



S - VYASA

Swami Vivekananda Yoga
Anusandhana Samsthana

Deemed to be University

Established under Section 3 of the UGC Act, 1956

A
World
Class
Yoga
University

Short Prospectus 2011 – 2012

Experience Yoga Way of Life | Discover the Goal of Life

Vision: *Be and Make*

Mission:

*Combine the best of the East
with that of the West*



University Campus: Prashanti Kutiram

Giddenahalli, Jigani Hobli, Anekal Tq, Bengaluru – 562106

Ph: 91-80-2263 9961 / 97

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6 *Emphasis on total personality development of each and every student*



S-VYASA

Swāmi Vivekānanda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

a The objective of S-VYĀSA has been to make Yoga a socially relevant science with the
b tool of modern scientific research. Over the last 25 years, several beneficial applications of
O Yoga in Health, Education, Management and other fields have been established through
t scientific research: published 172 research papers in leading peer reviewed national and
international journals making this institution a premier in Yoga research in the country.

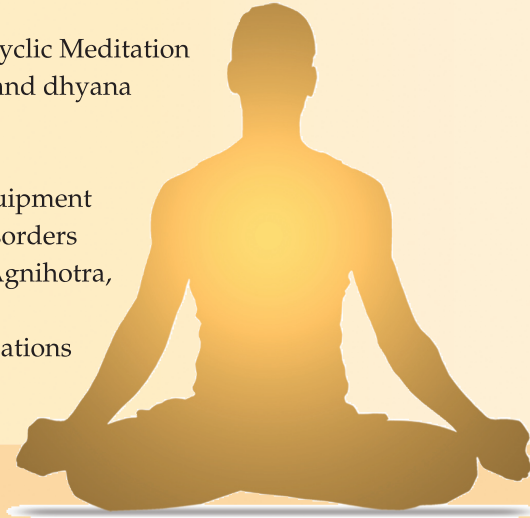
The impact of this sustained movement along with several other institutes has resulted
in Yoga being accepted as an adjunct system of therapeutic value by the modern medical
world.

“The goal of life is to manifest the Divinity within” is the proclamation of Swami
Vivekananda. The approach of S-VYĀSA has been to promote this great wisdom of Yoga
and Spiritual lore not only for alleviating human suffering but also for individual growth
and universal peace, harmony and brotherhood.

With vast experience of conducting several short-term and long-term programs as an
affiliated institution to Bengaluru, Mysore, Mangalore and Rajiv Gandhi University of
Health Sciences, Bengaluru, S-VYĀSA acquired the status of deemed-to-be University in
2002. This has resulted in offering more structured and well-accepted courses and degrees as
per the guidelines laid down by UGC. True to the basic spirit of any university, knowledge
dissemination through various programs and generation of new courses through research
and development is pursued in S-VYĀSA.

Research Projects at a glance:

- » A nation wide project SDM - Stop Diabetes Movement pursuing in 30 cities to begin with having 5000 diabetics in each city.
- » Project ICMR: Autonomic, EP, Sleep and FMRI studies on Cyclic Meditation and component of all meditations - concentration, dharana and dhyana
- » Studies on Pranayama
- » Project on Yoga and Pregnancy
- » Project on Prana and development of nadi measurement equipment
- » Projects on Cancer, Asthma, IHD, Hypertension, Mental Disorders
- » Project Consciousness - Prana and Quantum Physics; Agnihotra, Mantras, Pyramids; REG
- » Project Cow Research and Savayava krishi and Other Applications of Yoga





