

## Course Structure

Sl. No.	Course title	Course code	Category	Credits
1.	Fundamentals of Yoga	YTTC-101	Theory	02
2.	Basics of Human Body	YTTC-102	Theory	02
3.	Yogasana (Yogasana for Body flexibility, stability and lightness)	YTTC-103	Practical	01
4.	Pranayama (Yogic breathing)	YTTC-104	Practical	01
5.	Kriya (Body rejuvenation techniques)	YTTC-105	Practical	01
6.	Practical records and report	YTTC-106	Report and presentation	03
<b>Total</b>				<b>10</b>