

# Post Graduate Diploma in Yoga Therapy (PGDYT)

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# Post Graduate Diploma in Yoga Therapy for Doctors (PGDYT-D)

## INSTRUCTION MANUAL



**S-VYASA ODL**

(Swami Vivekananda Yoga Anusandhana Samsthana)

# 19, Eknath Bhavan, Gavipuram Circle, KG Nagar, Bangalore – 560019

Ph: +91 80 22639901 / 02 / 03 / 04 Fax: +91 80 22639905

Email: [pgdyt@svyasadde.com](mailto:pgdyt@svyasadde.com) / [de@svyasa.org](mailto:de@svyasa.org)

Web: [www.svyasadde.com](http://www.svyasadde.com)

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## **Preamble**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe.

In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

### **Title of the course:**

- a. Post Graduate Diploma in Yoga Therapy (PGDYT)
- b. Post Graduate Diploma in Yoga Therapy for Doctors (PGDYT-D)

### **Aim of the course:**

- a. **PGDYT:** To propagate and promote yoga for positive health through trained and certified Yoga Therapists.
- b. **PGDYTD:** Adoption of Integral Approach of Yoga Therapy for common ailments.

### **Objectives of the course:**

- a. **PGDYT:** To introduce basic concepts of preventive health and health promotion through yoga. To introduce concepts of Human Body to the students so as to making their understanding clear about the benefit and contraindication of a practice. To train teachers on preventive health and promotion of positive health through yoga and personality development.
- b. **PGDYT-D:** To orient doctors from various systems of Conventional and Indian medicine - Modern Medicine, Dentist, Ayurveda, Siddha, Unani, Naturopathy & Homeopathy, to be able to select the right type of yoga practices for health benefits in different conditions.
  - Promoting positive health, prevention of stress-related health problems and rehabilitation through Yoga.

- Adoption of Integral Approach of Yoga Therapy for common ailments.
- Imparting skills in them to introduce Yoga for health amongst general public.
- To enable them to establish Yoga Therapy centers in the service of common man.

**Duration of the Course:**

- PGDYT:** The minimum duration is One year, Three months and the maximum duration is Three years.
- PGDYT-D:** The minimum duration is one year and the maximum duration is two years.

**Eligibility:**

- PGDYT:** Bachelor's degree (any discipline) with a min.45% pass percentage and Yoga Instructor's Course (YIC) from SVYASA University.
- PGDYT-D:** Any Medical Graduation with a minimum of 45%. And Yoga Instructor's Course (YIC) from SVYASA.

**1st PCP- Induction Program (7 days)**

Includes Theory and Practical Classes+ Orientation to Arogyadhama.

**Phase-1: Self Study (6 months)**

Continual Assessment through 2 Assignments and 2 Unit Tests.

**Phase 2: Internship (3 months)**

In house Arogyadhama Training for two weeks compulsory.

**2<sup>nd</sup> PCP: Evaluation Program (7 days)**

Term End Examinations.

**Phase 3: Externship (3 months)**

Free Community service to inculcate sense of service and Tyaga to the society. Exempted for Doctors.

## **ACADEMIC CALENDAR AND COUNSELING SESSION**

<b>Admission Intake</b>	<b>Counseling Session</b>	<b>Exam</b>
<b>January</b>	1 to 7 January	9 to 15 subsequent January
<b>July</b>	1 to 7 July	9 to 15 subsequent July

### **MANDATORY PCP DURATION: (7 +7= 14 DAYS)**

- There will Two regular Induction Counseling session conducted every year for ONE week in the first week of January and July and for examination second week of January and July.
- The calendar of events in respect of the course shall be fixed by the Admissions Committee from time to time.
- Schedules are subject to change and such changes will be informed to you in advance.

## PGDYT SYLLABUS

<b>Total Credits</b>	<b>48</b>
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<b>Subject Code</b>	<b>Name of the Subject</b>	<b>Credits</b>
PGDYT T 101	Anatomy & Physiology	4
PGDYT T 102	Yoga Therapy Principles and Applications	4
PGDYT T 103	Introduction to Ayurveda and Naturopathy	4
PGDYT T 104	Common Ailments	4
PGDYT T 105	Yoga Therapy Through Yoga Texts	4
PGDYT T 106	Research Methodology	2
PGDYT T 107	Teaching Techniques	2
PGDYT P 101	Yoga Therapy Training	4
PGDYT P 102	Advanced Yoga Techniques	4
PGDYT F 101	Arogyadhama Training	16
<b>Total</b>		<b>48</b>

