



Paramanand

Institute of Yoga Sciences & Research

Student Handbook

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A. Admission Requirements and Procedures

1. All applicants should be 18 years or above.
2. All applicants should be certified yoga teachers (200 Hours), with a minimum one year teaching experience and one year personal practice.
3. Applicants are required to fill up the application form on our website (<https://tinyurl.com/paramapplicationform>) and email it to yogaparamanand@gmail.com. They will also be interviewed before their application is accepted
4. Application must be filled up at least two weeks prior to the start date of the course. Places are not guaranteed for late registrations, due to student quota and administrative processing time.
5. Proficiency in English is essential.

B. Transfer of credits and advanced standing policies

1. We do not accept credits or provide credits for other courses or experiences. Any queries or appeals can be directed to yogaparamanand@gmail.com for clarification.

C. Tuition Fees and Refund Policies

1. The program fee structure is broken down according to the different phases in the program in the following ways, but not limited to (all fees are standardized in USD);
 - a. Phase 1 (Core-Curriculum Fees).
 - (1). Yoga Philosophy
 - (2). Anatomy, Pathology and Physiology
 - (3). Tools of Yoga Therapy
 - (4). Ayurveda and Yoga Therapy
 - (5). Making of a Yoga Therapist
 - (6). Psychology and Yoga Therapy
 - (7). Regulatory Practices and Business Ethics
 - b. Phase 2 (Practicum Delivery Mentorship and Documentation Review).
 - (1). Mentorship Sessions (Minimum of 10 hours)
 - (2). Documentation Review and Correction (Minimum of 45 hours)
 - c. Phase 3 (Presentation and Knowledge Management).
 - (1). Presentation Content Review
 - (2). Presentation Skills and Mentoring

For more fees details, please email:
yogaparamanand@gmail.com



- d. Administrative Costs \$400 (including text books, provision of material costs, printing costs etc.)
 - e. 50% of the fee must be paid upfront before the course begins. Remaining 50% can be paid in 2 instalments. Certificate will be issued only after the fee has been paid in full.
 - f. If a student fails in a subject or wants to repeat a subject, 50% of that subject's fee will be applicable.
2. Accommodation and meals can be provided on the Institute at a net fee of USD \$15 per day.
3. Travel costs from the Institute to and from the Devi Ahilyabai Holkar Airport (Indore) can be arranged at USD \$10 per trip. The Institute can also assist the students to book the necessary travel arrangements to and from Indore at the cited market rate.
4. Refund Policy.
- a. Programs may be cancelled should the minimum enrolment not be received. Students will be given an option to enrol in another batch, where the enrolment is certain or opt for a refund.
 - b. If a student cancels his/her participation, refund will be determined in accordance to the policy of the Institute as stated in https://www.paramyoga.org/?page=refund_policy. Students can clarify the refund policies with the institute by sending their queries to yogaparamanand@gmail.com.
 - c. If a student is expelled from the institute due to his/her poor conduct and failure to meet the requirements to pass the course, no refunds will be provided.

D. Opportunities and Requirements of Financial Aid

1. We offer partial scholarships to deserving candidates on a case by case basis. Applicants should contact us personally or inform us of their reasons for applying for Financial Aid through yogaparamanand@gmail.com. We will follow up with deserving candidates on the necessary policies and procedures.



E. Rules for Student Conduct

The rules for student conduct are broken down into 2 main portions; the first being Code of Conduct and General Discipline and the second being Yoga Etiquette and Discipline. The former emphasizes the general code of conduct in the institute, while the other emphasizes the regimentation and discipline pertaining to Yoga. Both are crucial to the development of a Yoga Therapist.

1. Code of Conduct and General Discipline

The organization “Paramanand Institute of Yoga Sciences & Research” inherits the ancient approach of yoga to inculcate and infuse the wisdom of yoga in each and every aspirant. To turn this vision into reality, the whole design of teaching and learning is designed in a way that this ethical sense becomes imbibed in all members of the institute.

At Paramanand Institute, the very beginning of the day starts with the ancient code of conduct prescribed under the name of *Dinacharya* (the daily regimen). The daily activities are arranged in the light of *Ritucharya* (seasonal code of conduct). Moreover, every step of behavior of the individual is visualized under the concept of *Achar-rasayan* (behavioral chemistry).

We believe the whole spectrum of *Yama* (rules and behavioral standards in society) and *Niyama* (personal code and conducts) prescribed by Maharishi Patanjali need to be applied in our daily lives. As it is not feasible to apply everything, the Yamas and Niyamas should be sincerely and honestly practiced to the fullest extent applicable.

The following text will summarize the rules and code of conduct as quoted by Maharishi Patanjali (they have been carefully categorized according to the guidelines given above):

Competence and Productivity

1. Complete the assignments in an organized and timely manner. No late submissions will be accepted and the organization is not liable for any loss of grades for late submissions. Prior permission must be sought from the respective faculty member if time extension is required.
2. Absence from any activity of the scheduled program is a gross breach of discipline. Under inevitable circumstances, a student should obtain permission from the teacher concerned/the respective manager in advance.
3. Participants must follow the timetable.
4. Routine of the course should be strictly followed. Discipline is an integral part of this training program. Disrespect may render the student to lose his/her studentship and in such case no fees would be refunded.



5. Absence from any activity of the scheduled program is a gross breach of discipline. Under inevitable circumstances, a student should obtain permission in advance from the teacher concerned/the respective Manager accordingly.

Compliance with Supervision

What level of supervision is required for yoga therapy students by the faculty? What level of supervision is required by yoga therapy students in the delivery of yoga therapy? What is expected when supervising or being supervised?

1. All students are supposed to be disciplined.
2. Supervision of the students will be done by the mentor or senior students under training of the program.
3. During supervision or being supervised, both mentor and student will have proper guidance, assistance, correcting, helping, and others will happen.

Diet, Health and Hygiene, if applicable

1. Smoking and drinking alcohol are strictly prohibited.
2. In case of health problems, manager will help and refer to medical doctor. Treatment required during the course will have to be managed by medical experts on your own.
3. Your diet should include raw food, salad and vegetables.
4. Please let us know if you will be out/missing a meal so we can prepare meals accordingly.
5. Drink sufficient or at least 6-8 glasses of water everyday, irrespective of yogic practice. It helps in cleaning up the system.
6. Tea, coffee prior to the class are not advisable, as they activate harmful toxins and harmful. Empty stomach yoga practice is always good allow at least 3 hours gap between your meals and practice. It is recommended that you either practice early in the morning, or in early evening on a relatively empty stomach.

Lawful and Honest Conduct

1. Discipline is essential to attain success. "Discipline is Yoga" is one of the definitions of yoga in Patanjali Yoga Sutra.
2. All submissions for assignments given must be original work and not plagiarized from the internet. Plagiarism checks will be done and students will be heavily penalized for plagiarized work.

Confidentiality and Privacy

What rules do you have surrounding confidentiality and privacy of your faculty, staff, students, and clients?

1. Men are strictly **NOT ALLOWED** to enter in girls' rooms/dorms and vice-versa to maintain privacy. They can meet in common areas.
2. The privacy of the patient/client must be respected and details regarding the condition of the patient's health should only be shared after prior consent from the patient.
3. All faculty members, staff and students are expected to keep the details of the patients collected via the patient intake form securely within the premises of the school. No details should leave the premises of the school either electronically or physically without prior permission from faculty members.
4. All details of students, filled in the student intake forms, should be kept securely by staff.

Care and Maintenance of Property

1. Library books and other dues, if any, must be settled before leaving the place.
2. All facilities of the Ashram must be used responsibly and with utmost care.
3. All lights, fans and air conditioning must be switched off when not in use.
4. All gardens and others property are to be taken care properly.

Appropriate Behaviour and Conduct

1. Respect elders, teachers and others as disrespect is one of the biggest obstacles on the path of yoga journey.
2. In Indian traditions for greetings Boy and Girls should not hug. Namaste or „Hariom is recommended.
3. For better results, avoid gossip, chats, useless talks, arguments with others as well as within your mind during your training.
4. No friends, relatives are allowed to stay with participants without prior permission.
5. Visitors are not allowed, except for visiting hours. visiting hours 2 to 3pm.
6. Children can stay with their parents, but a prior permission is necessary.
7. For getting the best results from practice of yoga, course schedule, diet etc may change. Participants are requested to adjust to this environment respectfully.
8. After the admission, participants should seek permission for leaving the campus. In case of emergency, written permission from the Course Coordinator is required.
9. Participants must attend all sessions, lectures and all other activities.
10. If you are unwell, please contact the Medical Officer immediately.



11. Necessary food arrangements are made in the institute and no external food is allowed. In case you want to bring your food in the campus, it should also be vegetarian. (The food in the institute is strictly vegetarian.)
12. Course Coordinator/Management reserves the right to enforce requisite/additional rules, if any required for mutual benefits.
13. If a specific meal is to be avoided, it should be informed to the person concerned in good time, so that no food may be wasted.
14. During the course, any kind of non-ordinary activities, which are not related to the course, will not be permitted.
15. No student would be allowed to enter in to the hall, once the class starts.

Compliance with Law

1. All members of the school, including staff, faculty members and students are to strictly adhere to the laws of the state and society including the following but not limited to;
 - a. No violence is tolerated from any member of the society and school.
 - b. No harassment is tolerated from any member of the society and school.

Non-impairment

1. Alcohol, tobacco, drugs, steroids, narcotics are strictly not allowed in/around the Campus.
2. You can bring your medicines and continue personal treatment, but it is advisable to inform about your ailment & treatment to the Doctor or your class teacher.

Conflict of Interest

1. We have clear policy guidelines to prevent conflict of interest between any two parties in the following ways but not limited to:
 - a. Fair demarcation of instructions, rules and guidelines for appropriate conduct.
 - b. Proper chain of command and command structure to ensure that student or faculty grievances are appropriately attended to.
2. In case the above measures are unable to resolve the conflict of interests amongst any two or more parties, the Director of the institute, Dr. Omanand reserves the right to step in and resolve the matter by conducting relevant investigations.



Acceptable User Guidelines

1. Students are not allowed to use their mobile devices, tablets or laptops during classes for their personal use. Only in exceptional circumstances, where permission is sought after from the relevant faculty member, will students be allowed to use their devices or the internet.
2. Students are expected to submit their reports online and this may only be done so after all classes have ended. Students may use the dedicated computers in the school to complete and submit their work. However, there is limited availability of the computers and they can only be used on a first-come-first-serve basis.
3. By using the Wi-Fi services at Paramanand Institute of Yoga Sciences & Research, students are expected to comply with all regulations in campus, local laws and internet usage guidelines.

