Criteria 2.3. : Teaching-learning Process

Metric: 2.3.2 Learning techniques that can used for enhancing self growth/transformation of the aspirants.

Date: July 2017- June 2022

- **Shatkarma**

- **Meditation**

- **Pranayam**

- **Asanas**

- **Swadhyaya**

- **Mitahara**