**PGDYT-D SYLLABUS**  
**Post Graduate Diploma in Yoga Therapy for Doctors**

<b>Total Credits</b>	<b>48</b>
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<b>Subject Code</b>	<b>Name of the Subject</b>	<b>Credits</b>
PGDYTD T 101	Applied Physiology	4
PGDYTD T 102	Yoga Therapy Principles and Applications	4
PGDYTD T 103	Common Ailments-1	4
PGDYTD T 104	Common Ailments-2	4
PGDYTD T 105	Yoga therapy through Yoga Texts	4
PGDYTD T 106	Research Methodology	2
PGDYTDT 107	Teaching Techniques	2
PGDYTD P 101	Yoga for Common Ailments	4
PGDYTD P 102	Advanced Yoga Techniques	4
PGDYTD F 101	Arogyadhama Field Training	16
<b>Total</b>		<b>48</b>

## GENERAL INSTRUCTIONS

1. All the participants are required to reach in time for all the programs including food. So they should start for the venue concerned as soon as they hear the bell.
2. Sincerity and regularity are part of YOGA, which helps to reap the benefit fully. **Hence all programs are compulsory. No one is supposed to absent himself / herself from any program. Please take active part in the same.** In case of difficulty please contact the course coordinator.
3. As Yoga brings harmony and order, let it manifest even in simple things. For example, sitting in order in the class, keeping the shoes in order, etc.
4. Always have the following things with you in the class:  
Self-Learning Materials, One note book and a pen.
5. Please maintain silence and harmony in the campus including the dining hall (except singing and chanting).
6. Please maintain cleanliness. Your room/toilets, etc. Should be clean.
7. Switch off the lights and turn off the water taps when not needed, particularly, while leaving your room/toilets. You may take the initiative and stop such wastages wherever you see the same in the campus
8. All the valuables may be deposited with the office. Since the cloak room facility is not very large, this facility may not be provided for bulky valuables.
9. To play transistor, tape recorders, cell phones in the room or in the campus is strictly prohibited and will be viewed seriously
10. All the lights in the rooms should be put off by 10.00 p.m.
11. Participants are not allowed out of the campus until the course is completed. All necessary articles for daily use are available at the counter and for those not available you can give the name of the article with money two days in advance.
12. Use of Alcohol, Tobacco in any form, drugs or betel leaves, etc is strictly prohibited.
13. Please maintain the decorum of Ashram and conduct yourself accordingly. Ladies and Gents are not to meet each other in their rooms or residence.
14. Please use telephone sparingly. Our number is, within Bangalore 22639901 or 9981 from outside to Bangalore 080 22639901 or 9981.
15. Only laundry area should be used to wash the clothes. Bath rooms should not be blocked for washing.
16. Please do not go out of the campus.



17. Please don't pluck flowers, or fruits. Enjoy them as and where they are.
18. NO TIPS Please.
19. Obtain valid money receipt for all the purchases, donations, payments, etc.
20. "Time and tide waits for none". So make best use of your leisure. Use it for Swadhyaya (self-study), contemplation, etc. Avoid gossiping.
21. Please leave your suggestions in the box kept at the reception.
22. All the staff members are ready to serve. Please help us to serve you better.
23. Participants have to go for the prescribed dresses for the practice sessions. During other times you must be in as simple dresses as possible.
24. If you have any complaints regarding your health, please contact your organizer. Do not try and meet any therapists / Doctors by yourselves.
25. Gurukula way of sitting in the class room (No chair)
26. Karma Yoga leads to Moksha through the path of Action. Participate in these sessions to the best of your ability to gain the rich benefits. Serving duty during the meals sessions will be allotted to you. Utilize this unique opportunity to reach bliss through service action.

Note:

\* Since all the participants have put a lot of effort, money, time and energy in taking up this sacred project of Yoga learning, it is our duty to see that the program goes on smoothly.

\* We appeal to all the participants to cooperate with us for the same by following the above discipline meticulously. However, if it is noticed that the harmony of the entire group is disturbed due to one or two individuals, the disciplinary committee will not hesitate to take strong action against them.

