



SRI BALAJI VIDYAPEETH

(Deemed University Accredited with A Grade by NAAC),
Pillaiyarkuppam, Pondicherry - 607403

Courses Offered in YOGA THERAPY



**Offered under auspices of Deanery of Allied Health Sciences at
the CENTRE FOR YOGA THERAPY, EDUCATION AND RESEARCH
(CYTER), 1st Floor, I Block, MGMC&RI, Pondicherry-607 403.**

SRI BALAJI VIDYAPEETH



Courses Offered in Yoga Therapy

Regulations

2018

*samadoshah samaagnishcha samadhaatu malakriyah
prasanna atmendriyamanah swasthityabhidheeyate*

Health is a dynamic balance of the elements and humors, normal metabolic activity and efficient elimination coupled with a tranquil mind, senses and contented soul.

- SushrutaSamhita, Sutrasthanam, 15:41

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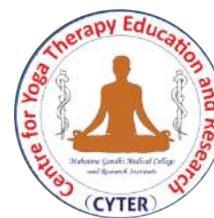
Deemed to be UNIVERSITY (Estd. Section 3 of the UGC Act ,1956)

PILLAIYARKUPPAM, PONDICHERRY - 607403

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Courses Offered in Yoga Therapy

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Rationale for Starting New Programs in Yoga Therapy

Modern medical advancements provide the rationale for the integration of various traditional healing techniques like Yoga, Naturopathy, Ayurveda, Siddha and Music to promote healing, health, and longevity. The Govt of India is currently promoting indigenous systems of health in a strong manner through the Ministry of AYUSH. The limitations of modern medicine in managing stress induced psychosomatic and chronic illnesses is the strength of these traditional healing systems and hence a holistic integration of both systems enables better quality of patient care.

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About Sri Balaji Vidyapeeth and SBV AIM HIGH

One of South India's premier healthcare academic and research institutions, Sri Balaji Vidyapeeth has been at the forefront of health professions education, healthcare delivery and research ever since its inception in 2008. Sri Balaji Vidyapeeth is accredited by India's National Assessment and Accreditation Council (NAAC) with 'A' Grade and is ranked among top Private Medical Universities of India.

The vision of SBV is to be in the forefront of higher education in order to give the country high calibre manpower. The Mission statement envisages collegiate education that culminates in post-doctoral Programs, to produce knowledgeable professionals in various aspects of health science with a high concern for providing and organizing appropriate health services including health education and policy, to provide service to the underprivileged, to impart specialized skills, to be successful in their endeavours and to set a very high standard of professional conduct and ethics for staff and students alike.

Sri Balaji Vidyapeeth has implemented several innovative ideas. It believes that the purpose of education is to help create futuristic student community capable of performing innovative practices to competently respond positively to the ever changing global needs. The Deemed University serves as a portal for the learners to explore and discover new vistas in the field of medical science leading to the betterment of mankind.

With the above vision and mission in mind, SBV AIM HIGH (Academy of Integrative Medicine for Holistic Intervention towards General Health), was formed to bring together ancient experiential wisdom of traditional healing systems with the evidence based approach of modern medical science. The overall goal of this innovative initiative is to move from pathogenesis, the focus on disease towards salutogenesis, a conscious focus on health.

CYTER: An Overview

Thanks to the foresight of the Chairman and management of SBV, CYTER, the Centre for Yoga Therapy, Education and Research was started on 1 November 2010 and is functioning in the 1st floor, I block, adjacent to the main Hospital block, MGMCRI. At CYTER we have an integrated set up where we are educating future Yoga therapists while simultaneously helping patients recover from illnesses and at the same time developing an understanding through scientific

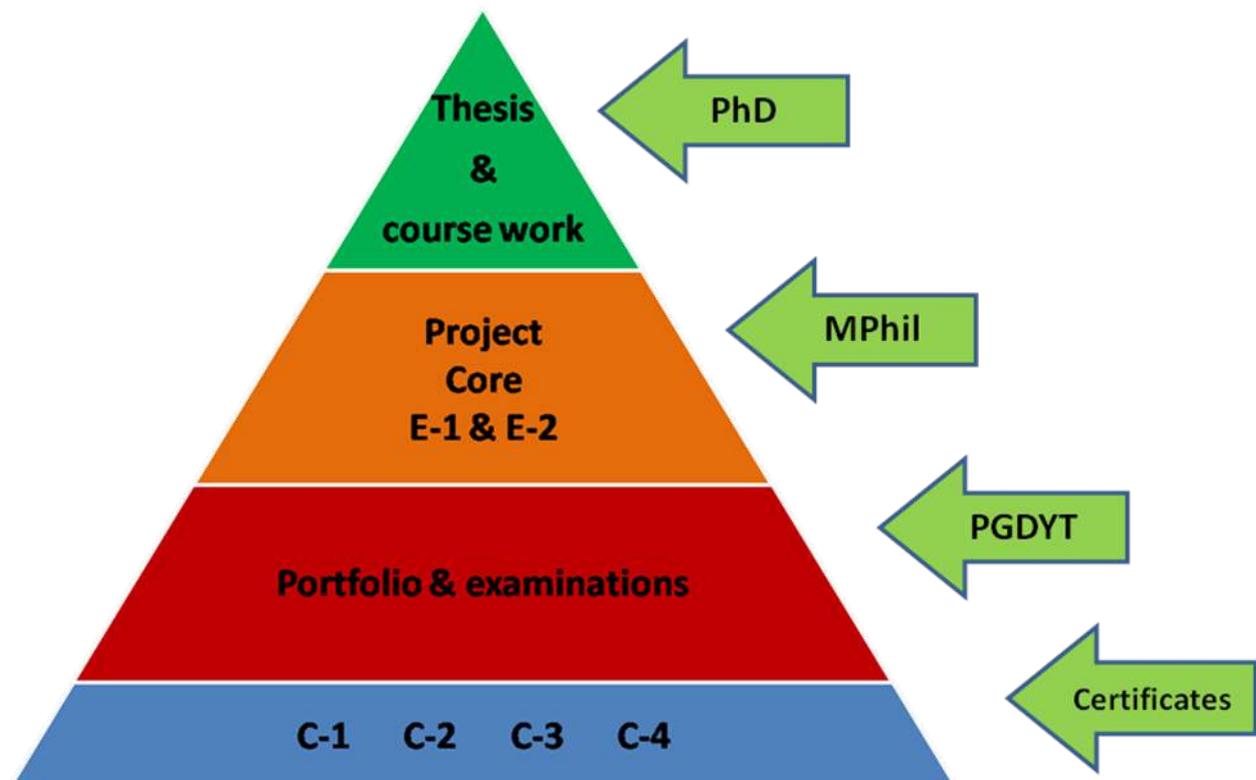
research. Whereas Yoga is usually found in departments of Physical Education & Sports in most universities, we at CYTER have it in a medical institution thus enhancing learning curve of our trainees. We offer integrative, holistic therapeutic benefits for patients and many hospital departments refer patients for Yoga therapy regularly.

New Initiatives

Holistic health, integrative treatment and mind-body medicine are now buzz words. Integrating Yoga with modern medicine will enable us to produce holistic physicians for health delivery of tomorrow as integrative medicine becomes popular. To fulfil the above felt need and as part of the innovative initiatives by SBV AIM HIGH, CYTER launched a one year Post Graduate Diploma in Yoga Therapy (PGDYT) in 2014. Four batches of students have passed out successfully and the fifth batch is progressing at present.

Inspired by the success of this course, and to provide a new pathway for the aspiring healers across health profession, it has been decided to start a credit based program following options:

1. Pursue **Certificate Courses in Yoga Therapy** of three months duration (total four courses of 6 Credit points, each), with options for exit after any course, thus obtaining a course completion certificate. (6 x 4 = 24 Credits)
2. Appear for **PGDYT** comprehensive examination, based on the four courses of study (6 x 4 = 24+ 2Cr for portfolio covering entire year = 26 Credits)
3. Continue further to **M. Phil.** program of one year (28 credits), subject to the candidate holding a Master's Degree (science graduates will be given preference).
4. This program eventually leads to **Ph.D Program in Yoga therapy.**



C1, C2, C3 and C4 are Core Certificate courses leading to PGDYT. The two Electives E1 and E2 are to be chosen from 12 topics related to Yoga Therapy and its clinical applications, which then culminates in one Major Research Project in M.Phil. Thesis and course work leads to PhD.

