

Atreya Ayurveda Pratisthana®
Spoorthi Ayurveda Medical College and
Dr S.V.Savadi Ayurvedic Medical college Gangavathi
ISO 9001:2015 Recognized Institution (Recognized
by Govt. of Karnataka & N.C.I.S.M. New Delhi)
(Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore)

Value Added Course



TRIVENI YOGA

(Yoga for Wellness, Wisdom & World Peace)

AyUG – TY

Course Coordinator

Dr.Phani kumar
Professor and HOD
Department of Swasthavrittha and yoga

DR. Srujana.
Associate Professor
Department of Swasthavrittha
and yoga

DR. B.M.S.V Maheshwari.
Assistant Professor
Dept of Swathavritta and
Yoga

MESSAGE FROM THE PRINCIPAL

The Value Added Course on “Triveni Yoga – Yoga for Wellness, Wisdom and World Peace” has been introduced with the objective of promoting holistic health, mental well-being, ethical values, and social harmony among students in accordance with the academic vision of Rajiv Gandhi University of Health Sciences (RGUHS) and the guidelines of the National Commission for Indian System of Medicine (NCISM), NAAC.

Yoga is not merely a physical discipline but a comprehensive science of life that integrates body, mind, and consciousness. In the present era of stress, lifestyle disorders, and social imbalance, the practice of Yoga plays a significant role in cultivating wellness, wisdom, inner peace, and universal brotherhood. This course has been thoughtfully designed to provide students with theoretical understanding and practical exposure to Yogic practices including standing, sitting, prone, and supine postures, Pranayama, relaxation techniques, and meditation.

The course aims to develop awareness regarding preventive and promotive healthcare through Yoga and encourage students to adopt Yogic principles in their personal and professional lives. I appreciate the efforts of Dr Srujana, Dr B.M.S.V Maheshwari Department of Swasthavritta and Yoga in organizing and coordinating this Value Added Course. I am confident that this programme will contribute meaningfully toward the physical, mental, intellectual, and spiritual development of students.

I extend my best wishes for the successful implementation of this course.

Dr. B. S. Savadi
Principal

PREFACE

The Value Added Course on “Triveni Yoga – Yoga for Wellness, Wisdom and World Peace” has been formulated to provide undergraduate Ayurveda students with a systematic understanding of Yogic principles and practices in alignment with the academic objectives of RGUHS and the regulatory guidelines of NCISM.

The course curriculum encompasses the fundamental concepts of Yoga for physical wellness, mental clarity, self-development, emotional balance, and social harmony. Emphasis has been placed on outcome-based learning through a balanced distribution of Lecture Hours (LH) and Non-Lecture Hours (NLH), incorporating practical demonstrations, guided Yogic practices, group activities, meditation sessions, and self-reflective learning.

The modules include Yogic practices in standing, sitting, prone, and supine positions along with Pranayama, relaxation techniques, mindfulness practices, and meditation for holistic development. The course also highlights the role of Yoga in stress management, personality development, emotional intelligence, and the promotion of peace and harmony in society.

This programme aims to encourage students to integrate Yoga into daily life for achieving wellness, wisdom, and universal well-being. It is expected that the course will inspire learners to cultivate discipline, self-awareness, compassion, and a healthy lifestyle through the authentic principles of Yoga.

I express my sincere gratitude to the Management, Principal, and faculty members for their constant support and cooperation in the successful implementation of this Value Added Course.

Dr Phani Kumar

Dr Srujana

Dr B.M.S.V Maheshwari

Course Coordinator

Course Code and Name of Course

SL.NO	Course code	Name of course
1	AyUG -TY	TRIVENI YOGA: Yoga for Wellness, Wisdom & World Peace”

Total Duration: 15 Hours

Total Number of teaching hours 15 HOURS		
LH Hours	06	Total LH Hour 06
NLH Hours	09	Total NLH Hour 09

Course Type: Value Added Course

Course Description

This course introduces students to Triveni Yoga – Yoga for Wellness, Wisdom and World Peace, focusing on holistic health through Yogic principles and practices. It includes Asanas, Pranayama, relaxation techniques, meditation, and mindfulness practices for physical, mental, and emotional well-being. The course emphasizes self-development, stress management, inner harmony, and social peace through experiential learning. It aims to encourage students to adopt Yoga as a way of life for wellness, wisdom, and universal harmony.

Course Objectives

Course learning outcomes

CO	Course learning Outcomes (CO)
	AyUG-TY At the end of the course AyUG-TY, the student should be able to
Co 1	Understand the concept and scope of Yoga
Co2	To know about Importance of Yoga in day-to-day life
Co3	To know about Yoga for wellness
Co4	To know about Yoga wisdom
Co5	To know about Yoga for world Peace
Co6	To know about International Yoga Day 2026

Course structure - 15 Hours (6 Modules)

Module I: Introduction to Yoga and Wellness (2 Hours)

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LH	
1	Meaning and concept of yoga
2	Historical background of yoga
3	Branches of yoga
4	Concept of wellness
5	Importance in preventive healthcare
NLH	
1	Practical demonstration of yoga prayer and loosening exercises

Module II: Standing Yogasanas for Physical Wellness (3Hours)

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LH	
1	Physical wellness ▪ Tadasana ▪ Vrukshasana ▪ Trikonasana ▪ Padahastasana ▪ Ardhakatichakrasana
2	Suryanamaskara
NLH	
1	Practical demonstration of standing yogasana and suryanamaskara

Module III: Sitting Yogasanas for Wisdom and Mental Stability (3 Hours)

Module III Sitting Yogasanas for Wisdom and Mental Stability (3 Hours)	
LH	
1	Introduction to mental health and mental wellness
2	▪ Sukhasana ▪ Vajrasana ▪ Padmasana ▪ Ardha Matsyendrasana ▪ Paschimottanasana ▪ Shashankasana
NLH	
1	Practical demonstration of all the above Asanas

Module IV: Prone and Supine Yogasanas for Relaxation and Core Strength (3 Hours)

Module IV: Prone and Supine Yogasanas for Relaxation and Core Strength (3 Hours)	
LH	
1	Prone Asanas ▪ Bhujangasana ▪ Salabhasana ▪ Makarasana ▪ Dhanurasana
2	Supine Asanas ▪ Setu Bandhasana ▪ Pawanmuktasana ▪ Halasana
NLH	
1	Practical demonstration of Prone and Supine yogasana

Module V: Pranayama and Deep Relaxation Techniques (2 Hours)

Module V: Pranayama and Deep Relaxation Techniques (2 Hours)	
LH	
1	Pranayama Practices • Anuloma Viloma • Nadi Shodhana • Bhramari
2	Relaxation techniques • Instant relaxation • Deep relaxation
NLH	
1	Practical demonstration of pranayama and relaxation techniques

Module VI: Recent Advances and Evidence-Based Yoga (1Hours)

Module VI: Recent Advances and Evidence-Based Yoga (1 Hours)	
LH	
1	Recent advances in yoga
2	Research in Yoga

Teaching–Learning Methods

- Interactive lectures
- Demonstration sessions
- Group discussions
- Activity-based learning
- Practical yoga sessions

Assessment & Evaluation

- Internal Assessment – 10 MCQ
- Practical demonstration -10 Marks