**PLEASE SWITCH OFF YOUR MOBILE PHONES IN THE CLASS.**

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## SUPPORT SYSTEM

Title and Contact Details	Role
<b>Chancellor:</b> Dr HR Nagendra, Ph.D. Phone: +91 80 22639992 Email: <a href="mailto:hrn@vyasa.org">hrn@vyasa.org</a>	Advisory Role; maybe contacted for issues which remain unsolved for a period of time
<b>Deputy Director :</b> Dr Natesh Babu, Ph.D. Phone: +91 80 22639904 Email: <a href="mailto:brnbabu@rediffmail.com">brnbabu@rediffmail.com</a>	May be contacted for issues which remain unsolved
<b>Course Coordinator:</b> Mrs. RASHMI BAPAT. MSc. Yoga  Phone 9870489477 Email: <a href="mailto:pgdyt@svyasadde.com">pgdyt@svyasadde.com</a>	Coordinator for PGDYT/D Programs, maybe contacted for any information regarding course, assignments, examinations, personal contact programs etc.
<b>Office Administration:</b> Sri Sumanth Gowda, DSc Phone: +91 80 22639901/ 02 Email: <a href="mailto:de@svyasa.org">de@svyasa.org</a>	About online yoga courses Office Administration Support

## SELF-STUDY AND PERSONAL CONTACT PROGRAM (PCP) GUIDELINES

- Students must attend the two PCPs, initiating PCP and the evaluating PCP, first one at the beginning of course and the second one at the end of the course.
- The Instructions about Evaluation System and Evaluation Format have been prepared to help you understand and plan your course study.

- Suggestive time tables have been given to help you work out your schedule during your self-study period at your respective locations.
- Use Dissertation Guidelines for your Dissertation purposes. Use IAYT Time Tables to schedule your sessions with Therapy Participants
- Self-Assessment forms should be submitted to us in soft (through email) or hard copies through post.
- Term-end Examination will be held during your Evaluation PCP. As the term indicates, your stay during your Assessment Program will be of a evaluatory kind as defined in the Instructions about Evaluation System and tabulated in the Evaluation Format.
- Sessions have been designed for your learning and growth. You should accept whatever is offered to you without prejudice.
- All sessions during the Assessment Program are compulsory and shortage in attendance will be viewed seriously. Attendance is given most weightage amongst all evaluation criteria and your attendance at all sessions is important. Candidates without required attendance will not be awarded certificates. Experience expands as you participate in more sessions; become more inclusive and less exclusive
- Serving Duty means serving food to the fellow residents of Prashanti during food sessions.
- Karma Yoga activities will include group work activities such as cleaning, booming, gardening, etc and will be allotted to you on the day.
- Karma Yoga / Serving Duty sessions will help to overcome lethargy and inertia, help grow our humility and help experience higher levels of Karma Yoga. Please participate actively to achieve greater benefits.
- Maintain the sanctity of the Ashram campus by following instructions provided about the Code of Conduct for the Ashram University campus
- Maitri Milan chanting must become an essential part of your Sadhana. We may ask any of you to lead the chanting at the Maitri Milan during your Assessment Programme. Please practice the Slokasangraha of Eighteen verses from Bhagavad Gita put together as Karma Yoga, Raja Yoga, Bhakti Yoga, Jnana Yoga and Unity in Diversity. Similarly, you will be asked to lead the Bhajans from VYASA Pushpanjali and / or your course materials.

- While at Prashanti, please inform your course organizer immediately if you have any health-related problems. Please do not use medicines / approach Doctors at your discretion.

**The following link will help you access information on Yoga:**

<http://www.svyasa.org/yoga/yoga.asp>

**Please visit this page often to upgrade your awareness about Yoga**

- Directorate of Distance Education, S-VYASA: <http://www.svyasadde.com>
- Moodle Learning Management System: Please login on the LMS at <http://www.onlineyogacourses.com>
- D-Space Digital Repository: Please login or reset password on the LMS at <http://www.libraryofyoga.com>
- Koha Catalog: Login and look for books available in Saraswati Library <http://catalog.libraryofyoga.com>
- AVIEW: Amrita Virtual Interactive E- learning World, Login to video-conference, S-VYASA Faculty: <http://www.aview.in>

### **Online Resources:**

Following table gives you links to different websites that will help your self-study. Use them as much as you can! Although we have logs of usage to report to us each of your usage, we leave it to your discretion as to how much time you wish to spend on each of these resources. For your convenience, we have maintained the same id for all your resources. Your id will be your name (first name PLUS last name with initials) as given by you in your application forms all in small letters. Your password is your user-id followed by @312 as a single word, all in small letters. ex: John B Stanford will johnbstanford and johnbstanford@312. You may change the password for all the resources after you have logged in. Always keep the password something simple and easy to remember.

