



# ***SRI BALAJI VIDYAPEETH***

(Deemed University Accredited with A Grade by NAAC),  
Pillaiyarkuppam, Pondicherry - 607402

## **Courses Offered in YOGA THERAPY**

**Revised and Amended Regulations - 2020**

(Approved by 30th Academic Council on 28 September 2020)



**Offered under auspices of Deanery of Allied Health Sciences at  
the CENTRE FOR YOGA THERAPY, EDUCATION AND RESEARCH  
(CYTER), 1<sup>st</sup> Floor, I Block, MGMC&RI, Pondicherry - 607 402.**

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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

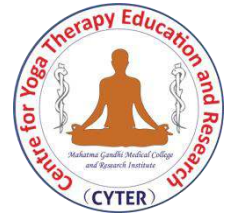
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PILLAIYARKUPPAM, PONDICHERRY - 607 402

Web site: [www.sbv.ac.in/cyter](http://www.sbv.ac.in/cyter)



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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 1<sup>st</sup> 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).

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
To the Institutes	Linked with Grading, which is fair to the students, compared with marks
	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 hallmark 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, and 'understanding and application of concepts' at the Diploma 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. Each certificate is 12 weeks while PGDYT is of one year duration, spanning 48 weeks.
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.

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 for a duration of 16 hours leads to One Credit.

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 BoS for AHS courses on 24.8.2020 finalised recommendations of the Academic Sub-Committee for Review of SBV Credit System adopting Letter Grade system as follows:

Marks obtained by candidate (a)	Equivalent grade letter (b)	Grade descriptor (c)	Grade point (d)
85 % and above	O	Outstanding	10
75-84 %	A+	Excellent	9
65-74 %	A	Very good	8
60-64 %	B+	Good	7
55-59 %	B	Above average	6
50-54 %	C	Average pass	5
49 % and below	F	Reappear	0
	Ab	Absent	0

A student obtaining Grade F shall be considered failed and will be required to reappear in the examination.

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

The content of the PGDYT is delivered in the form of four certificate courses in Yoga therapy education. The certificate 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 enrolled for certificate programs will exit from the program with respective certificate upon completing the requirements of attendance, internal assessment and assignments to the satisfaction of faculty-in-charge.

Candidates registered for PGDYT course will take up university examinations at the end of each semester and will be required to submit a portfolio of their self directed learning at the end of 2nd semester.

## PROGRAM EDUCATIONAL OBJECTIVES (PEO)

1. To develop competent Yoga Therapists who will be able to serve the community through therapeutic applications of Yoga in various health conditions.
2. To ensure career enhancement of Yoga teachers by developing skills in clinical applications, thus empowering them to become Yoga therapists.
3. To facilitate the integration of Yoga within the modern healthcare system.
4. To support the existing healthcare system by facilitating healing, rehabilitation and wellness through Yoga.

## PROGRAM OUTCOMES (PO)

At the end of the one year PGDYT program, the PG Diploma holders will be able to function effectively as:

**PO-1 Yoga practitioner** capable of expressing its health benefits to general public.

**PO-2 Yoga wellness instructor** capable of teaching small group sessions under guidance.

**PO-3 Advocates of Yoga as an integrative therapy** in AYUSH and CAM systems capable of data collection for research purposes.

**PO-4 Yoga trainer and facilitators** who can provide specialised yoga programs for corporate sector, universities and sporting bodies.

**PO-5 Yoga Teachers/ therapists** who can provide modified yoga therapy programs for special interest groups of the community such as senior citizens, transgender and children with special needs.

**PO-6 Yoga therapist** who can prepare a personalised yoga therapy protocol based on yogic and modern medical evaluation, and administer it with proper documentation of follow-up.

**PO-7 Advocates of Information and Communication Technology** including e-learning, online learning, and other modalities.

**PO-8 Self-directed learners, capable of planning and documenting their leaning experiences and reflections in the form of e-portfolio**, which will be a part of their formative and summative learning.

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

Course 1	Course 2	1st Semester Exam	Course 3	Course 4	2nd Semester Exam
<b>Foundations of Yoga (CFY)</b>	<b>Foundations of Yoga Therapy (CFYT)</b>	2 written theory papers 2 x 100= 200 and 1 practicum 200 marks Total 400 (IA 20%)	<b>Applications of Yoga (CAY)</b>	<b>Clinical Applications of Yoga Therapy (CCAYT)</b>	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 <b>3Cr</b>	Lectures/ seminars of 4 hr/wk x12 wks = 48 hr <b>3Cr</b>		Lectures/ seminars of 4 hr/wk x12 wks = 48 hr <b>3Cr</b>	Lectures/ seminars of 4 hr/wk x12 wks = 48 hr <b>3Cr</b>	
Practicum training of 8 hr /wk x12 wks = 96 hr <b>3 Cr</b>	Practicum training of 8 hr /wk x12 wks = 96 hr <b>3 Cr</b>		Practicum training of 8 hr /wk x12 wks = 96 hr <b>3 Cr</b>	Practicum training of 8 hr /wk x12 wks = 96 hr <b>3 Cr</b>	
Total = <b>6 Cr</b>	Total = <b>6 Cr</b>		Total = <b>6 Cr</b>	Total = <b>6 Cr</b>	Portfolio covering entire year <b>2 Cr</b>
<b>Total Credits</b>					<b>26</b>

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 (CCAYT)

### 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-tha 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, sheetal, 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 (50%) in each of the theory papers and a minimum of C 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 Śaṭ-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.