To further facilitate ease of student progression, we are introducing both lateral entry and exit provisions in the courses. Students can leave after completing the certificate courses or continue in the PGDYT. Those students who have a Master’s degree (science graduates will be given preference) can join the M Phil program if they have completed PGDYT from SBV earlier.

The major highlight of the new programs is adoption of Credit Based Choice System (CBCS) recommended by the NAAC and UGC as a major reform in higher education. As a corollary to this system, a competency based approach has been proposed for the new programs.

Advantages of the Credit System	
To the learners	Focus from teacher-centric to learner-centric education
	Flexibility to choose courses according to their interest
	Flexibility to work according to their own pace and style of learning
	Facilitates learners’ mobility across the courses, programs, institutes
	It accounts for the self-learning efforts made by the student
	Linked with Grading, which is fair to the students, compared with marks
To the Institutes	Provides scope for fixing, and assessing learning outcomes in an objective and transparent manner. Credit calculations are based on competencies and linked with study hours, rather than routine time table approach.
	Possibility to optimize the teaching workload, and respect teachers’ expertise, interest and preference
	Twinning mechanisms can be developed with other institutes, to allow credit transfers
To the System, Parents, Society	To ensure uniformity in standards across the States, Nation
	Facilitates issues of recognition and accreditation
	To move towards international standards
	Ultimately, it promotes quality assurance to the society

Competency Based Approach

Competency based approach is the hall mark of a progressive curriculum. Knowledge and skills are of no significance, unless they are used by the professionals for the benefit of communities.

“Competence is defined as the habitual and judicious use of communication, knowledge, technical skills, clinical reasoning, emotions, values, and reflection in daily practice for the benefit of the individuals and communities being served.”

- Epstein RM, Hundert EM.

Defining and assessing professional competence. JAMA 2002; 287: 226-35.

Considering the present scenario of health professions education in the country and based on future projections it is possible to identify the following core competencies, expected out of the future health professions educators.

Core Competencies expected at the end of Yoga Therapy Programs



The above core competencies are the main essence of the programs. However, the way in which they are learnt and assessed varies at different levels. For instance, a student may be taught and assessed for the 'knowledge of facts and concepts' at the certificate level, 'understanding of concepts' at the Diploma level and 'application of concepts' in a real life or simulated situation at the M.Phil level.

While the course structure, broad framework and assessment pattern are governed by the Regulations contained in this booklet, the detailed scheduling of the course content, and the details of the examination (blue-print and model question paper) shall be prepared and reviewed from time to time.

In summary, the proposed program gives immense flexibility for learners to pursue diverse careers as Yoga Therapists and enables creation of a pool of trained Yoga therapists possessing requisite skills and competence to impart sound Yoga therapy in different medical conditions. The system provides ample opportunities for self-directed learning, guided by extensive mentoring, small group learning and reflective practice within the campus as well as in their work places. It provides a new career pathway for the students and teachers to synergize the capacity building in Yoga Therapy education.

The program ultimately aims to create human resource capable of cutting edge research into fundamental aspects of Yoga as well as its applications in different medical conditions.

Definition of Key Words

1. **Program:** Program refers to the entire period of study, leading to the degree. Both the PGDYT and M.Phil programs are of one year duration each, spanning 48 weeks each.
2. **Academic Year:** The Academic Year (Twelve months) usually consists of two semesters each of six months duration. In the case of PGDYT, the academic year is divided into four quarters each of three months duration (twelve weeks) for running the four certificate courses.
3. **Courses:** Courses refer to the blocks of studies/program conducted during the year. Courses are generally of two types: Core Courses and Elective Courses.

PGDYT program includes four core certificate courses which are to be studied by all students during the year.

M. Phil. program consists of **one core course** on 'Research Methodology' and **two elective courses** for in-depth study, to be chosen from a list of 12 topics related to Yoga Therapy and its clinical applications. The evidence of elective study is the monogram to be submitted, which carries a weightage of 20 marks in the final examination.

4. **Choice Based Credit System (CBCS):** The CBCS provides choice for the students to select from the prescribed courses. It is one of the major changes recommended by the UGC for reforming higher education in India.
5. **Credits:** A Unit by which the course work is measured. It determines the number of hours of instruction required per week. Credits are awarded based on the following rationale.

Engagement in direct instruction (lectures, seminars, symposium or any such interactive session), or direct mentoring experience imparted to the student (in M.Phil. program) for a duration of 16 hours leads to One Credit; Engagement in a workshop series on Research Methodology conducted by constituent colleges of SBV for a duration of 16 hours attracts one credits. The series with 64 hours of engagement is equivalent to 4 credits.

Engagement in 32 hours of independent study or self-directed learning/self-learning leads to One Credit. This may involve library work, assignments, observation/critiquing of mini-teaching, project work, web discussion, portfolio writing, field work, or any such activity supporting the course study.

6. **Credit Point:** It is the product of grade point and number of credits for a course.
7. **Letter Grade and Grade Point:** Two methods of grading are used in higher education system: Relative Grading or Absolute Grading.

The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students of the course and the grads are awarded based on cut-off marks or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals.

The Committee for Review of SBV Credit System (2018) has recommended an 8- point Letter Grade system as follows:

Marks obtained by candidate	Equivalent grade letter	Grade descriptor	Grade point
85 % and above	O +	Outstanding	10
75-84 %	O	Excellent	9
65-74 %	A+	Very good	8
60-64 %	A	Good	7
55-59 %	B+	Above average	6
50-54 %	B	Average pass	5
40-49 %	C	Conditional pass *	4
39 % and below	F	Reappear	

**But can be compensated by higher grades in other papers to give an overall grade of B*

The above formula is used only for converting the marks in to grades. In case of Yoga therapy programs, a minimum grade point of 5 (C Grade) is required for a pass in each paper/course, and an overall grade point of 6 (B Grade) is required for pass.

8. **Semester Grade Point Average (SGPA):** It is a measure of the performance of the student in the respective semester. It is calculated by multiplying the number of credit hours assigned to a course by the value of the grade earned in that semester.
9. **Cumulative Grade Point Average (CGPA):** It is a measure of overall cumulative performance of a student over all semesters. The CGPA is the ratio of total credit points secured by a student in various courses and the sum of total credits of all courses. It is expressed up to two decimal places.
10. **Certificate of Course Completion:** It is issued to a student based on 80% attendance of sessions/weekly seminars and internal assessment. The credits earned for the course (8) will be mentioned in the certificate.

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Certificate Programs and Post Graduate Diploma in Yoga Therapy

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Certificate Program in Yoga Therapy & Post Graduate Diploma in Yoga Therapy (PGDYT)

PROGRAM REGULATIONS

Course duration

Each certificate course is of approximately 12 weeks duration including time for assessment. PGDYT program will run for a full academic year of 48 weeks with 24 weeks in each semester including time for assessment.

Course fee

The fees will be fixed by the university as per its norms that are applicable from time to time.

Number of seats

Maximum 25 candidates will be admitted during each academic session for PGDYT. For certificate courses however, the maximum candidates will be 25 including PGDYT candidates.

Eligibility

- 1) Modern medical and AYUSH doctors, dental surgeons, nursing professionals, bachelor in physiotherapy, occupational therapy, PGDY, MA or MSc Yoga/ Yoga therapy or equivalent certification in Yoga from institutions of repute with any bachelor degree.
- 2) The candidates will be shortlisted based on their aptitude for teaching as determined by written test and/or interview.

Program structure

Four certificate courses in Yoga therapy education are being offered. The programs cover the broad domains of Foundation of Yoga, Foundations of Yoga therapy, Applications of Yoga and Clinical Applications of Yoga therapy Programs.

Each certificate course will be spread over 12 weeks. The content delivery will use a unique combination of self-directed learning and faculty led seminars, discussions, assignments and web-based discussions.

Each certificate course would have three days of direct teaching per week in the form of lectures, seminars, lec-dems and practical sessions for duration of 4 hours each. Practical component of the programme will also be offered additionally in mornings and evening on all working days.