### **GUIDELINES FOR ASSIGNMENT - A SAMPLE**

**How has the study of Yoga Texts inspired your day to day living?**

#### **1. Introduction**

- a. Being an author, convince the reader why Yoga Texts is worth reading and your understanding about the whole in brief.
- b. Write about how it is novel and helpful each time you go through it.
- c. Quote about famous personalities like Abdul Kalam or our Prime Minister Narendra Modi regarding Yoga, Bhagavad Gita and some instances from their life which was a source of inspiration for them and for others.

## **2. Body**

- a. The various aspects mentioned in different Yoga texts, what instance inspired you to adapt Yoga in your life as well as to take up this Yoga therapy for the well being of society. For eg. It may be some instance from your own life or someone else's life.
- b. Why were you inspired?
- c. How are you doing it?
- d. Krishna has told, anything is possible through regular practice. Did you face any challenges or temptations in adapting it?

## **3. Conclusion**

- a. Conclusion should be directly related to the questions asked.
- b. Suggest areas where further inspiration and adaptation can be drawn based on the teachings from Yoga texts like Bhagawad Gita or Patanjali Yoga Sutra.

**SAMSKRIT STANDARD INTERNATIONAL TRANSLITERATION**

अ आ इ ई उ ऊ ऋ ॠ लृ लृ ए ऐ ओ औ अं अँ अः

a ā i ī u ū ṛ ṝ | ḷ ḹ e ai o au aṅ aṁ aḥ

Vowels		Consonants				
अ	a	क्	ख्	ग्	घ्	ङ्
आ ( ा )	A	k	kh	g	gh	n
इ ( ि )	i	च्	छ्	ज्	झ्	ञ्
ई ( ि )	I	c	ch	j	jh	n
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## **GUIDELINES FOR YOGA THERAPY INTERNSHIP**

**The following instructions must be stringently followed. Any deviation from these instructions will be viewed seriously.**

(Your Diploma will be awarded only based on your Dissertation as per the guidelines given.)

**You will have to treat 40 patients and prepare dissertation on 2 patients each in 8 sections totaling 16 participants.**

**You should seek patients in one of the following ways:**

**1. Working in Arogyadhama at Prashanti Kutiram for a minimum period of THREE months, at a time or in a staggered manner.** At the end of the training, you will take a certificate from the Arogyadhama Coordinator

**2. Working as Yoga Therapist / Teacher in any hospital / SVYASA partner hospitals.** At the end of the training, you will produce a certificate from the Hospital Authorities stating that you have handled 40 patients in different ailments, teaching the patients Yoga Therapy. Each patient will attest this letter by signing on the form provided.

**3. Working as Yoga Therapist / Teacher in any studio / VYASA affiliated centers** At the end of the training, you will produce a certificate from the Yoga Studio / VYASA Affiliated Centers stating that you have handled 40 patients in different ailments, teaching the patients Yoga Therapy. Each patient will attest this letter by signing on the form provided.

**4. Working as Yoga Therapist / Teacher for individuals / privately.** At the end of the training, you will produce a certificate from the Family Doctors / Specialists of your patients that you have handled their patients in the specific ailment, teaching the patients Yoga Therapy. Each patient will attest this letter by signing on the Parameter Sheets provided to you.

## **GUIDELINES FOR INTERNSHIP REPORT PREPARATION**

Here are the guidelines for the students for the preparation of Report. Please follow the instructions carefully. We have given the contents with reference to only 8 diseases. Students have to include all the other diseases such as Cancer, menstrual disorders etc. You will have to prepare 40 Case studies from various sections. Statistical analysis of the data - before yoga and after yoga has to be done. The percentage change has to be mentioned.

### **Part I - Yoga and Health**

1. Introduction
2. Integrated approach of yoga therapy ( Mention what is IAYT with reference to the five sheaths of our existence - Taittiriya Upanishad)

### **Part II - Ailments**

#### **A. Section A**

1. Neurological diseases like Migraine, Epilepsy, Multiple Sclerosis, Parkinson's Disease, Alzheimer's Disease, Muscular Dystrophy, Motor Neuron Disease,
2. Oncological diseases like Breast Cancer, Prostate cancer, Ovarian Cancer, Brain tumor, etc.

#### **B. Section B**

1. Cardiovascular diseases like hypertension, CAD, CHD etc.
2. Pulmonological diseases like Asthma, COPD, Bronchitis, Allergic Rhinitis, Interstitial Lung disease, etc.