Office Bearers of S-VYĀSA

President

Dr Praṇav Paṇḍyā MD

Chancellor, Dev Sanskr̥ti Vishvavidyālaya, Haridwar

Vice-chancellor

Prof H R Nāgendra PhD

Registrar

Dr NK Manjunath Sharma PhD

Academic Programs and Division of Yoga-Spirituality

Prof Vidwan Ramachandra G Bhat PhD

Division of Yoga & Life Sciences

Dr R Nagarathna MBBS, M.D, FRCP

Division of Yoga & Physical Sciences

Prof T M Srinivasan PhD

Division of Yoga & Management

Prof Subash Sharma PhD

Division of Yoga & Humanities

Prof K Subrahmanyam PhD

Deans

Last Date for

Submission of Application

- » 30th June
- » With late fee 15th July

Counseling & Interview

- » 26th & 27th June
- » 17th & 18th July and
- » 26th & 27th July

Course Registration

- » 30th & 31st July
- » 10th & 11th January

Academic Events

Semester System

- » 1st August - 15th December
- » 12th January - 30th May

Training in organizing workshops & conferences

- » 15th to 25th December

YIC (compulsory) & Special field training, retreats, courses etc

- » 1st to 30th July

Vacation

For all long-term courses

- » 26th December - 10th January
- » 1st June - 29th July

For MD (Y&R) and PhD

- » 1st June - 30th June

For all short-term courses

- » 15 days in a whole course



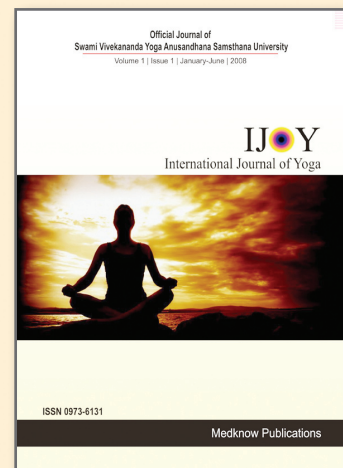
S-VYASA

Emphasis on practical
'hands-on' experience & in depth research



Mile-Stones:

- ▶ The Govt. of India, Ministry of Health & Family Welfare, Dept of AYUSH has accorded Centre of Excellence in Yoga for S-VYASA.
- ▶ Received research grants from several national and international granting agencies like DST, DSIR, ICMR, AYUSH, DRDO, NIH, etc.
- ▶ S-VYASA has an Advanced Centre for Research in Yoga & Neurophysiology sponsored by Indian Council for Medical Research (ICMR).
- ▶ MoUs with about 43 leading Universities and Research Centres all over the world for conducting collaborative research in Yoga have been signed. Research projects with the Andaman & Nicobar Administration; Central Michigan University, USA; East Tennessee State University, USA; Japan Vivekananda Yoga Kendra, Yonago, Japan; The University of Texas M D Anderson Cancer Center, USA; Royal Melbourne Institute of Technology, Australia and Memorial Hospital, Department of Complementary Medicine, Istanbul, Turkey are in progress.
- ▶ Trained nearly 50,000 yoga teachers in India and abroad.
- ▶ Produced the largest number (*about 172*) of research papers in the field of Yoga in National & International indexed journals.
- ▶ Established the biggest, 250 beds, Holistic Research Health Home and Research facility in Prashanti Kutiram campus, Bengaluru
- ▶ Yoga Centres for research in over 36 countries.
- ▶ Treated over 2,50,000 patients with different ailments in India and abroad.
- ▶ Organized over 100 symposia, workshops and 20 National and International Conferences in India and Abroad.



S-VYASA

10th
Year



Certificate, Diploma & PG Diploma Courses

Code	Course Name	Eligibility	Period
Division of Yoga - Spirituality			
* YIC	Yoga Instructors' Course	12 th Std / Equivalent	1 Month *
<i>* YIC starts from 1st of all months except April & December Compulsory for all courses</i>			
Division of Yoga & Life Science			
YTOT	Yoga Therapy Orientation Training for Doctors	Medical Graduates of all Systems	2.5 month
NTTC	Naturopathy Therapist Training Course	10 th Std attempt	1 year
ATTC	Ayurveda Therapist Training Course	10 Std attempt	1 year
PGDYT	PG Diploma in Yoga Therapy	Graduation	1 year
PGDYTD	PG Diploma in Yoga Therapy for Doctors	Medical Graduation of any System	1 year
Division of Yoga & Management			
YTTC	Yoga Teachers Training Course	School Teachers	1 Month

Degree & Post Graduate Courses - A glance

Division of Yoga – Spirituality

BSc, MSc - Yoga and Consciousness

Objectives:

- ▶ To train Sadhakas - inner researchers, spiritual counselors and cultural ambassadors & empower them with the wisdom of Yoga - spirituality to explore subtle dimensions of consciousness.
- ▶ To promote the ancient Gurukula system of education with the wisdom of Vedanta, the principles and practices of integrated modules of Yoga techniques with a scientific fervor of the WEST.



Course Name	Eligibility	Duration
* BSc (Y&C) (Yoga & Consciousness)	Prak Shastri Exam/ Sanskrita Sahitya Exam or plus 2 with Sanskrit as a subject or equivalent	3 Years
* MSc (Y&C) (Yoga & Consciousness)	Shastri/ Vidvat Madhyama Exam/Graduation with Sanskrit proficiency / any graduation + one year Bridge Course	2 Years

* These courses are based on Gurukula system



Division of Yoga and Life Science

BNYS – Bachelor of Naturopathy and Yogic Science

Objectives:

To produce medical professionals well-versed in Yoga therapy, Naturopathy and Modern medicine, who are dedicated to serve and grow.

Course Name	Eligibility	Duration
BNYS (Bachelor of Naturopathy & Yogic Science)	12th Std (PCB)	4.5 Years + 1 Year Intern



MPhil - Counseling and Yoga Therapy

Objectives:

- ▶ To promote yogic counselors trained in the techniques of counseling and therapy rooted in both Yoga and modern psychology
- ▶ To create counselors who serve therapy participants with utmost love, care and dedication by understanding the total personality of the therapy participants and bring solace, new vision and positive health in their lives.

