranayama(5 rounds)---- Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
			60	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika Pranayama (without hand movements)--- -Standing-- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana---- Utthita Parivrtta Trikonasana---- Parshvottanasana----- Sitting-- Upavistha Konasana- ---Parsva Veerasana---- SuptaBaddhakonasana---- Paschimottanasana---- Mandukasana (Prakara-II)--- Prone-Purna Bhujangasana-- --Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukha Svanasana---- Adhomukha Svanasana---- Salamba Salabhasana--- Supine--- Purnapawanmuktasana--- Shavasana--Guided Yoga Nidra (20 mins)	
		3	61	Sitting- Deep breathing---- Bhastrika pranayama---- Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana-	

				---Supta Vajrasana (Without Support)---Padmasana---Supta Padmasana (With Support)---Prone-Purna Bhujangasana---Chaturanga Dandasana (with palms)---Sarpasana---Dhanurasana---Urdhomukhasana---Supine-Naukasana-----Pavanamuktasana (Prakara-1)---Setu bandasna---Jathara Parivartanasana--Shavasana(2 mins)---Sitting--Surya Anuloma Viloma Pranayama(1 min)---Anulong viloma (9 rounds), Meditation 10 mins	
			62	Sitting- Deep breathing(1 min)---Chanting (OM)---Bhastrika Pranayama (3 rounds, without hand movements)---Standing-Suryanamaskar (6 fast rounds with breath)---Utthita Trikonasana---Utthita Parivrtta Trikonasana---Sitting--Upavistha Konasana---Parsva Veerasana---Baddhakonasana---Supta Baddhakonasana---Prone-Purna Bhujangasana---Chaturanga Dandasana (with palms)---Sarpasana---Dhanurasana---Urdhomukha---Svanasana--Adhomukha Svanasana---Supine-Sarvangasana---Sarala Matsyasana---Setu Bandhasana---Pranayama-Anulomvilom Pranayama with Kumbhaka--Meditation 10 mins	
		4	63	THEORY	Community Building**: Shared Gita study groups[1][2]
			64	THEORY	**Assessment & Growth (5 Topics)

					Pratyahara Diaries: Tracking sensory triggers
					86
				65	Acidity: Asana: Vajrasana for at least 10 minutes after every meal. Pawanmuktasana, Supta vajrasana, Shashankasana, Ushtrasana, Trikonasana, Yogamudrasana, Pranayama: Nadi shodhana, bhramari, Sheetkari, Sheetal, Chandrabhed. Shatkarma: Agnisar kriya, kunjla. Other: Relaxation and cultivation of mental tranquillity through yoga nidra and meditation.
	9	1	66	Sitting- Deep breathing(1 min)----Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana ---Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ----Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)---- PurnaDhanurasana ---Supine- Sarvanagasana --- Matsyasana ---Inverted advanced- Sirsasana ---Sitting-- , Maha Bandha with all the intermediary Bandhas for 2 mins ---- Meditation (10 mins)	
		2	67	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana --- Supta Vajrasana (Without Support)---- Padmasana ----	

				Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- -Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
			68	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama) ---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds) ---Sitting- Shashankasana ---- Bhadrasana ---- Titli Asana (Butterfly)---- Ardha Ustrasana ----Prone- Marjharisana ---- Chaturanga Dandasana (by using elbow)---- Makarasana --Supine- Navasana ---- Viparita Karani (with folded legs)---- Ardha Halasana ---- Shavasna (5 mins) Sitting up- Anulom viloma pranayama (9 rounds)---- Meditation (visualisation) 10 mins.	
		3	69	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)----	

				Sarpasana---Dhanurasana--- -Urdhomukhasana---Supine- Naukasna----- Pavanamuktasana (Prakara- 1)---Setu bandasna--- Jathara Parivartanasana-- Shavasana(2 mins)---Sitting-- Surya Anuloma Viloma Pranayama(1 min)---Anulong viloma (9 rounds), Meditation 10 mins	
			70	Sitting- Deep breathing--- Agnisaar Kriya---Standing- Ardha Chandrasana--- Ardha Natarajasana--- Padangusthana (with wall support)---Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara - I)---Janu Sirsasana--- Chakki Chalan---Prone Dhanurasana--- Urdhomukha Svanasana--- Adhomukha Svanasana--- Salamba Salabhasana--- Supine-Naukasna----- Pavanamuktasana (Prakara- 1)---Setu bandasna--- Jathara Parivartanasana-- Shavasana(2 mins)---Sitting-- Full Yogic Breathing (Purna Yogic Svasana)---Ujjayi Pranayama---Meditation 10 mins	
		4	71	THEORY	**Gita Self-Assessment**: Arjuna's growth benchmarks[1]
			72	THEORY	AV- PYS
Special Yoga Modules/Self Help	10	1	73	Diabetes: Asana: General - Surya namaskara, tadasana, yogamudrasana, shashankasana, supta vajrasana, paschimottanasana, bhujangasana, ardha matsyendrasana, halasana, sarvangasana, matsyasana, gomukhasana, shavasana. Advanced - Dwi hasta	

				bhujangasana, vatayanasana. Pranayama: Nadi shodhana, bhramari, bhasrika, ujjayi. Shatkarma: Laghoo shankhaprakshalana, kunjla, neti. Diet: Food restrictions should be followed	
			74	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhujangasana --- Yogamudra -----Supine- Shavasana--Yog Nidra (20 mins)	
		2	75	Deep breathing---- Kapalbhati pranayama ---- Chakrasana --- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)---- Vajrasana ---- Supta Vajrasana (Without Support)----Padmasana---- Supta Padmasana (With Support)----Malasana----- Chaturanga Dandasana (with palms)-----Dhanurasana---- Urdhomukhasana---- Naukasana----- Pavanamuktasana (Prakara-1)- ---Setu bandasana----Jathara Parivartanasana--Shavasana(2 mins)----Surya Anuloma Viloma Pranayama(1 min)---- Bhramari Pranayama (5 rounds), Yognidra 10 mins	

			76	Deep breathing(1 min)---- Chanting (OM)----Bhastrika Pranayama (without hand movements)---- Padangusthana (with wall support)----Uthita Parivrtta Trikonasana (with wall support)-----Utthita Parivrtta Trikonasana---- Parshvottanasana----- Upavistha Konasana---- Parsva Veerasana---- SuptaBaddhakonasana---- Paschimottanasana---- Mandukasana (Prakara-II)-- -- Bhujangasana---- Chaturanga Dandasana (with palms)----Sarpasana---- Dhanurasana---- Urdhomukha Svanasana---- Adhomukha Svanasana----- --Purnapawanmuktasana--- Shavasana--Guided Yoga Nidra	
		3	77	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)----Suryanamaskar asanas with mantras (2 rounds)----Katichakrasana---- Konasana (1&2)---- Vrikshasana----Garudasana- -----Ardha-Matsyendrasana-- --Yoga Mudrasana---- Gomukhasana---- Paschimottanasana----- Vipritshalabhasana---- Naukasana-----Setu Bandha- ---Sarvangasana---- Matsyasana---Pranayama- Bharari in Shanmukhi	

				mudra---Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
Evaluation / performance of Learning			78	Deep breathing---Kapalbhati pranayama---Chakrasana--- -Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)---- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana---- Supta Padmasana (With Support)---- Malasana----- Chaturanga Dandasana (with palms)----- Dhanurasana---- Urdhomukhasana---- Naukasna----- Pavanamuktasana (Prakara- 1)---Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)----Surya Anuloma Viloma Pranayama(1 min)---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
		4	79	THEORY	AV_PYS
			80	THEORY	AV-PYS

YEAR 3

Students with 2 years of learning and practicing Yoga techniques they can talk of the techniques using their name and their good effect in certain health conditions. They can dwell into the deeper aspects of their self and connect with their emotions.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA / Recall Previous learning	1	1	1	Thyroid and parathyroid: (general toning) Asana: Surya namaskara, pawanmuktasana part inverted asanas especially sarvangasana, halasana, matsyasana, supta vajrasana, yogamudrasana, all backward bending asanas especially grivasana. Pranayama: All pranayamas, especially ujjayi, bhramari, bhastrika with bandhas, moorchha pranayama. Mudra: Pashinee and vipareeta karani mudra. Bandha: Jalandhara bandha. Shatkarma: Neti, kunjal. Other: Yoga nidra, Mantra chanting.	
			2	Back your Back: Sun salutations (11 rounds)--- Konasana 1 & 2--- Vrikshasana---Konasana--- Katichakrasana---Utkatasana-- --Janushirsasana--- Paschimottanasana--- Marjharisana--- Pawanmuktasana--- Natrajasana-----Aadi Mudra--- Meru danda Mudra---(3 mins each)--- Yoga nidra (with Progressive Muscle Relaxation Technique-PMRT)	

			3	Deep breathing(1 min)---- Chanting (OM)----Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha----Sarvangapushti---- Skandasana---- Prasavkonasana---- Ardhachakrasana----- Malasana---Crow walk---- Vakrasana----Janushirsana--- Vimanasana-(hold for 1 min)---- Dhanurasana (hold for 1 min)--- -Makrasana----- Suptaveerasana---- Sarvangasana---Halasana---- Matsyasana---Natrajasana---, Chakra Meditation	
			4	"Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)----Suryanamaskar asanas with mantras (2 rounds)- ---Katichakrasana----Konasana (1&2)----Vrikshasana---- Garudasana-----Ardha- Matsyendrasana---Yoga Mudrasana---Gomukhasana--- -Paschimottanasana----- Vipritshalabhasana---- Naukasana-----Setu Bandha---- Sarvangasana---Matsyasana--- Pranayama-Bharari in Shanmukhi mudra---Ujjayi Pranayama (3 mins)-, Meditation 10 mins"	
		3	5	Deep breathing(1 min)---- Chanting (OM)-----JalaNeti-- Followed by Bhastrika Pranayama (3 rounds)--- Tadasana----Veerabhadrasana- 3----Reverse warrior Pose---- UtthitaPrasavakonasana---- Vamana Dhauti-----Yog nidra	

			6	Sitting- Deep breathing---- Chanting OM 3 times---- Standing-Suryanamaskara (6 rounds)---- Parighasana---- Ardha Parsvottanasana---- Parivrta Trikonasana---- Siddhasana---- Padmasana---- Supta Padmasana (With Support)---- Vipritashalabhasana---- Vimanasana---- Dhanurasna----- Naukasana---- Vipritakarni---- Sarvangasana---Shavasna(5 mins) ---Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
Relationship & Personal Development		4	7	THEORY	AV_PYS
			8	THEORY	AV_PYS
	2	1	9	Pneumonia & Cold/Cough: Asana: Surya namaskara, shashankasana, pranamasana, sarvangasana, supta vajrasana, marjari-asana, ushttrasana, hasta uttanasana, utthita lolasana, dwikonasana, matsyasana, backward bending asanas, pada hastasana, baddha padmasana. Shavasana with breath awareness. Pranayama: Nadi shodhana, bhastrika, kapalbhati. Deep abdominal breathing at all times. Shatkarma: Vastra dhauti, shankhaprakshalana, kunjla, jala neti. Other: Yoga nidra, Mantra chanting, Meditation and relaxation techniques to remove the source of nervousness.	
			10	Yoga for Good Sleep: Gentle Sukshama vyayama----Gentle Face Yoga---- BaddhaKonasana --- Suptabaddhakonasana ---- Vakrasana ---- Sitting twisting --- Marjharisana ---- Shishusana -- Sphynx pose ---- Makarasana	

				with Bhramari---- Anandabalasana--- Dakshinamurtiasana---- Pawanmuktasana---- Vipreetkarni mudra---PMR Technique----Bhramari in Supine position	
		2	11	Sukhasana, Deep Breathing, Chanting (OM 3 times)-- Tadasana----Konasana(1)--- Hastoutthanasana---- Padahastasana---- Bhadrasana- --- Baddhakonasana---- Bhujanga---- Sphynx----- Purnapawanmukta-----Knee dropping on sides (spinal twist)- ---Shavasana----Yoga Nidra (5 mins)	
			12	Face Yoga, Sukshama vyayama, Yog Nidra (20 mins)	
			13	Suryanamaskar 54 Rounds---- Yoga Nidra	
		3	14	"Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)----Suryanamaskar asanas with mantras (2 rounds)- ---Katichakrasana----Konasana (1&2)----Vrikshasana---- Garudasana-----Ardha- Matsyendrasana----Yoga Mudrasana----Gomukhasana--- -Paschimottanasana----- Vipritshalabhasana--- Naukasana-----Setu Bandha---- Sarvangasana----Matsyasana--- Pranayama-Bharari in Shanmukhi mudra----Ujjayi Pranayama (3 mins)-, Meditation 10 mins"	
		4	15	THEORY	AV_PSY
			16	THEORY	AV_PYS

SELF CARE THRU' YOGA	3	1	17	Backache: Asana: Tadasana, Tiryaka tadasana, Kati chakrasana, all gentle backward bending asanas, Bhunamanasana, Pawanmuktasana, Supta Vajrasana, Marjari-asana, Shashank Bhujangasana, Vyaghrasana, Makarasana. Pranayama: Ujjayi, Bhramari. Other: Yog nidra, Meditation, Meru Danda Mudra.	
			18	YOGA FOR NECK & SHOULDER: Sukshamavyayama for Neck & shoulders ----Shoulder shrugs & rotations----Urdhava Tada asana----Ardha Uttanasana----Hastauttanasana----Konasana-- --Gaumukhasana----Paschimnamaskar----Shishu asana----Vipritshalabhasna----Dhanurasana----Chaturangadandasana----Mushakasana----Vayu Mudra-- --Sandhi Mudra----Merudanda Mudra----(5-7 minutes each). Yog Nidra	
		2	19	Deep breathing(1 min)----Chanting (OM)-----JalaNeti-- Followed by Bhastrika Pranayama (3 rounds)---Tadasana----Veerabhadrasana-3----Reverse warrior Pose----UtthitaPrasavakonasana----Vamana Dhauti----Yog nidra	
			20	Sitting- Deep breathing(1 min)----Chanting (OM)----Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha----Standing- Sarvangapushhti----Skandasana---Prasavkonasana----Ardhachakrasana----Sitting-- Malasana---Crow walk----Vakrasana----Janushirsana---Prone-Vimanasana-(hold for 1 min)----Dhanurasana (hold for 1 min)----Makrasana---Supine-- Suptaveerasana----	

				Sarvangasana----Halasana---- Natrajasana-----Sitting--, Chakra Meditation (20 mins)	
		3	21	Sitting- Deep breathing(1 min)---- Chanting (OM)-----JalaNeti-- Followed by Bhastrika Pranayama (3 rounds)-- Standing-Tadasana- ---Veerabhadrasana-3---- Reverse warrior Pose---- UtthitaPrasavakonasana---- Vamana Dhauti Yog nidra (20 mins) mins	
			22	Chandranamaskar (4 Rounds)	
		4	23	THEORY	AV_PYS
			24	THEORY	AV_PYS
Stress management through yoga			25	Cervical Spondylosis: Asna: Centering & Gentle Neck Warm- up, Marjariasana, Ardha Uttanasana, Bhujangasana, Setu Bandhasana, Shashankasana; Pranayama: Nadishodhana, Bhramari Pranayama, Adi mudra, Prana Mudra, Meditation	
	4	1	26	YOGA FOR NECK & SHOULDER: Sukshamavyayama for Neck & shoulders----Shoulder shrugs & rotations----Urdhava Tada asana----Ardha Uttanasana---- Hastauttanasana----Konasana-- --Gaumukhasana---- Paschimnamaskar----Shishu asana----Vipritshalabhasna---- Dhanurasana---- Chaturangadandasana---- Mushakasana----Vayu Mudra-- --Sandhi Mudra----Merudanda Mudra----(5-7 minutes each). Yog Nidra	
			27	Padmasadhana Asanas followed by Hariom Meditation	
		2	28	Deep breathing(1 min)---- Chanting (OM)-----JalaNeti-- Followed by Bhastrika Pranayama (3 rounds)--- Tadasana----Veerabhadrasana- 3----Reverse warrior Pose----	

				UtthitaPrasavakonasana---- Vamana Dhauti-----Yog nidra	
		3	29	Sitting- Deep breathing----Full Yogic Breath(5 minutes)---- Standing-Chakrasana----Uthita Trikonasana ---- Parsvakonasana----Sitting- Siddhasana----Padmasana---- Lola Asana----Tola Asana---- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)----Sarpasana---- Dhanurasana---- Urdhomukhasana----Supine- Naukasna----- Pavanamuktasana (Prakara-1)- ---Setu bandasna----Jathara Parivartanasana--Shavasana(2 mins)----Sitting--Chandra Anuloma Viloma Pranayama--- -Chandra Bhedana Pranayama- ---Sheetali Pranayama---- Meditation 10 mins	
Preventive Health Care / Getting to know your Body			30	Padmasadhana Asanas followed by Hariom Meditation	
		4	31	THEORY	AV_PYS
			32	THEORY	AV_PYS
	5	1	33	Osteoarthritis: Asana: Sukshma Vyayama, Tadasana, Ardha Matsyendrasana, Pawanmuktasana, Shavasana with Leg Support (Relaxation Pose) Pranayama: Nadi shodhana, deep abdominal breathing, bhramari, kapalbhati. Diet: Light veg. meals, avoid sour and artificial food. Shatkarma: Neti, kunjal, laghoo shankhaprakshalana. Other: Yoga nidra, meditation.	
			34	Back your Back: Sun salutations (11 rounds)---- Konasana 1 & 2---- Vrikshasana----Konasana---- Katichakrasana----Utkatasana-- --Janushirsasana---- Paschimottanasana----	

				Marjharisana---- Pawanmuktasana---- Natrajasana-----Aadi Mudra---- Meru danda Mudra----(3 mins each)----Yoga nidra (with Progressive Muscle Relaxation Technique-PMRT)	
Self Care thru Yoga		2	35	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana --- Sitting-- Baddhakonasana --- Janushirsasana ---- Chakki chalana ---- Paschimottanasana -- --Prone- Ashtanaganamaskara --- -- Nakrasana variation ---- Bhekasana (Frog pose)--- PurnaDhanurasana ---Supine-- Sarvanagasana --- Matsyasana --- Inverted advanced- Sirsasana --- Sitting--, Maha Bandha with all the intermediary Bandhas for 2 mins ---- Meditation (10 mins)	
			36	Suryanamaskaar	
		3	37	Suryanamaskaar	
			38	Padmasadhana Asanas followed by Hariom Meditation	
		4	39	THEORY	AV_PYS
			40	THEORY	AV_PYS
Emotional Management	6	1	41	Rheumatoid Arthritis: Asana: Relaxation poses, pawanmuktasana eye exercise shashankasana, tadasana, dwikonasana. Pranayama: Nadi shodhana, bhramari, ujjayi Shatkarma: Neti (kunjai for migraine). Precautions: Avoid eye strain. Other: Yoga nidra. Splash cold water into the eyes at frequent intervals.	
			42	Back your Back: Sun salutations (11 rounds)---- Konasana 1 & 2---- Vrikshasana ---- Konasana ---- Katichakrasana ---- Utkatasana -- -- Janushirsasana ----	

				Paschimottanasana---- Marjariasana---- Pawanmuktasana---- Natarajasana-----Aadi Mudra---- Meru danda Mudra----(3 mins each)----Yoga nidra (with Progressive Muscle Relaxation Technique-PMRT)	
		2	43	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana --- Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana -- --Prone- Ashtanaganamaskara --- -- Nakrasana variation ---- Bhekasana (Frog pose)---- PurnaDhanurasana ---Supine-- Sarvanagasana --- Matsyasana --- Inverted advanced- Sirsasana --- Sitting--, Maha Bandha with all the intermediary Bandhas for 2 mins--- Meditation (10 mins)	
			44	Dant Dhouti ---- Sukshamavyayama ---- Joint Rotations ---- Bhastrika followed by Yog Nidra	
		3	45	Chandranamaskar Sequence (6 rounds) Chakra meditation (20 mins)	
			46	Padmasadhana Asanas followed by Hariom Meditation	
		4	47	THEORY	AV_PYS
			48	THEORY	AV_PYS
	7	1	49	Migraine: Asana: Relaxation poses, pawanmuktasana eye exercise shashankasana, tadasana, dwikonasana. Pranayama: Nadi shodhana, bhramari, ujjayi Shatkarma: Neti (kunjai for migraine). Precautions: Avoid eye strain. Other: Yoga nidra. Splash cold water into the eyes at frequent intervals.	

			50	Yoga for Good Sleep: Gentle Sukshama vyayama---Gentle Face Yoga--- BaddhaKonasana --- Suptabaddhakonasana --- Vakrasana --- Sitting twisting --- Marjharisana --- Shishusana --- Sphinx pose --- Makarasana with Bhramari --- Anandabalasana --- Dakshinamurtiasana --- Pawanmuktasana --- Vipreetkarni mudra --- PMR Technique --- Bhramari in Supine position	
		2	51	Sitting- Deep breathing(1 min)---Chanting (OM)----- JalaNeti ---Followed by Bhastrika Pranayama (3 rounds)- Standing-Tadasana --- Veerabhadrasana-3 --- Reverse warrior Pose --- UtthitaPrasavakonasana --- Vamana Dhauti Yog nidra (20 mins) mins	
			52	Sitting- Deep breathing(1 min)--- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
		3	53	Sitting- Deep breathing(1 min)---Chanting (OM)--- Kapalbhati pranayama --- Shankha Prakshalana With all the preparatory asanas practice followed by resting	
			54	Padmasadhana Asanas followed by Hariom Meditation	
		4	55	THEORY	AV_PYS
			56	THEORY	AV_PYS
	8	1	57	Sciatica: Asana: Advasana, jyestikasana, makarasana or matsyakridasana for long periods of time, sphinx, tadasana, vajrasana. Pranayama: Ujjayi. Other: Yoga nidra, ajapa japa in makarasana, hot fomentation. Resting in prone position on a hard bed is most important.	