Assessment will be by formative and summative evaluation of both theory and practical. All the certificate courses (modules) have 6 credits each.

Those students who are unwilling/unable to take up the examinations can exit from the certificate program with respective certificate upon completing the requirements of attendance, internal assessment and assignments to the satisfaction of faculty-in-charge.

If they are unable to complete all certificate courses in the same year, they can complete them in subsequent years subject to a maximum of 3 years from joining the course.

**COURSE CONTENT OUTLINE FOR
CERTIFICATE AND PGDYT PROGRAMS**

Course 1	Course 2	1st Semester Exam	Course 3	Course 4	2nd Semester Exam
July - Sept	Oct - Dec		Jan - March	April-June	
Foundations of Yoga (CFY)	Foundations of Yoga Therapy (CFYT)	2 written theory papers 2 x 100= 200 and 1 practicum 200 marks Total 400 (IA 20%)	Applications of Yoga (CAY)	Clinical Applications of Yoga Therapy (CAYT)	2 written theory papers 2 x 100= 200 and 1 practicum 200 marks Total 400 (IA 20%)
Lectures/ seminars of 4 hr/wk x12 wks = 48 hr 3Cr	Lectures/ seminars of 4 hr/wk x12 wks = 48 hr 3Cr		Lectures/ seminars of 4 hr/wk x12 wks = 48 hr 3Cr	Lectures/ seminars of 4 hr/wk x12 wks = 48 hr 3Cr	
Practicum training of 8 hr /wk x12 wks = 96 hr 3 Cr	Practicum training of 8 hr /wk x12 wks = 96 hr 3 Cr		Practicum training of 8 hr /wk x12 wks = 96 hr 3 Cr	Practicum training of 8 hr /wk x12 wks = 96 hr 3 Cr	
Total = 6 Cr	Total = 6 Cr		Total = 6 Cr	Total = 6 Cr	Portfolio covering entire year 2 Cr
Total Credits					26

Note: Credit Calculation.

One credit is gained by engaging in 16 hours of direct instruction, or 32 hours of self-study; Marks of each Semester Examination are converted into Grade Points and SGPA computed as per UGC norms. CGPA is computed for the total of both semesters as per UGC norms

Student responsibilities

- a. Certificate course: Participants are required to attend the three “in-class” sessions per week. This will include lectures, lecture demonstrations and seminars for which each participant will prepare a topic for in depth discussion. The ground work for the seminar topic will be done by self-study and an online discussion based on literature review. A faculty mentor or participant will initiate the discussion topic. All others will contribute to the discussion and share their experiences. Participants need to set up a Whatsapp group, Facebook and email contacts for easy communication. The student must complete their assignments and internal theoretical and practical assessments to the satisfaction of faculty-in-charge.
- b. PGDYT: In addition to the above responsibilities, the students must complete their portfolio and pass all theory papers and practical examination in each of the semesters to be eligible for award of PGDYT.

Progression

- a. Certificate course: Attendance of the “in-class” sessions is mandatory for course certificate. The formative assessment will be done by faculty and peers based on the quality of online discussion and the presentation and discussions during seminars. 10 hours of attendance is required per week in the practical sessions conducted in early morning, mid-morning and evening at CYTER Yoga hall on all working days.
- b. PGDYT: In addition to the above, the student must complete their portfolio and upon passing all theory papers and practical examination in each of the semesters will be eligible for award of PGDYT. If they have a Master’s degree (science graduates will be given preference), they will be eligible to join M Phil Program in Yoga Therapy.

Portfolio

Each participant in the PGDYT course will maintain a portfolio of his/her activities during the course. The portfolio will have the following elements.

- A statement of purpose for undertaking the course,
- details of lesson plans, teaching methodology for different Yoga techniques and clinical case documentation of Yoga therapy consultation,
- a purposeful collection of the participants work that exhibits a learning effort, and
- an experiential description of progress, achievements and competencies gained during the course as well as those experienced in Yoga teaching and clinical Yoga therapy sessions.

Course Description

These courses are designed to assist participants to develop a broad understanding of the foundation of Yoga, Yoga therapy as well as the applications of Yoga and clinical applications of Yoga therapy in different medical conditions. It will enable them to obtain requisite skills to function independently as a Yoga therapist upon completion of the course.

Four courses are being offered.

- a) Certificate in Foundation of Yoga (CFY)
- b) Certificate in Foundations of Yoga therapy (CFYT)
- c) Certificate in Applications of Yoga (CAY)
- d) Certificate in Clinical Applications of Yoga Therapy (CAYT)

SEMESTER I

COMPETENCIES EXPECTED AT THE END OF FIRST SEMESTER

- i. Ability to define yoga and yoga therapy with an expressed understanding of the limitations and strengths of the system with reference to traditional literature and modern research.
- ii. Ability to explain integrated functioning of the human body with reference to different systems and the effects of yoga techniques as appropriate.
- iii. Should be able to perform and teach different yoga techniques while expressing significance, benefits, contraindications and step-by-step procedure for each one.
- iv. Ability to express and demonstrate diagnostic methodology of yoga chikitsa with reference to panchakosha, pranavayu, vyuha & dwadasharogalakshanam models.
- v. Should be able to express concepts of yoga as a healthy lifestyle and as an adjunct/complementary integrative therapy with other systems of healing such as allopathy and the AYUSH systems.
- vi. Ability to express the important strengths, limitations, opportunities and challenges of modern yoga research.

Paper 1. FOUNDATIONS OF YOGA

UNIT 1: Meaning and definition of the term Yoga. Yoga as “goal” as well as the “means”. Different connotations and meanings of Yoga. Misconceptions about Yoga. Comprehensive nature and scope of Yoga. Aims and objectives of Yoga.

UNIT 2: A brief outline of the history of Yoga from ancient to modern times. Modern developments and trends in Yoga. A brief introduction to the vast literature on Yoga including Hathayoga Pradipika, Gheranda Samhita, Tirumandiram etc.

UNIT 3: Patanjali’s Ashtanga Yoga. Ethical basis of Yoga. Different traditions and schools of Yoga. Important Yogic concepts such as panchakosha, pranavayu, tattva, triguna, tridosha, klesha and antaraya.

UNIT 4: Introduction to and scientific perspective of important Yogic techniques like asana, pranayama, kriya, mudra, bandha, jathis and surya namaskar.

UNIT 5: Importance of relaxation in yoga. Different concepts and methods. The four fold relaxation of Swami Gitananda Giri. Spanda-nishpanda concept of relaxation in Yoga.

UNIT 6: Concepts of Samyama with emphasis on dharana-dhyana (concentration and meditation) in the yogic context. A philosophical, psychological and scientific perspective of these techniques.

UNIT 7: Introduction to anatomy and physiology of various systems. Human body as an integrated whole. Cells, tissues, organs and systems of human body. Their mutually supportive and harmonious working relationships in health and their breakdown in disease.

UNIT 8: Similarities and dissimilarities between Yogic practices and physical exercises. Asanas vs. muscular exercises. Pranayama vs. deep breathing exercises. Role of various yogic techniques in purification and fortification of the body-mind-spirit complex.

2. FOUNDATIONS OF YOGA THERAPY

UNIT 1: Yoga defined as samatvam (integration and harmony). Different aspects and meanings of Yoga as related to health. Meaning of the term “positive health”. Yoga as a system that fosters positive health. Cultivation of desirable psychological attitudes and reconditioning of the psycho-physiological apparatus for positive health.

UNIT 2: Concepts of pancha-kosha, dwadasha prana, and tri-sharira and their special relationship to health and disease (adi-vyadhi). Yogic perspective of health and disease: integration vs disintegration, sukha vs dukha.

UNIT 3: Yoga as a therapy: its need and application in modern health care. Principles, mechanisms and modalities of Yoga chikitsa. Vyuha model (heya-hetu, hana-upaya). Diagnostic methods of yoga chikitsa. Yoga chikitsa vs yogopathy: tracing the root cause of disease and applying the remedy, rather than symptomatic management.

UNIT 4: Relationship of Yoga with the AYUSH and CAM systems of medicine with emphasis on ayurveda, siddha and naturopathy. Yoga as the original body mind medicine and ideal lifestyle. Concepts of ahar, vihar, achar, vichar and vyavahar. Yogic principles of diet in relation to the dosha and guna concepts.

