Additional experiments under "Yoga & Life Sciences"

1. Demonstration and practice of Surya Namaskar (Sun Salutation)
2. Practice of basic asanas: Tadasana, Vrikshasana, Bhujangasana
3. Practice of Pranayama techniques: Nadi Shodhana, Bhramari
4. Meditation session: Focused awareness and breath control
5. Yoga-based stretching and warm-up routine
6. Recording physiological parameters (heart rate, BP) before and after yoga
7. Yoga journal: Track weekly yoga practice and mood changes
8. Poster presentation on "Scientific benefits of yoga on immunity"
9. Yoga for specific health conditions: Back pain, asthma, stress
10. Group chanting of Mantra – observation of mental state
11. Learning the role of yoga in circadian rhythm regulation
12. Visit to a yoga wellness center or attending a virtual session
13. Assessment of flexibility using sit-and-reach test before/after practice
14. Demonstration of Yog Nidra (guided relaxation technique)
15. Case presentation: Impact of yoga on a chronic disease condition

Additional experiments under "Yoga & Life Sciences" (Course Code: BP312P–AEC3) is recommended**,** this shall be in addition to the experiments already included in the B. Pharm syllabus (2026) as per NEP 2020. The proposed experiments are intended to provide students with greater exposure to the practical, scientific and health-related applications of Yoga**.** They focus on understanding the possible role of Yoga in areas such as physical fitness, stress management, relaxation, respiratory function, posture, flexibility, balance, functional well-being and healthy lifestyle practices**.** The inclusion of these additional experiments may help students develop greater awareness of Yoga and its relevance in day-to-day life, while providing an evidence-based and clinically oriented learning experience. These experiments are proposed as additional/supplementary practical activities in Yoga & Life Sciences (BP312P–AEC3)**,** and are not intended to replace or modify the practicals already included in the B. Pharm syllabus (2026) as per NEP 2020.