

DECLARATION

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of **Dr. Ramesh Mavathur**, Professor, Division of life science , S-VYASA University, Bengaluru, **Dr. Judu Ilavarasu**, Associate Professor, IIM Kozhikode, **Dr. Hemant Bhargav**, Associate Professor, Department Integrative Medicine NIMHANS and **Dr. Bharath Holla**, Associate Professor, Department of Integrative Medicin, NIMHANS, Bengaluru. I also declare that the subject matter of my thesis entitled “**DEVELOPMENT, CONTENT VALIDATION, AND FEASIBILITY OF A TELE YOGA MODULE FOR POST-TRAUMATIC STRESS DISORDER**” has not been previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

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Date: 29th October, 2025

Place: Bengaluru

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**STANDARD INTERNATIONAL TRANSLITERATION CODE USED
TO TRANSLITERATE SANSKRIT WORDS**

a	=	अ	ṅa	=	ङ	pa	=	प
ā	=	आ	ca	=	च	pha	=	फ
i	=	इ	cha	=	छ	ba	=	ब
ī	=	ई	ja	=	ज	bha	=	भ
u	=	उ	jha	=	झ	ma	=	म
ū	=	ऊ	ñ	=	ञ	ya	=	य
ṛ	=	ऋ	ṭa	=	ट	ra	=	र
ṝ	=	ॠ	ṭha	=	ठ	la	=	ल
E	=	ए	ḍa	=	ड	va	=	व
Ai	=	ऐ	ḍha	=	ढ	śa	=	श
O	=	ओ	ṇa	=	ण	ṣa	=	ष
au	=	औ	ta	=	त	sa	=	स
Ṁ	=	अं	tha	=	थ	ha	=	ह
Ḥ	=	अः	da	=	द	kṣa	=	क्ष
ka	=	क	dha	=	ध	tra	=	त्र
kha	=	ख	na	=	न	jña	=	ज्ञ
ga	=	ग						
gha	=	घ						

ABSTRACT

Introduction

Post-traumatic stress disorder (PTSD) is a growing concern worldwide. The increasing incidence of PTSD, compounded by the social stigma associated with it, often prevents individuals from seeking professional help. The objective of this study was to develop, validate, and test the feasibility of Tele-Yoga Module (TYM) for managing PTSD, within a community setting in India.

Methods: The development of the TYM involved a systematic review of existing literature on yoga-based interventions for PTSD and a thorough examination of classical yoga texts. Following this, the module was content validated based on feedback from 23 experts in yoga and mental health. The feasibility of the module was then tested in a 12-week study with sixty participants diagnosed with PTSD as per DSM-V criteria. Participants were split evenly between the TYM and a treatment-as-usual (TAU) group. We measured variables such as PTSD symptoms, social functioning, resilience, anxiety, depression, and yoga-based personality traits.

Results: Participants in the TYM group showed significant improvements in PTSD symptoms, anxiety, and depression, compared to the TAU group ($p < 0.001$ for all). No significant between-group differences were observed in resilience and psycho-social functions ($p = 0.11$). The feasibility aspects of the TYM have been discussed under seven dimensions, including safety and acceptability. These findings suggest that the TYM can serve as a potentially useful add-on intervention in managing PTSD. This study contributes to the emerging field of tele-yoga and highlights the importance of culturally and contextually adapted mental health interventions. Such approaches are crucial for addressing the global burden of PTSD.

Keywords: PTSD, Tele yoga, Module development, feasibility, stigma

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