



## Standard Operating Procedure-Yoga

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**KALASALINGAM ACADEMY OF RESEARCH AND EDUCATION**  
(Deemed to be University)  
(Accredited by NAAC with 'A' Grade)  
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## **STANDARD OPERATING PROCEDURE FOR YOGA TRAINING** **(V2, 2022)**

1. The exercises can be practiced by anyone above the age of eight.
2. The exercises should be practiced in the morning on an empty stomach.
3. If they are to be practiced in the evening minimum of 2 or a maximum of 4 hours should lapse after taking solid food or half an hour after liquid food, coffee, tea, or juice.
4. Physical exercises should not be done directly on the floor. A mat or some thick spread on the floor should be used. It is better to practice under a roof.
5. The exercise should always be done without any jerk. The movements should always be smooth and graceful. Straining of any part should be avoided.
6. Those suffering from ailments such as heart trouble, etc., should practice the exercises after getting the advice of a qualified master of Yoga.
7. For those who have undergone any surgery, the exercises may be practiced only after 6 months.
8. Girls should not practice these exercises during the days of their monthly period. i.e. for 3 to 5 days.
9. The yoga class contains Physical exercise for physical health, meditation for mental health, and moral values for spiritual health. In physical exercise Pranayama, Sun salutation and Yogasanas are taught to the students.
9. Yoga Practice is given to the Students in KARE at “Kalvi Vallal” Thiru. T.Kalasalingam Memorial Hall. The Yoga classes are taken to each section students 1 hour weekly and 40 hours in a year.
10. The Yoga class is taken by expert Yoga teachers having qualifications of Ph.D, M.Phil in Yoga. For boys, gents teacher and girls, there is lady teachers who will take care of Physical yoga.