#### **C. Section C**

Psychiatric disorders like Schizophrenia, Anxiety disorders, Depression, Obsessive Compulsive Disorder, Eating Disorders etc.

#### **D. Section D**

Rheumatology – Arthritis – Rheumatoid, Osteoarthritis, Gouty arthritis, Juvenile Rheumatoid arthritis.

#### **E. Section E**

Back pain – Spondylosis, Spondylitis, Sciatica, Slipped disc, Ankylosing Spondylitis, etc.

#### **F. Section F**

1. Diabetology and Endocrinology – Diabetes Mellitus I, Diabetes Mellitus II,
2. Hypothyroidism, Hyperthyroidism



**G. Section G**

1. Gastrointestinal– Irritable Bowel Syndrome, Inflammatory Bowel Disease, Chronic Constipation, Acid Peptic Disorder, Gastritis, Gastro esophageal disorder
2. Gynecological disorders: Menstrual problems, Poly cystic ovarian disease/syndrome, Dysmenorrheal, Menorrhagia, Chronic kidney disease, Fatty liver, Dyspepsia, Indigestion, etc.

**H. Section H**

1. Obesity and Promotion of Positive health.

**Suggested IAYT Time table for 16 days (ONE hour per day or more)**

<b>Day/s</b>	<b>Special Techniques</b>	<b>Pranayama</b>	<b>Counseling</b>	<b>MSRT/Trataka</b>	<b>Lectures / Satsang</b>	<b>Happy Assembly</b>
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**Special Techniques include Asanas and Kriyas**

## AROGYADHAMA CASE STUDY – <Section name>

### CASE STUDY FORMAT

#### **1. Introduction to the Section**

I.P. Number :  
Name :  
Doctor in charge :  
Therapist :  
Consultants :  
Subsection :  
Introduction :

#### **2. Introduction to the Ailment**

2.1 Definition:  
2.2 Causes:  
2.3: Sign & Symptoms:  
2.4 General Line of treatment:

#### **3. Case writing**

I.P. Number :  
Provisional Diagnosis :  
Date of Admission :  
Date of Discharge :

#### **3.1. Demographic Data**

Name, Gender/Age :  
Marital status :  
Educational qualification :  
Occupation :

#### **3.2. Presenting Complaint(s)**

#### **3.3. History of present illness [HPI]**

#### **3.4. Co-Morbidity:**

#### **3.5. Co-Medication:**

#### **3.6. Allergy History**

#### **3.7. Anthropometry:**

a) Height

- b) Weight
- c) BMI
- d) Waist
- e) Hip
- f) Waist / Hip Ratio

**3.8. Past history of Illness [PHI]**

- Childhood disease :
- Allergies :
- Accidents & injuries :
- Hospitalization :
- Medication :

**3.9. Family history of illness**

- Paternal :
- Maternal :
- Sibling :

**3.10. Personal history**

- a. Addictions if any :
  
- b. Nutrition pattern
  - ii. Vegetarian/non-vegetarian :
  - iii. Typical daily food intake :
  - iv. Typical daily fluid intake :
  - v. Weight loss/gain? Amount? :
  - vi. Appetite :
  
- c. Elimination Pattern
  - i. Bowel :
  - ii. Bladder :
  - iii. Sweat :
  - iv. Menstrual history :
  
- d. Activity- Exercise pattern
  - Duration/type of exercise :
  
- e. Spare time activity :
  
- f. Sleep-Rest pattern :

**3.11. Stress history:**

**3.12. Physical Examination**

Vital signs

- a. Pulse :
- b. Respiratory Rate :
- c. Blood pressure :

**4. Final Diagnosis:**

**5. Treatment /Management:**

**6. Parameters**

Variable	Before yoga (BY)	After yoga (AY)	% change
Pulse (Beats/min)			
Respiratory Rate(cycles /min)			
Sys Blood Pressure (mm Hg)			
Dia Blood Pressure (mm Hg)			
Breath Holding Time (Sec)			
Weight (Kg)			
Symptom Score			
Medication Score			

**7. Discussion**

7.1. Pathogenesis :

7.2. Pratiprasava :

- i. Annamaya kosha
- ii. Pranamaya kosha
- iii. Manomaya kosha
- iv. Vijnanamaya kosha
- v. Anandmaya Kosha