Others

1. Please do not bring valuables. You can bring valuables on YOUR OWN RISK, we are not responsible for any loss or damages.
2. We can get you help for train reservations or flight reservations or accommodations etc. your convenience only.
3. The system of the traditional teaching some time may differ from the west. Therefore, students are advised to make their mind before they apply or get registered. Even some time the fundamental understanding of yogic path may differ from yoga schools in the west.
4. Silence is Sacred. The ancient rishis, saints and sages have performed countless years of austerities filling this land with sacred & blissful energies. Silencing of all your senses will allow for the sacred light to penetrate the very essence of your beings - allowing the divinity within to be realized. You may want to be in silence for a few hours, a meal, an entire day, or all week. We would like to help you maintain this experience by providing a notification to others with a badge. If you would like to be in silence, simply approach the Help Desk and request a badge for silence.



2. Yoga Etiquettes and Yoga Discipline

Yoga requires several forms of discipline for a balanced and successful life. In fact, these disciplines have scientific justifications. Be it Yoga Asanas, other yogic kriyas, pranayama or meditation, these disciplines are crucial to attain the best outcome for the effort you have invested. As Maharishi Patanjali says, "Now discipline, Yoga begins" - Sutra 1/Patanjali Yoga Sutra. The following is a non-exhaustive list of Yoga Etiquettes that must be followed to attain maximum benefit from the program:

Dress Code

1. Wear athletic or yoga gear. Jewelry and accessories should be avoided. During the class bring yoga mat, towel, study material. Our uniform should also be worn whenever possible. Significance of our Uniform:

- a. Yellow T shirt: Yellow color symbolizes Peace, Pleasure, Purity, Innocence, Wholeness, Brilliance, Goodness, Freedom and Completeness.
- b. Burgundy Pants: Burgundy color symbolizes Energy, Leadership, Action, Richness and Detachment.

Above colors combination will give you a better balance during your Yoga Practices. We encourage students to wear the uniform for harmony and balance in their deeper learning and practices."

2. Please do not wear any strong perfumes.

Appropriate Behaviour and Conduct

1. Come at least 5 minutes early and if you are late, please join the class without disturbing others.

2. Please turn off your cell phones during classes, lecture and satsang.

3. Never practice any yoga techniques under the influence of alcohol or mind altering drugs

4. Walk in silence and this will help to conserve energy and allow you to observe your own "inner nature."

5. The sequence of yogic practices; Kriyas, Asanas, Pranayama, Chittashuddhi and Yoga Nidra should be maintained.

6. Regularly practice yoga, if you want to see better progress. Initially one may feel stiffness in muscles but it will ease out after regular practice. Initially there could be pains in the muscles/bones but later on it becomes easy.

7. Be consistent. Don't judge yourself. Have patience. Have fun.



8. Sweating during practice. Do not wipe the body with a towel, but rub the body with the palms.
9. In attaining peace of mind, yoga should be practiced in a quiet, secluded place, where fresh air envelops you for fresh breathing of the mind.
10. Awareness: Throughout yoga practice, try to keep your awareness on what you are doing. Don't be concerned with others in the class or outside the room.
11. Always breathe through the nose both in and out, unless specified otherwise. Remember, "Nose for breathing-Mouth for eating". If you do have trouble breathing through your nose, practice "Jala Neti" (Nasal Cleansing) or visit a doctor for medical inspection.
12. As the body has to be stretched in all directions, yogic practice has to be done on a clean mat, rug, carpet or a blanket. You should practice Yoga on the ground. Do not practice on sofas and beds.

Compliance with Supervision

1. Don't force yourself into any of the postures. Listen to your body. Practicing yoga in the wrong manner can aggravate the negatives, rather than developing positive changes in the body and mind. So, consult our experienced teachers if, any challenge.
Never force or strain. Relax briefly between each practice.
2. If you have any special medical conditions, please inform the teacher before you begin. Weak patients/B.P. are warned against holding their breath (Kumbhaka) for longer duration during pranayama. People suffering from serious problems like heart trouble, high or low blood pressure or any serious disease should also avoid certain asanas/kriyas. Those with disabilities, severe, acute or chronic medical conditions should consult their medical practitioner and their yoga teacher before start of yoga.
3. Gradual training should be accorded, depending on one's ability. For instance, Pranayama can be started with a limited duration initially and the duration can be increased gradually, depending on one's capability to concentrate. Supervision must be requested if the participant is facing difficulty and is unfamiliar with necessary posture and dexterity required to execute the assigned task.
4. There is no age limit to practice Yoga. However, the application of the techniques will vary according to the abilities of the practitioner. Supervision must be requested if the participant is facing difficulty and is unfamiliar with necessary posture and dexterity required to execute the assigned task.

F. Student Disciplinary Procedures

1. All code of conduct procedures must be followed.
2. Students will be given a verbal warning, if they are found to have breached the code of conduct for the first three times. Verbal warnings result in 5% deduction in the „Conduct section of the extra curriculum grading policy.
3. Students will be given a written warning, if they are found to have breached the code of conduct after the first three times. Written warnings result in 20% deduction in the „Conduct section of the extra curriculum grading policy.
4. Students who continue to breach the code of conduct even after the written warning, will be dealt with separately. A discipline committee will be set up, involving senior Faculty Members and the Director of the Institute, Dr. Omanand to launch an investigation and give a final warning to the student. Students who refuse to still follow the Code of Conduct may be expelled from the program. No refunds will be provided for such cases.
5. Any student found to have severely breached the conduct (such as being found with the possession of drugs/alcohol or have breached our non-discriminatory policy) will be dealt with and may be expelled from the institution. No refunds will be given for such cases.

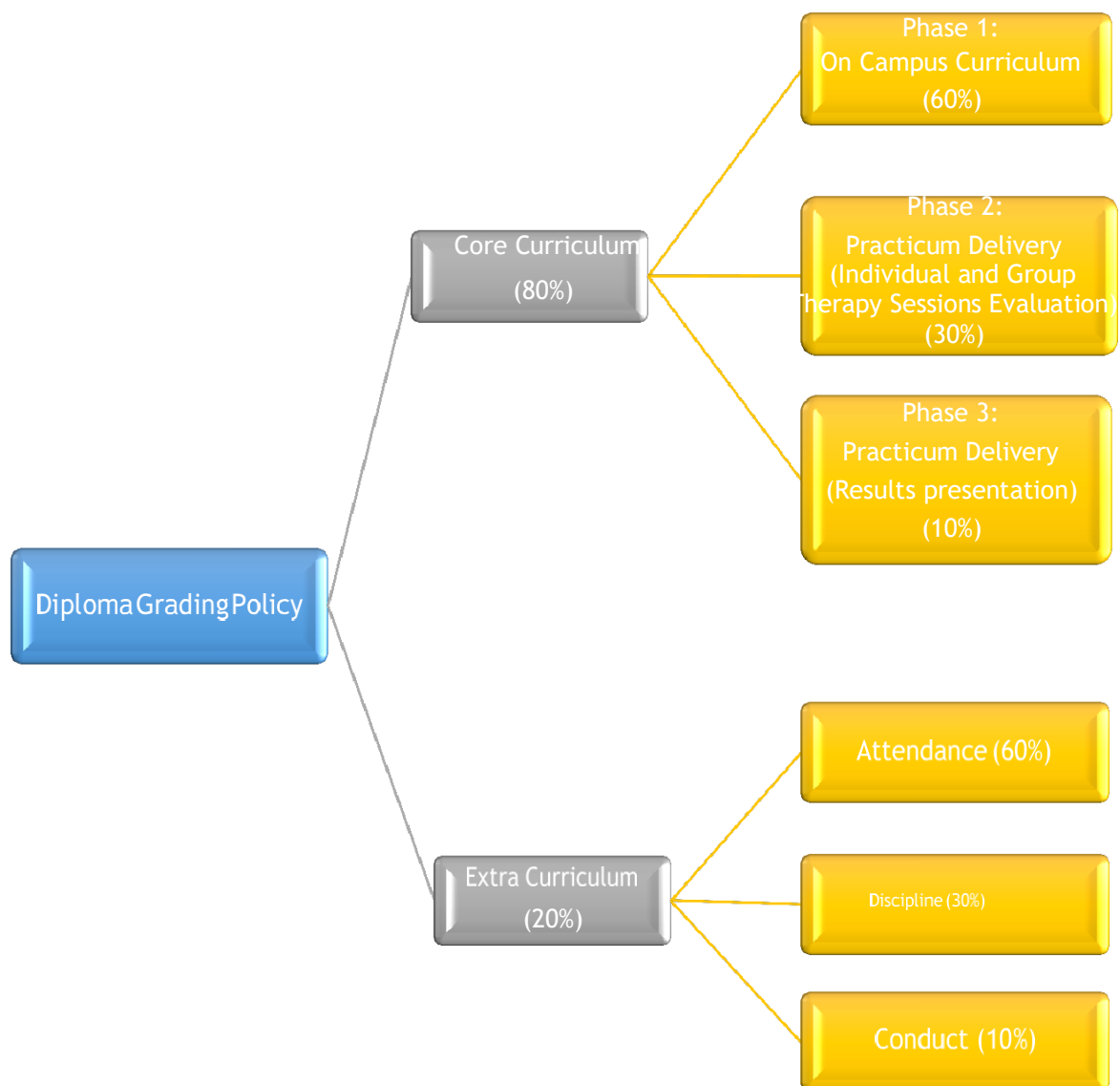
G. Student Grievance Procedures

1. Student complaints should be first brought to the attention of the Senior Faculty Member of any course through verbal discussion or in writing, should the participant not be comfortable to speak.
2. If the student is able to seek an outcome of the discussion, the complaint will be documented alongside a written statement of the outcome/action taken and the signature of the relevant parties. The Senior Faculty Member is required to keep the Director of the Institute, Dr Omanand (Guruji) informed.
3. If the Senior Faculty Member is not able to help the student or the student is not satisfied with the outcome discussed, he/she may approach the Director of the Institute for counselling. The Director will have the right to investigate the complaint and interview any member/student of the institute for information.
4. When the Director has come to a conclusion and an expected outcome of the application, he will meet with the student and any other relevant party to document the complaint with the additional outcome measures to address the complaint. Signatures will be required on the new outcomes reached, if any.

5. Should the student still feel that the complaint is not appropriately addressed, he/she will be permitted to file a student complain with an outside source and an independent body may be involved to address the situation.

H. Grading and Attendance Policies

The institute follows a weightage system to indicate the grades of students. The diploma's grading system is divided into two main portions. The first portion consists of academic (core-curriculum) grading policy and the second portion consists of Attendance, Discipline and Conduct (extra-curriculum) grading policy. The diagram below aims to detail the aforementioned information.