			58	YOGA FOR NECK & SHOULDER: Sukshamavyayama for Neck & shoulders---Shoulder shrugs & rotations---Urdhava Tada asana---Ardha Uttanasana---Hastauttanasana---Konasana--Gaumukhasana---Paschimnamaskar---Shishu asana---Vipritshalabhasna---Dhanurasana---Chaturangadandasana---Mushakasana---Vayu Mudra--Sandhi Mudra---Merudanda Mudra---(5-7 minutes each). Yog Nidra	
		2	59	Deep breathing(1 min)---Chanting (OM)---Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha---Sarvangapushti---Skandasana---Prasavkonasana---Ardhachakrasana---Malasana---Crow walk---Vakrasana---Janushirsana---Vimanasana-(hold for 1 min)---Dhanurasana (hold for 1 min)---Makrasana---Suptaveerasana---Sarvangasana---Halasana---Matsyasana---Natrajasana---, Chakra Meditation	
			60	Sitting- Deep breathing(1 min)---Chanting (OM)---Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---Suryanamaskar asanas with mantras (2 rounds)---Katichakrasana---Konasana (1&2)---Vrikshasana---Garudasana---Ardha-Matsyendrasana---Yoga Mudrasana---Gomukhasana---Paschimottanasana---Vipritshalabhasana---Naukasana---Setu Bandha---Sarvangasana---Matsyasana---	

				Pranayama-Bharari in Shanmukhi mudra---Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		3	61	Sun Salutations (11) rounds--- Chandranamaskara (2 rounds)- ---Yog Nidra	
			62	Padmasadhana Asanas followed by Hariom Meditation	
		4	63	THEORY	AV_NBS
Special Yog Protocalls/ Modules			64	THEORY	AV_NBS
	9	1	65	Alzheimer's disease:Asana: Bhujangasana, Dhanurasana, Pawanmuktasana, Natrajasana Pranayama: Nadi shodhana, bhramari, ujjayi. Shatkarma: Neti, trataka. Other: Yoga nidra, Mantra Chanting, Pratyahara	
			66	Yoga for Good Sleep: Gentle Sukshama vyayama---Gentle Face Yoga--- BaddhaKonasana --- Suptabaddhakonasana --- Vakrasana --- Sitting twisting --- Marjharisana --- Shishusana --- Sphinx pose --- Makarasana with Bhramari --- Anandabalasana --- Dakshinamurtiasana --- Pawanmuktasana --- Vipreetkarni mudra --- PMR Technique --- Bhramari in Supine position	
		2	67	Deep breathing(1 min)--- Chanting (OM)---Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha---Sarvangapushhti---Skandasana---Prasavkonasana---Ardhachakrasana---Malasana---Crow walk---Vakrasana---Janushirsana---Vimanasana-(hold for 1 min)---Dhanurasana (hold for 1 min)---Makrasana	

				Suptaveerasana---- Sarvangasana----Halasana---- Matsyasana----Natarajasana-----, Chakra Meditation	
			68	Kapalbhati----Kapalrandhra dauti----Karnarandhra dhauti----	
		3	69	Sun Salutations (11) rounds---- Chandranamaskara (2 rounds)- ---Yog Nidra	
			70	Padmasadhana Asanas followed by Hariom Meditation	
Special Yog Protocalls/ Modules		4	71	THEORY	AV_NBS
			72	THEORY	AV_NBS
			73	Stress Headache: Can perform all the relaxing asanas, Asanas of Chandranamaskar, Chandrabhedhi pranayama, Sheetal Pranayama, Yoga Nidra.	
Evaluation / performance of Learning	10	1	74	YOGA FOR NECK & SHOULDER: Sukshamavyayama for Neck & shoulders----Shoulder shrugs & rotations----Urdhava Tada asana----Ardha Uttanasana---- Hastauttanasana----Konasana-- --Gaumukhasana---- Paschimnamaskar----Shishu asana----Vipritshalabhasna---- Dhanurasana---- Chaturangadandasana---- Mushakasana----Vayu Mudra-- --Sandhi Mudra----Merudanda Mudra----(5-7 minutes each). Yog Nidra	
		2	75	Deep breathing(1 min)---- Chanting (OM)----Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha----Sarvangapushthi---- Skandasana---- Prasavkonasana---- Ardhachakrasana----- Malasana---Crow walk---- Vakrasana----Janushirsana--- Vimanasana-(hold for 1 min)---- Dhanurasana (hold for 1 min)--- -Makrasana-----	

				Suptaveerasana---- Sarvangasana----Halasana---- Matsyasana----Natrajasana-----, Chakra Meditation	
			76	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)- ---Revising all advanced asanas--- followed by guided Chakra Meditation 20 mins	
		3	77	Sun Salutations (11) rounds---- Chandranamaskara (2 rounds)- ---Yog Nidra	
			78	Padmasadhana Asanas followed by Hariom Meditation	
		4	79	THEORY	AV_NBS
			80	THEORY	AV_NBS

YEAR 4

The objective of Year 4 is: Having gained knowledge about various techniques and their benefits etc in the last three years now to equip them with ready to use sets of yogic thoughts and attitude bound asanas/pranayamas/kriyas/mudras to serve their immediate needs as per life situations - whether on ship or on shore or at home etc.

In the 4th year there is application of things learnt in the 3 years to life situations of the students who are soon going to sail and experience the reality of sailing. It is then that they will realize many truths about their body and mind, about their beliefs and learning truly imbibed to apply in real life. Under Theory the focus of the module is given from the point of view of the first time sailor and a little more. The thought, attitude and things to do mentioned under Practical is the key thing to do, which can help in the given situation. It is best done with its protocol of Kriya, conditioning, spinal asanas, other asanas, relaxation, and Pranayama. many such protocols are discussed with their criteria in year 2 and 3 so it will be easy for the students to grasp the logic. just now it is avoided to maintain brevity.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA/Recall previous learning	1	1	1	Insomnia: Asana: Pawanmuktasana , shashankasana. Spinal twisting asanas. Pranayama: Bhramari, ujjayi, abdominal breathing in shavasana before going to sleep.	

				Shatkarma: Trataka. Other: Yoga nidra before sleep.	
			2	Yoga for better Digestion: Urdhavatadasana---Konasana 1& 2---Hastapadasana---- Katichakrasana---Malasana---- Mandukasana---- Uttanamandukasana---Chakki- ---Paschimottana---- Ardhamatsyendra---- Pawanmukta---Nataraja---- Kapalbhati---- Agnisara....Sheetali---Sheetkari	
			3	Sitting- Deep breathing(1 min)--- Chanting (OM)---- Kapalbhati pranayama---Shankha Prakshalana With all the preparatory asanas practice followed by resting	
		2	4	Sitting- Deep breathing(1 min)--- Chanting (OM)----Bhastrika Pranayama (3 rounds, without hand movements)----Standing- Suryanamaskar (6 fast rounds with breath)----Utthita Trikonasana----Utthita Parivrtta Trikonasana----Sitting-- Upavistha Konasana----Parsva Veerasana----Baddhakonasana---- Supta Baddhakonasana---Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)----Sarpasana---- Dhanurasana----Urdhomukha---- Svanasana----Adhomukha Svanasana-----Supine- Sarvangasana----Sarala Matsyasana----Setu Bandhasana-- ---Pranayama-Anulomvilom Pranayama with Kumbhaka--, Meditation 10 mins	
		3	5	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)- ---Revising all advanced asanas---	

				followed by guided Chakra Meditation 20 mins	
Special Yoga Protocalls			6	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---- Standing- Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana----Konasana (1&2)----Vrikshasana---- Garudasana----Sitting--Ardha- Matsyendrasana----Yoga Mudrasana----Gomukhasana--- -Paschimottanasana----Prone-- Paripurna Bhujangasana---- Purna Dhanurasana---- Vipritshalabhasana---- Naukasana--Supine--Navasana-- --Setu Bandha---- Sarvangasana----Matsyasana--- Pranayama- Bharari in Shanmukhi mudra----Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		4	7		AV_AVBG
			8		AV_AVBG
	2	1	9	Anxiety: Asana: General - Pawanmuktasana, surya namaskara, shashankasana, yogamudrasana, ananda madirasana, paschimottanasana, bhujangasana, shalabhasana, sarvangasana, halasana, shavasana. Advanced - Garbhasana, koormasana. Pranayama: Nadi shodhana, kapalbati, bhastrika, bhramari, sheetali, seetkari. Mudra: Vipareeta karani, pashinee, shambhavi, bhoochari, yoga, prana and yoni mudras. Shatkarma: Trataka, jala neti, kunjla. Other: Chanting, Pratyahara practice, yoga nidra.	

			10	Yoga for Pelvic Girdle Strengthening & Hip Opening exercises: Sukshamavyayama for legs---Virabhadrasna 2---Utkatasana---Utthita Parsvakonasana---Trikonasana---Vrikshasana---Skandasana---Shalabhasana---Adhomukhashwanasana---Cycling---Ashwasanchalasana---Utthita Parsvakonasana---Chakki chalana---Kapotasana---Vayu Mudra---Merudanda mudra--- (5-7 mins)	
			11	Sitting- Deep breathing--- Chanting OM 3 times--- Standing-Suryanamaskara (6 rounds)---Parighasana--- Ardha Parsvottanasana--- Parivrtta Trikonasana--- Sitting-Siddhasana--- Padmasana---Supta Padmasana (With Support)--- Prone-Vipritashalabhasana--- Vimanasana---Dhanurasna--- Supine-Naukasana--- Vipritakarni---Sarvangasana--- Shavasna(5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---Meditation (visualisation) 10 mins.	
		2	12	Sitting- Deep breathing--- Chanting OM 3 times--- Standing-Suryanamaskara (6 rounds)---Parighasana--- Ardha Parsvottanasana--- Parivrtta Trikonasana--- Siddhasana---Padmasana--- Supta Padmasana (With Support)--- Vipritashalabhasana--- Vimanasana---Dhanurasna--- Naukasana---Vipritakarni--- Sarvangasana---Shavasna(5 mins) ---Anuloma viloma pranayama(9 rounds)--- Meditation (visualisation) 10 mins.	

		3	13	Sitting- Deep breathing--Chanting Mantras--- Kapalbhati --- Standing- Hastoutthana --- Padahasta --- Ardha Parsvottanasana --- Parivrtta Trikonasana ---Sitting- Vajrasana --- Mandukasana (Prakara-1)--- Ardha Ustrasana -- -- Supta Veerasana (With Support)---Prone- Purnashalabha --- Bhujanga --- Triyak Bhujanaga --- Dhanur --- -Supine- Bhunamana --- ArdhaNavasana --- Navasana --- PurnaPawanmukta --- Shavasana ---Sitting-- Surya Anuloma Viloma Pranayama(1 min)--- Anulong viloma (9 rounds), Meditation 10 mins	
			14	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	15	THEORY	AV_AVBG
			16	THEORY	AV_AVBG
	3		17	Depression: Asana: Surya namaskara, dynamic asanas, all backward bending, standing and twisting asanas. Pranayama: Bhastrika, kapalbhati, abdominal breathing. Shatkarma: Kunjal, neti, laghoo shankhaprakshalana.	
		1	18	Chair Yoga: Neck vyayama--- Shoulder vyayama---Shrugs--- Rotation---Seated Urdhavatadasana---Konasana--- Seated Twists---Seated Half Ustrasana---Seated Pawanmuktasana---Seated Janusirsasana---Seated Pawanmuktasana---Seated Naukasana---Ardhauttanasana--- Veerbhadrasana 2---Chair Deviyasana---Chair Superman poses---Ashwa Sanchalana--- Chair Setu Bandhasana---Chair Vipreet Karni---Shavasana--- Nadi Shodhana Pranayama--- Meditation	

		2	19	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika pranayama ---- Standing- Veerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana --- Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasna --Supine-- Sarvangasana ---- Halasana ----- Matsyasana ----Inverted---- Sirsasana -----China Mudra (1 min)----Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			20	Suryanmaskar sequence (54 rounds) Yog Nidra 20 mins	
		3	21	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika pranayama ----Standing-- Chandranamaskara sequence --- Sitting--- Baddhakonasana -- Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support----Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
			22	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	23	THEORY	
			24	THEORY	AV_AVBG
					AV_AVBG
	4	1	25	Prostate: Asana: Pawanmuktasana vajrasana, siddhasana. Mudra: Vajroli mudra. Bandha: Moola and maha bandhas.	
			26	Yoga for Pelvic Girdle Strengthening & Hip Opening exercises: Sukshamavyayama for legs ---- Virabhadrasana 2 ---- Utkatasana ---- Utthita Parsvakonasana ----	

				Trikonasana----Vrikshasana---- Skandasana----Shalabhasana---- Adhomukhashwanasana---- Cycling----Ashwasanchalasana- ---Utthita Parsavakonasna---- Chakki chalana----Kapotanasana- --Vayu Mudra----Merudanda mudra---- (5-7 mins)	
		2	27	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika pranayama----Standing- Veerbhadrasana 1& 2---- Uttakatasana----Konasana--- Sitting--Baddhakonasana---- Spinal Twist---Prone-- Dandasana--- Chaturangadandasana--- Bhujangasana--- Adhomukhaswanasna--Supine-- Sarvangasana----Halasana----- Matsyasana----Inverted---- Sirsasana-----China Mudra (1 min)----Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			28	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Bhastrika pranayama----Standing-- Chandranamaskara sequence--- Sitting---Baddhakonasana-- Prone--Bhujangasana--- Makarasana--Supine-Sirsasana with support---Mudras-- Moolabandha----Ashvini Mudra---Trataka Meditation 10 mins followed by 10 mins of meditation	
		3	29	Padmasadhana Asanas followed by Hariom Meditation	
			30	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	31		AV_AVBG
			32		AV_AVBG
Emotional Management	5	1	33	Impotence: Asana: Pawanmuktasana surya namaskara, sarvangasana, halasana.	

				Pranayama: Nadi shodhana, bhasrika, ujjayi.	
			34	Yoga for better Digestion: Urdhavatadasana---Konasana 1& 2---Hastapadasana---Katichakrasana---Malasana---Mandukasana---Uttanamandukasana---Chakki---Paschimottana---Ardhamatsyendra---Pawanmukta---Nataraja---Kapalbhati---Agnisara....Sheetali---Sheetkari	
		2	35	Sitting- Deep breathing(1 min)---Chanting (OM)--- Trataka on far object (5 mins) ---Standing- Deviasana---Trikonasana---Ardha Prasovottanasana---ArdhaChandrasana---Sakandasana---Sitting--Padangustha Upavistha Konasana---Ustrasana---Urdhva Parivrtta Janu Sirsasana---Trianga Mukhaikapada Paschimottanasana---Kurmasana (Tortoise pose)---Prone---Supine-Dakshinamurtiasana---Sitting-- , Meditation 10 mins	
			36	Sun Salutations (11) rounds---Chandranamaskara (2 rounds)---Yog Nidra	
		3	37	Padmasadhana Asanas followed by Hariom Meditation	
			38	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	39		AV_AVBG
			40		AV_AVBG

			41	Eczema, Acne, Dermatitis: Asana: Surya namaskara (as many rounds as possible without straining), sarvangasana, halasana, mayurasana. Pranayama: All pranayamas. Mudra: Vipareeta karani mudra. Shatkarma: Laghoo shankhaprakshalana.	
		1	42	Chair Yoga: Neck vyayama--- Shoulder vyayama---Shrugs--- Rotation---Seated Urdhavatadasana---Konasana--- Seated Twists---Seated Half Ustrasana---Seated Pavanmuktasana---Seated Janusirsasana---Seated Pawanmuktasana---Seated Naukasana---Ardhauddhanasana--- Veerbhadrasana 2---Chair Deviyasana---Chair Superman poses---Ashwa Sanchalana----- Chair Setu Bandhasana---Chair Vipreet Karni-----Shavasana--- Nadi Shodhana Pranayama--- Meditation	
		2	43	Sitting- Deep breathing(1 min)--- Om namo bhagwate Vasudevaya Chanting (10 mins)- ---Revising all advanced asanas--- followed by guided Chakra Meditation 20 mins	
			44	Sun Salutations (11) rounds--- Chandranamaskara (2 rounds)- ---Yog Nidra	
		3	45	Padmasadhana Asanas followed by Hariom Meditation	
			46	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
Special Yoga Protocols		4	47		AV_AVBG
			48		AV_AVBG

	7	1	49	Triedness and daily weariness: Asana: Pawanmuktasana tadasana, bhujangasana, ushtrasana, chakrasana, dhanurasana, surya namaskara. Pranayama: Nadi shodhana, bhrumari, bhastrika. Bandha: Uddiyana and moola bandhas. Other: Yoga nidra.	
			50	Yoga for better Digestion: Urdhvatadasana---Konasana 1& 2---Hastapadasana---- Katichakrasana---Malasana---- Mandukasana---- Uttanamandukasana---Chakki- ---Paschimottana---- Ardhamatsyendra---- Pawanmukta---Nataraja---- Kapalbhati---- Agnisara....Sheetali----Sheetkari	
		2	51	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Kapalbhati pranayama ----Standing--Fast rounds of Sun salutations (21 rounds)---Sitting-- Parvatasana with side bendings---- Bhujangasana---Yogamudra----- Supine-Shavasana--Yog Nidra (20 mins)	
			52	Sun Salutations (11) rounds---- Chandranamaskara (2 rounds)- ---Yog Nidra	
		3	53	Padmasadhana Asanas followed by Hariom Meditation	
			54	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	55		AV_AVBG
Emotional Management			56		AV_AVBG
	8	1	57	Eyes tiredness, pain, irritation, headache: Various Eye movement excercises, Facial muscles relaxation techniques, Trataka, Meditaitaion	

			58	Chair Yoga: Neck vyayama---- Shoulder vyayama----Shrugs--- Rotation----Seated Urdhavatadasana----Konasana---- Seated Twists----Seated Half Ustrasana----Seated Pavanmuktasana----Seated Janusirsasana----Seated Pawanmuktasana----Seated Naukasana----Ardhauddhanasana---- Veerbhadrasana 2----Chair Deviyasana----Chair Superman poses---Ashwa Sanchalana----- Chair Setu Bandhasana----Chair Vipreet Karni-----Shavasana---- Nadi Shodhana Pranayama---- Meditation	
		2	59	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Kapalbhati pranayama ----Standing--Fast rounds of Sun salutations (21 rounds)---Sitting-- Parvatasana with side bendings---- Bhujangasana --- Yogamudra ----- Supine-Shavasana--Yog Nidra (20 mins)	
			60	Sun Salutations (11) rounds---- Chandranamaskara (2 rounds)- ---Yog Nidra	
		3	61	Padmasadhana Asanas followed by Hariom Meditation	
			62	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	AV_AVBG
		4	63		AV_AVBG
			64		
	9	1	65	Yoga for Pelvic Girdle Strengthening & Hip Opening exercises: Sukshamavyayama for legs----Virabhadrasana 2---- Utkatasana----Utthita Parsvakonasana---- Trikonasana----Vrikshasana---- Skandasana----Shalabhasana---- Adhomukhashvanasana---- Cycling----Ashwasanchalanasana- ---Utthita Parsvakonasana---- Chakki chalna----Kapotanasana-	

				--Vayu Mudra----Merudanda mudra---- (5-7 mins)	
Special Yoga Protocalls			66	Asanas that they have used for mental effect	
		2	67	Sitting- Deep breathing(1 min)---- Chanting (OM)---- Kapalbhati pranayama ----Standing--Fast rounds of Sun salutations (21 rounds)---Sitting-- Parvatasana with side bendings---- Bhunaman---Yogamudra----- Supine-Shavasana--Yog Nidra (20 mins)	
			68	Sun Salutations (11) rounds---- Chandranamaskara (2 rounds)- ---Yog Nidra	
		3	69	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
			70	Padmasadhana Asanas followed by Hariom Meditation	AV_AVBG
		4	71		AV_AVBG
			72		
	10	1	73	Chair Yoga: Neck vyayama---- Shoulder vyayama----Shrugs--- Rotation----Seated Urdhvatadasana----Konasana---- Seated Twists----Seated Half Ustrasana----Seated Pavanmuktasana----Seated Janusirsasana----Seated Pawanmuktasana----Seated Naukasana----Ardhauddhanasana---- Veerbhadrasana 2----Chair Deviyasana----Chair Superman poses---Ashwa Sanchalana----- Chair Setu Bandhasana----Chair Vipreet Karni-----Shavasana---- Nadi Shodhana Pranayama---- Meditation	
Emotional Management			74	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)- ---Revising all advanced asanas--- followed by guided Chakra Meditation 20 mins	

		2	75	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)- ---Revising all advanced asanas--- followed by guided Chakra Meditation 20 mins	
			76	Sun Salutations (11) rounds---- Chandranamaskara (2 rounds)- ---Yog Nidra	
		3	77	Padmasadhana Asanas followed by Hariom Meditation	
			78	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	79		AV_AVBG
Evaluation / performance of Learning			80		AV_AVBG

BSc Nautical Science - 3 years

DAY WISE PLAN FOR EACH YEAR

NOTE 1: The Yogic terminology in the syllabus is to help us and the faculty to have a focus on what to teach. In the content of teaching minimal use of Yogic terminology is to be made.

NOTE 2: Every topic will be introduced by giving some live examples with which the students and faculty can relate. It can be also from the stories/experiences we have heard from the seafarers.

NOTE 3: In this course the examples and experiences used will be from the seafarer's life on the Deck Side

Longitudinal Transformation Maps

These topics synthesize Bhagavad Gita's emotional governance [1][2], Hatha Yoga Pradipika's energy techniques [3], Gheranda Samhita's sevenfold path [4], and Patanjali's psychological frameworks [5] into actionable modules. Each addresses seafarers' unique challenges through permanent mind-state shifts via:

- Physical anchors (asanas/breath) for acute distress
- Cognitive reframing (Gita wisdom) for perspective shifts
- Energy rebalancing (pranayama/mudras) for sustained stability
- Community integration to combat isolation [6][4][2].

THEMES WITH COLOUR CODING
Getting Started with Yoga
Self Care through Yoga
8 Steps to Better You
Relationship & Personal Development
Yoga and wellness
Preventive Health Care / Getting to know your Body
Stress management through yoga
Emotional Management
Special Yoga Protocols' for Self Help
Evaluation / performance of Learning

YEAR 1

Students are young 17-18 years old adolescents. With very little life experiences and curios to learn from life and about life. They do have some beliefs and opinions which they are willing to examine and modify when presented with appropriate proof and the logic that appeals to them. They have chosen to graduate in this course but like any other graduates they may change their future plans even on completion. Their interest in sailing will be just as much as that of a class 8 student about which collage will he/she join after tenth.