**8. Discussion on variables**

8.1. Clinical parameters

**9. Conclusion:**

**AROGYADHAMA CASE SHEET**

<b>S. No.</b>	<b>Name of participant</b>	<b>Name of Dr. /Therapist</b>	<b>Ailment</b>	<b>Treated</b>		<b>Signature of Doctor /Therapist</b>	<b>Remarks</b>
				<b>From</b>	<b>To</b>		
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## EVALUATION SYSTEM

1. **Yoga Therapy Principles and its Applications:** Understand the concept of Yoga, its main streams and Yoga Therapy Principles

**How to understand the Yoga Therapy Concepts?**

- Go to <http://www.svyasa.org/yoga/yoga.asp>
- Use the Streams of Yoga series (VCDs) by Dr HR Nagendra

**We will evaluate your understanding by the:**

- Happy Assembly presentation. The Happy Assembly will be a group activity.
- Yoga Self-Assessment Sheets
- Participation in Karma Yoga / Serving Duty / Bhajans during your Assessment Program

2. **Assignments (A): Written Exercises**

**How to write the assignments?**

- Please go through the Course Materials that have been given to you. Assignments can also be completed using help of some other text books known to you. The assignment will test your understanding of the subject. Please grasp the concept of the chapters without copying directly from the Materials.
- **THE ASSIGNMENTS SHOULD BE SENT TO US IN HANDWRITTEN HARD COPY TO OUR ADDRESS REGULARLY AS INSTRUCTED IN YOUR SCHEDULE.** For Foreign students same HANDWRITTEN assignments can be scanned and send to this mail id [pgdyt@svyasadde.com](mailto:pgdyt@svyasadde.com). But the same needs to be produced in hard copy during exams.

**We will evaluate your:**

- Timeliness
- Originality
- No. of pages
- Content

3. **Presentations (P):** A Visual representation of various topics by groups of students

**How to create your presentations?**

- Use visual aids such Graphics, Images, Props, Slide Shows, etc
- Presentation should be sharp and clear. Elaborations can be done while explaining the points
- Give your presentations an Opening, a Body, a Summary and a Closing
- Rehearse well before you make a presentation
- If you are using PowerPoint slideshows, ensure you do not give more than 4 lines / points per slide; use large and legible fonts; use matching background and colors; try and use images / animations

**We will evaluate your:**

- Communication Skills
- Presentation Skills
- Creativity / Innovation
- Content.

4. **Viva voce (VV):** An examination conducted by spoken communication

**How to prepare for Viva voce?**

- Read / Write on the given topics
- Give emphasis to technical terminology
- Prepare for objective examination
- Create Objective Questions
- Participate in IQ tests

**We will evaluate your:**

- Accuracy

5. **Faculty Evaluation (FE):**

**We will evaluate your:**

- Attitude
- Discipline
- Commitment
- Participation
- Other points of student's holistic personality observed by faculty

6. **Theory Examinations:**

We will evaluate the correctness of your answers. The question papers can be set in any format at the discretion of the faculty, Objective and Subjective, Opened and Closed-book

7. **Attendance:**

**Attendance carries marks. You require 90% attendance in all subjects individually for your Personal Contact Program**



## EVALUATION FORMS

### Assessment Sheet for Yoga therapy/Dissertation presentation

S. No	Reg. No.	Name	Presentation Skills (Demonstration & Explanation)	Content	Fluency	Viva Voice	Faculty Assessment	Total
			10 Marks	10 Marks	10 Marks	10 Marks	10 Marks	50 Marks

**Name of the Examiner:**

**Signature:**

**Date:**

### Advance Yoga Technique/Asana/Pranayama Assessment Sheet

S. No	Reg. No.	Name	Presentation Skills (Demonstration & Instruction )	Confidence & Fluency	Communication Skills (Q & A)	Key points	Total
			20 Marks	10 Marks	10 Marks	10 Marks	50 Marks

**Name & Signature of Examiner - I**

**Name & Signature of Examiner - II**

**Date:**

Directorate of Distance Education

## Theory Credits Evaluation Format

SEMESTER EXAMINATIONS DATED Jan/July 20

### ASSESSMENT SHEET

Name of the Faculty	Dr.
Course	PGDYT /D Batch 20_
Period	

Date	
Semester	1 <sup>st</sup> Sem.
Subject Code	PGDYT/D T 10_
Subject Name	

S. NO.	REG. NUMBER	NAME	ASSIGNMENT 20 MARKS	UNIT TEST 20 MARKS	ASSESSMENT 10 MARKS	FINAL EXAM 50 MARKS	TOTAL 100 MARKS	GRADE
1.								
2.								
3.								
4.								
5.								