UNIT 5: Role and importance attached to the mind in Yoga. Importance of right attitude (pratipakshabhavanam) in tackling common conflicts and frustrations. Role of yama-niyama (restraints and regulations) and correct psychological attitudes (maitri-karuna et al) for psychosomatic health.

UNIT 6: Importance of various techniques of hatha and jnana Yoga in the promotion of physical health, mental clarity and emotional wellbeing. Role of mantra, japa, bhajan, chanting, yantra and yatra in healing. Importance of faith and prayer in healing. Karma and its role in health and disease. Role of music (nada yoga) and other alternative therapies.

UNIT 7: Psycho-neuro-endocrine and psycho- neuro-immune correlates of homeostasis and stress:. Autonomic nervous system and its role in health and disease. Balancing the right and left energies through loma-viloma, ha-ttha and surya-chandra. Important aspects related to the shat kriyas (cleaning practices of Yoga).

UNIT 8: Research as the “central feeder” aspect of modern, evidence- based Yoga therapy. Modern research findings and their applications in Yoga therapy. Need for modern methods of research in understanding and evaluation of Yogic phenomena.

PRACTICUM -1

UNIT 1: Jathis and vyayama, surya namaskar, talasana, trikonasana, ardhakatichakrasana, ardhautkat and utkatasana, sukhasana, vajrasana, padmasana, baddhakonasana, vakrasana, ardhmatsyendrasana, paschimottanasana.

UNIT 2: Shavasana, navasana, uttanpadasana, pavanmuktasana, sarvangasana, halasana, matsyasana, shalabhasana, bhujangasana, dhanurasana, makarasana.

UNIT 3: Kriyas and Mudras: Jalaneti, vamanadhauti, brahma mudra. Moola, uddiyana and jalandharabandha.Sethu, kaya and marmanasthanamkriyas.

UNIT 4: Vyagraha, vibhaga pranayama, pranava pranayama, nadishuddhi, surya and chandra nadi and bhedana, ujjai and bhramari pranayama.

UNIT 5: Submission of 10 lesson plans as per assignments by each student that will consist of lessons on one mudra, one bandha, two kriyas, four asanas and two pranayamas. Each student to conduct 10 Yoga sessions in the classroom environment on the basis of their Lesson Plans.

* Students must attend thrice weekly self-practice morning/evening sessions at CYTER.

SEMESTER II

COMPETENCIES EXPECTED AT THE END OF SECOND SEMESTER

- | | |
|------|---|
| i. | Ability to express in detail various applications of yoga in different fields of human activity such as the care of special children, geriatric society, transgender population, rehabilitation, corporate sector and in field of sports. |
| ii. | Expressed understanding of therapeutic potential of different yoga techniques in various medical conditions with reference to their underlying mechanisms. |
| iii. | Ability to demonstrate yoga practices appropriate for different medical conditions along with expressed advice on the precautions, limitations and contraindications. |
| iv. | Ability to conduct personalized yoga consultation and reach an integrative diagnosis using modern medical as well as yogic concepts and techniques. |
| v. | Should be able to prepare appropriate yoga therapy protocol for patients of different conditions including suggestions for lifestyle modifications. |
| vi. | Should be able to conduct integrated yoga therapy sessions for individual patients of different disorders as well as groups of patients with similar conditions. |
| vii. | Ability to document and report short and long term changes in normal volunteers and patients before and after undergoing yoga therapy. |

Paper 1. APPLICATIONS OF YOGA

UNIT 1: "Spiritual Yoga" (adhyatmayoga) and "applied Yoga" (loukika Yoga). Scope and limitations of applied Yoga. Introduction to the application of Yoga in different fields of human activity. Empowering the individual through Yoga.

UNIT 2: Role of Yoga in enhancing quality of life of senior citizens and in the management of various degenerative aspects of aging. Concepts and practices of "Silver Yoga"

UNIT 3: "Divyanga Yoga". Yoga for people with special needs, especially in children with mental and physical disabilities.

UNIT 4: Role of yoga in preventing and managing health issues in women and children, including menarche, antenatal and postnatal care, menopause.

UNIT 5: Role of Yoga in rehabilitation/ addictions and in tackling social problems. Psycho-physiological improvements through Yoga in sporting activities, both recreational and professional. Yoga sport competitions: benefits and drawbacks.

UNIT 6: Role of Yoga in enhancing productivity in the corporate sector. Stresses and strains of executive jobs and their Yogic remedy. Yoga for self development, self motivation, to reduce monotony and stress and enhance capacity of the individual as well as the corporate.

UNIT 7: Personality development through Yoga and its role in enhancing personal efficiency. Managing the hectic lifestyle of medical and paramedical professionals. Regaining the “art of medicine”, a healthy interpersonal doctor-patient relationship through Yoga. Code of conduct for Yoga therapists.

UNIT 8: Role of Yoga in management of cancer: adjunct and palliative role of Yoga. Pain and fatigue relief. Improvement in QoL. Dealing with end life crisis. Care of the caregiver.

2. CLINICAL APPLICATIONS OF YOGA THERAPY

UNIT 1: Role of yoga as a therapy in various Cardiovascular disorders including hypertension, atherosclerosis, CAD, stroke, heart failure, arrhythmias as well as in cardiac rehabilitation.

UNIT 2: Role of yoga as a therapy in various respiratory disorders such as chronic obstructive airway diseases with emphasis on bronchial asthma and bronchitis. Concepts and practices of the Hathenas and shat kriyas in the managements of breathing disorders.

UNIT 3: Role of yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylitis, arthritis, repetitive strain injuries.

UNIT 4: Role of yoga as a therapy in digestive disorders: peptic ulcer, IBS, liver disease, chronic constipation, hemorrhoids.

UNIT 5: Role of yoga as a therapy in neurological conditions including neuropathies, Parkinsons disease, dementia. Role of yoga in the management of chronic pain.

UNIT 6: Role of yoga as a therapy in various endocrine disorders including growth disorders, thyroid, reproductive disorders.

UNIT 7: Role of yoga as a therapy in various Metabolic disorders including prevention and management of obesity, diabetes mellitus, and metabolic syndrome.

UNIT 8: Role of yoga in various psychiatric disorders including BPAD, anxiety, depression. Role of yoga in immune disorders. Philosophical & psychological concepts of yogic counseling.

PRACTICUM -2:

UNIT 1: Ushtrasana, balasana, maha mudra 1&2, gomukhasana, mandukasana, pashchimottanasana, purvottanasana. Trataka, kapalabhati, agnisara, nauli, viparitarani, ashwini mudra. Sitkari, sheetali, savitri and bhastrika pranayama.

UNIT 2 : Yoga schedules for musculoskeletal and digestive disorders.

UNIT 3 : Yoga schedules for cardiovascular and respiratory disorders.

UNIT 4: Yoga schedules for neurological, endocrine, metabolic, and other disorders.

UNIT 5: Submission of 10 complete Yoga therapy patient records of 5 different conditions. “Hands on” evaluation in the class room of simulated “mock” Yoga therapy situations. *

* Students must attend practical training sessions thrice weekly for self-practice during morning/evening sessions at CYTER. There are also required to attend the clinical sessions being conducted in various wards as well as at CYTER. Observation plays a vital role in clinical learning and this a core requirement for the progression.

SCHEME OF ASSESSMENT

SEMESTER 1	SEMESTER 2
Paper 1: Foundations of Yoga	Paper 3: Applications of Yoga
Paper 2: Foundations of Yoga Therapy	Paper 4: Clinical Applications of Yoga Therapy
Practicum-1	Practicum-2

Theory papers: Duration 3 hours, Max marks 80

Structured essay

(10 questions with 2 choices) - 8 x 10 marks = 80 marks

Internal assessment = 20 marks

Grand Total for each paper = 100 marks

Practicum:

4 practicums based on unit 1-4 = 80 marks

Lesson plan based on unit 5 = 20 marks

Micro teaching/therapy session = 20 marks

Viva & evaluation of assignments = 40 marks

Total = 160 marks

Internal assessment = 40 marks

Grand Total = 200 marks

Eligibility for appearing for the examination: Attendance : 80 %; internal assessment: 50%.