The following syllabus is made keeping the mindset of the students in mind, their abilities, and interest in learning. Their immediate focus is to enjoy life, studying, & friends. They want their parents to be happy with their results so that is the only worry immediately. any other worry they have is to adjust away from home in the hostel environment.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA	1	1	1	Sukhasana , Deep Breathing, Chanting (OM 3 times)---- Standing-Joint Rotation (Waist, Knee & Ankle)--- Sitting- Joint Rotation (Neck, Shoulder, and Wrist)---- Marjhari Asana ---- Parvat Asana -----Supine- Pawanmuktasana , Shavasana , Yog Nidra (5 mins)	I. Foundational Yogic Philosophy (20 Topics) Karma Yoga: Selfless action without attachment to outcomes (Gita Ch. 3)[1][2] Samatvam (Equanimity): Balancing emotions in success/failure (Gita Ch. 2)[2] Jnana Yoga: Self-inquiry for emotional clarity (Gita Ch. 4)[1] Bhakti Yoga: Cultivating devotion for inner peace (Gita Ch. 12)[1] Pancha Kosha: Five sheaths of human

					existence for holistic health[5] Three Gunas: Sattva (purity), Rajas (activity), Tamas (inertia)[5] Pratyahara: Withdrawing senses to manage overstimulation (HYP)[3] Shatkarma: Six purification techniques for mental detox (Gheranda Samhita)[4] Ahimsa (Non-violence): Transforming anger into compassion[5] Santosha (Contentment): Countering loneliness through inner fulfillment[5]
			2	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Standing- Tadasana---- Konasana(1)--- Hastoutthanasana---- Padahastasana----Sitting----- Bhadrasana---- Baddhakonasana---- Prone Asanas- Bhujanga---- Sphynx----Supine- Ardhapawanmukta (both legs)----Purnapawanmukta--- --Knee dropping on sides (spinal twist)----Shavasana---- Yoga Nidra (15 mins)	

				Sitting- Deep breathing (coming to the moment)----chanting, Vajrasana----Bhastrika Pranayama (3 rounds) Standing- Jogging on toes (1 min)-----Sarvanga Pushti----Ardha Kati Chakrasana----Ardha Chakrasana---- Sitting Asanas- Bhadrasana----Baddhakonasana----Chakki Chalan----Prone-Ardhashalabh asana (Both Legs)----Bhujangasana----Supine- Ardha Pawanmuktasana ----Purnapawanmuktasana----Shavasana----Sitting-Pranayama Bhramari (5 Times), Meditation (visualisation) 10 mins.	Detachment vs. Indifference: Healthy non-attachment (Gita 2.47)[2] Managing Anger: Gita's 4-step framework (2.62-63)[2] Antaraya (Mental Obstacles): Patanjali's solutions[5] Mudras for Stability: Gyan Mudra (knowledge), Prana Mudra (vitality)[4] . Bandhas (Energy Locks): Uddiyana Bandha for courage[3] Sattvic Diet: Nutrition for mental clarity during voyages Self-Study (Svadhyaya): Journaling for self-awareness[5] Gheranda's 25 Mudras: Gestures for emotional balance[4] Klesha Reduction: Overcoming afflictions (Yoga Sutras)[5]
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			4	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Konasana (2)----Vriksasan--- - Utkatasana----Sitting- Swastikasana---Vakrasana--- -Chakki----Prone-Ardha Bhujangasana---- Shishuasana----Pashuasana-- --Supine-Ekapada Utthanasana (Utthana Padasana) (without bending legs)----Navasana---- Shavasna (5 mins) Sitting up- Anulonga viloma pranayama(9 rounds)----Meditaion (visualisation) 10 mins.	
		3	5	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)- ---Sitting-Shashankasana---- Bhadrasana----Titli Asana (Butterfly)----Ardha Ustrasana----Prone- Marjharisana---- Chaturanga Dandasana (by using elbow)----Makarasana-- --Supine-Navasana---- Viparita Karani (with folded legs)----Ardha Halasana---- Shavasna (5 mins) Sitting up- Anulonga viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	Resilience-Building Practices (10 Topics) Daily Sankalpa (Intention): Purpose-driven routines Gratitude Rituals: Countering depressive thoughts Nature Connection: Sky/water meditation at sea Group Sadhana: Collective energy against isolation Silent Retreats: Simulating ship solitude safely Storytelling Circles:

					Sharing experiences as catharsis Hero's Journey Framework: Arjuna's transformation (Gita)[1] Forgiveness Practices: Releasing resentment Humor Therapy: Laughter yoga for stress relief Legacy Building: Connecting to maritime heritage
SELF CARE THRU' YOGA			6	Sitting- Deep breathing (coming to the moment)----chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)----Standing- Ardha Chandrasana (with or without wall support)---- Veerabhadrasana (Prakara-1)---- Prasarita Padottanasana ---- Kati Chakrasana ----Sitting- Ardha Ustrasana ---- Ardha Padmasana ---- Veerasana (Prakara-I)---- Bhujangasana -- Mandukasana (Prakara-1)----Prone- Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)----Supine- Viparita Karani (with folded legs)---- Matsyasana ---- Purva Uthanasana ---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama (9 rounds)---- Meditaion (visualisation) 10 mins.	

		4	7	Sitting- Deep breathing---- Chanting OM 3 times---- Standing- Suryanamaskara (6 rounds) ---- Parighasana ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Siddhasana ---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Vipritashalabhasana --- -Vimanasana ---- Dhanurasna --- ---Supine- Naukasana ---- Vipritakarni ---- Sarvangasana --- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)-- -- Meditaion (visualisation) 10 mins.	
			8	Sitting- Deep breathing--- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)----	
2	2	1	9	Parsvakonasana (with wall support)----Sitting- Vajrasana --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- -Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	

			10	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati ----Standing- Hastoutthana ---- Padahasta --- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Vajrasana ---- Mandukasana (Prakara-1)---- Ardha Ustrasana ----Supta Veerasana (With Support)---- Prone- Purnashalabha ---- Bhujanga ---- Triyak Bhujanaga ---- Dhanur ---- Supine- Bhunamana ---- ArdhaNavasna ---- Navasana -- PurnaPawanmukta ---- Shavasana ----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
		2	11	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana - --- Supta Vajrasana (Without Support)---- Padmasana ---- Vakrasana ---- Siddhasana ---- Prone- Purna Bhujangasana -- -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara- 1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	

			12	Sitting- Deep breathing (coming to the moment)----chanting, Vajrasana----Bhastrika Pranayama (3 rounds)----Standing-Ardha Chandrasana (with or without wall support)----Veerabhadrasana (Prakara-1)----Prasarita Padottanasana----Kati Chakrasana----Sitting-Ardha Ustrasana----Ardha Padmasana----Veerasana (Prakara-I)----Bhujangasana--Mandukasana (Prakara-1)- ---Prone-Ardha Dhanurasana----Purna Bhujangasana----Chaturanga Dandasana (with palms)----Supine-Viparita Karani (with folded legs)----Matsyasana----Purva Uthanasana----Shavasna(5 mins) Sitting up-Anuloma viloma pranayama(9 rounds)----Meditaion (visualisation) 10 mins.	
		3	13	Sitting- Deep breathing--Chanting Mantras---Kapalbhati----Standing-Hastoutthana----Padahasta----Ardha Parsvottanasana----Parivrtta Trikonasana----Sitting-Vajrasana----Mandukasana (Prakara-1)----Ardha Ustrasana----Supta Veerasana (With Support)----Prone-Purnashalabha----Bhujanga----Triyak Bhujanaga----Dhanur----Supine-Bhunamana----ArdhaNavasna----Navasana----PurnaPawanmukta----Shavasana----Sitting--Surya Anuloma Viloma Pranayama(1 min)----Anulong viloma (9 rounds), Meditation 10 mins	

			14	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)- ---Sitting-Shashankasana---- Bhadrāsana----Titli Asana (Butterfly)----Ardha Ustrasana----Prone- Marjariasana---- Chaturanga Dandasana (by using elbow)----Makarasana-- --Supine-Navasana---- Viparita Karani (with folded legs)----Ardha Halasana---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Meditation (visualisation) 10 mins.	
8 Steps to Better You/Relationship & Personal Development		4	15		
			16		
	3	1	17	Sitting- Deep breathing----Full Yogic Breath(5 minutes)---- Standing-Chakrasana---- Uthita Trikonasana ---- Parsvakonasana----Sitting- Siddhasana----Padmasana---- Lola Asana----Tola Asana---- Prone-Purna Bhujangasana-- --Chaturanga Dandasana (with palms)----Sarpasana---- Dhanurasana---- Urdhomukhasana----Supine- Naukasna----- Pavanamuktasana (Prakara-1)----Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama----Chandra Bhedana Pranayama---- Sheetali Pranayama---- Meditation 10 mins	

			18	Sitting- Deep breathing---- Agnisaar Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support) ---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara - I) ---- Janu Sirsasana ---- Chakki Chalan ----Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---- Supine- Naukasna ----- Pavanamuktasana (Prakara- 1) ---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana(2 mins) ----Sitting-- Full Yogic Breathing (Purna Yogic Svasana) ---- Ujjayi Pranayama ---- Meditation 10 mins	
		2	19	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support) ---- Parsvakonasana (with wall support) ----Sitting- Vajrasana --- Supta Vajrasana (Without Support) ---- Padmasana ---- Supta Padmasana (With Support) ----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms) ---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara- 1) ---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana(2 mins) ----Sitting-- Surya Anuloma Viloma Pranayama(1 min) ---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	

			20	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
		3	21	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama) ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Panchakosha Meditation 10 mins	

			22	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
		4	23		
			24		
	4	1	25	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Malasana ---- Prone- Purna Bhujangasana -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma	

				Pranayama(1 min)---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
Relationship & Personal Development			26	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana --- --- Supta Vajrasana (Without Support)---- Padmasana --- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasana ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
		2	27	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama)--- Laghu Shankhprakhshalana with all the required asanas followed by Rest of 20 mins.	
Yoga and wellness			28	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana --- --- Supta Vajrasana (Without Support)---- Padmasana --- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasna -----	

				Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
		3	29	Sitting- Deep breathing---- Agnisaar Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara - I)---- Janu Sirsasana ---- Chakki Chalan ----Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---- Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Full Yogic Breathing (Purna Yogic Svasana)---- Ujjayi Pranayama ---- Meditation 10 mins	
			30	Sitting- Deep breathing---- Full Yogic Breath (5 minutes)---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana ----Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ---- Prone- Purna Bhujangasana -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma	

				Pranayama---Chandra Bhedana Pranayama--- Sheetali Pranayama--- Meditation 10 mins	
		4	31		
			32		
Preventive Health Care / Getting to know your Body	5	1	33	Sitting- Deep breathing--- Kapalbhati pranayama--- Standing-Chakrasana--- Uthita Trikonasana (with wall support)--- Parsvakonasana (with wall support)---Sitting-Vajrasana- ---Supta Vajrasana (Without Support)---Padmasana--- Supta Padmasana (With Support)---Prone-Purna Bhujangasana---Chaturanga Dandasana (with palms)--- Sarpasana---Dhanurasana--- -Urdhomukhasana---Supine- Naukasana----- Pavanamuktasana (Prakara- 1)---Setu bandasna--- Jathara Parivartanasana-- Shavasana(2 mins)---Sitting-- Surya Anuloma Viloma Pranayama(1 min)---Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
			34	Sitting- Deep breathing (coming to the moment)--- chanting, Vajrasana--- Bhastrika Pranayama (3 rounds)---Standing-Utthita Trikonasana---Utthita Parivrtta Trikonasana--- Parshvottanasana Prasarita Padottanasana--- Sitting-Ardha Ustrasana--- Shishuasana---Ardha Padmasana---Veerasana (Prakara-I)---Bhujangasana-- --Mandukasana (Prakara-1)- ---Prone-Ardha Dhanurasana---Purna Bhujangasana---Chaturanga Dandasana (with palms)---	

				Supine-Viparita Karani (with folded legs)---- Matsyasana ---- Purva Uthanasana ---- Shavasna (5 mins) Pranayama-Anuloma viloma pranayama (9 rounds)---- Chakra meditation (20 mins).	
		2	35	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha ---- Agnisaar Kriya ----Standing- Padangusthana ---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana ----Sitting- Bharadvaj asana (Prakara - I) ---- Janu Sirsasana ---- Ardha Aakarna Dhanurasana ---- Spinal Twist ---- Parvatasana ----Prone- Purna Bhujangasana -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Jathara Parivartanasana ---- Ardha Navasana ---- Sarala Matsyasana ---- Setu Bandhasana -- Shavasana (2 mins)----Sitting-- Ujjayi Pranayama (1 min)---- Bhramari Pranayama (5 rounds)---- Nadishodana Pranayama (9 rounds), Guided Meditation 10 mins	

			36	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika Pranayama (without hand movements)--- -Standing-- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana ----- Sitting-- Upavistha Konasana --- Parsva Veerasana ---- SuptaBaddhakonasana ---- Paschimottanasana ---- Mandukasana (Prakara-II)--- Prone- Purna Bhujangasana -- --Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana --- Supine--- Purnapawanmuktasana --- Shavasana -- Guided Yoga Nidra (20 mins)	
Self Care thru Yoga		3	37	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana --- Supta Vajrasana (Without Support)---- Padmasana --- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- -Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasana ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulong	

				viloma (9 rounds), Meditation 10 mins	
			38	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika Pranayama (3 rounds, without hand movements)----Standing- Suryanamaskar (6 fast rounds with breath)---- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ----- Sitting-- Upavistha Konasana --- Parsva Veerasana ---- Baddhakonasana ---- Supta Baddhakonasana ---Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukha ---- Svanasana -- Adhomukha Svanasana ----- Supine- Sarvangasana ---- Sarala Matsyasana ---- Setu Bandhasana ----- Pranayama- Anulomvilom Pranayama with Kumbhaka --, Meditation 10 mins	
		4	39		
			40		
	6	1	41	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha ---- Agnisaar Kriya ----Standing- Padangusthana ---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana ----Sitting- Bharadvaj asana (Prakara - I) ---- Janu Sirsasana ---- Ardha Aakarna Dhanurasana ---- Spinal Twist ---- Parvatasana ---- Prone- Purna Bhujangasana -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Jathara Parivartanasana ---- Ardha Navasana ----	

				Sarala Matsyasana ---- Setu Bandhasana -- Shavasana (2 mins)---- Sitting--Ujjayi Pranayama (1 min) ---- Bhramari Pranayama(5 rounds) ---- Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
Stress management through yoga			42	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)---- Sitting-Vajrasana --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone-Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- -Urdhomukhasana ---- Supine-Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)---- Sitting--Surya Anuloma Viloma Pranayama(1 min) ---- Anulom viloma (9 rounds), Meditation 10 mins	
		2	43	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)---- Sitting-Vajrasana --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone-Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- -Urdhomukhasana ---- Supine-Naukasana ----- Pavanamuktasana (Prakara-	

				1)---Setu bandasna--- Jathara Parivartanasana-- Shavasana (2 mins)---Sitting-- Surya Anuloma Viloma Pranayama(1 min)--- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
			44	Sitting- Deep breathing (coming to the moment)--- chanting, Vajrasana --- Bhastrika Pranayama (3 rounds)---Standing- Utthita Trikonasana --- Utthita Parivrtta Trikonasana --- Parshvottanasana Prasarita Padottanasana --- Sitting- Ardha Ustrasana --- Shishuasana --- Ardha Padmasana --- Veerasana (Prakara-I)--- Bhujangasana -- Mandukasana (Prakara-1)- ---Prone- Ardha Dhanurasana --- Purna Bhujangasana --- Chaturanga Dandasana (with palms)--- Supine- Viparita Karani (with folded legs)--- Matsyasana --- Purva Uthanasana --- Shavasna (5 mins) Pranayama-Anuloma viloma pranayama (9 rounds)--- Chakra meditation (20 mins).	
		3	45	Sitting- Deep breathing(1 min)---Chanting (OM)--- Bhastrika Pranayama (3 rounds, without hand movements)---Standing- Suryanamaskar (6 fast rounds with breath)--- Utthita Trikonasana --- Utthita Parivrtta Trikonasana --- Sitting-- Upavistha Konasana -- --- Parsva Veerasana --- Baddhakonasana --- Supta Baddhakonasana ---Prone- Purna Bhujangasana --- Chaturanga Dandasana (with palms)--- Sarpasana --- Dhanurasana ---	

				Urdhomukha---Svanasana-- --Adhomukha Svanasana----- Supine- Sarvangasana---- Sarala Matsyasana----Setu Bandhasana-----Pranayama- Anulomvilom Pranayama with Kumbhaka--, Meditation 10 mins	
			46	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika Pranayama (without hand movements)--- -Standing-- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana---- Utthita Parivrtta Trikonasana----- Parshvottanasana----- Sitting-- Upavistha Konasana- ---Parsva Veerasana---- SuptaBaddhakonasana---- Paschimottanasana---- Mandukasana (Prakara-II)--- Prone- Purna Bhujangasana-- --Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukha Svanasana---- Adhomukha Svanasana---- Salamba Salabhasana--- Supine--- Purnapawanmuktasana--- Shavasana--Guided Yoga Nidra (20 mins)	
		4	47		
			48		

	7	1	49	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)--- Standing- Suryanamaskar asanas with mantras (2 rounds)--- Katichakrasana---Konasana (1&2)--- Vrikshasana--- Garudasana--- Sitting-- Ardha-Matsyendrasana--- Yoga Mudrasana--- Gomukhasana--- Paschimottanasana--- Prone-- Paripurna Bhujangasana--- Purna Dhanurasana--- Vipritshalabhasana--- Naukasana--Supine-- Navasana--- Setu Bandha--- Sarvangasana--- Matsyasana--- Pranayama- Bharari in Shanmukhi mudra--- Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
Self Care thru Yoga			50	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha-- --Standing-Sarvangapushti--- Skandasana--- Prasavkonasana--- Ardhachakrasana--- Sitting-- Malasana--- Crow walk--- Vakrasana--- Janushirsana-- -Prone-Vimanasana-(hold for 1 min)--- Dhanurasana (hold for 1 min)--- Makrasana--- Supine--Suptaveerasana--- Sarvangasana--- Halasana--- -Natrajasana-----Sitting--, Chakra Meditation (20 mins)	
		2	51	Sitting- Deep breathing(1 min)----Chanting (OM)----- JalaNeti--Followed by Bhastrika Pranayama (3 rounds)-- Standing-Tadasana--- ---Veerabhadrasana-3--- Reverse warrior Pose---	

				UtthitaPrasavakonasana---- Vamana Dhauti Yog nidra (20 mins) mins	
			52	Sitting- Deep breathing(1 min)----Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana---- Garudasana----Tadasana---- Skandasana---Sitting- Baddhakonasana---- Janushirsasana----Chakki chalana---- Paschimottanasana---- Prone- Ashtanaganamaskara---- Nakrasana variation---- Bhekasana(Frog pose)---- PurnaDhanurasana---Supine- Sarvanagasana--- Matsyasana---Inverted advanced- Sirsasana---Sitting-- , Maha Bandha with all the intermediary Bandhas for 2 mins----Meditation (10 mins)	
Emotional Management		3	53	Sitting- Deep breathing(1 min)----Chanting (OM)---- Mahabandha ----Standing-- Complete Chandranamaskar sequence---Hastoutthana---- Padahastha----Sitting-- Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)--- -Supta Veerasana (Without Support)----Supta Padmasana (Without Support)---- Mayurasana-----Prone-- Dhanurasna----Makarasana- -Supine-- PurnaPawanmuktasana--- Dakshinamurtiasana--- Sitting--, Trataka meditaitaion (15 mins)	

			54	Sitting- Deep breathing(1 min)----Chanting (OM)---- Trataka on far object (5 mins) ---Standing- Devi sana--- -Tri konasana---- Ardha Prasovottana sana--- ArdhaChandra sana---- Sakanda sana----Sitting-- Padangustha Upavistha Kona sana---- Ustra sana---- Urdhva Parivrtta Janu Sirsa sana---- Tri anga Mukhaika pada Paschimotta nasana---- Kurma sana (Tortoise pose)--- Prone----Supine- Dakshina murtiasana---- Sitting--, Meditation 10 mins	
		4	55		
			56		
	8	1	57	Sitting- Deep breathing(1 min)----Chanting (OM)---- Trataka on far object (5 mins) ---Standing- Devi sana-- --Tri konasana---- Ardha Prasovottana sana--- ArdhaChandra sana---- Sakanda sana----Sitting-- Padangustha Upavistha Kona sana---- Ustra sana---- Urdhva Parivrtta Janu Sirsa sana---- Tri anga Mukhaika pada Paschimotta nasana---- Kurma sana (Tortoise pose)--- Prone----Supine- Dakshina murtiasana---- Sitting--, Meditation 10 mins	

			58	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---- Standing- Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana----Konasana (1&2)----Vrikshasana---- Garudasana---- Sitting-- Ardha-Matsyendrasana---- Yoga Mudrasana---- Gomukhasana---- Paschimottanasana---- Prone-- Paripurna Bhujangasana---- Purna Dhanurasana---- Vipritshalabhasana---- Naukasana-- Supine-- Navasana---- Setu Bandha---- Sarvangasana---- Matsyasana--- Pranayama- Bharari in Shanmukhi mudra---- Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		2	59	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha-- --Standing-Sarvangapushti---- Skandasana---- Prasavkonasana---- Ardhachakrasana---- Sitting-- Malasana---Crow walk---- Vakrasana---- Janushirsana-- --Prone-Vimanasana-(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana--- Supine--Suptaveerasana---- Sarvangasana---- Halasana--- -Natrajasana----- Sitting--, Chakra Meditation (20 mins)	

			60	Sitting- Deep breathing(1 min)----Chanting (OM)---- Mahabandha ----Standing-- Complete Chandranamaskar sequence --- Hastoutthana ---- Padahastha ----Sitting-- Trianga Mukhaikapada Paschimottanasana ---- Kurmasana (Tortoise pose)--- Supta Veerasana (Without Support)---- Supta Padmasana (Without Support)---- Mayurasana -----Prone-- Dhanurasna ---- Makarasana - -Supine-- PurnaPawanmuktasana --- Dakshinamurtiasana --- Sitting--, Trataka meditataion (15 mins)	
Self Care thru Yoga		3	61	Sitting- Deep breathing(1 min)----Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana ---Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ----Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)--- PurnaDhanurasana ---Supine- Sarvanagasana --- Matsyasana ---Inverted advanced- Sirsasana ---Sitting-- , Maha Bandha with all the intermediary Bandhas for 2 mins ---- Meditation (10 mins)	
			62	Sitting- Deep breathing(1 min)----Chanting (OM)----- JalaNeti ---Followed by Bhastrika Pranayama (3 rounds)- Standing-Tadasana -- --Veerabhadrasana-3 ---- Reverse warrior Pose ---- UtthitaPrasavakonasana ---- Vamana Dhauti Yog nidra (20 mins) mins	

		4	63		
			64		
	9	1	65	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-Veerbhadrasana 1 & 2 ---- Uttakatasana ---- Konasana ---Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasana -- Supine-- Sarvangasana ---- Halasana ---- Matsyasana ---- Inverted---- Sirsasana ---- China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			66	Sitting- Deep breathing(1 min)----Chanting (OM)---- Sutra Neti --Followed by Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)- Sitting-- Parvatasana with side bendings---- Bhujangasana --- Yogamudra ----Prone- Bhujangasana ---- Makarasana (rest with bharamari on sides)--- Supine-- Natarajasana --- Sitting--, Chakra Meditation 20 mins	
		2	67	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	

			68	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhujangasana --- Yogamudra -----Supine- Shavasana--Yog Nidra (20 mins)	
		3	69	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Evaluation / performance of Learning			70	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Shankha Prakshalana With all the preparatory asanas practice followed by resting	
		4	71		
Special Yoga protocol's for Self Help			72		
	10	1	73	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-Veeerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana ---Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasana -- Supine-- Sarvangasana ---- Halasana ----- Matsyasana ---- Inverted---- Sirsasana ----- China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	

			74	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
		2	75	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Supine- Shavasana--Yog Nidra (20 mins)	
			76	Sitting- Deep breathing(1 min)----Chanting (OM)---- Sutra Neti --Followed by Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)- Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Prone- Bhujanga ---- Makarasana (rest with bharamari on sides)--- Supine-- Natarajasana --- Sitting--, Chakra Meditation 20 mins	
		3	77	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced/Intermediate asanas--followed by guided Chakra Meditation 20 mins	
			78	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced	

				asanas---followed by guided Chakra Meditation 20 mins	
Evaluation / performance of Learning		4	79		
			80		

YEAR 2

Students have now got used to Yoga terms and even use many of them in their day to day language. They can do half an hour of Yoga practice on their own confidently. They have had some good experiences of healthy changes in their body and mind. They have had better concentration in their studies. This makes them capable of paying attention to their mind now.