Core Curriculum Grading Policy

The program is divided into 3 main phases. Phase 1 is carried out on campus and consists of 8 subjects that will build the core foundation of Yoga Therapy and also prepare the students for practicum delivery. Phase 2 consists of the students executing their necessary hours for Practicum Delivery and Phase 3 will require the students to be back in campus to present their results for their Practicum Delivery, which will be assessed in the components listed below.

| Phase | Subjects | Weightage of each subject in phase | Weightage of each assessment in subject | |
|----------------|--|--|---|--------------------------------------|
| | | | Theory | Practicum Preparation |
| Phase 1 | 1. Philosophy Yoga | 15% | - 4 weekly quizzes (40%) -Final assessment (60%) | N.A |
| | 2. Anatomy Physiology and Pathology | 15% (Average of Practicum Preparation and Theory) | - 4 weekly quizzes (total 40%) -Final assessment (60%) | - 4 weekly assessments (total 100%) |
| | 3. Tools of Yoga Therapy | 15% (Average of Practical and Theory) | - 4 weekly quizzes (total 40%) -Final assessment (60%) | - 4 weekly assessments (total 100%). |
| | 4. Ayurveda and Yoga Therapy | 15% (Average of Practical and Theory) | - 4 weekly quizzes (total 40%) -Final assessment (60%) | - 4 weekly assessments (total 100%). |
| | 5. Making of a Yoga Therapist | 15% (Average of Practical and Theory) | - 4 weekly quizzes (total 40%) -Final assessment (60%) | - 4 weekly assessments (total 100%). |

| | | | | |
|----------------|---|-----|---|------|
| Phase 1 | 6 Psychology and Yoga Therapy | 15% | - 4 weekly quizzes (total 40%) -Final assessment (60%) | N.A. |
| | 7. Regulatory Practices and Business Ethics | 10% | - 2 weekly quizzes (total 40%) -Final assessment (60%) | N.A. |

| Phase | Tasks/Assignment | Weightage of each subject in phase | Sub-components |
|----------------|-------------------------------|------------------------------------|---|
| Phase 2 | 1. Individual Therapy Session | 50% | - Assessment of practicum delivery. - Assessment of student documentation. |
| | 2. Group Therapy Sessions | 50% | - Assessment of practicum delivery. - Assessment of student documentation. |

| Phase | Tasks/Assignment | Weightage of each subject in phase | Sub-components |
|----------------|---------------------------------|------------------------------------|---|
| Phase 3 | 1. Case Study Presentation | 50% | - Assessment of results presentation. - Assessment of student documentation. |
| | 2. Research Report Presentation | 50% | - Assessment of results presentation. - Assessment of student documentation. |

Extra-Curriculum Grading Policy

| <u>Aspect</u> | <u>Weightage</u> | <u>Criteria</u> |
|----------------------|-------------------------|---|
| Attendance | 60% | Students must attend all classes. There is a penalty of 5% for missing a class without valid reason. |
| Discipline | 30% | Students must submit all assignments. A penalty of 2.5% will be deducted for late submissions that are 1 day past the deadline. Anything more than 1 day past the deadline will have 5% deduction. Students must take the initiative to request the faculty for more time, if they need to. |
| Conduct | 10% | Any student caught breaching code of conduct will be given the following penalties: Any verbal warning given to students will cost them a penalty of 5%, written warnings will cost students a penalty of 20%. |



I. Academic Performance Requirements

1. According to the grading policy, the different sub-groups and their weightage in the academic portion of the Yog Chikitsak Program are clearly listed. Students are required to attain a **minimum of 60%** for their overall Core Curriculum score.
2. Should students not attain the required grade, they will not be allowed to be a certified Yoga Therapist.
3. The procedure for students not meeting the required performance requirements is as follows:
 - a. Students can meet with the instructor upon request for progress reports if needed. If a student is not able to fulfil the passing standard of competency in a course, they may be asked to repeat it.
 - b. Students who are falling short of meeting the criteria will be asked to have a consultation session with an instructor to clarify expectations and to determine additional assignments or study that will be needed for the student to demonstrate satisfactory achievement of standard competencies for yoga therapists (as set by the IAYT-International Association of Yoga Therapists).
 - c. If a student is unable, even with extra time, counselling and assignments to adequately meet the standards for IAYT competencies, the student may be asked to drop out of the Yog Chikitsak (Diploma in Yoga Therapy). If such an incidence occurs, no refunds will be given for courses already taken. Any student may be dismissed for excessive absences, tardiness, incompleteness of assignments, or violations of rules and regulations of the school. The Director will make the final decision.
 - d. If a student feels he/she cannot complete the program due to medical reasons or personal problems, he/she should meet with the School Director. Appropriate choices can be made through discussion and mediation with the Director.

J. Program Completion Requirements

1. Students are required to complete all 3 phases of the program, stretching to a minimum of 2 years.
2. Students must attain a **minimum of 60%** for their overall Core Curriculum score.

3. Students must attain a **minimum of 65%** for their Extra Curriculum score.
4. Students must have completed their practicum experience of a minimum of 150 hours of Yoga Therapy (with clients) be it in individual sessions or group sessions and 55 hours of mentorship.
5. Students must have satisfactorily met all IAYT competencies.

K. Members of the administration

1 **Shashikant Chaurasia** handles majority of the Institute's administrative processes and he is qualified in handling financial matters. He is responsible for maintaining students' records, fees payments, visa arrangements, travel assistance and any other relevant matters relating to the students' welfare.

2 **Mangal** is an assistant to Shashikant Chaurasia, but his main focus is on student welfare. He is always available for assistance to make the students' stay in ashram a pleasant one. He can help in buying sundry items for students, as the Ashram is located away from city centre. He also looks after the organic vegetable farm on the campus.

3 **Annapoorna** is the main chef. She prepares sumptuous vegetarian meals daily for the Institute's residents. She also helps in organic vegetable farming and takes care of cows in the Gaushala.

4 **Dr. Sunita Ma** is the Director of all admin work in the Ashram. Students will be communicating with her regarding their admission processings.

5 **Rama Shankaran** helps in administrative work regarding course upgrading and restructuring.

6 **Prof Divya Darshan** assists in Financial matters in the Administration Office.

7 **Sandeep** heads the IT department and looks after the social media and website of the Institute.

8 **Abha Bajaj** looks after the social media content of the Ashram. She also helps in developing course content for new course and restructuring of existing courses.



L. Professional education and qualifications of faculty

1. **Dr. Omanand (Guruji) (ERYT 500, CIAYT)** is the Program Director and chief mentor for the Yog Chikitsak Course. He is a born yogi, who has studied and realized various ancient Sanskrit texts. He has been mentored by living masters of the highest caliber. Guruji grew up observing his grandmother, mother and sisters being disciples of Yug Purush HH Swami Paramanand Giri Maharaj, who upholds the Dissemination of Vedanta Philosophy, even at the age of 85+ years. Dr. Omanand has 44 years of teaching experience in Yoga Philosophy and Yoga Therapy. He has worked as the President of Hindu University of America, USA. Many students are being guided by him for their Research Work in Yoga Therapy and Yoga Philosophy. He offers yoga therapy on a charitable basis and students at the Ashram are often mesmerized to see patients recovering from chronic conditions through ancient yogic techniques which he has learned from his Master. His guided meditation sessions lead students to experience Shakti Flow throughout the body, chakra activation and many beyond body experiences. Students feel the transformative powers of meditation, even after they return back to their day to day lives. More can be read about him at <https://omanand.in/>. Guruji will be mentoring the students personally during the distance learning phase as well as during yoga therapy sessions in the Therapy Hospital on-campus.

2. **Dr. Sunita Maa:** Completed her Masters in English, M.Phil and PhD from Hindu University of America. Devoted Bhakti Yogini. Students from all over the world love her and lovingly called her 'Maa' in the Ashram. Students love her teachings and guidance, she guides Meditation and Bhakti Yoga from her heart and being. She has experience of over 27 years.

3. **Prof. Lata Gaur:** She is received her Masters in Yoga degree from one of the reputed universities in India, Devi Ahilyabai Holkar University. She teaches Yoga Philosophy, Yoga Therapy, Bhakti Yoga, and allied subjects. Students love her teachings and appreciate her.

4. **Dr. Vaishali Karambelkar:** She has good experience of 6 years. Apart from Yoga aspirant, she is also Physiotherapist. She is pursuing her Masters degree in Yoga from DAVV. She teaching with sincerity. She teach Anatomy and Physiology and Yoga Therapy.



5. **Dr. Atul Gupta:** Ayurveda Doctor, with 8 years of experience. Friendly, soft spoken, Very sincere and knowledgeable in his profession. He teaches, Panchkarma, Ayurveda massage, and other related fields

6. **Dr.B.K.Bandre** is the lead Yoga Therapist in India. He has a PhD and D.litt degree in Yoga and is working as a Yoga Therapist for the past 37 years. His diagnosis is so perfect that the patients experience immediate relief in their conditions as soon as they start therapy. He is invited to speak at various yoga therapy conventions and conferences regularly.

Students will learn a lot from Dr. Bandre about application of Yoga Therapy Tools. His expertise in this field is unmatched. He is a great example for up keeping the professional ethics and conduct of a yoga therapist.

7. **Professor Shiv Verma** has a PhD in Yoga Philosophy and 21 years of teaching experience. He is also a disciple of Swami Paramanand Giri Ji. He has written 14 books. He mentors students for Research works in Yoga Philosophy. His explanations are simple and interesting. Students start loving this subject under his tutelage. He connects Vedic wisdom with real life examples and keeps the class thoroughly enjoyable.

8. **Professor Divya Darshan** is a dedicated and sincere teacher with an experience of about 25 years. He holds a master's degree in Yoga and teaches yoga asana, pranayama, bandha, mudra and kriya. His focus is always on internalization of awareness to achieve holistic wellbeing.

9. **Dr. Shreyas Bansal** is MD in Internal Medicine and holds a Business Management Degree too. He has 5 years of teaching experience and apart from teaching anatomy and physiology, he guides students about marketing and setting up their business as yoga Therapist.

10. **Dr. Sandeep Shah** is BAMS (Ayurveda) and has a Diploma in Yoga too. He has 9 years of experience and has a rich knowledge of Ayurveda. He is a Doctor of High repute in the Metro city Indore. He will be teaching assimilation of Ayurveda in designing Yoga Therapy Protocols.

11. **Abha Bajaj** is a Certified Personal Trainer From American Council on Exercise (ACE), ERYT 500 and CIAYT, Rehab Trainer (Australia). She holds a Master's degree in Psychology. She is based in Singapore and has successfully established herself as a seasoned yoga therapist. She is a visiting faculty member.

M. Non-discrimination policy



1. Paramanand Institute of Yoga Sciences & Research does not tolerate discrimination in its educational programs and activities on any grounds, specifically of race, color, national or ethnic origin, ancestry, age, religion, sex or gender (including sexual harassment and other sexual misconduct), sexual orientation, gender identity or expression or any other characteristic protected under applicable federal, state or local law.

2. Discrimination has no place at Paramanand Institute of Yoga Sciences & Research and offends the University's integral beliefs, such as equal opportunity and inclusion. All faculty members, students and employees are expected to join with and uphold this commitment.

