Dt. 06-05-2026

From:
Prof. K. Ramesh Babu, Ph.D. (Hatha Yoga)
Chairman, Board of Studies in Yoga
Krishna University
Machilipatnam.

To
The Registrar,
Krishna University,
Machilipatnam.

Sir,

Sub: Submission of Minutes of the Board of Studies in Yoga – Reg.
Ref: Lr. from the Registrar, No. KRU/DAA/Board of Studies for Yoga/2026, dated 06-04-2026.

With reference to the subject cited above, the meeting of the Board of Studies in Yoga was conducted on 04-05-2026 through online mode. I am herewith enclosing the minutes of the meeting for your kind perusal and further necessary action.

Thanking you

Yours sincerely

(K. Ramesh Babu)

Encls:
1. Minutes of BOS
2. Diploma in Yoga approved syllabus

MINUTES OF THE MEETING OF THE BOARD OF STUDIES IN YOGA

The meeting of the Board of Studies in Yoga was held on 4th May 2026 at 3:30 PM through online mode.

Members Present:

Name of the faculty	Designation	Signature
1. Prof. Ramesh Babu , Andhra University	Chairman	
2. Shri K.C.S. Lokeswar, Assistant Professor –	Member	
3. Sri S. Srinivas Rao, Satya Seva Yoga Mandal –	Member	
4. Dr. D. Yugandhar, SRR & CVR Govt. Degree College	Member	
5. Mrs. A. Radhika, Acharya Nagarjuna University	Member	
6. Dr. L. Suseela, Krishna University	Member	
7. Prof. E. Dileep, Krishna University	Member	

The members of the Board of Studies in Yoga discussed the syllabus prepared by the World Community Service Center for the **Diploma in Yoga & Mental Health** (6 months duration) and the **Certificate Course in Human Excellence** (3 months duration), and unanimously approved the syllabus with the following modifications and resolutions:

Resolutions:

1. It was resolved that no changes are required in Paper–I: Yoga Life.
2. It was resolved that in Paper–II: Sublimation and Social Welfare, a few topics relevant to the main heading shall be included.
3. It was resolved that Paper–III: Yoga Practice shall be revised by combining **Yoga** Practice–I and Yoga Practice–II into a single paper.
4. It was resolved to allot 20 marks for Internal assessment and 80 marks for External Examination for each paper, including Yoga Practice.
5. It was resolved to introduce the Diploma in Yoga (6 months duration) and Certificate course with effect from the academic year 2026–2027.

(K. Ramesh Babu)
Chairman, BOS

KRISHNA UNIVERSITY: MACHILIPATNAM

DIPLOMA IN YOGA AND MENTAL HEALTH and CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE

w.e.f Academic Year 2026-2027

The Chairperson of the Board of Studies (BOS) in for Diploma in Yoga and Mental Health six month course and Certificate course in yoga for Human Excellence three months course, along with the members of the Board, convened an online meeting on 04th May 2026 at 3:30 p.m. The primary agenda of the meeting was to review and discuss the syllabus to be adopted for the Diploma in Yoga and Mental Health and Certificate in Yoga for human excellence program under the World Community Service Centre syllabus pattern, six month diploma course and 3months Certificate Course for the forth coming academic Examinations.

After thorough deliberations, the Board resolved to approve the proposed syllabus for implementation.

The following are the members in the board:

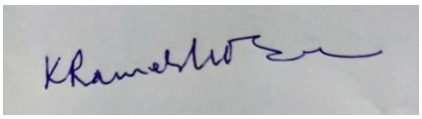
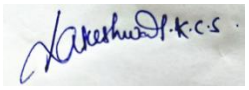
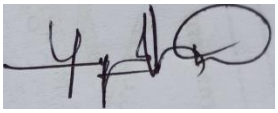
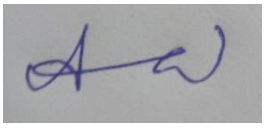
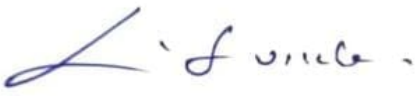
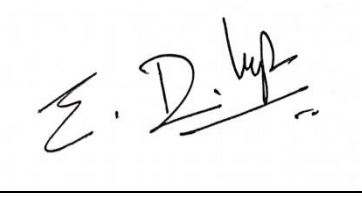
The following is the agenda for the meeting:

AGENDA

- Krishna University, N.T.R. P.G. Centre for Higher Education, will introduce a Diploma Course in Diploma in Yoga and Mental Health and Certificate in yoga for human excellence course from the forthcoming academic year.
- Any other matter with the permission of Chairman

RESOLUTION/S:

- It was resolved that the Krishna University, Dr. N.T.R. P.G. Centre for Higher Education, Vijayawada shall introduce ***a Diploma Course in Yoga for Human Excellence*** and Certificate in yoga for human excellence course from the forthcoming academic year 2026-2027.This programme aims to aware knowledge of body and mind, and introduce methods for rejuvenating the mind
- It was resolved that no changes are required in Paper–I: Yoga Life.
- 2. It was resolved that in Paper–II: Sublimation and Social Welfare, a few topics relevant to the main heading shall be included.
- 3. It was resolved that Paper–III: Yoga Practice shall be revised by combining Yoga Practice–I and Yoga Practice–II into a single paper.
- 4. It was resolved to allot 20 marks for Internal assessment and 80 marks for External Examination for each paper, including Yoga Practice.
- 5. It was resolved to introduce the Diploma in Yoga (6 months duration) and Certificate course with effect from the academic year 2026–2027.