Having paid attention to Body level in year one they are now ready to pay attention to the mental level.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA / Recall Previous learning	1	1	1	Thyroid and parathyroid: (general toning) Asana: Surya namaskara, pawanmuktasana part inverted asanas especially sarvangasana, halasana, matsyasana, supta vajrasana, yogamudrasana, all backward bending asanas especially grivasana. Pranayama: All pranayamas, especially ujjayi, bhramari, bhasrika with bandhas, moorchha pranayama. Mudra: Pashinee and vipareeta karani mudra. Bandha: Jalandhara bandha. Shatkarma: Neti, kunjil. Other: Yoga nidra, Mantra chanting.	

			2	Back your Back: Sun salutations (11 rounds)--- Konasana 1 & 2--- Vrikshasana---Konasana--- Katichakrasana--- Utkatasana--- Janushirsasana--- Paschimottanasana--- Marjariasana--- Pawanmuktasana--- Natrajasana-----Aadi Mudra--- Meru danda Mudra---(3 mins each)--- Yoga nidra (with Progressive Muscle Relaxation Technique-PMRT)	
		2	3	Deep breathing(1 min)--- Chanting (OM)---Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha--- Sarvangapushti--- Skandasana--- Prasavkonasana--- Ardhachakrasana----- Malasana---Crow walk--- Vakrasana---Janushirsana-- -Vimanasana-(hold for 1 min)--- Dhanurasana (hold for 1 min)--- Makrasana----- Suptaveerasana--- Sarvangasana---Halasana--- -Matsyasana---Natrajasana, Chakra Meditation	

			4	"Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)----Suryanamaskar asanas with mantras (2 rounds)----Katichakrasana--- -Konasana (1&2)---- Vrikshasana----Garudasana-----Ardha-Matsyendrasana-- --Yoga Mudrasana---- Gomukhasana---- Paschimottanasana----- Vipritshalabhasana---- Naukasana-----Setu Bandha---Sarvangasana---- Matsyasana---Pranayama-Bharari in Shanmukhi mudra----Ujjayi Pranayama (3 mins)-, Meditation 10 mins"	
		3	5	HIGH BP: Asana: siddhasana, Ananda madirasana, Adhomukha Virasana, Supta Baddhakonasana, Pawanmuktasana, Shavasana. Pranayama: Nadi shodhana, sheetali, seetkari, ujjayi, bhrumari. Other: Yoga nidra, meditation.	

			6	Sitting- Deep breathing---- Chanting OM 3 times---- Standing-Suryanamaskara (6 rounds)----Parighasana---- Ardha Parsvottanasana---- Parivrtta Trikonasana---- Siddhasana----Padmasana---- Supta Padmasana (With Support)----- Vipritashalabhasana---- Vimanasana----Dhanurasna-- ---Naukasana---- Vipritakarni---- Sarvangasana---Shavasna(5 mins) ---Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
Relationship & Personal Development		4	7	THEORY	
			8	THEORY	
	2	1	9	Pneumonia & Cold/Cough: Asana: Surya namaskara, shashankasana, pranamasana, sarvangasana, supta vajrasana, marjari-asana, ushtrasana, hasta uttanasana, utthita lolasana, dwikonasana, matsyasana, backward bending asanas, pada hastasana, baddha padmasana. Shavasana with breath awareness. Pranayama: Nadi shodhana, bhastrika, kapalbhati. Deep abdominal breathing at all times. Shatkarma: Vastra dhauti, shankhaprakshalana, kunjla, jala neti. Other: Yoga nidra, Mantra chanting, Meditation and relaxation techniques to remove the source of nervousness.	

			10	Yoga for Good Sleep: Gentle Sukshama vyayama---Gentle Face Yoga--- BaddhaKonasana --- Suptabaddhakonasana --- Vakrasana --- Sitting twisting--- Marjharisana --- Shishusana --- Sphinx pose --- -Makarasana with Bhramari --- Anandabalasana --- Dakshinamurtiasana --- Pawanmuktasana --- Vipreetkarni mudra --- PMR Technique--- Bhramari in Supine position	
		2	11	Sukhasana, Deep Breathing, Chanting (OM 3 times) -- Tadasana --- Konasana(1) --- Hastoutthanasana --- Padahastasana --- Bhadrasana --- Baddhakonasana --- Bhujanga --- Sphinx ----- Purnapawanmukta ---- Knee dropping on sides (spinal twist)--- Shavasana --- Yoga Nidra (5 mins)	
			12	Face Yoga, Sukshama vyayama, Yog Nidra (20 mins)	
		3	13	Suryanamaskar 54 Rounds --- -Yoga Nidra	
			14	LOW BP: Asana: siddhasana, Ananda madirasana, Adhomukha Virasana, Supta Baddhakonasana, Pawanmuktasana, Shavasana. Pranayama: Nadi shodhana, sheetali, seetkari, ujjayi, bhramari. Other: Yoga nidra, meditation.	
		4	15	THEORY	
			16	THEORY	

	3	1	17	Backache: Asana: Tadasana, Tiryaka tadasana, Kati chakrasana, all gentle backward bending asanas, Bhunamanasana, Pawanmuktasana, Supta Vajrasana, Marjari-asana, Shashank Bhujangasana, Vyaghrasana, Makarasana. Pranayama: Ujjayi, Bhramari. Other: Yog nidra, Meditation, Meru Danda Mudra.	
			18	YOGA FOR NECK & SHOULDER: Sukshamavyayama for Neck & shoulders----Shoulder shrugs & rotations---- Urdhava Tada asana---- Ardha Uttanasana---- Hastauttanasana---- Konasana---- Gaumukhasana---- Paschimnamaskar----Shishu asana----Vipritshalabhasna-- --Dhanurasana---- Chaturangadandasana---- Mushakasana----Vayu Mudra----Sandhi Mudra---- Merudanda Mudra----(5-7 minutes each). Yog Nidra	
		2	19	Deep breathing(1 min)---- Chanting (OM)----- JalaNeti--Followed by Bhastrika Pranayama (3 rounds)---Tadasana---- Veerabhadrasana-3---- Reverse warrior Pose---- UtthitaPrasavakonasana---- Vamana Dhauti----Yog nidra	

SELF CARE THRU' YOGA			20	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha-- --Standing-Sarvangapushti---- Skandasana---- Prasavkonasana---- Ardhachakrasana---- Sitting-- Malasana---Crow walk---- Vakrasana-----Janushirsana-- -Prone-Vimanasana-(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana--- Supine-- Suptaveerasana---- Sarvangasana----Halasana--- - Natrajasana----- Sitting--, Chakra Meditation (20 mins)	
		3	21	Angina pectoris: (pains in the chest): Asana: Sukhasana, long deep breathing, hasta utthanasana. Para Virasana, pawanmuktasana , makarasana, akarna dhanurasana, Shavasana, Pranayama: All pranayama (no retention) Ujjayi, nadi shodhana, bhramari. Mudra: Yoga mudra. Other: Yoga nidra, Mantra chanting	
			22	Chandranamaskar (4 Rounds)	
		4	23	THEORY	
			24	THEORY	
Stress management through yoga	4	1	25	Cervical Spondylosis: Asna: Centering & Gentle Neck Warm-up, Marjariasana, Ardha Uttanasana, Bhujangasana, Setu Bandhasana, Shashankasana; Pranayama: Nadishodhana, Bhramari Pranayama, Adi mudra, Prana Mudra, Meditation	

			26	YOGA FOR NECK & SHOULDER: Sukshamavyayama for Neck & shoulders---- Shoulder shrugs & rotations---- Urdhava Tada asana---- Ardha Uttanasana---- Hastauttanasana---- Konasana---- Gaumukhasana---- Paschimnamaskar---- Shishu asana---- Vipritshalabhasna-- --Dhanurasana---- Chaturangadandasana---- Mushakasana---- Vayu Mudra---- Sandhi Mudra---- Merudanda Mudra---- (5-7 minutes each). Yog Nidra	
		2	27	Padmasadhana Asanas followed by Hariom Meditation	
			28	Deep breathing(1 min)---- Chanting (OM)----- JalaNeti--Followed by Bhastrika Pranayama (3 rounds)---Tadasana---- Veerabhadrasana-3---- Reverse warrior Pose---- UtthitaPrasavakonasana---- Vamana Dhauti-----Yog nidra	
		3	29	Varicose Veins: Asana: All inverted asanas, pawanmuktasana, shashankasana, supta vajrasana, shashank bhujangasana, Sit in vajrasana for at least 10 minutes after meals. Pranayama: Bhramari, Bhastrika, kapalbhati. Bandha: Uddiyana bandha, Molla bandha. Shatkarma: Agnisar kriya, laghoo shankhaprakshalana,	
Preventive Health Care / Getting to know your Body			30	Padmasadhana Asanas followed by Hariom Meditation	

		4	31	THEORY	
			32	THEORY	
	5	1	33	Osteoarthritis: Asana: Sukshma Vyayama, Tadasana, Ardha Matsyendrasana, Pawanmuktasana, Shavasana with Leg Support (Relaxation Pose) Pranayama: Nadi shodhana, deep abdominal breathing, bhramari, kapalbhati. Diet: Light veg. meals, avoid sour and artificial food. Shatkarma: Neti, kunjla, laghoo shankhaprakshalana. Other: Yoga nidra, meditation.	
			34	Back your Back: Sun salutations (11 rounds)---- Konasana 1 & 2---- Vrikshasana----Konasana---- Katichakrasana---- Utkatasana---- Janushirsasana---- Paschimottanasana---- Marjariasana---- Pawanmuktasana---- Natarajasana-----Aadi Mudra---- Meru danda Mudra----(3 mins each)----Yoga nidra (with Progressive Muscle Relaxation Technique-PMRT)	
Self Care thru Yoga		2	35	Sitting- Deep breathing(1 min)----Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana---- Garudasana----Tadasana---- Skandasana---Sitting- Baddhakonasana---- Janushirsasana----Chakki chalana---- Paschimottanasana---- Prone- Ashtanaganamaskara---- Nakrasana variation---- Bhekasana(Frog pose)---- PurnaDhanurasana---Supine- Sarvanagasana--- Matsyasana---Inverted advanced- Sirsasana---Sitting-- , Maha Bandha with all the	

				intermediary Bandhas for 2 mins- Meditation (10 mins)	
			36	Sukhasana, Deep Breathing, Chanting (OM 3 times)-- Tadasana----Konasana(1)--- Hastoutthanasana---- Padahastanasana---- Bhadrasana- --- Baddhakonasana---- Bhujanga---- Sphynx----- Purnapawanmukta-----Knee dropping on sides (spinal twist)----Shavasana----Yoga Nidra (5 mins)	
		3	37	Asthama: Asana: Surya namaskara, shashankasana, pranamasana, sarvangasana, supta vajrasana, marjari-asana, ushtrasana, hasta utthanasana, utthita lolasana, dwikonasana, matsyasana, backward bending asanas, pada hastasana, baddha padmasana. Shavasana with breath awareness. Pranayama: Nadi shodhana, bhastrika, kapalbhati. Deep abdominal breathing at all times. Shatkarma: Vastra dhauti, shankhaprakshalana, kunjla, jala neti. Other: Yoga nidra, Mantra chanting, Meditation and relaxation techniques to remove the source of nervousness.	
			38	Padmasadhana Asanas followed by Hariom Meditation	
		4	39	THEORY	
			40	THEORY	

Emotional Management	6	1	41	Rheumatoid Arthritis: Asana: Relaxation poses, pawanmuktasana eye exercise shashankasana, tadasana, dwikonasana. Pranayama: Nadi shodhana, bhramari, ujjayi Shatkarma: Neti (kunjai for migraine). Precautions: Avoid eye strain. Other: Yoga nidra. Splash cold water into the eyes at frequent intervals.	
			42	Back your Back: Sun salutations (11 rounds)--- Konasana 1 & 2--- Vrikshasana---Konasana--- Katichakrasana--- Utkatasana--- Janushirsasana--- Paschimottanasana--- Marjharisana--- Pawanmuktasana--- Natarajasana-----Aadi Mudra--- Meru danda Mudra---(3 mins each)--- Yoga nidra (with Progressive Muscle Relaxation Technique-PMRT)	
		2	43	Sitting- Deep breathing(1 min)---Chanting (OM)--- Vamana Dhauti--- Standing-- Standing Natarajasana--- Garudasana---Tadasana--- Skandasana---Sitting- Baddhakonasana--- Janushirsasana---Chakki chalana--- Paschimottanasana--- Prone- Ashtanagasanamaskara--- Nakrasana variation--- Bhekasana(Frog pose)--- PurnaDhanurasana---Supine- Sarvanagasana--- Matsyasana--- Inverted advanced-Sirsasana---Sitting-- , Maha Bandha with all the intermediary Bandhas for 2 mins--- Meditation (10 mins)	

			44	Asthama: Asana: Surya namaskara, shashankasana, pranamasana, sarvangasana, supta vajrasana, marjari-asana, ushtrasana, hasta uttanasana, utthita lolasana, dwikonasana, matsyasana, backward bending asanas, pada hastasana, baddha padmasana. Shavasana with breath awareness. Pranayama: Nadi shodhana, bhastrika, kapalbhati. Deep abdominal breathing at all times. Shatkarma: Vastra dhauti, shankhaprakshalana, kunjla, jala neti. Other: Yoga nidra, Mantra chanting, Meditation and relaxation techniques to remove the source of nervousness.	
		3	45	Chandranamaskar Sequence (6 rounds) Chakra meditation (20 mins)	
			46	Padmasadhana Asanas followed by Hariom Meditation	
		4	47	THEORY	
			48	THEORY	
	7	1	49	Migraine: Asana: Relaxation poses, pawanmuktasana eye exercise shashankasana, tadasana, dwikonasana. Pranayama: Nadi shodhana, bhramari, ujjayi Shatkarma: Neti (kunjla for migraine). Precautions: Avoid eye strain. Other: Yoga nidra. Splash cold water into the eyes at frequent intervals.	

			50	Yoga for Good Sleep: Gentle Sukshama vyayama----Gentle Face Yoga---- BaddhaKonasana---- Suptabaddhakonasana---- Vakrasana----Sitting twisting----Marjharisana---- Shishusana----Sphinx pose--- -Makarasana with Bhramari---- Anandabalasana--- Dakshinamurtiasana---- Pawanmuktasana---- Vipreetkarni mudra---PMR Technique----Bhramari in Supine position	
		2	51	Sitting- Deep breathing(1 min)----Chanting (OM)----- JalaNeti--- Followed by Bhastrika Pranayama (3 rounds)- Standing-Tadasana-- --Veerabhadrasana-3---- Reverse warrior Pose---- UtthitaPrasavakonasana---- Vamana Dhauti Yog nidra (20 mins) mins	
			52	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
		3	53	IBS: Asana: Vajrasana for at least 10 minutes after every meal. Eat slowly, Practice Chandranamaskara Sequence asanas, Forward and Backward bend asanas, Supta vajrasana, Shashankasana, Yogamudrasana, Ushtrasana,Bhujangasana, Pawanmuktasana, Pranayama: Nadi shodhana, bhramari, Sheetkari, Sheetali, Shatkarma: kunjla, Laghu shankha prakshalana. Other: Relaxation and cultivation of mental tranquillity through yoga nidra and meditation.	

			54	Padmasadhana Asanas followed by Hariom Meditation	
		4	55	THEORY	
			56	THEORY	
	8	1	57	Sciatica: Asana: Advasana, jyestikasana, makarasana or matsyakridasana for long periods of time, sphinx, tadasana, vajrasana. Pranayama: Ujjayi. Other: Yoga nidra, ajapa japa in makarasana, hot fomentation. Resting in prone position on a hard bed is most important.	
			58	YOGA FOR NECK & SHOULDER: Sukshamavyayama for Neck & shoulders---- Shoulder shrugs & rotations---- Urdhava Tada asana---- Ardha Uttanasana---- Hastauttanasana---- Konasana---- Gaumukhasana---- Paschimnamaskar----Shishu asana---- Vipritshalabhasna-- --Dhanurasana---- Chaturangadandasana---- Mushakasana---- Vayu Mudra---- Sandhi Mudra---- Merudanda Mudra----(5-7 minutes each). Yog Nidra	

		2	59	Deep breathing(1 min)---- Chanting (OM)----Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha---- Sarvangapushti---- Skandasana---- Prasavkonasana---- Ardhachakrasana----- Malasana---Crow walk---- Vakrasana----Janushirsana-- -Vimanasana-(hold for 1 min)----Dhanurasana (hold for 1 min)----Makrasana----- Suptaveerasana---- Sarvangasana---Halasana--- -Matsyasana----Natrajasan-, Chakra Meditation	
			60	Acidity: Asana: Vajrasana for at least 10 minutes after every meal. Pawanmuktasana, Supta vajrasana, Shashankasana, Ushtrasana, Trikonasana, Yogamudrasana, Pranayama: Nadi shodhana, bhrumari, Sheetkari, Sheetali, Chandrabhed. Shatkarma: Agnisar kriya, kunjali. Other: Relaxation and cultivation of mental tranquillity through yoga nidra and meditation.	
		3	61	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)----Yog Nidra	
			62	Padmasadhana Asanas followed by Hariom Meditation	
		4	63	THEORY	
Special Yog Protocols/ Modules			64	THEORY	

	9	1	65	Alzheimer's disease: Asana: Bhujangasana, Dhanurasana, Pawanmuktasana, Natrajasana Pranayama: Nadi shodhana, bhramari, ujjayi. Shatkarma: Neti, trataka. Other: Yoga nidra, Mantra Chanting, Pratyahara	
			66	Yoga for Good Sleep: Gentle Sukshama vyayama----Gentle Face Yoga---- BaddhaKonasana---- Suptabaddhakonasana---- Vakrasana----Sitting twisting----Marjharisana---- Shishusana----Sphinx pose--- -Makarasana with Bhramari- ---Anandabalasana--- Dakshinamurtiasana---- Pawanmuktasana---- Vipreetkarni mudra---PMR Technique----Bhramari in Supine position	
		2	67	Deep breathing(1 min)---- Chanting (OM)----Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha---- Sarvangapushhti---- Skandasana---- Prasavkonasana---- Ardhachakrasana----- Malasana---Crow walk---- Vakrasana----Janushirsana-- -Vimanasana-(hold for 1 min)----Dhanurasana (hold for 1 min)----Makrasana---- Suptaveerasana---- Sarvangasana----Halasana--- -Matsyasana----Natrajasana, Chakra Meditation	

			68	Diabetes: Asana: General - Surya namaskara, tadasana, yogamudrasana, shashankasana, supta vajrasana, paschimottanasana, bhujangasana, ardha matsyendrasana, halasana, sarvangasana, matsyasana, gomukhasana, shavasana. Advanced - Dwi hasta bhujangasana, vatayanasana. Pranayama: Nadi shodhana, bhramari, bhasrika, ujjayi. Shatkarma: Laghoo shankhaprakshalana, kunjla, neti. Diet: Food restrictions should be followed.	
		3	69	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)---Yog Nidra	
			70	Padmasadhana Asanas followed by Hariom Meditation	
Special Yog Protocalls/ Modules		4	71	THEORY	
			72	THEORY	
	10	1	73	Stress Headache: Can perform all the relaxing asanas, Asanas of Chandranamaskar, Chandrabhedhi pranayama, Sheetali Pranayama, Yoga Nidra.	
Evaluation / performance of Learning			74	YOGA FOR NECK & SHOULDER: Sukshamavyayama for Neck & shoulders---- Shoulder shrugs & rotations---- Urdhava Tada asana---- Ardha Uttanasana---- Hastauttanasana---- Konasana---- Gaumukhasana---- Paschimnamaskar----Shishu asana---- Vipritshalabhasna-- --Dhanurasana---- Chaturangadandasana---- Mushakasana----Vayu Mudra---- Sandhi Mudra----	

				Merudanda Mudra----(5-7 minutes each). Yog Nidra	
		2	75	Deep breathing(1 min)--- Chanting (OM)---Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha---- Sarvangapushti---- Skandasana---- Prasavkonasana---- Ardhachakrasana----- Malasana---Crow walk--- Vakrasana---Janushirsana-- -Vimanasana-(hold for 1 min)---Dhanurasana (hold for 1 min)---Makrasana----- Suptaveerasana---- Sarvangasana---Halasana--- -Matsyasana---Natrajasana, Chakra Meditation	
			76	Sitting- Deep breathing(1 min)--- Om namo bhagwate Vasudevaya Chanting (10 mins)---Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
		3	77	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)---Yog Nidra	
			78	Padmasadhana Asanas followed by Hariom Meditation	
		4	79	THEORY	
			80	THEORY	

YEAR 3

The objective of Year 3 is: Having gained knowledge about various techniques and their benefits etc. in the last three years now to equip them with ready to use sets of yogic thoughts and attitude bound asanas/pranayamas/kriyas/mudras to serve their immediate needs as per life situations - whether on ship or on shore or at home etc. In the 3rd year there is application of things learnt in the 2 years to life situations of the students who are soon going to sail and experience the reality of sailing. It is then that they will realize many truths about their body and mind, about their beliefs and learning truly imbibed to apply in real life.