N. Program Sequence

Our Yog Chikitsak (Diploma in Yoga Therapy) requires a minimum of two years of completion. Listed below is an ideal timelines students can follow to complete their diploma by the end of the two years.

| <u>Phases</u> | <u>Timeline</u> | <u>Duration (Number of months)</u> | <u>Modules Covered</u> |
|----------------|------------------------|--|---|
| Phase 1 | Months 1-3 | 3Months | <p>8 subjects will be covered in this phase. All lessons will be carried out on campus for this duration. The 8 subjects include the following:</p> <ol style="list-style-type: none"> 1. Yoga Philosophy 2. Anatomy, Physiology and Pathology 3. Tools of Yoga Therapy 4. Ayurveda and Yoga Therapy 5. Making of a Yoga Therapist 6. Psychology and Yoga Therapy 7. Regulatory Practices and Business Ethics 8. Research Methodology <p>In this phase, students will be executing the Practicum</p> |
| Phase 2 | Months 4-23 | 20 months | <p>Delivery portion of the programme. They will be handling clients in both individual and group based settings to provide Yoga Therapy for a minimum of 150 hours.</p> <p>While the students will be away from campus for this portion, they will still be thoroughly monitored through regular consultation sessions (through Voice over Internet Protocol or email or video or any other suitable mode through internet) with the respective faculty they are attached to. This will also constitute part of the 55 hours for mentorship for the students.</p> <p>Students will be given guidance before they embark on any form of Yoga Therapy for any client to ensure they are abiding by the necessary protocol required to treat any client with any treatment methods. Strict compliance to local laws and regulations must also be followed and the Institute will not be responsible for any breach of local regulation by students. Nevertheless, the Institute will do its best to guide our students on any such regulation.</p> |



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| | | | More information on how students are guided and assessed can be found on the Practicum Template document. |
| | | | In this phase, students will consolidate their learning by presenting the information they have learnt by mentoring their respective clients through a battery of assessment methods including case study presentation, report and many more. More specific information can be found on the Practicum Template document. |
| | Phase 3 | Month 24 | 1 month |
| | | | presentation |

O. Academic Calendar

2020

Batch #20201: January 17th to April 16th, 2020 On campus
 Batch #20201: April 17th to January 16th, 2022 on line

Batch #20202: August 2nd to October 26th, 2020 on campus
 Batch #20202: October 27th to August 2nd 2022 on line

2021

Batch #20211: Jan2nd to March 28th, 2021 on campus
 Batch #20211: March 29th to Dec 31st, 2022 on line

Batch #20212: August 2nd to October 26th, 2021 on campus
 Batch #20212: October 27th to August 2nd 2023 on line

2022

Batch #20221: Jan2nd to March 28th, 2022 on campus
 Batch #20221: March 29th to Dec 31st, 2023 on line

Batch #20222: August 2nd to October 26th, 2022 on campus
 Batch #20222: October 27th to August 2nd 2024 on line

Notes:

1. Award of Diploma will be after completion of your online studies and submission of all assignments/reports. Diploma can be issued either online or on campus
2. Complementary: Being Blissful Meditation (R) teachers training is very special program highly useful in Yoga Therapy is also taught along with above courses during campus stay.
3. Special scholarship is available for poor/needly or scholarly students.
4. Opportunity to visit ancient Yoga Ashrams, Meditation caves to get a first hand feel of Yogic Aura and Energies. Also visit historical temples and castles. This experience could be quite enlightening for Yoga practitioners and bring about a fresher perspective.
5. Course credits added to Phd program in Yoga Therapy.
6. Phase III of the program, This is to be submitted online and interact with the faculty.

No need to visit campus again.

7. Diploma issuing: visit to campus is optional: Candidate can either visit campus for last 2 weeks personally to interact with the faculties discuss future plans. Visiting campus is not compulsory but optional with pre-intimation/permission.

8. Complementary Access to attend 8th International Yoga Conference and festival on 18th and 19th January, 2019. Meet and Greet session with John Kelpner, Chairman IAYT, USA

P. Description of each major component

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|---------------------------|--|
| 1. Yoga Philosophy | Overview: Yoga philosophy facilitates the understanding of fundamental ways of conducting oneself, individually as well as in relation with others. It also provides the basic framework in finding out one's purpose of life and how to progress on the path of spiritual ascension. We kick start our Yog Chikitsak Program with providing our students basic understanding behind using yoga for therapy purposes as explained in our ancient scriptures like |
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teachings from Vedic and post-Vedic periods, Samkhya, Yoga, Tantra, and Ayurveda.

Competencies Covered:

Category 1.1. Yoga Teachings and Philosophy

1.1.1 Familiarity with the evolution of the teachings and philosophy of the yoga tradition and its relevance and application to yoga therapy, including teachings from Vedic and post-Vedic periods, Samkhya, Yoga, Tantra, and Ayurveda.

Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy, include but are not limited to,

- a. *tanmatra/bhuta/indriya* (subtle element/gross elements/senses);
- b. *purusha/prakrti* (consciousness/material world);
- c. *pancamaya kosha* (dimensions of the human system);
- d. *guna* (fundamental forces of nature); and
- e. *duhkha* (suffering/discomfort).

Category 1.2. Yoga and the Mind

1.2.1 Knowledge of yoga perspectives on the structure, states, functioning, and conditions of the mind, including, but not limited to,

1.2.1.1 *drashtr* (seer), *drshya* (seen);

1.2.1.2 *antahkarana citta* (consciousness), *buddhi* (intellect), *ahamkara* (ego), *manas* (mind);

1.2.1.3 *citta vrtti* (activities of the mind), *citta parinama* (structural changes in the mind), *vyutthana/nirodha* (mind's potential for distraction and focus);

1.2.1.4 *artha* (cognition), *bhava* (mood), *svabhava* (inborn nature), *vasana* (residue of experience), *samskara* (conditioned pattern of thinking and behavior); and

1.2.1.5 states of mind: *mudha* (stupefied/dull), *kshipta* (disturbed), *vikshipta* (alternating between distraction and focus), *ekagrata* (one-pointed), *nirodha* (focus enveloped/held/ restrained), *vaishvanara*

(waking), *taijasa* (dream), *prajña* (deep sleep), *turiya* (beyond).

1.2.2 Knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the *Yoga Sutras*, the *Bhagavad Gita*, and other texts, including but not limited to,

1.2.21 *klesha* (affliction);

1.2.22 *lobha*, *krodha*, and *moha* (greed, anger, attachment);

1.2.23 *duhkha* and *daurmanasya* (suffering/discomfort and negative attitude/thinking), *sarupyam* (identification with the contents of the mind or seer taking the same form as the mind); and

1.2.24 *antaraya* (obstacles to progress in yoga).

Learning Objectives: At the end of the course, students will know:

1. An overview of yoga philosophy and relation to yoga therapy
2. How to use the Eightfold Path to enhance success for you and your clients on all levels including spiritually and in yoga therapy.
3. What holds people back spiritually, and how to overcome it in yourself and how to help your clients.
4. What is this state of Samadhi or Oneness, and how can you and your clients move toward an actual experience of it.
5. How to help clients develop the attitudes essential for success on all levels of life.
6. How to help clients integrate the essence of yoga into daily life.
7. The essence of the yamas and niyamas and how they apply to an individual's ability to achieve wellness on all levels.
8. How a yoga therapist applies the above knowledge to serving clients' best interests.

Flow of Class Presentation:

This course is the foundation course of the Yog Chikitsak Program. Various scriptures like, Patanjali Yoga sutra, Bhagvad Gita, hatha Yoga Pradipika, Yog Taravali and few more are used to explain different concepts. We begin the course with providing our students an overview of

Hindu Philosophy, of which Yoga Philosophy is a very small part. Familiarizing our students with concepts of Non- duality and perceived duality and then helping them understand the relationship of Purusha and Prakriti. Later we brief them about Mahabhutas and different layers of body. It's very interesting how Dr. Shiv Verma elucidates the complex concepts. The class basically is a mix of lectures with clear examples from real life scenario to make the content of yoga philosophy easier to comprehend. Apart from lectures there are open end discussions amongst students and the faculty to assess their understanding. There are weekly MCQ tests and class quiz where answers are discussed post tests and feedback provided.

Faculty:

Pro. Lata Gaur

Course Subject Matter:

Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy, like:

- tanmatra/bhuta/indriya (subtle element/gross elements/senses);
- purusha/prakrti (consciousness/material world);
- pancamaya kosha (dimensions of the human system);
- guna (fundamental forces of nature); and
- duhkha (suffering/discomfort).

The following questions will be dealt with:

- The interplay of Prakriti (material world) and Purusha (consciousness), and how that affects a person's life
- How to recognize the inner struggles of life and how to get over them. How the law of karma works, including the effects of vasanas and samskaras
- How to use the workings of karma to one's advantage
- How to recognize and avoid a variety of psychological traps
- The nature of right action
- How to overcome desire, anger, and attachment
- A deeper understanding of the paths of Karma, Gyana, Bhakti, and Raja Yoga
- The three gunas: how they manifest in life and in people, and how

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| | <p>they relate to improving one's experience of life</p> <ul style="list-style-type: none"> • Recognizing caste tendencies in oneself, and what to do to move to the next higher caste • How to get past attachment to experiencing pleasure and avoiding pain • What one can do when he bogs down, spiritually • How to deepen your relationship with God • How a yoga therapist applies the above knowledge to serving clients best interest <p>To understand the mind from the perspective of Yoga following subjects will be taught:</p> <ul style="list-style-type: none"> • drasht (seer), drshya (seen); • antahkarana citta (consciousness), buddhi (intellect), ahamkara (ego), manas (mind); • citta vrtti (activities of the mind), citta parinama (structural changes in the mind), vyutthana/nirodha (mind's potential for distraction and focus); • artha (cognition), bhava (mood), svabhava (inborn nature), vasana (residue of experience), samskara (conditioned pattern of thinking and behavior); and • states of mind: mudha (stupefied/dull), kshipta (disturbed), vikshipta (alternating between distraction and focus), ekagrata (one-pointed), nirodha (focus enveloped/held/ restrained), vaishvanara (waking), taijasa (dream), prajña (deep sleep), turiya (beyond). <p>As well as on distracted/disturbed conditions of mind and their expressions as explained in the Yoga Sutras, the Bhagavad Gita, and other texts like:</p> <ul style="list-style-type: none"> • klesha (affliction); • lobha, krodha, and moha (greed, anger, attachment); • dukkha and daurmanasya (suffering/discomfort and negative attitude/thinking), sarupyam (identification with the contents of the mind or seer taking the same form as the mind); and |
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| | <ul style="list-style-type: none"> • antaraya (obstacles to progress in yoga). <p>Assessment and Assignment: We give our students ample opportunities to express their learnings. We assess them based on the open-ended discussions, class quiz and weekly tests. We deem it of utmost importance to make sure that the students operate as a therapist keeping yoga philosophy as the core of their practice. Ample feedback is provided based on their performance in class tests and based on their daily journal in which they are asked to explain two sutra from Patanjali Yoga Sutras and two shloka from Bhagwad Gita daily.</p> <p>Books Used:</p> <ul style="list-style-type: none"> • Patanjali Yoga sutra of Maharishi Patanjali – by Dr. Omanand • Hatha Yoga Pradipika of Pt. Swatmarama – by Dr. Omanand • Bhagvad Gita by Krishna – Gita Press Gorakhpur • Yoga Taravali of Adi Shankaracharya – by Dr. Omanand • Gheranda Samhita commentary by Dr. Omanand • Tattva Bodh commentary by Dr. Omanand |
| <p>2. Anatomy, Overview: Physiology and Pathology</p> | <p>It is a basic requirement for a yoga therapist to have a thorough and deep understanding of the anatomy and physiology, including all major systems of the human body. This course has been designed keeping in mind the requirements of our Yog Chikitsak to handle most client conditions effortlessly and efficiently. In this course all major systems of the body are taught in detail. Body kinesiology and muscular imbalances, major pathologies of various systems, their symptoms, modern medical terminologies, basic drugs and major surgeries are the main focus of this course. Also management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.</p> <p>Competencies Covered: Category 2.1. Anatomy and Physiology</p> <p>2.1.1 Knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.</p> <p>2.1.2 Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist.</p> |

2.1.3 Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.