## 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](http://www.iayt.org)
- [www.icyer.com](http://www.icyer.com)
- [www.svyasa.org](http://www.svyasa.org)
- [www.kdham.org](http://www.kdham.org)
- [www.youtube.com/user/yognat2001](http://www.youtube.com/user/yognat2001)
- [www.youtube.com/user/CYTER2010](http://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 MGMC&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. MGMC&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  
Assistant Professor: 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, Dean, Faculty of Health and Wellness, Sri Sri University, Cuttack  
Dr Kausthub Desikachar, CEO, Krishnamacharya Healing & Yoga Foundation, Chennai  
Dr Arpan Bhatt, HOD, Swasthavrutta , Gujarat Ayurved University, Jamnagar  
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  
Dr. J Mohanakrishnan, Physiotherapist JIPMER, External Expert  
Yogachemmal G Dayanidy, Assistant Professor CYTER-Member  
Dr. Meena Ramanathan, Deputy Director CYTER, Member Secretary

### IMPORTANT CONTACTS

Centre for Yoga Therapy, Education and Research (CYTER)  
Web site: [www.sbv.ac.in/cyter](http://www.sbv.ac.in/cyter)  
Phone : 0413 - 2615449 to 2615458 (Ext: 317),  
Email : [yoga@mgmcri.ac.in](mailto:yoga@mgmcri.ac.in)

Sri Balaji Vidyapeeth, Pondy Cuddalore Main Road,  
Pillaiyarkuppam, Pondicherry - 607 402.





நடவள வாய்க்கைக்கு யோகா பயிற்சி
யோகா பயிற்சியை வழங்கும் மருத்துவர்கள்...

Yoga therapy enters medical curriculum

M. Dinesh Varma

PUDUCHERRY: Yoga might have gained acceptance as a useful supplement in modern medicine's strategy for disease management...



A recent yoga workshop at the MGMCRI in Puducherry.

the structured harnessing of yoga for medical benefit. Last year, Joseph and Lilian le Page, founders of Integrative Yoga Therapy, U.S., had remarked after a visit to CYTER...

Yoga therapist honoured

Special Correspondent

PUDUCHERRY: The SADAY School, an institution that serves differently-abled children, recently honoured Dr. Meena Ramathanan, yoga therapist at the Centre for Yoga Therapy, Education and Research (CYTER)...

The function was led by Dr. M. Sugathan, founder-director of SADAY School and Asha Sugathan, trustee.

R.R. Dhanapal, President and Dr. Sita, Vice-president of SADAY, highlighted the services done by Dr. Meena for special children and senior citizens.

In her acceptance speech, Dr. Meena Ramathanan explained the various benefits of the art and science of yoga as a complementary therapy.

Puducherry opening up more avenues in yoga

"Government can consider inviting Prime Minister Narendra Modi for next year's festival"



A new yoga festival will see (Right) Students of Sri Balaji Vidyalaya performing at the event. (Left) Participants at the event.

Pondy Times

Your Neighbourhood Weekly

www.pondytimes.in



Vice-chancellor of Sri Balaji Vidyalaya Prof. K.R. Senthuram receiving the International Day of Yoga Certificate from the Centre for Yoga Therapy, Education and Research at Mahatma Gandhi Medical College and Research Institute from 21st to 26th June 2015.

Practitioners Integrate It With Other Systems To Treat Lifestyle Diseases Paired with ayurveda, allopathy, YOGA GETS A TWIST

Dr. Meena Ramathanan, yoga therapist at the Centre for Yoga Therapy, Education and Research (CYTER) at the Mahatma Gandhi Medical College and Research Institute, has been practising yoga for over 15 years...

Yoga Festival : Pride of Pondy

The International Yoga Festival, organised by the Government of Puducherry as a dedication to the traditional wisdom, was celebrated in this beautiful and peaceful ground...

Medical practitioners lay stress on yoga

Venkateswarar Medical College Hospital and Research Centre conducted a programme on therapeutic potentials of yoga

In recognition of yoga's role as an adjunct therapy, the Department of Physiology of Sri Venkateswarar Medical College Hospital and Research Centre in Puducherry recently conducted a Continuing Medical Education programme on the therapeutic potentials of yoga.



Participants at the CME programme on yoga at Sri Venkateswarar Medical College Hospital.

Deemed varsity, yoga institute sign pact for research work

The Centre for Yoga Therapy, Education and Research (CYTER) at the Mahatma Gandhi Medical College and Research Institute has signed a Memorandum of Understanding (MoU) with Sri Balaji Vidyalaya, a deemed university...

Host of yoga-related events slated for June

Yoga Fest 2016 and International Day of Yoga celebrations planned. The Centre for Yoga Therapy, Education and Research (CYTER) at the Mahatma Gandhi Medical College and Research Institute is planning to host several yoga-related events...

Now, Yoga becomes part of nursing curriculum

Students in the department of nursing at Sri Venkateswarar Medical College Hospital and Research Centre will now be taught yoga as part of their curriculum.



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