Under Theory the focus of the module is given from the point of view of the first-time sailor and a little more. The thought, attitude and things to do mentioned under Practical is the key thing to do, which can help in the given situation. It is best done with its protocol of Kriya, conditioning, spinal asanas, other asanas, relaxation, and Pranayama. many such protocols are discussed with their criteria in year 1 and 2 so it will be easy for the students to grasp the logic. just now it is avoided to maintain brevity.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA/Recall previous learning	1	1	1	Insomnia: Asana: Pawanmuktasana , shashankasana. Spinal twisting asanas. Pranayama: Bhramari, ujjayi, abdominal breathing in shavasana before going to sleep. Shatkarma: Trataka. Other: Yoga nidra before sleep.	
			2	Yoga for better Digestion: Urdhavatadasana---- Konasana 1& 2---- Hastapadasana----- Katichakrasana---- Malasana----Mandukasana--- -Uttanamandukasana---- Chakki----Paschimottana---- Ardhamatsyendra---- Pawanmukta----Nataraja---- Kapalbhati---- Agnisara....Sheetali---- Sheetkari	
		2	3	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama---- Shankha Prakshalana	

				With all the preparatory asanas practice followed by resting.	
			4	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika Pranayama (3 rounds, without hand movements)----Standing- Suryanamaskar (6 fast rounds with breath)----Utthita Trikonasana----Utthita Parivrtta Trikonasana----- Sitting--Upavistha Konasana--- -Parsva Veerasana---- Baddhakonasana----Supta Baddhakonasana---Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)----Sarpasana---- Dhanurasana----Urdhomukha-- --Svanasana----Adhomukha Svanasana-----Supine- Sarvangasana----Sarala Matsyasana----Setu Bandhasana-----Pranayama- Anulomvilom Pranayama with Kumbhaka--, Meditation 10 mins	
		3	5	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Special Yoga Protocalls			6	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds) ----Standing- Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana ---- Konasana (1&2)---- Vrikshasana ---- Garudasana ----Sitting-- Ardha-Matsyendrasana ---- Yoga Mudrasana ---- Gomukhasana ---- Paschimottanasana ----Prone-- Paripurna Bhujangasana ----	

				Purna Dhanurasana---- Vipritshalabhasana---- Naukasana--Supine-- Navasana----Setu Bandha---- Sarvangasana---- Matsyasana---Pranayama- Bharari in Shanmukhi mudra----Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		4	7		
			8		
	2	1	9	Anxiety: Asana: General - Pawanmuktasana, surya namaskara, shashankasana, yogamudrasana, ananda madirasana, paschimottanasana, bhujangasana, shalabhasana, sarvangasana, halasana, shavasana. Advanced - Garbhasana, koormasana. Pranayama: Nadi shodhana, kapalhati, bhastrika, bhrumari, sheetali, seetkari. Mudra: Vipareeta karani, pashinee, shambhavi, bhoochari, yoga, prana and yonis mudras. Shatkarma: Trataka, jala neti, kunjali. Other: Chanting, Pratyahara practice, yoga nidra.	
			10	Yoga for Pelvic Girdle Strengthening & Hip Opening exercises: Sukshamavyayama for legs-- --Virabhadrasana 2---- Utkatasana----Utthita Parsvakonasana---- Trikonasana----Vrikshasana- ---Skandasana---- Shalabhasana---- Adhomukhashvanasana---- Cycling---- Ashvasanchalasana---- Utthita Parsvakonasana---- Chakki chalana---- Kapotasana---Vayu Mudra--	

				--Merudanda mudra---- (5-7 mins)	
		2	11	Sitting- Deep breathing---- Chanting OM 3 times---- Standing-Suryanamaskara (6 rounds)---- Parighasana ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting-Siddhasana---- Padmasana ---- Supta Padmasana (With Support)---- Prone-Vipritashalabhasana--- -Vimanasana ---- Dhanurasna --- ---Supine-Naukasana---- Vipritakarni ---- Sarvangasana --- Shavasna (5 mins) Sitting up- Anulonga viloma pranayama(9 rounds)-- -- Meditaion (visualisation) 10 mins.	
			12	Sitting- Deep breathing---- Chanting OM 3 times---- Standing-Suryanamaskara (6 rounds)---- Parighasana ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Siddhasana ---- Padmasana ---- Supta Padmasana (With Support)---- Vipritashalabhasana ---- Vimanasana ---- Dhanurasna -- --- Naukasana ---- Vipritakarni ---- Sarvangasana --- Shavasna (5 mins) --- Anulonga viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	

		3	13	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati ----Standing- Hastoutthana ---- Padahasta --- -Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Vajrasana ---- Mandukasana (Prakara-1)---- Ardha Ustrasana ----Supta Veerasana (With Support)---- Prone- Purnashalabha ---- Bhujanga ---- Triyak Bhujanaga ---- Dhanur ---- Supine- Bhunamana ---- ArdhaNavasna ---- Navasana -- --PurnaPawanmukta ---- Shavasana ----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
			14	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	15	THEORY	
			16	THEORY	
	3	1	17	Depression: Asana: Surya namaskara, dynamic asanas, all backward bending, standing and twisting asanas. Pranayama: Bhastrika, kapalbhati, abdominal breathing. Shatkarma: Kunjal, neti, laghoo shankhaprakshalana.	
			18	Chair Yoga: Neck vyayama--- -Shoulder vyayama----Shrugs-- -Rotation----Seated Urdhvatadasana----Konasana- ---Seated Twists----Seated Half Ustrasana----Seated Pawanmuktasana----Seated Janusirsasana----Seated Pawanmuktasana----Seated Naukasana---- ArdhaUttanasana---- Veerbhadradasana 2----Chair	

				Deviyasana----Chair Superman poses---Ashwa Sanchalana-----Chair Setu Bandhasana----Chair Vipreet Karni-----Shavasana----Nadi Shodhana Pranayama----Meditation	
		2	19	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-Veerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana ---Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasna --Supine-- Sarvangasana ---- Halasana ----- Matsyasana ----Inverted---- Sirsasana -----China Mudra (1 min)----Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			20	Suryanmaskar sequence (54 rounds) Yog Nidra 20 mins	
		3	21	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ----Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support----Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
			22	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	23	THEORY	
			24	THEORY	

	4	1	25	Prostate: Asana: Pawanmuktasana vajrasana, siddhasana. Mudra: Vajroli mudra. Bandha: Moola and maha bandhas.	
			26	Yoga for Pelvic Girdle Strengthening & Hip Opening exercises: Sukshamavyayama for legs-- --Virabhadrasna 2---- Utkatasana----Utthita Parsvakonasana---- Trikonasana----Vrikshasana- ---Skandasana---- Shalabhasana---- Adhomukhashwanasana---- Cycling---- Ashwasanchalasana---- Utthita Parsvakonasna---- Chakki chalana---- Kapotasana---Vayu Mudra-- --Merudanda mudra---- (5-7 mins)	
		2	27	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama---- Standing-Veerbhadrasana 1& 2----Uttakatasana---- Konasana---Sitting-- Baddhakonasana----Spinal Twist---Prone--Dandasana--- Chaturangadandasana--- Bhujangasana--- Adhomukhaswanasna-- Supine--Sarvangasana---- Halasana-----Matsyasana---- Inverted----Sirsasana----- China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	

			28	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
		3	29	Padmasadhana Asanas followed by Hariom Meditation	
			30	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	31		
			32		
Emotional Management	5	1	33	Impotence: Asana: Pawanmuktasana surya namaskara, sarvangasana, halasana. Pranayama: Nadi shodhana, bhastrika, ujjayi.	
			34	Yoga for better Digestion: Urdhvatadasana ---- Konasana 1& 2 ---- Hastapadasana ---- Katichakrasana ---- Malasana ---- Mandukasana --- -Uttanamandukasana ---- Chakki ---- Paschimottana ---- Ardhamatsyendra ---- Pawanmukta ---- Nataraja ---- Kapalbhati ---- Agnisara Sheetali ---- Sheetkari	

		2	35	Sitting- Deep breathing (1 min)----Chanting (OM)---- Trataka on far object (5 mins)---Standing-Deviāsana--- -Trikonāsana----Ardha Prasavottānasana--- ArdhaChandrasana---- Sakandasana----Sitting-- Padangustha Upavistha Konasana----Ustrasana---- Urdhva Parivrtta Janu Sirsasana----Trianga Mukhaikapada Paschimottānasana---- Kurmasana (Tortoise pose)--- Prone----Supine- Dakshināmurtiāsana---- Sitting--, Meditation 10 mins	
			36	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)----Yog Nidra	
		3	37	Padmasādhana Asanas followed by Hariom Meditation	
			38	Slow Surya Namaskar with Mantra chanting in each āsana (6 Rounds) Yog Nidra 20 mins	
		4	39		
			40		
	6	1	41	Eczema, Acne, Dermatitis: Asana: Surya namaskara (as many rounds as possible without straining), sarvangāsana, halāsana, mayurasana. Pranayama: All pranayamas. Mudra: Vipareeta karani mudra. Shatkarma: Laghoo shankhaprakshalana.	

			42	Chair Yoga: Neck vyayama--- -Shoulder vyayama----Shrugs-- -Rotation----Seated Urdhvatadasana----Konasana- ---Seated Twists----Seated Half Ustrasana----Seated Pawanmuktasana----Seated Janusirsasana----Seated Pawanmuktasana----Seated Naukasana---- Ardha Uttanasana---- Veerabhadrasana 2----Chair Deviasana----Chair Superman poses---Ashwa Sanchalana----- Chair Setu Bandhasana---- Chair Vipreet Karni----- Shavasana----Nadi Shodhana Pranayama----Meditation	
		2	43	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
			44	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)----Yog Nidra	
		3	45	Padmasadhana Asanas followed by Hariom Meditation	
Special Yoga Protocols			46	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	47		
			48		
	7	1	49	Tiredness and daily weariness: Asana: Pawanmuktasana tadasana, bhujangasana, ushtrasana, chakrasana, dhanurasana, surya namaskara. Pranayama: Nadi shodhana, bhramari, bhasrika. Bandha: Uddiyana and moola bandhas. Other: Yoga nidra.	

			50	Yoga for better Digestion: Urdhavatadasana---- Konasana 1& 2---- Hastapadasana----- Katichakrasana---- Malasana----Mandukasana--- -Uttanamandukasana---- Chakki----Paschimottana---- Ardhamatsyendra---- Pawanmukta----Nataraja---- Kapalbhati---- Agnisara....Sheetali---- Sheetkari	
		2	51	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhunaman--- Yogamudra----- Supine- Shavasana--Yog Nidra (20 mins)	
			52	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)---- Yog Nidra	
		3	53	Padmasadhana Asanas followed by Hariom Meditation	
			54	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	55		
Emotional Management			56		
	8	1	57	Eyes tiredness, pain, irritation, headache: Various Eye movement excercies, Facial muscles relaxation techniques, Trataka, Meditataion	

			58	Chair Yoga: Neck vyayama--- -Shoulder vyayama----Shrugs-- -Rotation----Seated Urdhvatadasana----Konasana- ---Seated Twists----Seated Half Ustrasana----Seated Pawanmuktasana----Seated Janusirsasana----Seated Pawanmuktasana----Seated Naukasana---- Ardha Uttanasana---- Veerbhadrāsana 2----Chair Deviasana----Chair Superman poses---Ashwa Sanchalana----- Chair Setu Bandhasana---- Chair Vipreet Karni----- Shavasana----Nadi Shodhana Pranayama----Meditation	
		2	59	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhujangasana --- Yogamudra -----Supine- Shavasana--Yog Nidra (20 mins)	
			60	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)----Yog Nidra	
		3	61	Padmasadhana Asanas followed by Hariom Meditation	
			62	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	63		
			64		

	9	1	65	Yoga for Pelvic Girdle Strengthening & Hip Opening exercises: Sukshamavyayama for legs-- --Virabhadrasna 2---- Utkatasana----Utthita Parsvakonasana---- Trikonasana----Vrikshasana- ---Skandasana---- Shalabhasana---- Adhomukhashwanasana---- Cycling---- Ashwasanchalasana---- Utthita Parsvakonasana---- Chakki chalana---- Kapotasana---Vayu Mudra-- --Merudanda mudra---- (5-7 mins)	
Special Yoga Protocols			66	Asanas that they have used for mental effect	
		2	67	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhujangasana --- Yogamudra----- Supine- Shavasana--Yog Nidra (20 mins)	
			68	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)----Yog Nidra	
		3	69	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
			70	Padmasadhana Asanas followed by Hariom Meditation	
		4	71		
			72		

	10	1	73	Chair Yoga: Neck vyayama--- -Shoulder vyayama----Shrugs-- -Rotation----Seated Urdhvatadasana----Konasana- ---Seated Twists----Seated Half Ustrasana----Seated Pawanmuktasana----Seated Janusirsasana----Seated Pawanmuktasana----Seated Naukasana---- Ardha Uttanasana---- Veerbhadrāsana 2----Chair Deviasana----Chair Superman poses---Ashwa Sanchalana----- Chair Setu Bandhasana---- Chair Vipreet Karni----- Shavasana----Nadi Shodhana Pranayama----Meditation	
Emotional Management			74	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
		2	75	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
			76	Sun Salutations (11) rounds-- --Chandranamaskara (2 rounds)---Yog Nidra	
		3	77	Padmasadhana Asanas followed by Hariom Meditation	
			78	Slow Surya Namaskar with Mantra chanting in each asana (6 Rounds) Yog Nidra 20 mins	
		4	79		
Evaluation / performance of Learning			80		

Certificate Course in Maritime Catering - 6 months

DAY WISE PLAN FOR EACH Month 45 sessions

NOTE 1: The Yogic terminology in the syllabus is to help us and the faculty to have a focus on what to teach. In the content of teaching minimal use of Yogic terminology is to be made.

NOTE 2: Every topic will be introduced by giving some live examples with which the students and faculty can relate. It can be also from the stories/experiences we have heard from the seafarers.

NOTE 3: In this course the examples and experiences used will be from the seafarers life on the Crew side

Longitudinal Transformation Maps

These topics synthesize Bhagavad Gita's emotional governance [1][2], Hatha Yoga Pradipika's energy techniques [3], Gheranda Samhita's sevenfold path [4], and Patanjali's psychological frameworks [5] into actionable modules. Each addresses seafarers' unique challenges through permanent mind-state shifts via:

- Physical anchors (asanas/breath) for acute distress
- Cognitive reframing (Gita wisdom) for perspective shifts
- Energy rebalancing (pranayama/mudras) for sustained stability
- Community integration to combat isolation [6][4][2].

THEMES WITH COLOUR CODING
Getting Started with Yoga
Self Care through Yoga
8 Steps to Better You
Relationship & Personal Development
Yoga and wellness
Preventive Health Care / Getting to know your Body
Stress management through yoga
Emotional Management
Special Yoga Protocols for Self Help
Evaluation / performance of Learning

THROUGHOUT THE 180 DAYS

Students are young 17-18 years old adolescents. With very little life experiences and curious to learn from life and about life. They do have some beliefs and opinions which they are willing to examine and modify when presented with appropriate proof and the logic that appeals to them. They have chosen to graduate in this course but like any other graduates they may change their future plans even on completion. Their interest in sailing will be just as much as that of a class 8 student about which collage will he/she join after tenth.

The following syllabus is made keeping the mindset of the students in mind, their abilities, and interest in learning. Their immediate focus is to enjoy life, studying, & friends. They want their parents to be happy with their results so that is the only worry immediately. any other worry they have is to adjust away from home in the hostel environment.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA	1	1	1	Sukhasana , Deep Breathing, Chanting (OM 3 times)---- Standing-Joint Rotation (Waist, Knee & Ankle)--- Sitting- Joint Rotation (Neck, Shoulder, and Wrist)---- Marjhari Asana ---- Parvat Asana -----Supine- Pawanmuktasana , Shavasana , Yog Nidra (5 mins)	

			2	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana - --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara- 1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
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		2	3	Sitting- Deep breathing---- Full Yogic Breath(5 minutes) ---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana ----Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ---- Prone- Purna Bhujangasana -- --Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara- 1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama ---- Chandra Bhedana Pranayama ---- Sheetali Pranayama ---- Meditation 10 mins	
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			4	Sitting- Deep breathing---- Kapalbhati pranayama---- Standing-Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting-Vajrasana---- Supta Vajrasana (Without Support)----Padmasana---- Supta Padmasana (With Support)----Malasana---- Prone-Purna Bhujangasana-- --Chaturanga Dandasana (with palms)----Sarpasana---- Dhanurasana---- Urdhomukhasana----Supine-Naukasna----- Pavanamuktasana (Prakara-1)----Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)----Sitting--Surya Anuloma Viloma Pranayama(1 min)----Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
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Self Care through Yoga		3	5	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana - --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara- 1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
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			6	Sitting- Deep breathing--- Jalandhar Bandha along with Udiana bandha--- Agnisaar Kriya--- Standing- Padangusthana--- Uthita Parivrtta Trikonasana (with wall support)--- Utthita Trikonasana--- Sitting- Bharadvaj asana (Prakara - I)--- Janu Sirsasana--- Ardha Aakarna Dhanurasana--- Spinal Twist--- Parvatasana--- Prone- Purna Bhujangasana-- --Chaturanga Dandasana (with palms)--- Sarpasana--- Dhanurasana--- Urdhomukhasana--- Supine- Jathara Parivartanasana ---Ardha Navasana--- Sarala Matsyasana--- Setu Bandhasana--Shavasana(2 mins)---Sitting-- Ujjayi Pranayama (1 min)--- Bhramari Pranayama(5 rounds)--- Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
		4	7	THEORY	
			8	THEORY	

			9	Sitting- Deep breathing(1 min)----Chanting (OM)---- Trataka on far object (5 mins) ---Standing- Deviasana -- --Trikonasana ---- Ardha Prasovottanasana --- ArdhaChandrasana ---- Sakandasana ----Sitting-- Padangustha Upavistha Konasana ---- Ustrasana ---- Urdhva Parivrtta Janu Sirsasana ---- Trianga Mukhaikapada Paschimottanasana ---- Kurmasana (Tortoise pose)--- Prone----Supine- Dakshinamurtiasana ---- Sitting--, Meditation 10 mins	
			10	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds) ----Standing- Suryanamaskar asanas with mantras (2 rounds) ---- Katichakrasana ---- Konasana (1&2) ---- Vrikshasana ---- Garudasana ----Sitting-- Ardha-Matsyendrasana ---- Yoga Mudrasana ---- Gomukhasana ---- Paschimottanasana ----Prone-- Paripurna Bhujangasana ---- Purna Dhanurasana ---- Vipritshalabhasana ---- Naukasana --Supine-- Navasana ---- Setu Bandha ---- Sarvangasana ---- Matsyasana ---Pranayama- Bharari in Shanmukhi mudra ---- Ujjayi Pranayama (3 mins) -, Meditation 10 mins	

8 Steps to Better You/Relationship & Personal Development		2	11	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-Veeerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana ---Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasna -- Supine-- Sarvangasana ---- Halasana ----- Matsyasana ----- Inverted---- Sirsasana ----- China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			12	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama---- Standing--Chandranamaskara sequence---Sitting--- Baddhakonasana--Prone-- Bhujangasana---Makarasana-- Supine-Sirsasana with support--- ---Mudras--Moolabandha---- Ashvini Mudra----Trataka Meditation 10 mins followed by 10 mins of meditation	

		3	13	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-Veeerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana ---Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasna -- Supine-- Sarvangasana ---- Halasana ---- Matsyasana ---- Inverted---- Sirsasana ----- China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			14	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama) --- Laghu Shankhprakashana with all the required asanas followed by Rest of 20 mins.	
		4	15	THEORY	
			16	THEORY	

	3	1	17	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana - --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara- 1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
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Yoga and wellness			18	Sitting- Deep breathing---- Full Yogic Breath(5 minutes) ---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana ----Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ---- Prone- Purna Bhujangasana -- --Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara- 1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama ---- Chandra Bhedana Pranayama ---- Sheetali Pranayama ---- Meditation 10 mins	
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		2	19	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana---- Bhastrika Pranayama (3 rounds)----Standing-Utthita Trikonasana----Utthita Parivrtta Trikonasana---- Parshvottanasana Prasarita Padottanasana---- Sitting-Ardha Ustrasana----- Shishuasana---Ardha Padmasana---Veerasana (Prakara-I)----Bhujangasana-- --Mandukasana (Prakara-1)- ---Prone-Ardha Dhanurasana----Purna Bhujangasana----Chaturanga Dandasana (with palms)---- Supine-Viparita Karani (with folded legs)----Matsyasana---- Purva Uthanasana---- Shavasna(5 mins) Pranayama-Anuloma viloma pranayama(9 rounds)---- Chakra meditation (20 mins).	
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			20	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha-- --Standing-Sarvangapushti---- Skandasana---- Prasavkonasana---- Ardhachakrasana----Sitting-- Malasana---Crow walk---- Vakrasana----Janushirsana-- -Prone-Vimanasana-(hold for 1 min)----Dhanurasana (hold for 1 min)----Makrasana--- Supine--Suptaveerasana---- Sarvangasana----Halasana--- -Natrajasana-----Sitting--, Chakra Meditation (20 mins)	
		3	21	Sitting- Deep breathing(1 min)----Chanting (OM)---- Mahabandha----Standing-- Complete Chandranamaskar sequence---Hastoutthana---- Padahastha----Sitting-- Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)--- -Supta Veerasana (Without Support)----Supta Padmasana (Without Support)---- Mayurasana-----Prone-- Dhanurasna----Makarasana- -Supine-- PurnaPawanmuktasana--- Dakshinamurtiasana--- Sitting--, Trataka meditataion (15 mins)	

Stress management through yoga			22	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---- Standing- Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana----Konasana (1&2)----Vrikshasana---- Garudasana---- Sitting-- Ardha-Matsyendrasana---- Yoga Mudrasana---- Gomukhasana---- Paschimottanasana---- Prone-- Paripurna Bhujangasana---- Purna Dhanurasana---- Vipritshalabhasana---- Naukasana-- Supine-- Navasana----Setu Bandha---- Sarvangasana---- Matsyasana--- Pranayama- Bharari in Shanmukhi mudra----Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		4	23	THEORY	
			24		

Self Care through Yoga	4	1	25	Sitting- Deep breathing(1 min)----Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana ---Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ----Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)---- PurnaDhanurasana ---Supine- Sarvanagasana --- Matsyasana ---Inverted advanced- Sirsasana ---Sitting-- , Maha Bandha with all the intermediary Bandhas for 2 mins ---- Meditation (10 mins)	
			26	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha -- --Standing- Sarvangapushti ---- Skandasana ---- Prasavkonasana ---- Ardhachakrasana ----Sitting-- Malasana ---Crow walk---- Vakrasana ---- Janushirsana -- -Prone- Vimanasana -(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana --- Supine-- Suptaveerasana ---- Sarvangasana ---- Halasana --- - Natrajasana -----Sitting-- Chakra Meditation (20 mins)	

		2	27	Sitting- Deep breathing(1 min)----Chanting (OM)---- Sutra Neti --Followed by Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)- Sitting-- Parvatasana with side bendings---- Bhujangasana --- Yogamudra -----Prone- Bhujangasana ---- Makarasana (rest with bharamari on sides)--- Supine-- Natarajasana --- Sitting--, Chakra Meditation 20 mins	
			28	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
		3	29	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Shankha Prakshalana With all the preparatory asanas practice followed by resting	
			30	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	

Emotional Management		4	31	THEORY	
			32	THEORY	
			33	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Supine- Shavasana--Yog Nidra (20 mins)	
	5	1	34	Sitting- Deep breathing(1 min)----Chanting (OM)---- Sutra Neti --Followed by Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)- Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Prone- Bhujanga ---- Makarasna (rest with bharamari on sides)--- Supine-- Natarajasana --- Sitting--, Chakra Meditation 20 mins	
Special Yoga Protocol for Self Help		2	35	Sukhasana , Deep Breathing, Chanting (OM 3 times)---- Standing- Tadasana ---- Konasana(1) --- Hastoutthanasana ---- Padahastanasana ----Siitting----- Bhadrasana ---- Baddhakonasana ---- Prone Asanas- Bhujanga ---- Sphynx ----Supine- Ardhapawanmukta (both legs)---- Purnapawanmukta --- -- Knee dropping on sides (spinal twist)---- Shavasana ---- Yoga Nidra (15 mins)	

			36	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced/Intermediate asanas--followed by guided Chakra Meditation 20 mins	
		3	37	Sitting- Deep breathing (coming to the moment)----chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds) Standing- Jogging on toes (1 min)---- Sarvanga Pushti ---- Ardha Kati Chakrasana ---- Ardha Chakrasana ---- Sitting Asanas- Bhadrasana ---- Baddhakonasana ---- Chakki Chalan ----Prone- Ardhashalabh asana (Both Legs)---- Bhujangasana ----Supine- Ardha Pawanmuktasana ---- Purnapawanmuktasana ---- Shavasana ----Sitting-Pranayama Bhramari (5 Times), Meditaion (visualisation) 10 mins.	
			38	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
			39	THEORY	
		4	40	THEORY	

		1	41	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Konasana (2)----Vriksasan--- - Utkatasana---- Sitting- Swastikasana---Vakrasana--- -Chakki---- Prone- Ardha Bhujangasana---- Shishuasana----Pashuasana-- --Supine-Ekapada Utthanasana (Utthana Padasana) (without bending legs)----Navasana---- Shavasna (5 mins) Sitting up- Anulonga viloma pranayama(9 rounds)----Meditaion (visualisation) 10 mins.	
			42	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced/Intermediate asanas- --followed by guided Chakra Meditation 20 mins	
		2	43	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Evaluation/Performanc e of Learning			44	THEORY	
		3	45	THEORY	

Diploma in Nautical Science - 1 years

DAY WISE PLAN FOR EACH Month 80 sessions

NOTE 1: The Yogic terminology in the syllabus is to help us and the faculty to have a focus on what to teach. In the content of teaching minimal use of Yogic terminology is to be made.