Category 2.2. Additional Biomedical Knowledge

2.2.1 Familiarity with commonly used drugs and surgical procedures, as relevant to the work of a yoga therapist.

2.2.2 Familiarity with common medical terminology.

2.2.3 Knowledge of how to reference current healthcare information relevant to the work of a yoga therapist, including pathologies, disorders, drugs, and surgical procedures, as relevant to the work of a yoga therapist.

Learning Objectives:

Students will learn anatomy and physiology as it relates to the practice of yoga therapy. They will learn how to research conditions previously unknown to them and when to refer their clients/students to another healthcare provider. They will know their scope of practice and will be able to guide their student/clients in daily living recommendations. They will be able to assess a clients unique needs so that in addition to the more physically based interventions emphasized in this course, they will be able to deliver interventions that work on the emotional, social, mental, spiritual and subtle energy levels as needed.

Students will have opportunities to practice intake, evaluating, critical thinking skills, communication, lead and teach appropriate yoga therapy techniques including both subtle and gross interventions, conduct sessions, provide daily living advice, and give homework/home routines as appropriate to clients’ needs, constitution and circumstances, and follow-up.

Flow of Class Presentation:

The method of teaching includes power point slides, demonstrations, quizzes, videos, case studies, latest researches. We begin the course with brushing our students' knowledge of anatomy and physiology. Then we take each system separately to focus on the pathologies that can occur in that system. We teach in detail the various tools of yoga therapy that can be applied to restore balance. At the same time, we educate our students about modern medicinal approach towards those issues and how a yoga therapist can work in tandem with other health care workers, understanding clearly their scope of work. Knowledge of major surgeries, medicine generic names and other medicinal terminology to improve their confidence and capability to comprehend the clients’ background and his/her expectations and being able to set priorities in therapy protocols.

Faculty:

This course is facilitated by Dr. Abhinav who is a professional physiotherapist and a yoga Therapist, Dr. B.K. Bandre who is an experienced Yoga Therapist practicing for over 35 years. And Dr. Vaishali Karambelkar.

Course Subject Matter:

Students will have deeper understanding of various systems of the body, their functioning and malfunctioning, posture abnormalities, pathologies and yoga therapy options.

1. Digestive system

Anatomy of Digestive system, Mouth and salivary glands, Mastication & Swallowing, Salivary secretions, Stomach, Pancreas, Pancreatic & biliary secretion, Liver & Gall bladders, Intestine, Movements of gastro intestinal tract, Gastrointestinal motility, Gastro intestinal hormones, Functions of colon.

2. Respiratory System

Anatomy of Respiratory tract, Pulmonary ventilation, Alveolar ventilation, Mechanics of respiration, Pulmonary circulation, Pleural fluid, Lung oedema, Principles of gas exchange, Oxygen and carbon-dioxide transport, Regulation of respiration, Pulmonary function tests.

3. Circulatory System

Cardio-vascular system's Erythrocytes, erythropoiesis, structure & function of RBCs, formation of hemoglobin and destruction & fate of RBCs, anaemia, Leucocytes, general characteristics, life span of WBCs classification & functions of each type of WBC, Blood groups, classification, blood typing, principles of transfusion medicine, Blood coagulation & its components, mechanisms of coagulation, anticoagulants, Anatomy of Heart, Properties of cardiac muscle, Cardiac cycle, Heart as a pump, Cardiac output, Specialized tissues of the heart, Generation & conduction of cardiac impulse, Electrocardiogram, Arrhythmias, Arterial blood pressure.

4. Skeletal system: Bones & its types, Joints & its types, Structure and function of a Synovial joint

5. Muscular system: Classification and structure of muscles, Changes during muscular contraction, Neuro-muscular junction

Excretory system:

1. Anatomy of Urinary system, Kidney functions,
2. regulation of fluid balance,
3. Urine formation, Renal mechanisms for the control of blood volume,
4. blood pressure & ionic composition,
5. Micturition, Diuretics, Renal failure

Lymphatic system:

1. Lymphoid organs, Composition and functions of Lymph,

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| | <p>2. Microcirculation & lymphatic system</p> <p>Endocrine system:</p> <ol style="list-style-type: none"> 1. Structure and location of glands and their secretions, 2. Classification of hormones, Mechanism of Hormone action, 3. Endocrine functions of the hypothalamus, Pituitary, Thyroid, Adrenals, The endocrine 4. pancreas, Parathyroid gland and role of calcitonin, Pineal gland <p>Nervous system:</p> <ol style="list-style-type: none"> 1. Introduction to Nervous system, Classification of nerve fibres, Nerve conduction, Synaptic transmission, 2. Classification of somatic senses, Sensory receptors, Thalamus, Hypo thalamus, Somatosensory cortex, Somatosensory association areas, Pain, 3. Organization of spinal cord for motor function, Reflexes & reflex arc, 4. Brain stem & cortical control of motor function, Cerebellum, Basal ganglia, 5. Maintenance of posture and equilibrium, Motor cortex, Limbic system, 6. Autonomic Nervous system <ol style="list-style-type: none"> 1. Structure of Eye, Receptors & neural functions of retina, Colour vision, Visual pathways, 2. Structure and functions of external, middle and inner ear, Cochlea, Semicircular canals, Auditory pathways, Deafness & hearing aids, 3. Primary taste sensations, Taste buds, Perception of taste, 4. Peripheral olfactory mechanisms, Olfactory pathways, Olfactory perception <p>Immune system:</p> <ol style="list-style-type: none"> 1. Immunity, Innate immunity, Acquired immunity, Allergy, 2. Hypersensitivity and immunodeficiency, Psychoneuroimmunology. <p>Reproductive system:</p> <ol style="list-style-type: none"> 1. Anatomy of male reproductive system, Primary & accessory male sex organs, Gametogenesis, Testosterone & male sex hormones, 2. Hyper & hypogonadism, Anatomy of female reproductive system, Primary & accessory female sex organs, Menstrual cycle, Female sex hormones, Pregnancy & Lactation, Functions of Placenta, Parturition <p>Common Pathologies related to these Systems.</p> <p>1. Circulatory System:</p> <ul style="list-style-type: none"> • Hypertension • Coronary artery disease • Cardiomyopathy |
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| <p>4.</p> | <ul style="list-style-type: none"> • Cardiac asthma • Angiopathy • Myocardial Infarction <p>2. Musculo-Skeletal Disorders:</p> <ul style="list-style-type: none"> • Muscular dystrophy • Disc Herniation / Bulge • Piriformis syndrome • Sciatica • Stiff Neck and shoulders • Frozen shoulder • Carpel tunnel syndrome • Tennis Elbow/ golfers' elbow • Kyphosis • Lordosis • Scoliosis • Arthritis of joints • Lumbar spondylitis • Major tendonitis and Ligament ruptures like ACL <p>3. Respiratory System:</p> <ul style="list-style-type: none"> • Cervical and Respiratory Disorders • Tuberculosis • Chronic Bronchitis • Allergic Rhinitis & Sinusitis • COPD & Emphysema • Bronchial Asthma <p>Digestive System:</p> <ul style="list-style-type: none"> • Constipation • APD • Irritable Bowel Syndrome • Ulcerative colitis • Chronic diseases <p>Major Surgeries: Knee Replacement ACL Tear repair Angioplasty</p> <p>Common Biomedical Drugs used for these disorders; Common treatment options in modern medicine related to these pathologies. Integrating Yoga Therapy with modern medicine. Using Yoga philosophy to understand these pathologies.</p> <p>Neurological Disorders:</p> <ol style="list-style-type: none"> 1. Migraine headache 2. Tension 3. Cerebro vascular accidents |
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| | <ol style="list-style-type: none"> 4. Epilepsy; pain; Autonomic dysfunctions 5. Parkinson’s disease 6. Multiple sclerosis 7. Refraction Errors 8. Hearing impairment <p>Excretory System:</p> <ol style="list-style-type: none"> 1. Chronic kidney failure 2. Hypertension 3. Kidney stones 4. irritable bladder 5. Stress incontinence <p>Obstetrics and Gynecological Conditions</p> <ol style="list-style-type: none"> 1. Menstrual disorders 2. Premenstrual Syndrome 3. Pregnancy and Childbirth 4. Ante-natal care 5. Post-natal care 6. Infertility-male and female PCOS <p>Endocrinological and Metabolic Disorder</p> <ol style="list-style-type: none"> 1. Diabetes Mellitus (I&II) 2. Hypo and Hyper- thyroidism 3. Obesity 4. Metabolic Syndrome <p>Assignment and Assessment:</p> <p>We assess our students through a variety of assessment tools. Each week there will be a class quiz, student teach students sessions, involving demonstration of their understanding of all components. Feedback will be provided and their progress will be marked in the assessment rubrics. At the end of the course there will be one written test comprising of MCQ and short answer questions and a practical test where each student will be asked to assess the postural, pathological issues and pinpoint the reasons behind that. Further we ask our students to demonstrate their learning of human anatomy and physiology through various Asanas, thus integrating tools of yoga therapy and medical terminology which will help in their grooming as an effective yoga therapist. We check their progress during role play sessions and provide feedback as to how they can improve their learning.</p> <p>Books Used:</p> <ul style="list-style-type: none"> • Anatomy & Physiology of Yogic Practices by Dr.Makarand Madhukar Gore • Anatomy and physiology by Ross and Wilson • Yoga Therapy Manual of Paramanand Institute |
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| <p>3. Tools of Yoga Therapy</p> | <p>Overview: Tools of Yoga Therapy are the yogic techniques applied according to the pathologies alone or in conjunction with each other. This course has been designed to let our students have an in depth understanding of various techniques in yoga to be used for therapy purpose with the aim of restoring functionality, pain reduction and optimum wellbeing. They will learn that the client in yoga therapy is not passive but an active recipient and the aim of a therapist is to teach them, guide them, support their healing process and let them recover to optimize the quality of their lives. This course takes the knowledge and understanding of a basic yoga teacher many notches higher by teaching them the physiology of each yogic technique in great detail, including contraindications. This course combines yoga philosophy and yogic techniques to help the students understand the endless possibilities a yogic lifestyle has to offer and how it can lead to achieving optimum wellbeing.</p> <p>Competencies Covered:</p> <p>Category 3.1. Yoga Therapy Tools</p> <p>3.1.1 In-depth knowledge of the application of <i>yama</i> and <i>niyama</i> in the context of yoga therapy.</p> <p>3.1.2 In-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices may include, but are not limited to,</p> <p>3.1.2.1 <i>asana</i> (postures);</p> <p>3.1.2.2 <i>pranayama</i> (regulated breathing);</p> <p>3.1.2.3 meditation and relaxation techniques such as <i>bhavana</i> (visualization), <i>mantra</i> (recitation), and ritualized activities such as <i>nyasa</i> and <i>mudra</i>; and</p> <p>3.1.2.4 <i>vihara</i> (lifestyle modifications) including basic yogic dietary concepts.</p> <p>3.1.3 In-depth knowledge of contraindications of yoga practices for specific conditions and circumstances.</p> |
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Category 3.2 Basic Principles of the Therapeutic Relationship

