

Online Yoga Courses on SWAYAM Platform

S. No.	Course Title	Number of Credit	Course Link
1	Yoga for Ego Management	4	https://onlinecourses.swyam2.ac.in/aic23_ge01/preview
2	Yoga for IQ Development	4	https://onlinecourses.swyam2.ac.in/aic23_ge02/preview
3	Yoga for Eye Sight Improvement	4	https://onlinecourses.swyam2.ac.in/aic23_ge03/preview
4	Yoga for Anger Management	4	https://onlinecourses.swyam2.ac.in/aic23_ge04/preview
5	Yoga for Physical Stamina	4	https://onlinecourses.swyam2.ac.in/aic23_ge07/preview
6	Yoga for Stress Management	4	https://onlinecourses.swyam2.ac.in/aic23_ge10/preview
7	Yoga Volunteers for Diabetes Management Part 1	4	https://onlinecourses.swyam2.ac.in/aic23_ge11/preview
8	Yoga Volunteers for Diabetes Management Part 2	4	https://onlinecourses.swyam2.ac.in/aic23_ge12/preview
9	Yoga Volunteers for Hypertension / Heart Disease Part 1	4	https://onlinecourses.swyam2.ac.in/aic23_ge13/preview
10	Yoga Volunteers for Hypertension / Heart Disease Part 2	4	https://onlinecourses.swyam2.ac.in/aic23_ge14/preview
11	Yoga Volunteers for Palliative Care - Part 1	4	https://onlinecourses.swyam2.ac.in/aic23_ge15/preview
12	Yoga Volunteers for Palliative Care - Part 2	4	https://onlinecourses.swyam2.ac.in/aic23_ge16/preview