Course Name	Eligibility	Duration
MPhil (Master of Philosophy) (Counseling & Yoga Therapy)	Master's degree in one of the following subjects in regular programme: Psychology, Clinical Psychology, Counseling Psychology, Psychosocial Rehabilitation, Yoga Psychology	2 Years

MD - Yoga and Rehabilitation

Objectives:

- ▶ To train Post Graduate Medical professionals to become consultants in Yoga therapy with holistic vision of Yoga and spiritual lore.
- ▶ To introduce Yoga research dimensions and make them conduct internal & external research.

Course Name	Eligibility	Duration
MD (Y&R) (Yoga & Rehabilitation)	Medical Graduate	3 Years

MSc - Yoga

Objectives:

- ▶ To bring about all-round development of Yoga teachers with holistic vision of Yoga and spiritual lore.
- ▶ To train Yoga teachers to introduce Yoga in schools & colleges.
- ▶ To introduce the Yoga research dimensions and make them conduct internal & external research.

Course Name	Eligibility	Duration
MSc (Yoga)	Graduation of any discipline	2 Years





BSc – Yoga

Objectives:

- » To train persons as Yoga Therapy Instructors as paramedical personnel in hospitals, nursing homes to introduce IAYT under the guidance of doctors.
- » To equip the participants to run their own Yoga Centres.
- » To equip the participants to work as therapists at hospitals, health clubs etc.
- » To train them to introduce Yoga in higher secondary schools.

Course Name	Eligibility	Duration
BSc (Yoga)	12 th Std / Equivalent	3 years



Division of Yoga and Management

BSc, MSc and MPhil - Yoga and Management

Objectives:

- » To create new change agents for the business, corporate world and society for creating transformation based on a new integration of Yoga and Management disciplines with a view to achieve the vision of sustainable and holistic development.
- » To develop new approaches to Management through a new integration of managing Self (through Yoga approaches) and managing others (through Management approaches) and undertake research in this direction.

Course Name	Eligibility	Duration
BSc (Y&M) (at par BBA) (Yoga & Management)	12 Std	3 years
MSc (Y&M) (at par MBA) With HR Focus (Yoga & Management)	Graduation	2 years
* MPhil (Y&M) (Yoga & Management)	MBA or Equivalent	2 years

* Non - Residential Course

* BSc, * MSc - Yoga Education

Objectives:

- » To train Yoga teachers to introduce Yoga in schools, colleges and universities
- » To bring about all round personality development of Yoga teachers with holistic vision of Yoga and spiritual lore
- » To equip the participants to run their own Yoga Centres

Course Name	Eligibility	Duration
* BSc (Yoga Education)	12 Std	3 years
* MSc (Yoga Education)	Graduation	2 years

* Non - Residential Course





S-VYASA

Assured placement opportunities to all our students across the Globe with salaries matching IT Professionals



Division of Yoga and Humanities

BA, MA – Yoga, Journalism and Mass Communication

Objectives:

- ▶ To introduce positive and harmonizing Journalism
- ▶ To produce value-based media professionals strongly rooted in their own culture and heritage
- ▶ To reculcate Yoga & culture-based ethos and philosophy into Journalism

Course Name	Eligibility	Duration
BA (YJMC) (Yoga, Journalism & Mass Communication)	12th Std	3 Years
MA (YJMC) (Yoga, Journalism & Mass Communication)	Graduation	2 Years

Common for all Divisions

PhD (Yoga)

Objectives:

- ▶ To introduce the Yoga research dimensions and make them conduct internal & external research

Course Name	Eligibility	Duration
PhD <i>Doctoral Degree in Yoga</i>	Masters Degree, Engineering Graduate / Medical Graduate	3 Years

Salient Features of S-VYASA:

- ▶ Unique Gurukula way of Education combined with American Credit based semester system including communication and other skills training
- ▶ Total personality development of each and every student
- ▶ Spacious campus of sprawling beauty in rural setting and natural environment
- ▶ Arogyadhama - *Biggest* Holistic Reseach Health Home (*Hospital*) in the world
- ▶ Digital, Audio-Visual Library, Biggest Yoga Research Library
- ▶ Practical “hands-on” experience, field works, internships and study tours
- ▶ Extra curricular, cultural & sports activities
- ▶ Active placement & student counseling cell

**Join S-VYASA
to bring
Health, Happiness &
Harmony
to this World
through Yoga**

Last Date for Submission of Application 30th June 2011 & 15th July 2011 *with late fee*

All Courses commence from 1st August 2011

Pre - Requisite for all Courses - Yoga Instructor’s Course (YIC) * **Starts 1st July 2011**

Address for correspondence (City Office)

The Course Co-ordinator, S-VYASA, Eknath Bhavan, # 19,
Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019

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