Passing minimum: A minimum of C grade (40%) in each of the theory papers with a minimum of B grade (50%) in overall theory and a minimum of B grade (50%) in practical examination is to be obtained. For practicum as well as theory papers, final marks for each paper/practicum will be the average of marks allotted by internal and external examiners (double evaluation system). Those papers not passed in first semester may be carried over to the next year when the examinations are conducted for the same. The student can however continue into the next semester and attempt the respective papers of that semester. However, all theory papers and practicum need to be cleared successfully to be eligible for award of PGDYT.

COMPUTATION OF GRADES AND GRADE POINTS FOR REPORTING IN TRANSCRIPTS

Total marks obtained in internal (formative and summative) and final university (summative) examinations will be converted to Grades and Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA) calculated as per UGC recommendations.

Transcript (Format): Based on the above recommendations on Letter grades, grade points and SGPA and CCPA, the university will issue the transcript for each semester and a consolidated transcript indicating the performance in all semesters.

MODEL PAPERS

POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)

PAPER 1: FOUNDATIONS OF YOGA

Max marks: 80

Time : 3 hours

Answer any 8 of the following questions.

1. Define the term Yoga according to Yoga Sutra. What are the misconceptions about Yoga? Explain Yoga as a lifestyle.
2. Briefly describe the Historical development of Yoga from ancient to modern era.
3. Briefly describe the various traditions and schools of Yoga and explain the Yogic concept of Pancha Kosha.
4. Enlist Klesha and briefly describe Antarayas and Tattvas with their relevance in Yoga practices.
5. Enlist the main Shuddhi Kriyas according to the texts of Hatha Yoga and describe Pashchimottanasana and BhramariKumbhaka with its methodology, modifications, benefits and contraindications.
6. Enlist the main Bandhas, Trigunas and Tridoshas and explain their importance in Yoga practices.
7. Explain the role of Dharana and Dhyana in Yogic context with its scientific perspective.
8. Tabulate the similarities and differences between Yogic practices and physical exercises. Explain the role of Yoga in stress management on scientific basis.
9. What are the Ṣaṭ-Darśana-s and who were their authors? Specify one important principle of each Darśana.
10. What are the eight limbs of Patañjali's Aṣṭāṅgayoga? Explain each of them with one example.

POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)

PAPER 2: FOUNDATIONS OF YOGA THERAPY

Max marks: 80

Time : 3 hours

Answer any 8 of the following questions.

1. Explain the Yogic perspective of health and disease and write a short note on reconditioning of the psycho physiological apparatus for positive health.
2. Describe the principles and modalities of Yoga Chikitsa and briefly describe the relationship between Ayurveda and Yoga.
3. What is meant by Chittaprasadana ? Describe the roles of Yama and Niyama as therapeutic measures.
4. Draw a diagram of pancha-kosha. Correlate pancha kosha and tri-sharira. Describe the yogic perspective of health and disease.
5. How can yoga be applied as a therapy? What are some CAM therapies? What are the important principles of yoga chikitsa?
6. Describe the Yogic principles of diet according to Hatha Yogic texts.
7. Explain the role of Mantra and Yantra and the importance of faith and prayer in healing on scientific basis.
8. Write the therapeutic benefits of a) Padmasana b) Makarasana c) JalaNeti d) Brahma Mudra and e) Ujjayi.
9. What is meant by HeyaHetu and Hanopaya ? Briefly describe the pathogenesis of psychological disorders with a flow chart according to Shrimad Bhagavad Geeta.
10. Describe any two important methods each for physical and psychological understanding and evaluation of Yogic practices utilized in modern research.

POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)

PAPER 3: APPLICATIONS OF YOGA

Max marks: 80

Time : 3 hours

Answer any 8 of the following questions.

1. Defining Adhyatma and Loukika Yoga, describe the scopes and limitations of Loukika Yoga.
2. Explain the role of Yoga in management of aging related degenerative changes, giving suitable examples.
3. Defining the terms 'inter personal' and 'intra personal', describe the role of Yoga in the betterment of social life.
4. Explain how Yoga helps in improving the recreational and professional skills of a sports person.
5. Write in detail about the role of Yoga in the corporate sector.
6. Explain the role of Yoga for mentally disabled and physically disabled persons respectively.
7. Enlist any four fields of human activities and write the special Yoga practices beneficial in each of them with proper reasoning.
8. Describe the changes which can be induced in a therapist - patient and doctor - patient relationship by Yoga.
9. Define addiction and provide some examples? Discuss what are the challenges of teaching Yoga in addiction rehabilitation?
10. What are the benefits and drawbacks of Yoga sport competitions?

POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)
PAPER 4: CLINICAL APPLICATIONS OF YOGA THERAPY

Max marks: 80

Time : 3 hours

Answer any 8 of the following questions.

1. What are the symptoms and causes for Hypertension?
2. What are the main parameters to consider, when applying Yoga therapy in Cardiovascular diseases?
3. Elaborate the role of the Śaṭ-kriya-s in management of respiratory disorders?
4. Explain how Yoga therapy can help in preventing and management of repetitive strain injury?
5. Can Yoga therapy help in managing illnesses such as Cancer? If so, elaborate how?
6. What is the role of ahara-niyama in Digestive disorders?
7. What are the symptoms and causes of Arthritis?
8. Elaborate the importance of the concept of Care for the Care provider. Why is this so relevant especially in the field of Yoga therapy?
9. Describe the Yoga practices beneficial for Irritable Bowel Syndrome and Hemorrhoids.
10. Defining Peptic Ulcer and Bronchial Asthma describe the Yoga practices beneficial for such conditions.

SRI BALAJI VIDYAPEETH



M.Phil. Program in Yoga Therapy

Regulations

2018

*samadoshah samaagnishcha samadhaatu malakriyah
prasanna atmendriyamanah swasthityabhidheeyate*

Health is a dynamic balance of the elements and humors, normal metabolic activity and efficient elimination coupled with a tranquil mind, senses and contented soul.

- SushrutaSamhita, Sutrasthanam, 15:41

SRI BALAJI VIDYAPEETH

Deemed to be UNIVERSITY (Estd. Section 3 of the UGC Act ,1956)

PILLAIYARKUPPAM, PONDICHERRY - 607403

Web site: <http://www.sbv.ac.in>

M.PHIL PROGRAM IN YOGA THERAPY

PROGRAM REGULATIONS

Course duration:

The M Phil program will run for one academic year with two semesters of 24 weeks each.

Number of seats: Maximum 5 candidates will be admitted during each academic session.

Course fee: Fees will be fixed by the university as per its norms applicable from time to time.

Eligibility:

- 1) Candidate possessing a Master's degree or equivalent will be eligible to join the course provided they have completed PGDYT course from SBV / Kaivalyadhama.
- 2) Preference will be given to modern medical and AYUSH doctors, dental surgeons, nursing professionals, Masters in physiotherapy, Masters in occupational therapy and MSc Yoga/ Yoga Therapy.
- 3) The candidates will be shortlisted based on their aptitude for teaching as determined by written test and/or interview.

Program structure:

M. Phil. program broadly consists of the following:

- Core paper on Research Methodology will be conducted through SBV common model and assessed with written theory paper (100 marks) at end of 2nd semester. (4 credits)
- 1st semester will consist of two elective courses, to be chosen from amongst 12 topics in clinical applications of Yoga therapy for in-depth study (each carrying a weight of 4 credits). Each of the electives will entail 10 case studies and a monograph based on literature review in the elective. The electives will be assessed by a written theory paper for 80 marks (+20 marks for the monograph) at the end of 1st semester. There will be practicum training during the 1st semester (4 credits)
- 2nd semester will consist of an expansion of one elective into a major research project and dissertation to be evaluated and assessed by internal and external examiners (8 credits). Public defence of the dissertation will be conducted at end of the 2nd semester. Practicum training during 2nd semester (2 credits) and a Portfolio covering the entire year (2 Credits) will be mandatory.
- During both semesters there will be extensive practicum training and hands-on clinical experience that will be assessed by internal audit prior to the final semester examination and public viva. Requirements of attendance, portfolio, internal assessment and assignments must be fulfilled to be eligible for the award of M Phil.
- SGPA and CGPA will be calculated as per the UGC norms.
- Content delivery in M.Phil. program involves a combination of extensive mentoring by faculty, and self-directed learning/self-learning pursued through clinical sessions/practice teaching/mini-teaching, assignments, portfolio and web-based discussions. The students will be connected with each other, as well as with their faculty mentors, peers and mentees (PGDYT students) using learning management systems (LMS), aided by web-technology such as Google group or forum.