3.2.1 In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

3.2.2 Demonstrated ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship.

3.2.3 Demonstrated ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship.

3.2.4 In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.

Learning Objectives:

They will be able to demonstrate proficiency in asanas, pranayama, meditation, bandha, mudra, mantra chanting, visualization techniques, communication skills as well as dynamics of therapeutic relationships.

- How to be a safe, supportive, and conscientious Yoga Therapist.
- How to assess the client including the guidance and instruction of: Breathing, Posture, Proper Alignment, Safety mechanics for asanas and the common cautions and contraindications
- How to demonstrate restorative yoga asanas and their common modifications and variations needed for students with or without special conditions
- How to explain the common conditions/cautions and/or complaints a client may experience in a restorative pose and know how to individually assist these clients in the asanas so that they are practicing safely and comfortably
- How to use the breath to invoke the Relaxation Response
- How to practice with a variety of props used in real-life situations
- How to experience and student-teach restorative poses that focus on releasing specific physical and mental tensions
- How to use affirmations, visualizations, meditation, and music to deepen one's own and their students' practice.
- How to work one-on-one with 2 or more yoga clients who need individual assistance

Flow of Class Presentation:

The course is more of practice than theory. While we teach them the physiology of each tool of yoga therapy, we also want them to experience everything firsthand. We teach our students to not treat their clients as

same but be mindful of individual differences. Modifications of various tools of yoga therapy is the main focus. Role play is inbuilt in the course where students work in small groups and learn to master these techniques. Being Blissful Meditation Course is part of the curriculum and is taught by Guruji himself. This course aims to make our students stand apart from others as this technique of meditation has been passed on to Guruji Dr. Omanand by his Guru and has transformed millions of lives so far. We progress our course according to the limbs of ashtanga yoga and begin with Yama, Niyama and then Asana and Meditation. Lifestyle and diet modifications are evaluated for each pathology. This course works hand in hand with the anatomy, physiology and pathology course. Students will be integrating their learnings in both courses during their practice. We also teach them the challenges of group therapy sessions and give them ample practice for that. They will be evaluated and given feedback on their learnings by the faculty members daily to improve their skills. Students will also share their reflections in class from time to time.

Course Subject Matter: Students will be able to learn these tools of yoga therapy and apply them for various conditions as explained to them in the Anatomy, physiology and Pathophysiology Course. Revision of Asana Theory learned in 200 hours TTC.

Yogic Ang Sanchalan

Standing Postures:
 Trikonasana, Parsvakonasana, Parivrattra Trikonasana, Virbhadrāsana 1,2 and 3; Vrikshāsana, Garudasana, Natrajasana, Parsvottanasana, Utthita parsvakonasana

Sitting Postures:
 Baddakonasana, Padmasana, Kurmasana, Supta Virasana, Vakrasana, Gomukhasana

Postures in Prone Position:
 Sarpasana, Bhujangasana, Dhanurasana, Shalabhasana

Postures in Supine Position:
 Supta Pawan Muktasana(All Variations), Setubandhasana, Viparita karni, Markatasana, Matsyasana

Meditative Postures:
 Vajrasana, Siddhasana, Sukhasana, Ardh Padmasana

Pranayama:
 Kapalbhāti, Bhāstrīkā, Anulom Vilom, Bhramri
 Three phases and techniques of Pranayama

1. Inhalation (Poorak)
2. Retention (Kumbhak)
3. Exhalation (Rechak)
4. Techniques of advancements in pranayama practice.

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| | <p>Mudras: Brahma Mudra, Chin Mudra, Samana Mudra, Nasika Mudra, Gyan Mudra, Brahma Mudra, Mahasir Mudra</p> <p>Kriyas: Jala Neti, Trataka, Laghu shankh Prakshalana</p> <p>ASANA: Advanced with modifications according to the patient's conditions Utkatasana, Yogamudrasana, Gupta Padmasana, Badhdha padmasana, Kukkutasana, Tiryaka bhujangasana, Kandhrasana, Ardha chandrasana, Ashwa sanchalan asana, Uttana prishtasana, Setu asana, Janu shirasana, Paschimottanasana, Padhastasana, Shirsha angushthasana, Utthita janu shirshasana, Bhu naman asana, Ardha matsyendrasana, Moordhasana, Sarvangasana, Halasana, Shirshasana, Bakasana, Merudandasana, Baka dhyanasana, Dwi hasta bhujasana, Hamsasana, Santolanasana, Parighasana, Chakrasana, Vishwamitrasana, Ashtavakrasana</p> <p>Meditative postures: Sidhdha yoni asana, dhyana virasana, swastika asana, anand madirasana, bhadrasana, padadhirasana, simhasana, veerasana</p> <p>RELAXATION POSTURES: Shavasana, Advasana, Jyestikasana, Makarasana, Matsya kridasana</p> <p>PRANAYAMA: YOGIC BREATHING</p> <ol style="list-style-type: none"> 1. Abdominal (diaphragmic) breathing 2. Antar and Bahir Kumbhaka Techniques 3. Sheetali Pranayama 4. Sitkari Pranayama 5. Bhramri Pranayama 6. Nadanusandhan Asana 7. Ujjayi Pranayama 8. Moorcha Pranayama 9. Surya bhedana Pranayama <p>Techniques, duration, awareness, sequence, Precautions, contra indications, benefits of all Pranayamas and asanas related to various pathologies.</p> <p>MUDRAS: The Sanskrit word Mudra is translated as gesture. Yogis have experienced mudras as gestures of energy flow intended to link individual pranic energy to the universal and cosmic flow of energy. Mudras are a combination of subtle physical movements which deepen awareness and concentration and also alter mood, perceptions and attitudes. Groups of Mudras:</p> <ol style="list-style-type: none"> 1. Hand Mudras: Jnana Mudra, Chin mudra, Yoni mudra, Bhairava Mudra, Hridaya mudra |
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2. Head Mudras: Shambhavi mudra, Nasikagra mudra, Khichari mudra, Kaki mudra, Akashi mudra, Shanmukhi mudra, Unmani mudra
3. Kaya(Postural) Mudras: Viparita karni mudra, Pashini mudra, Prana mudra, Yoga mudra, Manduki mudra
4. Bandha (Lock Mudras): Maha mudra, Maha bheda mudra, Maha veda mudra
5. Adhara (Perineal Mudras): Ashwini mudra, Vajroli/ sahjoli mudra

KRIYAS

1. Agnisar kriya
2. Nauli
3. Sutra neti

Vihara: Lifestyle Modification including diet, sleep patterns etc

Meditation: Being Blissful Meditation and other meditation techniques. Participants have daily guided practices of Energization Exercises, yoga postures, meditation and guided yoga techniques for greater energy, therapeutic and restorative yoga.

Students will know practices to help their students/clients deal with difficult issues in their lives. By the end of the course, students will know:

- The three levels of consciousness: Where do solutions reside?
- How to use meditation techniques to find solutions.
- Introspection and personal commitment. •How to deepen meditation practice.
- Tools to help raise consciousness and how to use them: affirmations, visualizations, pranayama.
- Working with the chakras to transmute negative energy.
- How to find solutions to specific issues. (health, relationships, money, stress)
- Discussion of questions that you as teachers face with your students.
- Daily special guided sadhanas to help deepen meditation and variety of ways to go deeper in meditation.
 - Learn the benefit from silence and find answers.

Bhakti Yoga: Mantra Chanting

Faculty:

Dr. Omanand Guruji
Prof. Divya Darshan

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| | <p>Assignment and Assessment: The students are assessed each day based on their performance during class discussions, role play sessions, peer review and self-review through Daily Journal writing. We often record the role play sessions for review purposes and providing effective feedback for improvisation. The written test at the end of the course, and assisting yoga therapy sessions are used for grading purposes. Students are graded based on their grasp of key concepts, their ability to understand the need to modify the various tools, clarity of their instructions and flexibility of their approach.</p> <p>Books:</p> <ul style="list-style-type: none"> • Asana through the Third Eye by Dr. Omanand • Yoga Therapy Manual of Paramanand Institute |
| <p>4. Ayurveda and Overview: Yoga Therapy</p> | <p>Ayurveda is an intricate medical system that originated in India thousands of years ago, widely regarded as the oldest form of healthcare in the world. Ayurveda deals with the entire creation with special emphasis on the biology of life. Ayurveda is derived from the most sacred scriptures from India, known as Vedas. They are Rig, Sama, Yajur and Atharva Vedas. In this course, we aim to educate our students about the relevance of Ayurvedic treatments in yoga therapy and assimilation of Ayurvedic principles in efficiently delivering yoga therapy. The students will learn about</p> <ul style="list-style-type: none"> • panca maya (kosha) (fundamental structure of the human system); • subtle anatomy; • tri-dosha (effect of the elements on the physical body); • tri-guna (effect of sattva (equilibrium), rajas (activity), tamas [inertia]); • prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the • body); • ama (undigested food, emotions, etc. accumulated in the body); • agni (internal fire(s) and their contribution to health); • prana vayu (prana, apana, vyana, udana, samana); • prana prakopa (disturbance of the vayu); |