NOTE 2: Every topic will be introduced by giving some live examples with which the students and faculty can relate. It can be also from the stories/experiences we have heard from the seafarers.

NOTE 3: In this course the examples and experiences used will be from the seafarers life on the Deck Side

Longitudinal Transformation Maps

These topics synthesize Bhagavad Gita's emotional governance [1][2], Hatha Yoga Pradipika's energy techniques [3], Gheranda Samhita's sevenfold path [4], and Patanjali's psychological frameworks [5] into actionable modules. Each addresses seafarers' unique challenges through permanent mind-state shifts via:

- Physical anchors (asanas/breath) for acute distress
- Cognitive reframing (Gita wisdom) for perspective shifts
- Energy rebalancing (pranayama/mudras) for sustained stability
- Community integration to combat isolation [6][4][2].

THEMES WITH COLOUR CODING
Getting Started with Yoga
Self Care through Yoga
8 Steps to Better You
Relationship & Personal Development
Yoga and wellness
Preventive Health Care / Getting to know your Body
Stress management through yoga
Emotional Management
Special Yoga Protocols for Self Help
Evaluation / performance of Learning

YEAR 1

Students are young 17-18 years old adolescents. With very little life experiences and curious to learn from life and about life. They do have some beliefs and opinions which they are willing to examine and modify when presented with appropriate proof and the logic that appeals to them. They have chosen to graduate in this course but like any other graduates they may change their future plans even on completion. Their interest in sailing will be just as much as that of a class 8 student about which collage will he/she join after tenth.

The following syllabus is made keeping the mindset of the students in mind, their abilities, and interest in learning. Their immediate focus is to enjoy life, studying, & friends. They want their parents to be happy with their results so that is the only worry immediately. any other worry they have is to adjust away from home in the hostel environment.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA	1	1	1	Sukhasana , Deep Breathing, Chanting (OM 3 times)---- Standing-Joint Rotation (Waist, Knee & Ankle)--- Sitting- Joint Rotation (Neck, Shoulder, and Wrist)---- Marjhari Asana ---- Parvat Asana -----Supine- Pawanmuktasana , Shavasana , Yog Nidra (5 mins)	
			2	Sukhasana , Deep Breathing, Chanting (OM 3 times)---- Standing- Tadasana ---- Konasana(1) --- Hastoutthanasana ---- Padahastanasana ----Sitting----- Bhadrasana ---- Baddhakonasana ---- Prone Asanas- Bhujanga ---- Sphynx ----Supine- Ardhapawantmukta (both legs)---- Purnapawanmukta --- -- Knee dropping on sides (spinal twist)---- Shavasana ---- Yoga Nidra (15 mins)	Who am I?

		2	3	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds) Standing- Jogging on toes (1 min)---- Sarvanga Pushti ---- Ardha Kati Chakrasana ---- Ardha Chakrasana ---- Sitting Asanas- Bhadrāsana ---- Baddhakonasana ---- Chakki Chalan ----Prone- Ardhashalabh asana (Both Legs)---- Bhujangāsana ---- Supine- Ardha Pawanmuktāsana ---- Purnapawanmuktāsana ---- Shavasana ----Sitting- Pranayama Bhramari (5 Times), Meditaion (visualisation) 10 mins.	
			4	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Konasana (2)---- Vriksasan --- - Utkatasana ----Sitting- Swastikasana --- Vakrasana --- - Chakki ----Prone- Ardha Bhujangāsana ---- Shishuasana ---- Pashuasana -- --Supine- Ekapada Utthanasana (Utthana Padasana) (without bending legs)---- Navasana ---- Shavasna (5 mins) Sitting up- Anulonga viloma pranayama(9 rounds)----Meditaion (visualisation) 10 mins.	

SELF CARE THRU' YOGA			5	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)- ---Sitting-Shashankasana---- Bhadrāsana----Titli Asana (Butterfly)----Ardha Ustrasana----Prone-Marjharisana---- Chaturanga Dandasana (by using elbow)----Makarasana-- --Supine-Navasana---- Viparita Karani (with folded legs)----Ardha Halasana---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
		3	6	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana---- Bhastrika Pranayama (3 rounds)----Standing-Ardha Chandrasana (with or without wall support)---- Veerabhadrasana (Prakara-1)----Prasarita Padottanasana----Kati Chakrasana----Sitting-Ardha Ustrasana----Ardha Padmasana----Veerasana (Prakara-I)----Bhujangasana-- --Mandukasana (Prakara-1)- ---Prone-Ardha Dhanurasana----Purna Bhujangasana----Chaturanga Dandasana (with palms)---- Supine-Viparita Karani (with folded legs)----Matsyasana---- Purva Uthanasana---- Shavasna(5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	

		4	7	Sitting- Deep breathing---- Chanting OM 3 times---- Standing- Suryanamaskara (6 rounds) ---- Parighasana ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Siddhasana ---- Padmasana ---- Supta Padmasana (With Support) ---- Prone- Vipritashalabhasana --- -Vimanasana ---- Dhanurasna --- ---Supine- Naukasana ---- Vipritakarni ---- Sarvangasana --- Shavasna (5 mins) Sitting up- Anulanga viloma pranayama(9 rounds)-- -- Meditaion (visualisation) 10 mins.	
			8	THEORY	

	2	1	9	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
			10	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati ----Standing- Hastoutthana ---- Padahasta --- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Vajrasana ---- Mandukasana (Prakara-1)---- Ardha Ustrasana ----Supta Veerasana (With Support)---- Prone- Purnashalabha ---- Bhujanga ---- Triyak Bhujanaga ---- Dhanur ---- Supine- Bhunamana ---- ArdhaNavasna ---- Navasana -- PurnaPawanmukta ---- Shavasana ----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	

		2	11	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Vakrasana ---- Siddhasana ---- Prone- Purna Bhujangasana -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anuloma viloma (9 rounds), Meditation 10 mins	
			12	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)----Standing- Ardha Chandrasana (with or without wall support)---- Veerabhadrasana (Prakara-1)---- Prasarita Padottanasana ---- Kati Chakrasana ----Sitting- Ardha Ustrasana ---- Ardha Padmasana ---- Veerasana (Prakara-I)---- Bhujangasana -- Mandukasana (Prakara-1)- ---Prone- Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Supine- Viparita Karani (with folded legs)---- Matsyasana ---- Purva Uthanasana ---- Shavasana (5 mins) Sitting up- Anuloma viloma pranayama (9 rounds)---- Meditation (visualisation) 10	

				mins.	
		3	13	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati ----Standing- Hastoutthana ---- Padahasta --- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Vajrasana ---- Mandukasana (Prakara-1)---- Ardha Ustrasana ----Supta Veerasana (With Support)---- Prone- Purnashalabha ---- Bhujanga ---- Triyak Bhujanaga ---- Dhanur ---- Supine- Bhunamana ---- ArdhaNavasana ---- Navasana -- -- PurnaPawanmukta ---- Shavasana ----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	

			14	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)- ---Sitting-Shashankasana---- Bhadrāsana---- Titli Asana (Butterfly)---- Ardha Ustrasana---- Prone- Marjariasana---- Chaturanga Dandasana (by using elbow)---- Makarasana-- --Supine-Navasana---- Viparita Karani (with folded legs)---- Ardha Halasana---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
8 Steps to Better You/Relationship & Personal Development		4	15	THEORY	
			16	THEORY	
	3	1	17	Sitting- Deep breathing---- Full Yogic Breath(5 minutes)---- Standing- Chakrasana---- Uthita Trikonasana ---- Parsvakonasana---- Sitting- Siddhasana---- Padmasana---- Lola Asana---- Tola Asana---- Prone- Purna Bhujangasana-- -- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara- 1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)---- Sitting-- Chandra Anuloma Viloma Pranayama---- Chandra Bhedana Pranayama---- Sheetali Pranayama---- Meditation 10 mins	

			18	Sitting- Deep breathing---- Agnisaar Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support) ---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara - I) ---- Janu Sirsasana ---- Chakki Chalan ----Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---- Supine- Naukasna ----- Pavanamuktasana (Prakara- 1) ---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana(2 mins) ----Sitting-- Full Yogic Breathing (Purna Yogic Svasana) ---- Ujjayi Pranayama ---- Meditation 10 mins	
		2	19	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support) ---- Parsvakonasana (with wall support) ----Sitting- Vajrasana --- Supta Vajrasana (Without Support) ---- Padmasana ---- Supta Padmasana (With Support) ----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms) ---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara- 1) ---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana(2 mins) ----Sitting-- Surya Anuloma Viloma Pranayama(1 min) ---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	

			20	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
		3	21	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama) ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- - Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Panchakosha Meditation 10 mins	

			22	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
		4	23	THEORY	
			24	THEORY	
	4	1	25	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Malasana ---- Prone- Purna Bhujangasana -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting--	

Yoga and wellness				Surya Anuloma Viloma Pranayama(1 min)---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
			26	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
		2	27	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama) --- Laghu Shankhaprakshalana with all the required asanas followed by Rest of 20 mins.	

			28	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
		3	29	Sitting- Deep breathing---- Agnisaar Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara - I)---- Janu Sirsasana ---- Chakki Chalan ----Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---- Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Full Yogic Breathing (Purna Yogic Svasana) ---- Ujjayi Pranayama ---- Meditation 10 mins	

			30	Sitting- Deep breathing---- Full Yogic Breath(5 minutes) ---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana ----Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ---- Prone- Purna Bhujangasana -- -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama ---- Chandra Bhedana Pranayama ---- Sheetali Pranayama ---- Meditation 10 mins	
		4	31	THEORY	
			32	THEORY	
Preventive Health Care / Getting to know your Body	5	1	33	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- - Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulong viloma (9 rounds), Guided	

				Panchakosha meditation (10 mins)	
			34	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)---- Standing- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana Prasarita Padottanasana ---- Sitting- Ardha Ustrasana ---- Shishuasana --- Ardha Padmasana --- Veerasana (Prakara-I)---- Bhujangasana -- Mandukasana (Prakara-1)- --- Prone-Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Supine- Viparita Karani (with folded legs)---- Matsyasana ---- Purva Uthanasana ---- Shavasna (5 mins) Pranayama-Anuloma viloma pranayama (9 rounds)---- Chakra meditation (20 mins).	

		2	35	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha---- Agnisaar Kriya---- Standing- Padangusthana---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana---- Sitting- Bharadvaj asana (Prakara - I)---- Janu Sirsasana---- Ardha Aakarna Dhanurasana---- Spinal Twist---- Parvatasana---- Prone- Purna Bhujangasana-- --Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Jathara Parivartanasana ----Ardha Navasana---- Sarala Matsyasana---- Setu Bandhasana--Shavasana(2 mins)---- Sitting-- Ujjayi Pranayama (1 min)---- Bhramari Pranayama(5 rounds)---- Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
			36	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika Pranayama (without hand movements)--- -Standing-- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana---- Utthita Parivrtta Trikonasana---- Parshvottanasana----- Sitting-- Upavistha Konasana-- ---Parsva Veerasana---- SuptaBaddhakonasana---- Paschimottanasana---- Mandukasana (Prakara-II)--- Prone- Purna Bhujangasana-- --Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukha Svanasana---- Adhomukha Svanasana----	

				Salamba Salabhasana--- Supine--- Purnapawanmuktasana--- Shavasana--Guided Yoga Nidra (20 mins)	
Self Care thru Yoga		3	37	Sitting- Deep breathing---- Bhastrika pranayama---- Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana- ---Supta Vajrasana (Without Support)---- Padmasana---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana--- -Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara- 1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)---- Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	

			38	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika Pranayama (3 rounds, without hand movements)----Standing- Suryanamaskar (6 fast rounds with breath)---- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Sitting-- Upavistha Konasana ---- Parsva Veerasana ---- Baddhakonasana ---- Supta Baddhakonasana ---Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukha ---- Svanasana -- -- Adhomukha Svanasana ---- Supine- Sarvangasana ---- Sarala Matsyasana ---- Setu Bandhasana ----Pranayama- Anulomvilom Pranayama with Kumbhaka --, Meditation 10 mins	
		4	39	THEORY	
			40	THEORY	

Stress management through yoga	6	1	41	Sitting- Deep breathing---- Jalandhar Bandha along with Udiyana bandha ---- Agnisara Kriya ----Standing- Padangusthana ---- Uthita Parivrtta Trikonasana (with wall support) ---- Utthita Trikonasana ----Sitting- Bharadvaj asana (Prakara - I) ---- Janu Sirsasana ---- Ardha Akarna Dhanurasana ---- Spinal Twist ---- Parvatasana ---- Prone- Purna Bhujangasana -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Jathara Parivartanasana ---- Ardha Navasana ---- Sarala Matsyasana ---- Setu Bandhasana -- Shavasana (2 mins)----Sitting-- Ujjayi Pranayama (1 min) ---- Bhramari Pranayama (5 rounds)---- Nadishodana Pranayama (9 rounds), Guided Meditation 10 mins	
			42	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support) ---- Parsvakonasana (with wall support) ----Sitting- Vajrasana --- Supta Vajrasana (Without Support) ---- Padmasana ---- Supta Padmasana (With Support) ----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms) ---- Sarpasana ---- Dhanurasana --- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1) ---- Setu bandhasana ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom	

				viloma (9 rounds), Meditation 10 mins	
		2	43	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	

			44	Sitting- Deep breathing (coming to the moment)----chanting, Vajrasana----Bhastrika Pranayama (3 rounds)----Standing-Utthita Trikonasana----Utthita Parivrtta Trikonasana----Parshvottanasana Prasarita Padottanasana----Sitting-Ardha Ustrasana----Shishuasana---Ardha Padmasana---Veerasana (Prakara-I)----Bhujangasana--Mandukasana (Prakara-1)- ---Prone-Ardha Dhanurasana----Purna Bhujangasana----Chaturanga Dandasana (with palms)----Supine-Viparita Karani (with folded legs)----Matsyasana----Purva Uthanasana----Shavasna(5 mins) Pranayama-Anuloma viloma pranayama(9 rounds)----Chakra meditation (20 mins).	
		3	45	Sitting- Deep breathing(1 min)----Chanting (OM)----Bhastrika Pranayama (3 rounds, without hand movements)----Standing-Suryanamaskar (6 fast rounds with breath)----Utthita Trikonasana----Utthita Parivrtta Trikonasana----Sitting--Upavistha Konasana---Parsva Veerasana----Baddhakonasana----Supta Baddhakonasana---Prone-Purna Bhujangasana----Chaturanga Dandasana (with palms)----Sarpasana----Dhanurasana----Urdhomukha----Svanasana--Adhomukha Svanasana----Supine-Sarvangasana----Sarala Matsyasana----Setu Bandhasana----Pranayama-Anulomvilom Pranayama	

				with Kumbhaka--, Meditation 10 mins	
			46	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika Pranayama (without hand movements)--- -Standing-- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana ----- Sitting-- Upavistha Konasana --- Parsva Veerasana ---- SuptaBaddhakonasana ---- Paschimottanasana ---- Mandukasana (Prakara-II)--- Prone- Purna Bhujangasana -- --Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana --- Supine--- Purnapawanmuktasana --- Shavasana -- Guided Yoga Nidra (20 mins)	
		4	47	THEORY	
			48	THEORY	

Emotional Management		2	51	Sitting- Deep breathing(1 min)----Chanting (OM)----- JalaNeti --Followed by Bhastrika Pranayama (3 rounds)-- Standing-Tadasana --- Veerabhadrasana-3 ---- Reverse warrior Pose ---- UtthitaPrasavakonasana ---- Vamana Dhauti Yog nidra (20 mins) mins	
			52	Sitting- Deep breathing(1 min)----Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana ---Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ----Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)---- PurnaDhanurasana ---Supine- Sarvanagasana --- Matsyasana ---Inverted advanced- Sirsasana ---Sitting-- Maha Bandha with all the intermediary Bandhas for 2 mins ---- Meditation (10 mins)	
		3	53	Sitting- Deep breathing(1 min)----Chanting (OM)---- Mahabandha ----Standing-- Complete Chandranamaskar sequence --- Hastoutthana ---- Padahastha ----Sitting-- Trianga Mukhaikapada Paschimottanasana ---- Kurmasana (Tortoise pose)--- Supta Veerasana (Without Support)---- Supta Padmasana (Without Support)---- Mayurasana -----Prone-- Dhanurasna ---- Makarasana -Supine-- PurnaPawanmuktasana --- Dakshinamurtiasana --- Sitting--, Trataka meditaitaion (15 mins)	

			54	Sitting- Deep breathing(1 min)----Chanting (OM)---- Trataka on far object (5 mins)---Standing-Deviasana--- -Trikonasana----Ardha Prasovottanasana--- ArdhaChandrasana---- Sakandasana----Sitting-- Padangustha Upavistha Konasana----Ustrasana---- Urdhva Parivrtta Janu Sirsasana----Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)--- Prone----Supine- Dakshinamurtiasana---- Sitting--, Meditation 10 mins	
		4	55	THEORY	
			56	THEORY	
	8	1	57	Sitting- Deep breathing(1 min)----Chanting (OM)---- Trataka on far object (5 mins)---Standing-Deviasana-- --Trikonasana----Ardha Prasovottanasana--- ArdhaChandrasana---- Sakandasana----Sitting-- Padangustha Upavistha Konasana----Ustrasana---- Urdhva Parivrtta Janu Sirsasana----Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)--- Prone----Supine- Dakshinamurtiasana---- Sitting--, Meditation 10 mins	

			58	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)--- Standing- Suryanamaskar asanas with mantras (2 rounds)--- Katichakrasana---Konasana (1&2)--- Vrikshasana--- Garudasana--- Sitting-- Ardha-Matsyendrasana--- Yoga Mudrasana--- Gomukhasana--- Paschimottanasana--- Prone-- Paripurna Bhujangasana--- Purna Dhanurasana--- Vipritshalabhasana--- Naukasana--Supine-- Navasana--- Setu Bandha--- Sarvangasana--- Matsyasana--- Pranayama- Bharari in Shanmukhi mudra--- Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		2	59	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha-- ---Standing-Sarvangapushti--- Skandasana--- Prasavkonasana--- Ardhachakrasana--- Sitting-- Malasana--- Crow walk--- Vakrasana--- Janushirsana-- -Prone-Vimanasana-(hold for 1 min)--- Dhanurasana (hold for 1 min)--- Makrasana--- Supine--Suptaveerasana--- Sarvangasana--- Halasana--- -Natrajasana-----Sitting--, Chakra Meditation (20 mins)	

Self Care thru Yoga			60	Sitting- Deep breathing(1 min)----Chanting (OM)---- Mahabandha ----Standing-- Complete Chandranamaskar sequence --- Hastoutthana ---- Padahastha ----Sitting-- Trianga Mukhaikapada Paschimottanasana ---- Kurmasana (Tortoise pose)--- -Supta Veerasana (Without Support)---- Supta Padmasana (Without Support)---- Mayurasana -----Prone-- Dhanurasna ---- Makarasana - -Supine-- PurnaPawanmuktasana --- Dakshinamurtiasana --- Sitting--, Trataka meditataion (15 mins)	
		3	61	Sitting- Deep breathing(1 min)----Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana ---Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ----Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)--- PurnaDhanurasana ---Supine- -Sarvanagasana --- Matsyasana ---Inverted advanced- Sirsasana ---Sitting-- , Maha Bandha with all the intermediary Bandhas for 2 mins ---- Meditation (10 mins)	
			62	Sitting- Deep breathing(1 min)----Chanting (OM)----- JalaNeti ---Followed by Bhastrika Pranayama (3 rounds)- Standing-Tadasana -- --Veerabhadrasana-3 ---- Reverse warrior Pose ---- UtthitaPrasavakonasana ---- Vamana Dhauti Yog nidra (20 mins) mins	

[illegible]

			68	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Supine- Shavasana--Yog Nidra (20 mins)	
			69	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Evaluation / performance of Learning		3	70	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Shankha Prakshalana With all the preparatory asanas practice followed by resting	
			71	THEORY	
Special Yoga Protocols for Self Help		4	72	THEORY	
	10	1	73	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-Veerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana ---Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasana -- Supine-- Sarvangasana ---- Halasana ----- Matsyasana ---- Inverted---- Sirsasana ----- China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	

			74	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
		2	75	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama ---- Standing--Fast rounds of Sun salutations (21 rounds)--- Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Supine- Shavasana--Yog Nidra (20 mins)	
			76	Sitting- Deep breathing(1 min)----Chanting (OM)---- Sutra Neti --Followed by Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)- Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Prone- Bhujanga ---- Makarasna (rest with bharamari on sides)--- Supine-- Natarajasana --- Sitting--, Chakra Meditation 20 mins	
		3	77	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced/Intermediate asanas--followed by guided Chakra Meditation 20 mins	

			78	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Evaluation / performance of Learning		4	79	THEORY	
			80	THEORY	

Electro Technical Officers - 85 Days

DAY WISE PLAN FOR EACH Month 20 sessions

NOTE 1: The Yogic terminology in the syllabus is to help us and the faculty to have a focus on what to teach. In the content of teaching minimal use of Yogic terminology is to be made.

NOTE 2: Every topic will be introduced by giving some live examples with which the students and faculty can relate. It can be also from the stories/experiences we have heard from the seafarers.

NOTE 3: In this course the examples and experiences used will be from the seafarers life on the Crew side

Longitudinal Transformation Maps

These topics synthesize Bhagavad Gita's emotional governance [1][2], Hatha Yoga Pradipika's energy techniques [3], Gheranda Samhita's sevenfold path [4], and Patanjali's psychological frameworks [5] into actionable modules. Each addresses seafarers' unique challenges through permanent mind-state shifts via:

- Physical anchors (asanas/breath) for acute distress
- Cognitive reframing (Gita wisdom) for perspective shifts
- Energy rebalancing (pranayama/mudras) for sustained stability
- Community integration to combat isolation [6][4][2].

THEMES WITH COLOUR CODING
Getting Started with Yoga
Self Care through Yoga
8 Steps to Better You
Relationship & Personal Development
Yoga and wellness
Preventive Health Care / Getting to know your Body
Stress management through yoga
Emotional Management
Special Yoga Protocols for Self Help
Evaluation / performance of Learning

THROUGHOUT THE 85 DAYS

Students are young 17-18 years old adolescents. With very little life experiences and curious to learn from life and about life. They do have some beliefs and opinions which they are willing to examine and modify when presented with appropriate proof and the logic that appeals to them. They have chosen to graduate in this course but like any other graduates they may change their future plans even on completion. Their interest in sailing will be just as much as that of a class 8 student about which collage will he/she join after tenth.