COURSE CONTENT OUTLINE FOR M PHIL IN YOGA THERAPY

1 st Semester		2 nd Semester	
July - Dec	Examination	Jan - June	Examination
Elective-1		Core:	
Review of literature, 10 case studies and monograph on one of 12 topics in Yoga therapy clinical applications. 128 hr self-study (4 Cr)	1 written theory paper of 80 marks and 20 marks for monograph. (Total = 100 marks)	Research methodology. SBV workshop series and grounding in theoretical foundations of research. Application of research in Yoga and Yoga therapy. 64 hr (4 Cr)	1 written theory paper of 80 marks and 20 marks for internal assessment. (Total= 100 marks)
Elective-2		Major project	
Review of literature, 10 case studies and monograph on one of the 12 topics of Yoga therapy clinical applications. 128 hr self-study (4 Cr)	1 written theory paper of 80 marks and 20 marks for monograph. (Total= 100 marks)	Development of one of the electives into a full-fledged research study with dissertation. 256 hr self-study under Guide. (8 Cr)	Assessment of dissertation by internal and external experts with viva. (Total = 200 marks)
Practicum training of 5 hr/wk x 24wks = 128 hr (4 Cr)	Assessment by internal audit. Viva and practical on Yoga therapy. (100 marks)	Practicum training of 2.5 hr/wk x 24wks = 64 hr (2 Cr)	Assessment by internal audit with viva and practical on Yoga therapy (100 marks)
Total 12 Cr		Total 14 Cr	Portfolio covering entire year 2 Cr
			Total = 28 Cr

Note: Credit Calculation.

One credit is gained by engaging in 16 hours of direct instruction, or 32 hours of self-study; Marks of each Semester examination are converted into Grade Points and SGPA computed as per UGC norms. CGPA is computed for the total of both semesters as per UGC norms.

Student responsibilities

Participants are required to attend three “in-class” sessions/week. This will include lectures, lecture demonstrations and seminars for which each participant will prepare a topic for in depth discussion. The ground work for the seminar topic will be done by self-study and an online discussion based on literature review. A faculty mentor or participant will initiate the discussion topic. All others will contribute to the discussion and share their experiences. Participants need to set up a Whatsapp group, Facebook and email contacts for easy communication. The student must complete their portfolio to the satisfaction of the faculty in charge. The student must attend and pass all theory papers and practical examination in each of the semesters and successfully complete an assessment of their dissertation by internal and external examiners to be eligible for award of M Phil.

Project work and Submission of Dissertation

Project work is the main component of M.Phil. Every candidate is expected to identify, plan and conduct a research project, on an area of interest, which should be relevant in the context of Yoga Therapy. Project work involves identification, designing, implementation of the project, leading to submission of a dissertation as per norms and specification made by the University. Every candidate will be assigned a Guide (if necessary a Co-Guide) from the panel of Guides approved by the University. The facilities and norms for the submission of dissertation shall be governed by the Rules and Regulations passed by SBV from time to time. The dissertation will be examined jointly by an external and internal examiner. A total of 200 marks are assigned for dissertation. Public defence of the dissertation will be conducted at end of the 2nd semester.

Mentoring

Every student pursuing MPhil will be assigned a faculty member who will guide, supervise and mentor the student for the study of electives. Mentoring partnerships shall also be arranged between M.Phil students and PGDYT students. This will mutually benefit both parties. The M. Phil student is expected to help the PGDYT student in making seminar presentations, and critiquing mini-teaching practice as well as their clinical Yoga therapy methods. The PGDYT student is expected in return to help by way of critiquing mini-teaching and clinical Yoga therapy methods practiced by the MPhil student.

Mini-teaching

Each student is expected to participate in mini-teaching and clinical Yoga therapy sessions in CYTER (appropriately 10 sessions), by involving a peer as critique. The faculty member will act as a supervisor. The performance will be a part of internal assessment.

Web-discussions

Participants are expected to engage themselves in web-discussions with the aid of Learning Management Systems (LMS), Google groups, forums or any such tools as appropriate for pursuing high quality self-learning. Provision will be made for pursuing in-depth web discussion, learning, monitoring of the progress and often peer assessment of the learning. All the presentations made by the participants will be shared amongst members of the group.

Progression

Attendance of the “in-class” sessions is mandatory. The formative assessment will be done by faculty and peers based on the quality of online discussion and the presentation and discussions during seminars/ clinical posting and classroom teaching. Required hours of attendance per week must be complied with for practical sessions conducted in early morning, mid-morning and evening at CYTER on all working days.

Upon completion of M Phil, they will be eligible to apply for PhD in Yoga Therapy program.

Portfolio

Each participant will maintain a portfolio of his/her activities during the course. The portfolio will have the following elements.

- A statement of purpose for undertaking the course,
- details of lesson plans, teaching methodology for different Yoga techniques and clinical case documentation of Yoga therapy consultation,
- a purposeful collection of the student’s research and clinical work that exhibits a learning effort with details of Yoga therapy consultations and therapy provided in detail, and
- a reflective description of progress, achievements and competencies gained during the course as well as those experienced in Yoga teaching and clinical Yoga therapy sessions.

Course Description

This course is designed to assist participants to develop a broad understanding of the foundation of Yoga, Yoga therapy as well as the applications of Yoga and clinical applications of Yoga therapy in different medical conditions. It will enable them to develop requisite skills as a Yoga therapist and a researcher into Yogic phenomenon and the clinical applications of Yoga as a therapy. It will ultimately enable them to obtain requisite skills to function independently as a Yoga therapist / yoga researcher upon completion of the course.

SEMESTER I

COMPETENCIES EXPECTED AT THE END OF FIRST SEMESTER

- | | |
|------|---|
| i. | Demonstrated ability to prepare appropriate yoga therapy protocol for patients of different conditions including suggestions for lifestyle modifications. |
| ii. | Demonstrated ability to conduct integrated yoga therapy sessions for individual patients of different disorders as well as groups of patients with similar conditions |
| iii. | Demonstrated ability to perform qualitative literature review of Yoga therapy and prepare a monograph on such literary research. |
| iv. | Demonstrated ability to create a research protocol for studying fundamental aspects as well as applied therapeutic potential of Yoga in different medical conditions. |
| v. | Demonstrated ability to analyze research data with appropriate statistical methods. |
| vi. | Demonstrated ability to present such research findings with oral and poster presentations. |

Research Methodology: Common Module for SBV

Unit 1: Process of selection of research question including prioritization and feasibility, research Process, process of writing a research proposal, scientific writing for thesis and research publications.

Unit 2: Review of literature: what is review of literature, need for review of literature, primary and secondary sources of review, treatise, monographs, patents, current literature methods, abstraction of research papers, major secondary sources, bibliographic databases, web as source of information, information retrieval, information processing, critical evaluation, organization of materials collected and writing of review, methods of writing references and bibliography. Scales of measurement: Basic concepts in response scales, types of scales, categorical scales, nominal scales, ordinal scales and interval scales, visual analogue scales, composite scales, Guttman scale, Likert scale, principles and approaches in questionnaire development.

Unit 3: Measures of disease frequency and association, prevalence, incidence, crude, specific and adjusted (standardized) rates, sensitivity, specificity, relative risk, Odds ratio, attributable risk and interpretation of measures of association.

Unit 4: Type of studies - Observational and experimental studies- case reports and case series, cross sectional studies, hypothesis formulation. Case control studies: Design and conduct of case control studies, analysis and interpretation of results, bias in case control studies. Cohort studies: Types of cohort studies, design and conduct of cohort studies, analysis and interpretation of results, bias in cohort studies Interventional studies: Types of interventional studies, design and conduct of randomized controlled trials, analysis and interpretation of results. Ability to distinguish between clinical research and educational research and use Qualitative methods for pursuing their projects.