UG BOARD OF STUDIES FOR DIPLOMA YOGA			
S.No.	**Name of the Faculty**	**Designation**	**Signature**
1	Prof. Y. Ramesh Babu, HoD, Dept. of Yoga & Consciousness, College of Arts and Commerce, Andhra University, Visakhapatnam Contact No. 9849384419 Email : rbyoga6@gmail.com	Chairman	
2	Shri. K. C. S. Lokeshwar, Assistant Professor, National Sanskrit University (Central University), Tirupati Mobile No: 84999 83000 email : lokeshwar.yogavijnana@gmail.com	Member	
3	Sri S. Srinivasa Rao, Chairman, Satya Seva Yoga Mandali, Lankapalli, Ghantasala Mandal, Krishna District Contact No. 9908811296, email : peddasonti99@gmail.com	Member	
4	Dr. D. Yugandhar, HoD, Department of Physical Education, SRR & CVR Govt. Degree College (A), Vijayawada. Mobile No: 9440196634. E Mail Id: drdydhar4@gmail.com	Member	
5	A. Radhika WCSC yoga course coordinator, Acharya Nagarjuna University, Mobile No: 7396458123 E Mail Id: aradhika088@gmail.com	Member	
6	Dr. L. Suseela, Dept. of Bioscience and Biotechnology, Krishna University. Mobile No: 9866914670 E Mail Id: susheelalankaku@gmail.com	Member	
7	Prof. E. Dileep, Dept. of English, Krishna University Mobile No:9494747401 E Mail Id: englishdileep@gmail.com	University Nominee	

DETAILED SYLLABUS

CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE
KRISHNA UNIVERSITY

PAPER – I YOGA LIFE

Objectives:
1. To provide basic knowledge of the development of Yoga
2. To provide outlines of different Yoga systems and body mind concepts

UNIT-1 INTRODUCTION TO YOGA

Definitions- Nature and concepts -Scope-Misconceptions about yoga.

UNIT-2 DEVELOPMENT OF YOGA

Sources for yoga-Upanishads- Bhagavadgita- Patanjali Yoga sutras-Stages in -Development in Yoga.

UNIT-3 TYPES OF YOGA

Jnana Yoga, Bhakthi Yoga, Karma Yoga, Raja Yoga , Astanga Yoga- Kriya Yoga and Kundalini yoga – Asana, Mudra, Banda, Pranayama, Sudhikriya - Meditation: Types of Meditation – Reasons for many types of yoga

UNIT- 4 SKY YOGA (Yoga for Human Excellence)

Definition-Nature-uniqueness-concepts- Organs: Simplified Physical Exercises, Meditation, Kayakalpa, Introspection- Body – Mind - Bio-magnetism- SKY as a system and process

UNIT-5 ROLE OF YOGA IN CONTEMPORARY WORLD

Yoga and Personality Development-Yoga therapy-Yoga for World peace-Yoga as Human philosophy

Books for study:

1. Vedhadri Maharshi, Kayakalpa Yoga
2. B.K.S.Ayyangar, Light on Yoga
3. Satyananda Saraswathi, Asana, Pranayama, Mudra and Bandha
4. Publications of World Community service center.

PAPER-3 : SUBLIMATION AND SOCIAL WELFARE

Objectives:
1. To provide basic knowledge of the six bad temperaments.
2. To provide the methods to pacify and control one's own self.

UNIT - 1 SUBLIMATION

Sublimation- Definition-Philosophy of life -Importance of Instrospection-Blemishes- six bad temperaments-Introspection Techniques-perfection

UNIT - 2 THOUGHT AND DESIRE

Thought- Definition - Origin of thought-Thought and Consciousness-Analysis of thought with tabulation - Desire: -Definition, Motivation; Forces for and against desire- Moralisation of Desires.

UNIT - 3 ANGER AND WORRY

Anger: Definition- Chain of action, Neutralisation of Anger - Worry – Definition- Reasons of worry- impacts of worry-Eradication of Worries

UNIT - 4 BLESSINGS

Concept of Blessing - Cosmic function of blessings, Importance of Guru

UNIT - 5 SOCIAL WELFARE

Individual peace- Family peace-Five kinds of responsibilities – preserving natural resources-great leaders - moral education- world peace.