The following syllabus is made keeping the mindset of the students in mind, their abilities, and interest in learning. Their immediate focus is to enjoy life, studying, & friends. They want their parents to be happy with their results so that is the only worry immediately. any other worry they have is to adjust away from home in the hostel environment.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA	1	1	1	Sukhasana , Deep Breathing, Chanting (OM 3 times)---- Standing-Joint Rotation (Waist, Knee & Ankle)--- Sitting- Joint Rotation (Neck, Shoulder, and Wrist)---- Marjhari Asana ---- Parvat Asana -----Supine- Pawanmuktasana , Shavasana , Yog Nidra (5 mins)	
			2	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana --- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulong	

				viloma (9 rounds), Meditation 10 mins	
		2	3	Sitting- Deep breathing---- Full Yogic Breath(5 minutes) ---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana ----Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ---- Prone- Purna Bhujangasana -- --Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama ---- Chandra Bhedana Pranayama ---- Sheetali Pranayama ---- Meditation 10 mins	
			4	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Malasana ---- Prone- Purna Bhujangasana -- --Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting--	

Self Care through Yoga				Surya Anuloma Viloma Pranayama(1 min)---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
		3	5	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana --- -Urdhomukhasana----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	

			6	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha---- Agnisaar Kriya---- Standing- Padangusthana---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana---- Sitting- Bharadvaj asana (Prakara - I)---- Janu Sirsasana---- Ardha Aakarna Dhanurasana---- Spinal Twist---- Parvatasana---- Prone- Purna Bhujangasana-- --Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Jathara Parivartanasana ----Ardha Navasana---- Sarala Matsyasana---- Setu Bandhasana--Shavasana(2 mins)---- Sitting-- Ujjayi Pranayama (1 min)---- Bhramari Pranayama(5 rounds)---- Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
		4	7	THEORY	
			8	THEORY	
	2	1	9	Sitting- Deep breathing(1 min)----Chanting (OM)---- Trataka on far object (5 mins)--- Standing- Deviyasana-- --Trikonasana---- Ardha Prasovottanasana--- ArdhaChandrasana---- Sakandasana---- Sitting-- Padangustha Upavistha Konasana---- Ustrasana---- Urdhva Parivrtta Janu Sirsasana---- Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)--- Prone----Supine- Dakshinamurtiasana---- Sitting--, Meditation 10 mins	

			10	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)--- Standing- Suryanamaskar asanas with mantras (2 rounds)--- Katichakrasana---Konasana (1&2)--- Vrikshasana--- Garudasana--- Sitting-- Ardha-Matsyendrasana--- Yoga Mudrasana--- Gomukhasana--- Paschimottanasana--- Prone-- Paripurna Bhujangasana--- Purna Dhanurasana--- Vipritshalabhasana--- Naukasana--Supine-- Navasana--- Setu Bandha--- Sarvangasana--- Matsyasana--- Pranayama- Bharari in Shanmukhi mudra--- Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		2	11	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama--- Standing-Veeerbhadrasana 1 & 2--- Uttakatasana--- Konasana--- Sitting-- Baddhakonasana--- Spinal Twist--- Prone-- Dandasana--- Chaturangadandasana--- Bhujangasana--- Adhomukhaswanasna-- Supine--Sarvangasana--- Halasana-----Matsyasana--- Inverted--- Sirsasana--- China Mudra (1 min)--- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	

8 Steps to Better You/Relationship & Personal Development			12	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama---- Standing--Chandranamaskara sequence---Sitting--- Baddhakonasana--Prone-- Bhujangasana---Makarasana-- Supine-Sirsasana with support- ---Mudras--Moolabandha---- Ashvini Mudra----Trataka Meditation 10 mins followed by 10 mins of meditation	
		3	13	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama---- Standing-Veeerbhadrasana 1& 2----Uttakatasana---- Konasana---Sitting-- Baddhakonasana----Spinal Twist---Prone--Dandasana--- Chaturangadandasana--- Bhujangasana--- Adhomukhaswanasna-- Supine--Sarvangasana---- Halasana-----Matsyasana---- Inverted----Sirsasana----- China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			14	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama)--- Laghu Shankhprakashana with all the required asanas followed by Rest of 20 mins.	
		4	15	THEORY	
			16	THEORY	

Yoga and wellness	3	1	17	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
			18	Sitting- Deep breathing---- Full Yogic Breath(5 minutes) ---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana ----Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ---- Prone- Purna Bhujangasana -- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)---- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama ---- Chandra Bhedana Pranayama ---- Sheetali Pranayama ---- Meditation 10 mins	

		2	19	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)---- Standing-Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana Prasarita Padottanasana ---- Sitting- Ardha Ustrasana ----- Shishuasana --- Ardha Padmasana --- Veerasana (Prakara-I)---- Bhujangasana -- Mandukasana (Prakara-1)- --- Prone-Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Supine- Viparita Karani (with folded legs)---- Matsyasana ---- Purva Uthanasana ---- Shavasna (5 mins) Pranayama-Anuloma viloma pranayama (9 rounds)---- Chakra meditation (20 mins).	
			20	Sitting- Deep breathing(1 min)---- Chanting (OM) ---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha -- -- Standing-Sarvangapushhti ---- Skandasana ---- Prasavkonasana ---- Ardhachakrasana ---- Sitting--Malasana --- Crow walk ---- Vakrasana ---- Janushirsana -- - Prone-Vimanasana -(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana --- Supine-- Suptaveerasana ---- Sarvangasana ---- Halasana --- - Natrajasana ----- Sitting-- , Chakra Meditation (20 mins)	

				Sitting- Deep breathing(1 min)----Chanting (OM)---- Mahabandha ----Standing-- Complete Chandranamaskar sequence---Hastoutthana---- Padahastha ----Sitting-- Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)--- - Supta Veerasana (Without Support)---- Supta Padmasana (Without Support)---- Mayurasana -----Prone-- Dhanurasna ---- Makarasana - -Supine-- PurnaPawanmuktasana--- Dakshinamurtiasana--- Sitting--, Trataka meditaitaion (15 mins)	
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Graduate Marine Engineering - 1 year

DAY WISE PLAN FOR EACH MONTH 80 SESSIONS

NOTE 1: The Yogic terminology in the syllabus is to help us and the faculty to have a focus on what to teach. In the content of teaching minimal use of Yogic terminology is to be made.

NOTE 2: Every topic will be introduced by giving some live examples with which the students and faculty can relate. It can be also from the stories/experiences we have heard from the seafarers.

NOTE 3: In this course the examples and experiences used will be from the seafarer's life on the Engine Side

Longitudinal Transformation Maps

These topics synthesize Bhagavad Gita's emotional governance [1][2], Hatha Yoga Pradipika's energy techniques [3], Gheranda Samhita's sevenfold path [4], and Patanjali's psychological frameworks [5] into actionable modules. Each addresses seafarers' unique challenges through permanent mind-state shifts via:

- Physical anchors (asanas/breath) for acute distress
- Cognitive reframing (Gita wisdom) for perspective shifts
- Energy rebalancing (pranayama/mudras) for sustained stability
- Community integration to combat isolation [6][4][2].

THEMES WITH COLOUR CODING
Getting Started with Yoga
Self Care through Yoga
8 Steps to Better You
Relationship & Personal Development
Yoga and wellness
Preventive Health Care / Getting to know your Body
Stress management through yoga
Emotional Management
Special Yoga Protocols for Self Help
Evaluation / performance of Learning

YEAR 1

Students are young 17-18 years old adolescents. With very little life experiences and curious to learn from life and about life. They do have some beliefs and opinions which they are willing to examine and modify when presented with appropriate proof and the logic that appeals to them. They have chosen to graduate in this course but like any other graduates they may change their future plans even on completion. Their interest in sailing will be just as much as that of a class 8 student about which collage will he/she join after tenth.

The following syllabus is made keeping the mindset of the students in mind, their abilities, and interest in learning. Their immediate focus is to enjoy life, studying, & friends. They want their parents to be happy with their results so that is the only worry immediately. any other worry they have is to adjust away from home in the hostel environment.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA	1	1	1	Sukhasana , Deep Breathing, Chanting (OM 3 times)--- Standing-Joint Rotation (Waist, Knee & Ankle)---Sitting- Joint Rotation (Neck, Shoulder, and Wrist)--- Marjhari Asana --- Parvat Asana ----Supine- Pawanmuktasana , Shavasana , Yog Nidra (5 mins)	
			2	Sukhasana , Deep Breathing, Chanting (OM 3 times)--- Standing- Tadasana --- Konasana(1) --- Hastoutthanasana --- Padahastanasana ---Siitting----- Bhadradasana --- Baddhakonasana ---- Prone Asanas- Bhujanga ---- Sphynix ---Supine- Ardhapawantmukta (both legs)--- Purnapawanmukta ----- Knee dropping on sides (spinal twist)--- Shavasana --- Yoga Nidra (15 mins)	

		2	3	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana----Bhastrika Pranayama (3 rounds) Standing- Jogging on toes (1 min)----Sarvanga Pushti---- Ardha Kati Chakrasana---- Ardha Chakrasana---- Sitting Asanas- Bhadrasana---- Baddhakonasana----Chakki Chalan----Prone-Ardhashalabh asana (Both Legs)---- Bhujangasana----Supine- Ardha Pawanmuktasana ---- Purnapawanmuktasana---- Shavasana----Sitting- Pranayama Bhramari (5 Times), Meditaion (visualisation) 10 mins.	
			4	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)----Standing-Light warm up----Konasana (2)---- Vriksasan---- Utkatasana---- Sitting- Swastikasana--- Vakrasana----Chakki----Prone- Ardha Bhujangasana---- Shishuasana----Pashuasana---- Supine-Ekapada Utthanasana (Utthana Padasana) (without bending legs)----Navasana---- Shavasna (5 mins) Sitting up- Anulonga viloma pranayama(9 rounds)----Meditaion (visualisation) 10 mins.	

SELF CARE THRU' YOGA			5	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)--- -Sitting-Shashankasana---- Bhadrāsana---Titli Asana (Butterfly)----Ardha Ustrasana----Prone-Marjharisana----Chaturanga Dandasana (by using elbow)---- Makarasana----Supine-Navasana---Viparita Karani (with folded legs)----Ardha Halasana----Shavasna (5 mins) Sitting up-Anuloma viloma pranayama(9 rounds)---- Meditation (visualisation) 10 mins.	
		3	6	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana---Bhastrika Pranayama (3 rounds)---- Standing-Ardha Chandrasana (with or without wall support)--- -Veerabhadrasana (Prakara-1)---Prasarita Padottanasana---- Kati Chakrasana----Sitting-Ardha Ustrasana----Ardha Padmasana---Veerasana (Prakara-I)----Bhujangasana---- Mandukasana (Prakara-1)--- Prone-Ardha Dhanurasana---- Purna Bhujangasana----Chaturanga Dandasana (with palms)----Supine-Viparita Karani (with folded legs)---- Matsyasana---Purva Uthanasana---Shavasna(5 mins) Sitting up-Anuloma viloma pranayama(9 rounds)--- Meditation (visualisation) 10 mins.	

		4	7	Sitting- Deep breathing---- Chanting OM 3 times---- Standing-Suryanamaskara (6 rounds)---- Parighasana ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting-Siddhasana---- Padmasana ---- Supta Padmasana (With Support)---- Prone-Vipritashalabhasana---- Vimanasana ---- Dhanurasna --- -Supine-Naukasana---- Vipritakarni ---- Sarvangasana -- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
			8	THEORY	
	2	1	9	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone-Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anuloma viloma (9 rounds), Meditation 10 mins	

			10	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati ----Standing- Hastoutthana ---- Padahasta ---- Ardha Parsvottanasana ---- Parivrtta Trikonasana ---- Sitting- Vajrasana ---- Mandukasana (Prakara-1)---- Ardha Ustrasana ----Supta Veerasana (With Support)---- Prone- Purnashalabha ---- Bhujanga ---- Triyak Bhujanaga ---- Dhanur ---- Supine- Bhunamana ---- ArdhaNavasna ---- Navasana --- -PurnaPawanmukta ---- Shavasana ----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
		2	11	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Vakrasana ---- Siddhasana----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	

			12	Sitting- Deep breathing (coming to the moment)---- chanting, Vajrasana----Bhastrika Pranayama (3 rounds)---- Standing-Ardha Chandrasana (with or without wall support)--- -Veerabhadrasana (Prakara-1)- ---Prasarita Padottanasana---- Kati Chakrasana----Sitting- Ardha Ustrasana----Ardha Padmasana----Veerasana (Prakara-I)----Bhujangasana---- Mandukasana (Prakara-1)---- Prone-Ardha Dhanurasana---- Purna Bhujangasana---- Chaturanga Dandasana (with palms)----Supine-Viparita Karani (with folded legs)---- Matsyasana----Purva Uthanasana----Shavasna(5 mins) Sitting up-Anuloma viloma pranayama(9 rounds)- ---Meditaion (visualisation) 10 mins.	
		3	13	Sitting- Deep breathing-- Chanting Mantras--- Kapalbhati----Standing- Hastoutthana----Padahasta---- Ardha Parsvottanasana---- Parivrtta Trikonasana---- Sitting-Vajrasana---- Mandukasana (Prakara-1)---- Ardha Ustrasana----Supta Veerasana (With Support)---- Prone-Purnashalabha---- Bhujanga----Triyak Bhujanaga----Dhanur---- Supine-Bhunamana---- ArdhaNavasna----Navasana--- -PurnaPawanmukta---- Shavasana----Sitting--Surya Anuloma Viloma Pranayama(1 min)----Anulong viloma (9 rounds), Meditation 10 mins	

			14	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)---- Standing-Light warm up---- Introduction to Suryanamaskara (2 rounds)--- -Sitting-Shashankasana---- Bhadrāsana----Titli Asana (Butterfly)---- Ardha Ustrasana---- Prone-Marjariasana---- Chaturanga Dandasana (by using elbow)---- Makarasana---- Supine-Navasana---- Viparita Karani (with folded legs)---- Ardha Halasana---- Shavasna (5 mins) Sitting up-Anuloma viloma pranayama(9 rounds)---- Meditation (visualisation) 10 mins.	
8 Steps to Better You/Relationship & Personal Development		4	15	THEORY	
			16	THEORY	
	3	1	17	Sitting- Deep breathing----Full Yogic Breath(5 minutes)---- Standing-Chakrasana----Uthita Trikonasana ---- Parsvakonasana---- Sitting-Siddhasana---- Padmasana---- Lola Asana---- Tola Asana---- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine-Naukasna----- Pavanamuktasana (Prakara-1)- ---Setu bandasna---- Jathara Parivartanasana--Shavasana(2 mins)---- Sitting--Chandra Anuloma Viloma Pranayama-- --Chandra Bhedana Pranayama---- Sheetali Pranayama---- Meditation 10 mins	

			18	Sitting- Deep breathing---- Agnisaar Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support) ---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara -I)- ----Janu Sirsasana ---- Chakki Chalan ----Prone Dhanurasana - ---Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---- Supine- Naukasna ----- Pavanamuktasana (Prakara-1)- ---Setu bandasna ---- Jathara Parivartanasana--Shavasana(2 mins) ----Sitting-- Full Yogic Breathing (Purna Yogic Svasana) ---- Ujjayi Pranayama ---- Meditation 10 mins	
		2	19	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support) ---- Parsvakonasana (with wall support) ----Sitting- Vajrasana ---- Supta Vajrasana (Without Support) ---- Padmasana ---- Supta Padmasana (With Support) ---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms) ---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)- ---Setu bandasna ---- Jathara Parivartanasana--Shavasana(2 mins) ----Sitting-- Surya Anuloma Viloma Pranayama(1 min) ---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	

			20	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
		3	21	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama)----Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Panchakosha Meditation 10 mins	

			22	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
		4	23	THEORY	
			24	THEORY	
	4	1	25	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Malasana ----Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	

			26	Sitting- Deep breathing---- Bhastrika pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulom viloma (9 rounds), Meditation 10 mins	
Yoga and wellness			27	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama)--- Laghu Shankhaprakshalana with all the required asanas followed by Rest of 20 mins.	
		2	28	Sitting- Deep breathing---- Kapalbhati pranayama ---- Standing- Chakrasana ---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana ---- Supta Vajrasana (Without Support)---- Padmasana ---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasana ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1	

				min)---- Anulom viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
		3	29	Sitting- Deep breathing---- Agnisaar Kriya ----Standing- Ardha Chandrasana ---- Ardha Natarajasana ---- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana ----Sitting- Bharadvaj asana (Prakara -I) ---- Janu Sirsasana ---- Chakki Chalan ----Prone Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---- Supine- Naukasna ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Full Yogic Breathing (Purna Yogic Svasana) ---- Ujjayi Pranayama ---- Meditation 10 mins	
			30	Sitting- Deep breathing---- Full Yogic Breath(5 minutes) ---- Standing- Chakrasana ---- Uthita Trikonasana ---- Parsvakonasana ----Sitting- Siddhasana ---- Padmasana ---- Lola Asana ---- Tola Asana ---- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukhasana ----Supine- Naukasna ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna ---- Jathara Parivartanasana -- Shavasana (2 mins)----Sitting-- Chandra Anuloma Viloma Pranayama -- -- Chandra Bhedana Pranayama ---- Sheetali Pranayama ---- Meditation 10 mins	
		4	31	THEORY	
			32	THEORY	

		2	35	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha---Agnisaar Kriya---Standing- Padangusthana---Uthita Parivrtta Trikonasana (with wall support)---Utthita Trikonasana---Sitting- Bharadvaj asana (Prakara -I)- ---Janu Sirsasana---Ardha Aakarna Dhanurasana--- Spinal Twist---Parvatasana--- -Prone-Purna Bhujangasana--- -Chaturanga Dandasana (with palms)---Sarpasana--- Dhanurasana--- Urdhomukhasana---Supine- Jathara Parivartanasana ---Ardha Navasana---Sarala Matsyasana---Setu Bandhasana--Shavasana(2 mins)---Sitting--Ujjayi Pranayama (1 min)--- Bhramari Pranayama(5 rounds)---Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
			36	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Bhastrika Pranayama (without hand movements)---Standing-- Padangusthana (with wall support)---Uthita Parivrtta Trikonasana (with wall support)---Utthita Trikonasana---Utthita Parivrtta Trikonasana--- Parshvottanasana-----Sitting-- Upavistha Konasana---Parsva Veerasana--- SuptaBaddhakonasana---- Paschimottanasana---- Mandukasana (Prakara-II)--- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---Sarpasana--- Dhanurasana---Urdhomukha Svanasana---Adhomukha Svanasana---Salamba Salabhasana---Supine---	

Self Care thru Yoga				Purnapawanmuktasana--- Shavasana--Guided Yoga Nidra (20 mins)	
		3	37	Sitting- Deep breathing--- Bhastrika pranayama---- Standing- Chakrasana---- Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana---- Supta Padmasana (With Support)---- Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara-1)- --- Setu bandasna---- Jathara Parivartanasana--Shavasana (2 mins)----Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
			38	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Bhastrika Pranayama (3 rounds, without hand movements)----Standing- Suryanamaskar (6 fast rounds with breath)---- Utthita Trikonasana---- Utthita Parivrtta Trikonasana----- Sitting-- Upavistha Konasana--- -Parsva Veerasana---- Baddhakonasana---- Supta Baddhakonasana--- Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukha- --- Svanasana---- Adhomukha Svanasana----- Supine- Sarvangasana---- Sarala Matsyasana---- Setu Bandhasana----- Pranayama- Anulomvilom Pranayama with Kumbhaka-- , Meditation 10 mins	

				Anuloma Viloma Pranayama(1 min)--- Anulong viloma (9 rounds), Meditation 10 mins	
		2	43	Sitting- Deep breathing--- Kapalbhati pranayama --- Standing- Chakrasana --- Uthita Trikonasana (with wall support)--- Parsvakonasana (with wall support)---Sitting- Vajrasana --- Supta Vajrasana (Without Support)--- Padmasana --- Supta Padmasana (With Support)--- Prone- Purna Bhujangasana --- Chaturanga Dandasana (with palms)--- Sarpasana --- Dhanurasana --- Urdhomukhasana ---Supine- Naukasana ----- Pavanamuktasana (Prakara-1)- --- Setu bandasna --- Jathara Parivartanasana -- Shavasana (2 mins)---Sitting-- Surya Anuloma Viloma Pranayama(1 min)--- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
			44	Sitting- Deep breathing (coming to the moment)--- chanting, Vajrasana --- Bhastrika Pranayama (3 rounds)--- Standing- Utthita Trikonasana --- Utthita Parivrtta Trikonasana --- Parshvottanasana Prasarita Padottanasana --- Sitting- Ardha Ustrasana ----- Shishuasana --- Ardha Padmasana --- Veerasana (Prakara-I)--- Bhujangasana --- Mandukasana (Prakara-1)--- Prone- Ardha Dhanurasana --- Purna Bhujangasana --- Chaturanga Dandasana (with palms)---Supine- Viparita Karani (with folded legs)--- Matsyasana --- Purva Uthanasana --- Shavasana (5 mins) Pranayama - Anuloma viloma pranayama (9 rounds)-	

				---Chakra meditation (20 mins).	
			45	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Bhastrika Pranayama (3 rounds, without hand movements)----Standing- Suryanamaskar (6 fast rounds with breath)---- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Sitting-- Upavistha Konasana --- -Parsva Veerasana ---- Baddhakonasana ---- Supta Baddhakonasana ---Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukha --- Svanasana ---- Adhomukha Svanasana ----Supine- Sarvangasana ---- Sarala Matsyasana ---- Setu Bandhasana ----Pranayama- Anulomvilom Pranayama with Kumbhaka --, Meditation 10 mins	
		3	46	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Bhastrika Pranayama (without hand movements)----Standing-- Padangusthana (with wall support)---- Uthita Parivrtta Trikonasana (with wall support)---- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana -----Sitting-- Upavistha Konasana ---- Parsva Veerasana ---- SuptaBaddhakonasana ---- Paschimottanasana ---- Mandukasana (Prakara-II)--- Prone- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)---- Sarpasana ---- Dhanurasana ---- Urdhomukha Svanasana ---- Adhomukha Svanasana ---- Salamba Salabhasana ---Supine--- Purnapawanmuktasana ---	