### Assessment breakdown details

Particulars	Maximum Marks	Percentage of Total	Minimum requirement (in %)
<b>Assignments</b>	<b>20</b>	<b>20</b>	<b>50</b>
Timeliness	5		
Originality	5		
No. of pages	5		
Content	5		
<b>Unit Tests</b>	<b>20</b>	<b>20</b>	<b>50</b>
Timeliness	5		
Originality	5		
No. of pages	5		
Content	5		
<b>Faculty Assessment</b>	<b>10</b>	<b>10</b>	<b>50</b>
Attitude	2		
Discipline	2		
Participation	2		
Commitment	2		
Others	2		
<b>Theory</b>	<b>100</b>	<b>50</b>	<b>50</b>
<b>Total</b>		<b>100</b>	<b>50</b>
<b>Practicals</b>	<b>50</b>	<b>50</b>	<b>50</b>
Presentation Skills	20		
Communication Skills	10		
Fluency	10		
Key Points	10		
<b>Final Dissertation</b>	<b>50</b>	<b>100</b>	<b>50</b>
Presentation	10		
Content	10		
Fluency	10		
Viva Voice	10		
Faculty Assessment	10		
<b>Yoga Therapy Techniques</b>	<b>50</b>	<b>100</b>	<b>50</b>
<b>Demonstration Skills</b>	<b>20</b>		
<b>Instructions Fluency</b>	<b>20</b>		
<b>Viva Voice</b>	<b>10</b>		
<b>Total</b>		<b>100</b>	<b>50</b>

## **IMPORTANT LINKS ON SVYASA.ORG WEBSITE**

Number of Papers on Complementary and Alternative Medicine and Indian Medicine as on date (28/11/11) - <http://www.svyasa.org/download/papersinCAM&IM.doc>

### **Total number of papers / articles published on Complimentary and Alternate Medicine and Indian Medicine**

#### **Research**

##### 1. Papers on CAM and IM

[http://www.svyasa.org/download/SCIENTIFIC\\_LITERATURE.zip](http://www.svyasa.org/download/SCIENTIFIC_LITERATURE.zip)

A list of 33,000 papers collated by S-VYASA Research Team of Anvesana till the year 2000 from indexed, peer-reviewed journals on Complimentary and Alternate Medicine and Indian Medicine

##### 2. Complete list of Research Publications published in standard journals

[http://www.svyasa.org/download/SVYASA\\_Research\\_Publications.pdf](http://www.svyasa.org/download/SVYASA_Research_Publications.pdf)

Summary with Titles and List of Publications published by S-VYASA in indexed, peer-reviewed standard National and International journals categorized by Division

##### 3. Full-Text Papers published in standard journals

<http://www.svyasa.org/download/CompleteResearchPapers.zip>

Full papers of Publications published by S-VYASA in indexed, peer-reviewed standard National and International journals categorized by Division

##### 4. Full-Text papers published in standard journals on Cancer

<http://www.svyasa.org/download/CancerResearchPapers.zip>

Compilation of Full papers of Publications published by S-VYASA in indexed, peer-reviewed standard National and International journals on Cancer

##### 5. Full-Text papers published in standard journals on Cyclic Meditation

<http://www.svyasa.org/download/CyclicMeditationResearchPapers.zip>

Compilation of Full papers of Publications published by S-VYASA in indexed, peer-reviewed standard National and International journals on Cyclic Meditation

##### 6. Full-Text papers published in standard journals on Diabetes Mellitus

<http://www.svyasa.org/download/DMResearchPapers.pdf>

### **Compilation of Full papers of Publications published by S-VYASA in indexed, peer-reviewed standard National and International journals on Diabetes Mellitus S-VYASA Brochures**

##### 1. International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA 19)

<http://www.svyasa.org/download/incofyra19.pdf>

Brochure of the upcoming International Yoga Conference - 19th INCOFYRA

##### 2. S-VYASA Academic Programmes - Short Prospectus

[http://www.svyasa.org/download/SVYASA\\_Short\\_Prospectus.pdf](http://www.svyasa.org/download/SVYASA_Short_Prospectus.pdf)

Brochure of Residential Academic Programmes conducted at Prashanti Kutiram campus

3. DDE, S-VYASA - Distance Education Yoga Programmes

[http://www.svyasa.org/download/DDE\\_Brochure.pdf](http://www.svyasa.org/download/DDE_Brochure.pdf)