Unit 5: Evaluating role of bias and confounding: Types of bias, control of bias, evaluation of role of bias, nature of confounding, methods of controlling confounding. Statistical association and cause effect relationship: Evaluation of the presence of valid statistical association, judgment of a cause-effect relationship. Drug discovery and evaluation: Historical approaches in drug discovery, pharmacological approaches of modern medicine, new approaches in drug discovery, pharmacological evaluation methods.

Unit 6: Presentation and summarization of data: Types of variables, data presentation, tables and charts. Measures of central tendency and location: Mean, median, mode, percentiles, quartiles, and Box-plot. Measures of dispersion: Range, inter-quartile range, mean deviation, standard deviation and coefficient of variation.

Unit 7: Probability: Probability, measurement of probability, laws of probability for independent events, conditional probability, Bayes' theorem. Probability distribution: Binomial distribution, Poisson distribution, normal distribution, Standard normal distribution, t - distribution. Sampling: population, sample, sampling variations and bias, purpose of sampling, probability sampling methods, concepts in calculation of sample size.

Unit 8: Test of Statistical significance: Inferential Statistics, hypothesis testing, level of significance, p value, selecting an appropriate Statistical test. Confidence interval of mean, statistical test of significance for difference between two means and more than two means (ANOVA). Confidence interval for proportion, statistical test of significance for difference between two proportions and more than two proportions (chi-square test)Correlation, linear regression, multiple regression and logistic regression. Non parametric methods: sign test, Wilcoxon signed-rank test, median test, Mann-Whitney test, Kruskal-Wallis test, Friedman test, Spearman rank correlation coefficient, Advantages, disadvantages and application of non-parametric tests.

Unit 9: Application of Program evaluation: Theory, process, tools, and application in evaluating educational program. Familiarity with tools/techniques such as program logic, flow-charting, Gantt chart, forward planning, backward planning, Delphi technique, appreciative inquiry, affinity mapping, network analysis.

Unit 10: Ethics and biomedical research: General principles on ethical considerations involving human subjects, ethical review procedures, Institutional ethics committee, its organization and functions, general ethical issues. Specific principles for clinical evaluation of drugs / devices/ diagnosis/vaccines/herbal remedies, specific principles in epidemiological studies, specific principles in human genetic research, specific principles for research in transplantation including fetal tissue implantation. Ethical guidelines for experimental animals: Sources of experimental animals, Lab animals husbandry and management, anaesthesia and euthanasia, laboratory animal ethics, animal ethics committee, its organization and functions, ethical guidelines for use of animals for scientific research, CPCSEA guidelines, in-vitro system to replace animals, legal provisions for experimentation of animals.

ELECTIVES-1 & 2

In the 1st semester, students will undertake two electives of 12 weeks each under mentorship of CYTER faculty. Literature review and 10 case studies are to be completed in any two of the topics given in the box below.

Each of the electives will be undertaken in various clinical departments of the hospital and be evaluated on the basis of a monograph and written theory paper.

Details of back ground of their work, literature review, materials and methods, yoga therapy techniques and concepts applied, results of their work, strengths and limitations, conclusions and recommendations drawn from their work will be basis for these papers.

Topic 1: Yoga therapy for musculoskeletal disorders

Topic 2: Yoga therapy for digestive disorders

Topic 3: Yoga therapy for cardiovascular disorders

Topic 4: Yoga therapy for respiratory disorders

Topic 5: Yoga therapy for neurological disorders

Topic 6: Yoga therapy for endocrine disorders

Topic 7: Yoga therapy for metabolic disorders

Topic 8: Yoga therapy for diabetes mellitus

Topic 9: Yoga therapy for psychiatric disorders

Topic 10: Yoga therapy for dermatological conditions

Topic 11: Yoga for women's health

Topic 12: Yoga for children's health

PRACTICUM -III:

UNIT 1: Learning and imparting Yoga therapy protocols, consultations and counselling for musculoskeletal disorders

UNIT 2 : Learning and imparting Yoga therapy protocols, consultations and counselling for digestive disorders

UNIT 3 : Learning and imparting Yoga therapy protocols, consultations and counselling for cardiovascular disorders

UNIT 4: Learning and imparting Yoga therapy protocols, consultations and counselling for respiratory disorders

UNIT 5: Submission of 10 complete Yoga therapy patient records of 5 different conditions. "Hands on" evaluation in the class room of simulated "mock" Yoga therapy situations.

SEMESTER II

COMPETENCIES EXPECTED AT THE END OF SECOND SEMESTER

i.	Demonstrated ability to express in detail various applications of yoga in different fields of human activity.
ii.	Expressed understanding of therapeutic potential of different yoga techniques in various medical conditions with reference to their underlying mechanisms.
iii.	Ability to demonstrate yoga practices appropriate for different conditions along with expressed advice on precautions, limitations and contraindications.
iv.	Ability to conduct personalized yoga consultation and reach an integrative diagnosis using modern medical as well as yogic concepts and techniques. Should be able to prepare appropriate yoga therapy protocol for patients of different conditions including suggestions for lifestyle modifications.
v.	Should be able to conduct integrated yoga therapy sessions for individual patients as well as groups of patients.
vi.	Ability to help organize and conduct seminar/ workshops through intra and inter-departmental collaboration.
vii.	Ability to document and report short and long term changes in normal volunteers and patients before and after undergoing Yoga therapy.
viii.	Demonstrated ability to conduct pilot studies on fundamental and applied aspects of Yoga and analyze data with appropriate statistical methods.
ix.	Ability to write a dissertation of 75 pages using IMRAD structure.
x.	Demonstrated ability to present research findings through both oral and poster presentations in local/national events.
xi.	Ability to prepare full-fledged paper for publication in research journals and have at least one publication resulting from the work done in the major project.

MAJOR PROJECT WORK AND DISSERTATION

Any one of the electives (minor projects) will be expanded into a full dissertation to be submitted for evaluation and to be defended in the public viva-voce.

This will be guided and evaluated by the Research Advisory Committee constituted for the purpose as per the University regulations.

Project work involves identification, designing, implementation of the project, leading to the submission of dissertation as per the norms and specification made by the University.

The project works involves about 300 hours of self-study under a Guide.

Every candidate will be assigned a Guide (if necessary a Co-Guide) from the panel of Guides approved by the University.

The facilities and norms for the submission of dissertation shall be governed by the Rules and Regulations passed by the SBV from time to time. The dissertation will be examined jointly by an external and internal examiner.

A total of 200 marks are assigned for the dissertation.

Public defence of the dissertation will be conducted at end of the 2nd semester.

PRACTICUM-IV :

UNIT 1: Learning and imparting Yoga therapy protocols, consultations and counselling for neurological disorders

UNIT 2 : Learning and imparting Yoga therapy protocols, consultations and counselling for endocrine disorders

UNIT 3 : Learning and imparting Yoga therapy protocols, consultations and counselling for metabolic disorders

UNIT 4: Learning and imparting Yoga therapy protocols, consultations and counselling for psychiatri disorders

UNIT 5: Submission of 10 complete Yoga therapy patient records of 5 different conditions. "Hands on" evaluation in the class room of simulated "mock" Yoga therapy situations.

* Students must attend practical training sessions thrice weekly for self-practice during morning/evening sessions at CYTER. There are also required to attend the clinical sessions being conducted in various wards as well as at CYTER. Observation plays a vital role in clinical learning and this a core requirement for the progression.

SCHEME OF ASSESSMENT

Each semester will have written theory papers that will have central evaluation.

The two theory papers in 1st semester will be based on the two electives.

Duration 3 hours, Max marks 80

Structured essay

(10 questions with 2 choices) - 8 x 10 marks = 80 marks

Monographs = 20 marks

Grand Total for each paper = 100 marks

The theory paper in 2nd semester will be on Research methodology

Duration 3 hours, Max marks 80

Structured essay

(10 questions with 2 choices) - 8 x 10 marks = 80 marks

Internal assessment = 20 marks

Grand Total = 100 marks

- At the end of 1st and 2nd semesters, there will be an internal audit at CYTER with practical evaluation of techniques based on the field of work done.
- At the end of 2nd semester, dissertation resulting from the major project will be assessed by internal and external examiners with viva (200 marks).
- Eligibility for appearing for the examination: Attendance : 80 %; 50% of marks in internal assessment of electives.
- Passing minimum: A minimum of B grade (50% marks) in each of the minor projects, public viva and theory papers. Final marks will be the average of the marks allotted by the internal and external examiners (double evaluation system).
- Those papers, projects not passed/ completed in first attempt can be attempted later when university schedules respective term examinations. All papers and projects need to be cleared successfully to be eligible for award of M Phil in Yoga Therapy.