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| | <ul style="list-style-type: none"> • urya/chandra (sun/moon); • brmhana/langhana (expansion/contraction); and • vyuha model: heya (the symptoms), hetu (the causes), hana (the goal), upaya (the tools) <p>Competencies Covered:</p> <p>Category 1.3. Framework for Health and Disease</p> <p>1.3.1 Knowledge of the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, including the concepts of</p> <p>1.3.1.1 <i>panca maya (kosha)</i> (fundamental structure of the human system);</p> <p>1.3.1.2 subtle anatomy;</p> <p>1.3.1.3 <i>tri-dosha</i> (effect of the elements on the physical body);</p> <p>1.3.1.4 <i>tri-guna</i> (effect of <i>sattva</i> (equilibrium), <i>rajas</i> (activity), <i>tamas</i> [inertia]);</p> <p>1.3.1.5 <i>prakrti/vikrti</i> (<i>dosha</i> constitution at birth/imbalance of the <i>dosha</i> currently expressed in the body);</p> <p>1.3.1.6 <i>ama</i> (undigested food, emotions, etc. accumulated in the body);</p> <p>1.3.1.7 <i>agni</i> (internal fire(s) and their contribution to health);</p> <p>1.3.1.8 <i>prana vayu</i> (<i>prana, apana, vyana, udana, samana</i>);</p> <p>1.3.1.9 <i>prana prakopa</i> (disturbance of the <i>vayu</i>);</p> <p>1.3.1.10 <i>surya/chandra</i> (sun/moon);</p> <p>1.3.1.11 <i>brmhana/langhana</i> (expansion/contraction); and</p> <p>1.3.1.12 vyuha model: <i>heya</i> (the symptoms), <i>hetu</i> (the causes), <i>hana</i> (the goal), <i>upaya</i> (the tools).</p> <p>1.3.2 Knowledge of categorizing illness, including</p> <p>1.3.2.1 Development/evolution of disease (<i>samprapti</i> [pathogenesis]), including but not limited to direction, intensity, onset, and duration and</p> |
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their influence on the ease or difficulty of healing and disease management.

1.3.2.2 Setting priorities: symptoms/pacification (*shamana* [shortterm]) and purification/strengthening (*shodhana* [long term]).

Learning Objectives:

Yoga and Ayurveda are considered to be in close relationship. This course aims to broaden the horizon for our Yog Chikitsak students. At the end of this course they will be able to incorporate the basics of Ayurveda in assessing their clients and identify the pathologies originating from imbalances in their gunas. They will learn human anatomy and physiology from the perspective of Ayurveda as described in yoga philosophy and how Ayurveda treats the human body as whole rather than in parts thus integrating mind, body and breath. They will also understand the basic differences in prakritis and can suggest lifestyle modifications to bring harmony in the system. We however caution our students from claiming to be proficient in Ayurveda and advise them to appropriately refer their clients if their condition is beyond the scope of yoga therapy.

Flow of Class Presentation: The class is conducted through lectures, quizzes and discussions. Introduction to major texts of Ayurveda and their relevance in today’s world where most of the diseases are lifestyle based diseases is discussed. Goals/Aims of Ayurveda are explained, that are basically to

- Protect health and remain healthy. (Swasthyas swasthya rakshanam)
- Eliminate diseases and dysfunctions. (Aturasya vikar prashamanamcha)

Ayurveda provides both curative and preventive measures towards optimal physical, mental and spiritual well-being.

Major concepts of Ayurveda, like following the basic constitution of each person based on trigunas and understanding their prakruti and vikruti makes it easier for a therapist to go to the root cause of a problem and decide on the strategies such as preventive or curative to be adopted based on the clients’ condition. Students will learn techniques of both short term/ long term treatment options of shodhan and shaman with special emphasis on vyuha model: heya (the symptoms), hetu (the causes), hana (the goal), upaya (the tools), as well as the importance of Ayurvedic diet based on seasons.

The course content is presented in an interesting manner by an Ayurveda Practitioner himself.

Course Subject Matter:

Ayurvedic treatments for Healthy People

- Nasya (nasal instillation)
- Snehan (oleation) (Medicinal enema),
- Karnapuram (ear instillation)

Ayurvedic treatments are used for all types of chronic diseases as well as for newer diseases. In diseases like asthma, diabetes, high blood pressure, etc. this treatment has given very enthusiastic positive results. In acute pain and swelling, procedures like snehana, swedan and rakta mokshana help to relieve symptoms very quickly.

Ayurvedic treatment before any kind of surgical treatment is recommended which reduce the total time taken for the treatment of chronic diseases. Excess toxins are eliminated by this process thus giving medicine more space to act fast.

The Main Texts of Ayurveda :

1. Brihat Trayee:

- Charak Samhita,
- Sushrut Samhita
- Astanga Sangrah /

Hridaya. 2. Laghu Trayee:

- Madhav Nidaan,
- Sharangdhar Samhita,
- Bhava Prakash.

Others:

- Kashyap Samhita,
- Sahastra Yogam,
- Yog Ratnakar,
- Bhaisajya Ratnavali,
- Bharat Bhaisajya Ratnakar

Eight Branches of Ayurveda (Astanga Ayurveda):

1. Kaya - comprising of general medicine / all somatic disorders
2. Bal - comprising of gynecology, obstetrics, pediatrics
3. Graha - comprising of psychological and psycho-somatic disorders
4. Urdhvang - comprising of ENT, dentistry, ophthalmology, head brain
5. Shalya - comprising of surgery.
6. Danshtra - comprising of toxicology.
7. Rasayana - comprising of geriatrics immunological studies
8. Vajikarana - comprising of sexual disorder studies

- At Constitutional level (The Pancha Maha bhutas/ Panch Koshas)
- At Functional level (The Tri Doshas, Tri Gunas, Panch Vayu)
- At Structural level (The Sapta Dhatus)
- At By-product level (The Malas)
- Prakriti/Vikriti

The Pancha Mahabhutas:

- Akasha (Space) Ether
- Vayu (Air) Gases
- Agni (Fire) Heat Energy

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| <p>1.</p> | <ul style="list-style-type: none"> • Jala (Water) Liquid • Prithvi (Earth) Solid <p>The Tri Dosas/Prakriti:</p> <ol style="list-style-type: none"> 1. Vata 2. Pitta 3. Kapha <p>The relation between Tri-Doshas and Pancha-Mahabhutas with respect to their category of work and changes in prakriti.</p> <ol style="list-style-type: none"> 1. Vata (Vayu and Akash) - Movements 2. Pitta (Agni and Jal) – Transformations 3. Kapha (Jal and Prithvi) - Stability <p>The Tri Gunas:</p> <ol style="list-style-type: none"> 1. Sattav 2. Rajas 3. Tamas <p>The Panch Vayu:</p> <p style="text-align: center;">Prana</p> <ol style="list-style-type: none"> 2. Udana 3. Samana 4. Vyana 5. Apana <p>Techniques to remove Prakopa or misbalance in prana body</p> <p>The Sapta Dhatus:</p> <p>There are seven types of dhatus in our body according to Ayurveda. This may be regarded as seven types of tissues based on the common functions they perform in our body</p> <ol style="list-style-type: none"> 1. Rasa: Fluid or plasma. Connective tissue: Provides contentment and saturation and it nourishes each and every tissue and cell of the body. 2. Rakta: Blood cells, Blood generates clarity in complexion; it not only nourishes the body tissues, but provides physical strength and color to the body. 3. Mamsa: Muscle issue Its main function is to provide physical strength and support for the meda dhatu. 4. Meda : Fats / adipose tissue, Medas gives rise to unctuous materials, it also lubricates the body. 5. Asthi: Bones and cartilages; Asthi supports the body structure. |
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| | <p>6. Majja: Nervous tissue / bone marrow/ CSF provides function, strength and regulates shukra dhatu</p> <p>7. Shukra: Reproductive tissue Provides velour, discharge, pleasure, physical strength, exhilaration and is meant for reproduction or seed production.</p> <p>The Malas: Malas are the various waste products of food and the dhatus produced during the normal digestive and metabolic process. The three primary malas being Purisa (feces), Mutra (urine) and Sveda (sweat). Ayurveda clearly states that only a balanced condition of dosas, dhatus and malas is ‘arogya’ (good health or disease free condition) and their imbalance is the cause of ill health or disease. Ayurveda modalities of treatment including but not limited to Vyuha Model. Ayurvedic Diet: Basic elements of an ayurvedic diet according to different climatic conditions.</p> <p>Assignments and Assessment:</p> <ol style="list-style-type: none"> 1. Students are assessed on their competence of assessing the Prakriti /Vikruti of 3 fellow students. (Assessment form provided) 2. Students are required to submit a case study about a client with focus on: <ol style="list-style-type: none"> a. Samprapti (Identifying the pathology) as learned during course. b. Vyuha model of treatment. c. Choose between shamana/shodhana treatment options. 3. Students also visit the Ayurveda Clinic for a total of 21 hours and learn many Ayurveda therapy techniques. They assist in therapy sessions and learn a great deal interacting with real patients. Feedback is provided on their performance which helps to refine their skills, especially client intake and assessment. 4. Final written Exam and Case Study Presentation are used for final grading. <p>FACULTY: Dr. Sandeep Sha Dr. Atul Gupta Course Books: Basics of Ayurveda by Dr. Sandeep Shah</p> |
| <p>5. Making of a Yoga Therapist</p> | <p>Overview: Making of a Yoga Therapist Course is the Integration point of all other courses. It works at refining the subtler skills of our students. It prepares our students for practicum delivery through practical sessions where they work on fine tuning their skills until they are able to demonstrate all the competencies of a successful yoga therapist.</p> <p>Competencies Covered:</p> |

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| | <p>Category 1.1. Yoga Teachings and Philosophy</p> <p>Category 1.2. Yoga and the Mind</p> <p>Category 1.3. Framework for Health and Disease</p> <p>Category 2.1. Anatomy and Physiology</p> <p>Category 2.2. Additional Biomedical Knowledge</p> <p>Category 2.3. Psychology and Mental Health</p> <p>Category 2.4. Additional Knowledge</p> <p>Category 2.5. Body and Mind Integration</p> <p>Category 3.2 Basic Principles of the Therapeutic Relationship</p> <p>3.2.1 In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.</p> <p>3.2.2 Demonstrated ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship.</p> <p>3.2.3 Demonstrated ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship.</p> <p>3.2.4 In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.</p> <p>Category 3.3 Principles and Skills for Educating Clients/Students</p> <p>3.3.1 In-depth knowledge of and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress, and cope with unique difficulties/successes.</p> <p>3.3.2 In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process.</p> <p>3.3.3 In-depth knowledge of and demonstrated ability to develop and</p> |
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adjust appropriate practice strategies to the client/student.

Category 3.4 Principles and Skills for Working with Groups

3.4.1 Basic knowledge of and demonstrated ability to design, implement, and evaluate group programs.

3.4.2 Familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities and boundaries, as well as techniques to address the specific needs of individual participants, to the degree possible in a groupsetting.