Brochure of Distance Education programmes conducted by DDE, S-VYASA

4. Prashanti Kutiram - VYASA campus in pictures

[http://www.svyasa.org/download/Album\\_new.pdf](http://www.svyasa.org/download/Album_new.pdf)

A Photo Album of Prashanti Kutiram, the residential campus of S-VYASA and VYASA

5. Arogyadhama - Holistic Health Home

<http://www.svyasa.org/download/Arogyadhama.pdf>

Brochure of Arogyadhama giving details of the various therapy programmes evolved by S-VYASA

6. SMET - Self Management of Excessive Tension for Corporates

<http://www.svyasa.org/download/SMET.pdf>

Brochure of the stress management programme developed by S-VYASA - SMET

7. Ways to Contribute

<http://www.svyasa.org/download/opportunities.pdf>

Various opportunities to invest in VYASA towards initiatives for betterment of Society and world at large and <http://www.svyasa.org/download/contributions.pdf>

The various donation options - opportunities to contribute selflessly

8. Dr HR Nagendra's Profile

<http://www.svyasa.org/download/DrNagendrasBiodata.pdf>

Dr HR Nagendra Guruji's profile - His journey from NASA to VYASA, his contributions and achievements

### **Videos**

1. S-VYASA on Discovery Channel

[http://www.svyasa.org/download/Discovery\\_SVYASA.avi](http://www.svyasa.org/download/Discovery_SVYASA.avi)

Video of S-VYASA on Discovery Channel for the programme Daily Planet goes to India shot at Prashanti Kutiram on the practise of Cyclic Meditation

2. Video about S-VYASA

[http://www.svyasa.org/download/SVYASA\\_VIDEO.vob](http://www.svyasa.org/download/SVYASA_VIDEO.vob)

A brief video giving an overview of S-VYASA activities

3. Dr HR Nagendra's Journey from NASA to VYASA

<http://www.svyasa.org/download/NASAtoVYASA.zip>

A video of Dr HR Nagendra Guruji's profile - His journey from NASA to VYASA, his contributions and achievements

**APPENDIX**

**Certificate to Therapists / Doctors**

(To be taken on the letterhead of Hospitals / Yoga Centers / VYASA affiliated centers)

To,

DDE, S-VYASA,  
#19 Eknath Bhavan,  
Gavipuram Circle,  
KG Nagar,  
Bangalore – 560019

To whomever it may concern,

This is to certify that Sri / Smt / Dr. \_\_\_\_\_ has treated 40 patients in our facility through Yoga Therapy. The following is the list of my patients who have undergone yoga therapy. I am happy with the teaching ability of (name of the therapist) as a yoga therapist in handling these cases.

Thanking you,

Sincerely,

Dr \_\_\_\_\_

Signature of the supervisor/ doctor who referred and followed up the patients treated through yoga therapy by \_\_\_\_\_

Name of the patient	Diagnosis	Duration of Yoga Therapy	
		From (date)	To (date)

## Format for Doctors working Privately

### To whomever it may concern

This is to certify that Dr. \_\_\_\_\_ has treated my case, named \_\_\_\_\_ (Patient Name) \_\_\_\_\_ under his supervision administering Yoga Therapy for my ailment. I am happy with the treatment given by (name of the doctor) and his teaching of yoga therapy for handling of my case.

Thanking you,

Sincerely,

Patient Name \_\_\_\_\_

Signature of the relative/ doctor who referred the patients for treatment through yoga therapy by Dr. \_\_\_\_\_

Name of the patient	Diagnosis	Duration of Yoga Therapy	
		From (date)	To (date)



### **Some of the instruments used for parameters / specific parameters**

1. Tape - For measuring waistline, etc
2. Weighing Scales - To measure weight
3. Pulse rate – How to measure?
4. Respiratory rate – How to measure?
5. Peak flow rate - PFR meter - Rs 850
6. SLR - Goniometer - Rs 350
7. Sit and Reach - Sit and Reach Instrument
8. Pain Analogue scale - Pain analogue scale
9. Blood Pressure - Sphygmomanometer - Rs 750
10. Glucometer - Starting Rs 1500 or so

**You may purchase these items from:**

**Sri Sai Surgicals**

+91 80 26707383

Shop # 15 & 16

Paxal Towers, Opposite Vanivilas Hospital, KR Road, Bangalore - 2

(Near Bangalore Medical College, Right turn next to Kamath Hotel).

**NOTES**

Directorate of Distance Education, S-VYASA