COMPUTATION OF GRADES AND GRADE POINTS FOR REPORTING IN TRANSCRIPTS

The total of the marks obtained in internal (formative and summative) and final university (summative) examinations will be converted to Grades and the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA) will be calculated as per UGC recommendations.

Transcript (Format): Based on the above recommendations on Letter grades, grade points and SGPA and CCPA, the university will issue the transcript for each semester and a consolidated transcript indicating the performance in both semesters.

MODEL PAPERS

M PHIL IN YOGA THERAPY

PAPER 1: ELECTIVE 1

Max marks: 80

Time : 3hours

Answer any 8 of the following questions.

1. Describe the role of yoga in health and disease.
2. Describe the back ground of your elective project work.
3. Give literature review of the topic.
4. Describe materials and methods used.
5. Detail the yoga therapy techniques and concepts applied in your work.
6. Describe the results of your study.
7. What are the strengths of Yoga therapy in this condition?
8. What are the limitations of Yoga therapy in this condition?
9. What were the strengths and limitations of your study?
10. What are the conclusions and recommendations drawn from your work?

M PHIL IN YOGA THERAPY

PAPER 2: ELECTIVE 2

Max marks: 80

Time : 3hours

Answer any 8 of the following questions.

1. Describe the role of yoga in health and disease.
2. Describe the back ground of your elective project work.
3. Give literature review of the topic.
4. Describe materials and methods used.
5. Detail the yoga therapy techniques and concepts applied in your work.
6. Describe the results of your study.
7. What are the strengths of Yoga therapy in this condition?
8. What are the limitations of Yoga therapy in this condition?
9. What were the strengths and limitations of your study?
10. What are the conclusions and recommendations drawn from your work?

M PHIL IN YOGA THERAPY
PAPER 3: RESEARCH METHODOLOGY

Max marks: 80

Time : 3hours

Answer any 8 of the following questions.

1. Write down the process of developing a research proposal
2. Write the scope of yoga therapy research in a hospital?
3. Explain any one of the parametric distributions
4. Define correlation and regression
5. Explain level of significance and "P" value
6. Explain various sampling techniques
7. Explain confidence interval of mean and proportion
8. Explain the ethical issues in biomedical research
9. Describe the differences between qualitative and quantitative research.
10. What are the main difficulties in researching Yoga and Yoga therapy?

REFERENCE BOOKS AND WEBSITES

- Understanding Medical Physiology. Bijlani RL & Manjunatha S. Jaypee Brothers. 2011
- A Primer of Yoga Theory. Ananda Balayogi Bhavanani. Dhivyananda Creations, Pondicherry.
- Yoga Chikitsa: Application of Yoga as a Therapy. Ananda Balayogi Bhavanani. Dhivyananda Creations, Pondicherry.
- A Yogic Approach to Stress. AB Bhavanani. Dhivyananda Creations, Pondicherry.
- Anatomy and Physiology of Yogic Practices. MM Gore, Lonavla
- Applied Yoga. Meena Ramanathan. Arogya Yogalayam, Pondicherry.
- Asana, Pranayama, Mudra and Bandha. Swami Satyananda, Bihar School of Yoga, Munger.
- Asanas. Swami Kuvalayananda. Kaivalyadhama, Lonavla.
- Asanas : Why? and How? O.P. Tiwari, Kaivalyadhama, Lonavla
- Ashtanga Yoga of Patanjali . Swami Gitananda. Ananda Ashram, Pondicherry
- Frankly Speaking. Swami Gitananda. Ananda Ashram, Pondicherry
- Glimpses of The Human Body. Shirley Telles. VK Yogas, Bangalore
- Hatha Yoga Practices of Gitananda Yoga. Ananda Balayogi Bhavanani. ICYER, Pondicherry.
- History of Yoga from Ancient to Modern Times. Meenakshi Devi Bhavanani. ICYER at Ananda Ashram, Pondicherry.
- Notes for Yoga Practicals I & II. Ananda Balayogi Bhavanani. Dhivyananda Creations, Pondicherry.
- Principles and Methods of Yoga Practices. Ananda Balayogi Bhavanani. Dhivyananda Creations, Pondicherry.
- Scientific Basis of Yoga Education. Ananda Balayogi Bhavanani. Dhivyananda Creations, Pondicherry.
- Scientific Survey of Yoga Poses. Swami Kuvalayananda. Lonavla
- The Yoga Tradition. George Feuerstein. Shambala Pub, USA
- www.iayt.org
- www.icyer.com
- www.svyasa.org
- www.kdham.org
- www.youtube.com/user/yognat2001
- www.youtube.com/user/CYTER2010
- Yoga and Sports. Swami Gitananda & Meenakshi Devi. Ananda Ashram, Pondicherry
- Yoga: Asana, Pranayama, Mudra, Kriya. Vivekananda Kendra Prakashan, Chennai.
- Yoga and Wellness. Ananda Balayogi Bhavanani. MDNIY, New Delhi.
- Yoga for a Wholistic Personality. Ananda Balayogi Bhavanani. MDNIY, New Delhi.
- Yoga for Breathing Disorders. Swami Gitananda Giri and Ananda Balayogi Bhavanani. Dhivyananda creations, Pondicherry.
- Yoga for Health and Healing. AB Bhavanani. Dhivyananda creations, Pondicherry.
- Yoga for Weight Loss. AB Bhavanani. Dhivyananda Creations, Pondicherry.
- Yoga Life. Monthly Journal of Ananda Ashram, Pondicherry (Back issues)
- Yoga Mimamsa. Quarterly Journal of Kaivalyadhama, Lonavla (Back issues)
- Yoga: by Vivekananda Kendra Prakashan, Chennai.
- Yogic Therapy. Swami Kuvalayananda and Dr. S.L. Vinekar. Kaivalyadhama Yoga Institute, Lonavla.

Facilities and staff

The main venue for all programs is the CENTRE FOR YOGA THERAPY, EDUCATION AND RESEARCH (CYTER), situated in the 1st Floor of I Block of MGMCR&RI. CYTER has adequate seminar room, consultation chamber, lecture and practice hall and group discussion rooms including the latest audio video equipment for teaching, training and learning. SBV has a well-equipped Central Library with a wide variety of collection of educational resources. MGMCR&RI has numerous departments of general, specialty and super specialty nature where CYTER students get hands on clinical training. Sri Balaji Vidyapeeth has signed MoU with Kaivalyadhama, the premier institute of Yoga for exchange of teaching materials, as well as student and faculty exchange Programs.

FACULTY MEMBERS

Director: Yogacharya Dr. Ananda Balayogi Bhavanani

Deputy Director: Yogachemmal Dr. Meena Ramanathan

Lecturer: Yogachemmal G Dayanidy

Yoga Instructors: Smt G Sarulatha and Sri P Danushapnadeesh

EXTERNAL CONSULTANTS/ ADJUNCT FACULTY

Yogacharini Meenakshi Devi Bhavanani, Director ICYER, Pondicherry

Sri Subodh Tiwari, CEO, Kaivalyadhama, Lonavla

Dr BR Sharma, Principal GS College of Yoga & Cultural Synthesis, Kaivalyadhama

Dr Kausthub Desikachar, CEO, Krishnamacharya Healing & Yoga Foundation, Chennai

Dr Arpan Bhatt, HOD, Swasthavrutta , Gujarat Ayurved University, Jamnagar

Dr Satish Phatak, Medical Consultant, Kaivalyadhama, Lonavla.

Dr A Sanguida, IGIDS, SBV, Pondicherry

BOARD OF STUDIES

Dr. Ananda Balayogi Bhavanani, Director CYTER- Chairperson

Prof. Madanmohan, Ex-Director CYTER - Hon Advisor

Yogacharini Meenakshi Devi Bhavanani, Director ICYER, Pondicherry- External expert

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