Books for study:

1. Vedhadri Maharshi, World Peace plans
2. Vedhadri Maharshi, Yoga for Modern Age
3. Publications of World Community service center

PAPER–3 : SKY YOGA PRACTICES (PRACTICAL- I)

1	Simplified Physical Exercises	All Exercises Identified ByVethathiri Maharishi
2	Kayakalpayoga	
3	Gazing Practices	Lamp and Mirror
4	Hatha Yoga practices	Suryanamaskara, chin mudra , aswnin mudra , apana mudra , mula banda, jaladhara banda, udiyana bandha, nadisuddhi pranayama
	Meditations	Ajna-Santhi-Turiya-Panchemdriya

KRISHNA UNIVERSITY

DIPLOMA IN YOGA & MENTAL HEALTH

DETAILED SYLLABUS

PAPER - I: YOGA LIFE

Objectives:

Basic knowledge of the development of Yoga. To provide outlines of different Yoga systems, a basic knowledge of Body and Mind and to introduce different methods of rejuvenating the force of mind

UNIT-1 INTRODUCTION TO YOGA

Definitions- Nature and concepts -Scope-Misconceptions about yoga. Sources for yoga-Upanishads-Bhagavadgita-Patanjali Yoga sutras- Stages in -Development in Yoga- Role of Yoga in Contemporary world

UNIT-2 TYPES OF YOGA

Ashtangayoga: Details of Ashtangayoga- Hathayoga: Asanas, Mudras, Bandhas, Suddhikriyas and Pranayama – Rajayoga-Kriyayoga-Mantrayoga – Layayoga-Kundaliniyoga-Meditation:Types of Meditation – Reasons for many types of yoga

UNIT- 4 SKY YOGA (Yoga for Human Excellence)

Definition-Nature-uniqueness-concepts- Organs: Simplified Physical Exercises, Meditation, Kayakalpa, Introspection- Body- Functions-Disease-Bio Magnetism-SKY as a system and process.

UNIT-5 Functional Relationships of body, life force and mind Bio-magnetic wave Functions – Stages- Meditation Benefits importance, -Sky Meditations.

Books for study:

1. Vedhadri Maharshi, Kayakalpa Yoga
2. B.K.S.Ayyangar, Light on Yoga
3. Satyananda Saraswathi, Asana, Pranayama, Mudra and Bandha
4. Publications of World Community service center.

DIPLOMA IN YOGA & MENTAL HEALTH

PAPER-2: SUBLIMATION AND SOCIAL WELFARE

Objectives:

Basic knowledge of the six bad temperaments Importance of Introspection and to provide the methods to pacify and control one's own self.

UNIT – 1 THOUGHT

Sublimation - Definition-Origin of thought-Thought and Consciousness-Analysis of thought- Concept of Introspection- Impact of bad temperaments on thoughts

UNIT – 2 DESIRE AND ANGER

Desire: -Definition, Motivation; Forces for and against desire-Moralisation of Desires; Anger: Chain of action, Neutralisation of Anger

UNIT – 3 WORRY

Definition-Worries as reason for physical and psycho-somatic disorders-Eradication of Worries.

UNIT - 4 BLESSINGS

Why to bless- Cosmic function of blessings

UNIT – 5 SOCIAL WELFARE – PEACE

Individual peace- Family peace-Causes for social unrest- Equality and Security for peace-World peace for happy survival.

Books for study:

1. Vedhadri Maharshi, World Peace plans
2. Vedhadri Maharshi, Yoga for Modern Age
3. Publications of World Community service center

DIPLOMA IN YOGA & MENTAL HEALTH
PAPER -3: YOGA PRACTICES

OBJECTIVES

Practicing Physical exercises and Yogasanas for physical health, Anti-aging process of Kayakalpa exercises for longevity, Meditation practices for mental prosperity and personality development.

Unit-I: Physical exercises practice - Hand exercises - Leg exercises - Eye exercises - Loosening the joints simplified physical exercises and Surya Namaskar - Kapalabathi - Makarasana - Body massage - Acupressure - Relaxation.

Unit-II: Asanas: Damdasana, Padmasana, Siddhasana, Vajrasana, Suptavajrasana, Janausirshasana, Paschimotthasana ,Sarvangasana, Halasana, Chakrasana, Bhujangasana, Salabhasana, Naavasana, Naukasana, Utthanapadasana, Utkadasana, Vakrasana, Ushtrasana, Tadasana, Trikonasana, Sideways chakrasana

Unit-III: Kaya kalpa practice - AswiniMudhra - Moola Bandha- Ojas Breath
Pranayama: Breathing exercises -NadiSuddhi, Ujjaii, Seetali, Seetkari, Kapalapathi and Bhramari
Mudra: Chin, Vayu, Sunya, prudvi, varuna. Bhanda: Jalandra, MulaUdiyana

Unit-IV: Gazing practices- Lamp and Mirror

Unit-V: Agna meditation - Shanthi meditation - Clearness of the spinal cord-Thuriya meditation -Thuriyatheetham meditation.

TEXT BOOKS:

1. Yoga Practices I - VISION, Vethathiri Publications.

REFERENCES:

1. Simplified Physical Exercise - Vethathiri Publications.
2. Yogasana - Vethathiri Publications.
3. Sound Health through Yoga - Dr.K.Chandrsekaran.
4. Yogasana in educational Curriculum - Dr.H.R.Nagendra.