Emotional Management			51	Sitting- Deep breathing(1 min)-- --Chanting (OM)----- JalaNeti -- -Followed by Bhastrika Pranayama (3 rounds)-- Standing-Tadasana---- Veerabhadrasana-3----Reverse warrior Pose---- UtthitaPrasavakonasana---- Vamana Dhauti Yog nidra (20 mins) mins	
			52	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Vamana Dhauti---- Standing-- Standing Natarajasana----Garudasana-- --Tadasana----Skandasana--- Sitting- Baddhakonasana---- Janushirsasana----Chakki chalana---- Paschimottanasana----Prone- Ashtanaganamaskara---- Nakrasana variation---- Bhekasana(Frog pose)---- PurnaDhanurasana---Supine-- Sarvanagasana---Matsyasana-- --Inverted advanced-Sirsasana-- -Sitting--, Maha Bandha with all the intermediary Bandhas for 2 mins----Meditation (10 mins)	
		3	53	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Mahabandha---- Standing-- Complete Chandranamaskar sequence---Hastouthana---- Padahastha----Sitting--Trianga Mukhaikapada Paschimottanasana---- Kurmasana (Tortoise pose)---- Supta Veerasana (Without Support)----Supta Padmasana (Without Support)---- Mayurasana-----Prone-- Dhanurasna----Makarasana-- Supine-- PurnaPawanmuktasana--- Dakshinamurtiasana---Sitting- -, Trataka meditataion (15 mins)	

			54	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Trataka on far object (5 mins)---Standing- Deviasana ---- Trikonasana --- Ardha Prasovottanasana --- Ardha Chandrasana --- Sakandasana ----Sitting-- Padangustha Upavistha Konasana ---- Ustrasana --- Urdhva Parivrtta Janu Sirsasana ---- Trianga Mukhaikapada Paschimottanasana --- Kurmasana (Tortoise pose)--- Prone----Supine- Dakshinamurtiasana --- Sitting--, Meditation 10 mins	
		4	55	THEORY	
			56	THEORY	
	8	1	57	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Trataka on far object (5 mins)---Standing- Deviasana ---- Trikonasana --- Ardha Prasovottanasana --- Ardha Chandrasana --- Sakandasana ----Sitting-- Padangustha Upavistha Konasana ---- Ustrasana --- Urdhva Parivrtta Janu Sirsasana ---- Trianga Mukhaikapada Paschimottanasana --- Kurmasana (Tortoise pose)--- Prone----Supine- Dakshinamurtiasana --- Sitting--, Meditation 10 mins	

			58	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---- Standing- Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana----Konasana (1&2)----Vrikshasana---- Garudasana----Sitting--Ardha-Matsyendrasana---Yoga Mudrasana----Gomukhasana-- --Paschimottanasana----Prone--Paripurna Bhujangasana---- Purna Dhanurasana---- Vipritshalabhasana---- Naukasana--Supine-- Navasana----Setu Bandha---- Sarvangasana----Matsyasana-- -Pranayama-Bharari in Shanmukhi mudra----Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
	2		59	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha---- Standing- Sarvangapushti---- Skandasana---- Prasavkonasana---- Ardhachakrasana----Sitting-- Malasana---Crow walk---- Vakrasana----Janushirsana--- Prone-Vimanasana-(hold for 1 min)----Dhanurasana (hold for 1 min)----Makrasana---Supine- -Suptaveerasana---- Sarvangasana----Halasana---- Natrajasana-----Sitting--, Chakra Meditation (20 mins)	

Self Care thru Yoga			60	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Mahabandha ----Standing-- Complete Chandranamaskar sequence --- Hastoutthana ---- Padahastha ----Sitting-- Trianga Mukhaikapada Paschimottanasana ---- Kurmasana (Tortoise pose)---- Supta Veerasana (Without Support)---- Supta Padmasana (Without Support)---- Mayurasana -----Prone-- Dhanurasna ---- Makarasana -- Supine-- PurnaPawanmuktasana --- Dakshinamurtiasana ---Sitting- -, Trataka meditaitaion (15 mins)	
		3	61	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Vamana Dhauti ----Standing-- Standing Natarajasana ---- Garudasana -- -- Tadasana ---- Skandasana --- Sitting- Baddhakonasana --- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ----Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)---- PurnaDhanurasana ---Supine-- Sarvanagasana --- Matsyasana -- --Inverted advanced- Sirsasana -- -Sitting--, Maha Bandha with all the intermediary Bandhas for 2 mins ---- Meditation (10 mins)	
			62	Sitting- Deep breathing(1 min)-- --Chanting (OM)----- JalaNeti -- --Followed by Bhastrika Pranayama (3 rounds)- Standing-Tadasana ---- Veerabhadrasana-3 ---- Reverse warrior Pose ---- UtthitaPrasavakonasana ---- Vamana Dhauti Yog nidra (20 mins) mins	
		4	63	THEORY	

			64	THEORY	
			65	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Bhastrika pranayama ---- Standing-Veeerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana --- Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasna --Supine- - Sarvangasana ---- Halasana ---- - Matsyasana ----Inverted---- Sirsasana -----China Mudra (1 min)----Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
	9	1	66	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Sutra Neti - -Followed by Bhastrika Pranayama (3 rounds)-- Standing-- SuryaNamaskar (10 rounds)-Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra ----- Prone- Bhujanga ---- Makarasna (rest with bharamari on sides)--- Supine-- Natarajasana ---Sitting- -, Chakra Meditation 20 mins	
		2	67	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Bhastrika pranayama ----Standing-- Chandranamaskara sequence -- Sitting--- Baddhakonasana -- Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra --- Trataka Meditation 10 mins followed by 10 mins of meditation	
			68	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Kapalbhati pranayama ----Standing--Fast rounds of Sun salutations (21 rounds)---Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----	

				Supine-Shavasana--Yog Nidra (20 mins)	
		3	69	Sitting- Deep breathing(1 min)-- --Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Evaluation / performance of Learning			70	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Kapalbhati pranayama ---- Shankha Prakshalana With all the preparatory asanas practice followed by resting	
		4	71	THEORY	
Special Yoga Protocols for Self Help			72	THEORY	
	10	1	73	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Bhastrika pranayama ---- Standing-Veeerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana --- Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasna --Supine- - Sarvangasana ---- Halasana ---- - Matsyasana ----Inverted---- Sirsasana ----China Mudra (1 min)----Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			74	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Bhastrika pranayama ----Standing-- Chandranamaskara sequence --Sitting--- Baddhakonasana -- Prone-- Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha ---- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	

			75	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Kapalbhati pranayama ----Standing--Fast rounds of Sun salutations (21 rounds)---Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra ----- Supine-Shavasana--Yog Nidra (20 mins)	
		2	76	Sitting- Deep breathing(1 min)-- --Chanting (OM)---- Sutra Neti - -Followed by Bhastrika Pranayama (3 rounds)-- Standing-- Surya Namaskar (10 rounds)-Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra ----- Prone- Bhujanga ---- Makarasna (rest with bharamari on sides)--- Supine-- Natarajasana ---Sitting- -, Chakra Meditation 20 mins	
			77	Sitting- Deep breathing(1 min)-- -- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced/Intermediate asanas--- followed by guided Chakra Meditation 20 mins	
		3	78	Sitting- Deep breathing(1 min)-- -- Om namo bhagwate Vasudevaya Chanting (10 mins)----Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Evaluation / performance of Learning		4	79	THEORY	
			80	THEORY	

Training for General Purpose Ratings - 6 months

DAY WISE PLAN FOR EACH Month 45 sessions

NOTE 1: The Yogic terminology in the syllabus is to help us and the faculty to have a focus on what to teach. In the content of teaching minimal use of Yogic terminology is to be made.

NOTE 2: Every topic will be introduced by giving some live examples with which the students and faculty can relate. It can be also from the stories/experiences we have heard from the seafarers.

NOTE 3: In this course the examples and experiences used will be from the seafarers life as Ratings

Longitudinal Transformation Maps

These topics synthesize Bhagavad Gita's emotional governance [1][2], Hatha Yoga Pradipika's energy techniques [3], Gheranda Samhita's sevenfold path [4], and Patanjali's psychological frameworks [5] into actionable modules. Each addresses seafarers' unique challenges through permanent mind-state shifts via:

- Physical anchors (asanas/breath) for acute distress
- Cognitive reframing (Gita wisdom) for perspective shifts
- Energy rebalancing (pranayama/mudras) for sustained stability
- Community integration to combat isolation [6][4][2].

THEMES WITH COLOUR CODING
Getting Started with Yoga
Self Care through Yoga
8 Steps to Better You
Relationship & Personal Development
Yoga and wellness
Preventive Health Care / Getting to know your Body
Stress management through yoga
Emotional Management
Special Yoga Protocols for Self Help
Evaluation / performance of Learning

THROUGHOUT THE 90 DAYS

Students are young 17-18 years old adolescents. With very little life experiences and curious to learn from life and about life. They do have some beliefs and opinions which they are willing to examine and modify when presented with appropriate proof and the logic that appeals to them. They have chosen to graduate in this course but like any other graduates they may change their future plans even on completion. Their interest in sailing will be just as much as that of a class 8 student about which collage will he/she join after tenth.

The following syllabus is made keeping the mindset of the students in mind, their abilities, and interest in learning. Their immediate focus is to enjoy life, studying, & friends. They want their parents to be happy with their results so that is the only worry immediately. any other worry they have is to adjust away from home in the hostel environment.

THEME	MONTH	WEEK	DAY	PRACTICAL	THEORY
GETTING STARTED WITH YOGA	1	1	1	Sukhasana , Deep Breathing, Chanting (OM 3 times)----Standing-Joint Rotation (Waist, Knee & Ankle)---Sitting- Joint Rotation (Neck, Shoulder, and Wrist)---- Marjhari Asana ---- Parvat Asana --- --Supine- Pawanmuktasana , Shavasana , Yog Nidra (5 mins)	

			2	Sitting- Deep breathing---- Kapalbhati pranayama-- --Standing- Chakrasana--- -Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana--- -Supta Padmasana (With Support)----Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana (2 mins)---- Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Meditation 10 mins	
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		2	3	Sitting- Deep breathing---- Full Yogic Breath(5 minutes)---- Standing- Chakrasana---- Uthita Trikonasana ---- Parsvakonasana---- Sitting-Siddhasana---- Padmasana---- Lola Asana---- Tola Asana---- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine-Naukasna----- Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)---- Sitting-- Chandra Anuloma Viloma Pranayama---- Chandra Bhedana Pranayama---- Sheetali Pranayama---- Meditation 10 mins	
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			4	Sitting- Deep breathing---- Kapalbhati pranayama-- --Standing- Chakrasana--- -Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana--- -Supta Padmasana (With Support)---- Malasana---- Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana (2 mins)---- Sitting-- Surya Anuloma Viloma Pranayama (1 min)---- Bhramarai Pranayama (5 rounds), Yognidra 10 mins	
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Self Care through Yoga		3	5	Sitting- Deep breathing---- Kapalbhati pranayama-- --Standing- Chakrasana--- -Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana--- -Supta Padmasana (With Support)----Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana (2 mins)---- Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
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			6	Sitting- Deep breathing---- Jalandhar Bandha along with Udiana bandha---- Agnisaar Kriya---- Standing-Padangusthana- ---Uthita Parivrtta Trikonasana (with wall support)----Utthita Trikonasana----Sitting- Bharadvaj asana (Prakara -I)----Janu Sirsasana----Ardha Aakarna Dhanurasana--- -Spinal Twist---- Parvatasana----Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine-Jathara Parivartanasana ----Ardha Navasana---- Sarala Matsyasana--- Setu Bandhasana-- Shavasana(2 mins)---- Sitting--Ujjayi Pranayama (1 min)---- Bhramari Pranayama(5 rounds)----Nadishodana Pranayama(9 rounds), Guided Meditation 10 mins	
		4	7	THEORY	
			8	THEORY	

			9	Sitting- Deep breathing(1 min)----Chanting (OM)---- Trataka on far object (5 mins) ---Standing- Deviasana ---- Trikonasana ---- Ardha Prasovottanasana --- ArdhaChandrasana ---- Sakandasana ----Sitting-- Padangustha Upavistha Konasana ---- Ustrasana -- --Urdhva Parivrtta Janu Sirsasana ---- Trianga Mukhaikapada Paschimottanasana ---- Kurmasana (Tortoise pose)---Prone----Supine- Dakshinamurtiasana ---- Sitting--, Meditation 10 mins	
			10	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds) ---- Standing- Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana ---- Konasana (1&2) ---- Vrikshasana ---- Garudasana ----Sitting-- Ardha-Matsyendrasana --- Yoga Mudrasana ---- Gomukhasana ---- Paschimottanasana ---- Prone-- Paripurna Bhujangasana ---- Purna Dhanurasana ---- Vipritshalabhasana ---- Naukasana --Supine-- Navasana ---- Setu Bandha ---- Sarvangasana ---- Matsyasana --- Pranayama- Bharari in Shanmukhi mudra ---- Ujjayi Pranayama (3	

				mins)-, Meditation 10 mins	
		2	11	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing- Veeerbhadrasana 1& 2 ---- Uttakatasana ---- Konasana ---Sitting-- Baddhakonasana ---- Spinal Twist ---Prone-- Dandasana --- Chaturangadandasana --- Bhujangasana --- Adhomukhaswanasna -- Supine-- Sarvangasana ---- Halasana ----- Matsyasana ----Inverted--- -Sirsasana -----China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	

8 Steps to Better You/Relationship & Personal Development			12	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama---- Standing-- Chandranamaskara sequence---Sitting--- Baddhakonasana--Prone-- Bhujangasana--- Makarasana--Supine- Sirsasana with support---- Mudras--Moolabandha---- Ashvini Mudra----Trataka Meditation 10 mins followed by 10 mins of meditation	
		3	13	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama---- Standing- Veeerbhadrasana 1& 2---- Uttakatasana---- Konasana---Sitting-- Baddhakonasana---- Spinal Twist---Prone-- Dandasana--- Chaturangadandasana--- Bhujangasana--- Adhomukhaswanasna-- Supine-- Sarvangasana---- Halasana----- Matsyasana---- Inverted--- -Sirsasana----- China Mudra (1 min)---- Merudanda Mudra (1 min)--, Panchakosha Meditation (20 mins)	
			14	Sitting- Deep breathing---- Sectional Breathing (Vibhagiya Pranayama)- -- Laghu Shankhaprakshalana with all the required asanas followed by Rest of 20 mins.	
		4	15	THEORY	
			16	THEORY	

	3	1	17	Sitting- Deep breathing---- Kapalbhati pranayama-- --Standing- Chakrasana--- -Uthita Trikonasana (with wall support)---- Parsvakonasana (with wall support)----Sitting- Vajrasana---- Supta Vajrasana (Without Support)---- Padmasana--- -Supta Padmasana (With Support)----Prone- Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine- Naukasna----- Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana (2 mins)---- Sitting-- Surya Anuloma Viloma Pranayama(1 min)---- Anulong viloma (9 rounds), Guided Panchakosha meditation (10 mins)	
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Yoga and wellness			18	Sitting- Deep breathing---- Full Yogic Breath(5 minutes)---- Standing- Chakrasana---- Uthita Trikonasana ---- Parsvakonasana---- Sitting-Siddhasana---- Padmasana---- Lola Asana---- Tola Asana---- Prone-Purna Bhujangasana---- Chaturanga Dandasana (with palms)---- Sarpasana---- Dhanurasana---- Urdhomukhasana---- Supine-Naukasna----- Pavanamuktasana (Prakara-1)---- Setu bandasna---- Jathara Parivartanasana-- Shavasana(2 mins)---- Sitting-- Chandra Anuloma Viloma Pranayama---- Chandra Bhedana Pranayama---- Sheetali Pranayama---- Meditation 10 mins	
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		2	19	Sitting- Deep breathing (coming to the moment)--- - chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds)----Standing- Utthita Trikonasana ---- Utthita Parivrtta Trikonasana ---- Parshvottanasana Prasarita Padottanasana ----Sitting- Ardha Ustrasana ---- Shishuasana --- Ardha Padmasana ---- Veerasana (Prakara-I)---- Bhujangasana ---- Mandukasana (Prakara- 1)----Prone- Ardha Dhanurasana ---- Purna Bhujangasana ---- Chaturanga Dandasana (with palms)----Supine- Viparita Karani (with folded legs)---- Matsyasana ---- Purva Uthanasana ---- Shavasna (5 mins) Pranayama-Anuloma viloma pranayama (9 rounds)---- Chakra meditation (20 mins).	
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			20	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha ----Standing- Sarvangapushti ---- Skandasana ---- Prasavkonasana ---- Ardhachakrasana ---- Sitting-- Malasana --- Crow walk ---- Vakrasana ---- Janushirsana ---Prone- Vimanasana -(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana ---Supine-- Suptaveerasana ---- Sarvangasana ---- Halasana ---- Natrajasana -----Sitting- -, Chakra Meditation (20 mins)	
		3	21	Sitting- Deep breathing(1 min)----Chanting (OM)---- Mahabandha ---- Standing-- Complete Chandranamaskar sequence--- Hastoutthana ---- Padahastha ----Sitting-- Trianga Mukhaikapada Paschimottanasana ---- Kurmasana (Tortoise pose)---- Supta Veerasana (Without Support)---- Supta Padmasana (Without Support)---- Mayurasana -----Prone-- Dhanurasna ---- Makarasana --Supine-- Purna Pawanmuktasana -- Dakshinamurtiasana --- Sitting--, Trataka meditaitaion (15 mins)	

Stress management through yoga			22	Sitting- Deep breathing(1 min)----Chanting (OM)---- Jalandhara Bandha, Uddiyana Bandha, Moola Bandha (Holding for 5 to 10 seconds)---- Standing-Suryanamaskar asanas with mantras (2 rounds)---- Katichakrasana---- Konasana (1&2)---- Vrikshasana---- Garudasana---- Sitting-- Ardha-Matsyendrasana---- Yoga Mudrasana---- Gomukhasana---- Paschimottanasana---- Prone--Paripurna Bhujangasana---- Purna Dhanurasana---- Vipritshalabhasana---- Naukasana--Supine-- Navasana---- Setu Bandha---- Sarvangasana---- Matsyasana--- Pranayama- Bharari in Shanmukhi mudra---- Ujjayi Pranayama (3 mins)-, Meditation 10 mins	
		4	23	THEORY	
			24		

Self Care through Yoga	4	1	25	Sitting- Deep breathing(1 min)----Chanting (OM)---- Vamana Dhauti ---- Standing-- Standing Natarajasana ---- Garudasana ---- Tadasana ---- Skandasana ---Sitting- Baddhakonasana ---- Janushirsasana ---- Chakki chalana ---- Paschimottanasana ---- Prone- Ashtanaganamaskara ---- Nakrasana variation ---- Bhekasana (Frog pose)---- PurnaDhanurasana --- Supine-- Sarvanagasana -- -Matsyasana ---Inverted advanced- Sirsasana --- Sitting--, Maha Bandha with all the intermediary Bandhas for 2 mins ---- Meditation (10 mins)	
			26	Sitting- Deep breathing(1 min)----Chanting (OM)---- Agnisara kriya with application of Jalandhar Bandha & Uddiana bandha ----Standing- Sarvangapushti ---- Skandasana ---- Prasavkonasana ---- Ardhachakrasana ---- Sitting-- Malasana --- Crow walk ---- Vakrasana ---- Janushirsana ---Prone- Vimanasana -(hold for 1 min)---- Dhanurasana (hold for 1 min)---- Makrasana ---Supine-- Suptaveerasana ---- Sarvangasana ---- Halasana ---- Natrajasana -----Sitting- -, Chakra Meditation (20 mins)	

		2	27	Sitting- Deep breathing(1 min)----Chanting (OM)---- Sutra Neti --Followed by Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)-Sitting-- Parvatasana with side bendings---- Bhujanman --- Yogamudra -----Prone- Bhujanga ---- Makarasna (rest with bharamari on sides)---Supine-- Natarajasana ---Sitting--, Chakra Meditation 20 mins	
			28	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ----Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone- Bhujangasana --- Makarasana --Supine- Sirsasana with support----Mudras-- Moolabandha --- Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
		3	29	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama -- Shankha Prakshalana With all the preparatory asanas practice followed by resting	

			30	Sitting- Deep breathing(1 min)----Chanting (OM)---- Bhastrika pranayama ---- Standing-- Chandranamaskara sequence ---Sitting--- Baddhakonasana --Prone- -Bhujangasana --- Makarasana --Supine- Sirsasana with support---- Mudras-- Moolabandha --- -Ashvini Mudra ---- Trataka Meditation 10 mins followed by 10 mins of meditation	
Emotional Management		4	31	THEORY	
			32	THEORY	
			33	Sitting- Deep breathing(1 min)----Chanting (OM)---- Kapalbhati pranayama -- --Standing--Fast rounds of Sun salutations (21 rounds)---Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Supine- Shavasana--Yog Nidra (20 mins)	
	5	1	34	Sitting- Deep breathing(1 min)----Chanting (OM)---- Sutra Neti --Followed by Bhastrika Pranayama (3 rounds)--Standing-- Surya Namaskar (10 rounds)-Sitting-- Parvatasana with side bendings---- Bhunaman --- Yogamudra -----Prone- Bhujanga ---- Makarasana (rest with bharamari on sides)---Supine-- Natarajasana ---Sitting--, Chakra Meditation 20 mins	

Special Yoga Protocol for Self Help		2	35	Sukhasana , Deep Breathing, Chanting (OM 3 times)----Standing- Tadasana ---- Konasana(1) --- Hastoutthanasana ---- Padahastasana ---- Sitting----- Bhadrasana -- -- Baddhakonasana ---- Prone Asanas- Bhujanga --- --- Sphynx ----Supine- Ardhapawanmukta (both legs)---- Purnapawanmukta ---- Knee dropping on sides (spinal twist)---- Shavasana ---- Yoga Nidra (15 mins)	
			36	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)---- Revising all advanced/Intermediate asanas---followed by guided Chakra Meditation 20 mins	
		3	37	Sitting- Deep breathing (coming to the moment)--- - chanting, Vajrasana ---- Bhastrika Pranayama (3 rounds) Standing- Jogging on toes (1 min)---- - Sarvanga Pushti ---- Ardha Kati Chakrasana --- Ardha Chakrasana ---- Sitting Asanas- Bhadrasana ---- Baddhakonasana ---- Chakki Chalan ----Prone- Ardhashalabha asana (Both Legs)---- Bhujangasana ----Supine- Ardha Pawanmuktasana ---- Purnapawanmuktasana --- Shavasana ----Sitting- Pranayama Bhramari (5 Times), Meditation (visualisation) 10 mins.	

			38	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)---- Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
		4	39	THEORY	
			40	THEORY	
		1	41	Sukhasana, Deep Breathing, Chanting (OM 3 times)---- Sectional Breathing (Vibhagiya Pranayama)----Standing- Light warm up---- Konasana (2) ---- Vriksasan ---- Utkatasana ----Sitting- Swastikasana --- Vakrasana ---- Chakki ---- Prone- Ardha Bhujangasana ---- Shishuasana ---- Pashuasana ----Supine- Ekapada Utthanasana (Utthana Padasana) (without bending legs)---- Navasana ---- Shavasna (5 mins) Sitting up- Anuloma viloma pranayama(9 rounds)---- Meditaion (visualisation) 10 mins.	
			42	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)---- Revising all advanced/Intermediate asanas---followed by guided Chakra Meditation 20 mins	

		2	43	Sitting- Deep breathing(1 min)---- Om namo bhagwate Vasudevaya Chanting (10 mins)---- Revising all advanced asanas---followed by guided Chakra Meditation 20 mins	
Evaluation/Performance of Learning			44	THEORY	
		3	45	THEORY	