Learning Objectives:

- Demonstrate practical client assessment skills (including structural and functional assessment, chakra assessment, basic Ayurvedic constitution and imbalances assessment)
- Demonstrate ability to take a client history, create, document, and evaluate individualized therapeutic plans including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well-being.
- Demonstrate a deeper understanding of anatomy, physiology, and kinesiology
- Learn how to design individualized yoga therapy regimes
- Demonstrate understanding of how chakra energy affects client's physical, mental, emotional and spiritual well being and how this knowledge can inform the choice of techniques used in yoga therapy routines.
- Know how Yoga and Ayurveda work together to promote well- being of body, mind, and spirit.
- Demonstrate an understanding Yoga teachings (asanas, meditation, pranayama, diet, yoga philosophy, and more), and how they can be used to help a client therapeutically.
- Demonstrate ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga therapist.
- Know the principles Energy Healing and demonstrate how to send healing energy to others; the roles of prayer and intention;
- Demonstrate understanding of the importance of the power of the mind; the use of affirmations, visualizations, and mantra.
- Demonstrate ability to apply knowledge of pacification, purification, and strengthening strategies.

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| | <p>evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.</p> <ul style="list-style-type: none"> · Demonstrate ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/students as well as group classes, taking into consideration the holistic nature of the individual. · Demonstrate ability to apply knowledge of how to choose and prioritize the use of yoga tools and techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients. · Demonstrate ability to teach or deliver the appropriate practices for individuals as well as groups, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy. · Be familiar with important issues in conducting the business of yoga therapy, how to communicate with health care professionals and how to generate and interpret referral information. · Understand how to establish therapeutic relationships with clients, how to set clear boundaries; what are professional and ethical boundaries; listening and communication skills. <p>Making of a Yoga Therapist is the core of our Yog Chikitsak Program. This course has been carefully drafted for fine tuning the skills of a future yoga therapist. This course takes into consideration communication skills, listening skills, adaptation skills, and knowing the restrictions of their profession. It will also equip the students to educate their clients about their conditions and the need to modify their lifestyle and follow the protocol designed for them to achieve holistic health conditions. The students will be able to demonstrate their skills to establish therapeutic relationship with their client. They will also be able to effectively communicate with their clients. The course also aims at educating our students the value of upgrading their skills and conducting basic research studies and present their findings in various ways.</p> <p>Flow of Class Presentation:</p> <p>The course will be conducted in the form of Presentations, Role Plays, Discussions, class quiz and mock therapy sessions. This course runs concurrently with other courses and aims at reinforcing the learnings of all courses. All therapy sessions where the students are either shadowing or assisting, they focus on one major area specifically, such as; intake, assessment, therapeutic relationship, conducive environment, communication skills, collating the assessment data to understand client's condition, reading medical reports, setting priorities, short term and long term goals, creating therapy protocol, explaining protocol through different modalities, understanding individual differences, treating group</p> |
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therapy clients individually, being able to offer modifications, being able to review the progress of the client in subsequent sessions, etc. All these skills are polished through visits to Ayurveda Clinics, Yoga Therapy Hospitals other than our own clinic. Early patient contact helps in translating theoretical knowledge to practical dimensions. Our aim is to make our students competent and confident therapists before they leave our campus and can successfully deliver their practicum hours and take pride in being able to touch people's lives in a meaningful way. Introduction to research methodology and presentation skills makes this course wholesome.

Course Subject Matter:

- Communication Skills
- Assessment Skills
- Establishing Therapeutic Relationship
- Develop Therapy Protocol
- Demonstrate protocol via multimodal approach
- Importance of being attentive
- Listening skills
- Adapting to client's needs
- Subtle dynamics of client therapist relations.
- Scope of Yoga Therapy and need for referral
- Design, implement and evaluate group therapy programs.
- Principles and skills of working with a group.
- Setting priorities and meeting individual needs in a group therapy session.
- Ability to acknowledge clients' progress.
- Develop and adjust appropriate practice strategies for the client.
- Demonstrate the ability to handle challenges.
- Demonstrate the ability to provide supportive and effective feedback.
- Creating awareness and sense of responsibility in clients.
- Developing strategies for the client to practice the protocol.
- Behaviour modification strategies for the client to stick to home practice and actively participate.
- Introduction to Research Methodology.
- Types of Research Designs
- Different types of sampling.
- Types of data and methods of data collection.
- Measures of central tendency- Mean, Median, Mode.
- Correlation, Coefficient and probability theory
- Testing of hypothesis, synopsis and dissertation writing.
- Presentation skills.
- Introduction to bio statistical analysis and presentation of data in Excel.
- Reference writing in Research work.

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| | <ul style="list-style-type: none"> • Demonstration of case study, Poster Presentation • And Power Point Presentations <p>Faculty: Dr. Omanand Dr. B.K. Bandre Dr. Sandeep Shah Prof. Lata Gaur</p> <p>Assignment and Assessment:</p> <ul style="list-style-type: none"> ▪ Observation ▪ Interview ▪ Peer Review ▪ Self -Review ▪ Daily Journal ▪ Discussions during sessions ▪ Role Play ▪ Assisting Therapy Sessions ▪ Class Test <p>Books: Yoga Therapy Manual of Paramanand Institute</p> |
| <p>6. Psychology and Yoga Therapy</p> | <p>Overview: In today’s world, the most common ailments suffered by humanity are more mental than physical. Overload of information, advancements in technology, increased competitiveness, cut throat race for survival create massive load of stress. According to yoga science all ailments mental or physical originate in Manomaya Kosha or The Third Plane of consciousness. Yoga therapy is immensely capable of relieving symptoms of psycho somatic disorders. At the same time, the knowledge of principles of human psychology will be an added advantage for future yoga therapist to adopt an approach which balances the old and new in an integrative approach for restoring harmony and holistic wellbeing.</p> <p>Competencies Covered: Category 2.3. Psychology and Mental Health</p> <p>2.3.1 Basic knowledge of commonly occurring mental health conditions—from psychological distress to psychiatric conditions—their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist.</p> <p>2.3.2 Basic knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist.</p> <p>Category 2.4. Additional Knowledge</p> |

2.4.1 Familiarity with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being.

2.4.2 Familiarity with the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.

Category 2.5. Body and Mind Integration

2.5.1 Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

Learning Objectives:

The students will learn the basic knowledge of commonly occurring mental health conditions—from psychological distress to psychiatric conditions—their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist. Including also basic knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist. Furthermore, the get familiar with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being. And also learn about the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing; as well as knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

The objective of this course is to familiarize the students with different approaches in Psychology which can be integrated in planning an effective yoga therapy protocol for psychosomatic disorders. The course focuses on the mental / emotional body, evaluating and understanding the multi-dimensional nature of the human mind. Students will explore the underlying, correlating factors and side effects of conditions such as depression, anxiety, addiction and trauma, as well as how to assess and treat such conditions with yogic practices.

At the completion of the course students will be able to understand:

- Similarities and differences in Psychological therapy and Yoga Therapy
- Brief History of Psychology
- Stages of human development, lifecycles, personality types
- Research Methodology in Psychological testing
- Common terminology used in psychological testing.
- Ethics in psychological research
- Know basic pathophysiology, symptoms, treatments (including medications) and medical terminology of a variety of common mental health conditions, ranging from psychological distress to

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| | <p>psychiatric conditions, including how they impact a person’s life physically, mentally, emotionally, and spiritually.</p> <ul style="list-style-type: none"> • Know how to and demonstrate the ability (via case studies) to incorporate any contraindications related to mental health conditions into the development of a yoga therapy plan for clients. • Know how developmental models of human development and influences of familial, social, cultural, and religious conditioning influence mental health conditions and healing. • Know how Yogic and Ayurvedic views of the mind and personality can help the yoga therapist to create appropriate yoga therapy plans for those with a variety of psychological and mental health conditions. • Know and be able to demonstrate good communication skills, including listening, presence, directive and non-directive dialogue; how to set appropriate therapeutic boundaries. • Know how to do a basic evaluation of a person’s mental and emotional dimensions of well-being, and when it is appropriate to refer to a mental health professional. • Know how to and be able to demonstrate (via case studies) the ability to apply appropriate yoga therapy to those with common mental health conditions, and how to collaborate with mental health practitioners as needed. • Know effective teaching methods and how to adapt to different styles of learning. • Know therapeutic ways to develop and manage group classes for people with these psychological/mental health conditions. <p>Flow of Class Presentation: This course is an integral part of the YOG CHIKITSAK (Diploma in Yoga Therapy) Program. This course is taught in the format of lectures, discussions, assignments, class quizzes. The skills learned in this course will come handy when the students learn to assess their clients. Behavioral and cognitive psychotherapy approaches can easily be integrated in yoga therapy protocols. Students will be given an insight about human psychology as described in Hindu scriptures and a comparative analysis will be done with modern psychology. They will learn how meditation, Mudras, chanting, restorative asanas and visualization techniques can help in alleviating symptoms of various psychosomatic disorders.</p> <p>Course Subject Matter: Major Psychological Disorder: Some of the following symptoms and interventions. These are adoptable by Yoga Therapists.</p> <ol style="list-style-type: none"> 1. Depression 2. Anxiety 3. Eating Disorders like Bulimia and Anorexia 4. Dependence on Alcohol and Tobacco and other drugs 5. Schizophrenia |
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| | <ol style="list-style-type: none"> 6. Dementia and Alzheimer 7. Obsessive Compulsive Disorder 8. Nervous Breakdown 9. Fear 10. Stress 11. Anger 12. Confusion 13. Frustration 14. Addiction 15. Insomnia <p>Introduction to Psychotherapy:</p> <ol style="list-style-type: none"> 1. Various methods of counseling 2. Required skills for counseling 3. Various stages of counseling 4. Behavioral Therapy 5. Cognitive Therapy <p>Faculty:</p> <p style="padding-left: 40px;">Dr. Omanand Guruji Abha Bajaj Prof. Lata Gaur</p> <p>Assignment and Assessment:</p> <p>Case Study:</p> <p>Students will visit the Old Age Home in Ashram Campus or old age outdoor patients and identify a client with psychosomatic disorder. Students will take the history of the client either from the client or from the caregiver and fill up the Patient intake form.</p> <p style="padding-left: 40px;">Students will submit their report which will include:</p> <ul style="list-style-type: none"> • A brief description of the problem that they addressed. • The description of the disorder. • Identify the Mind body incoherence • Locate the probable underlying issues • Using the techniques learned in yoga philosophy as well as Psychology to design a therapy protocol which will establish harmony in mind, body, breath, emotions and intellect. • Submitting the case study to the mentor. <p style="padding-left: 40px;">The students will be observed and assessed during assisting therapy sessions as well as role play sessions. Feedback will be provided on their performance. They will be assessed based on their client assessment skills through case studies and presentations. A final exam at the end of the course will count towards grading.</p> <p>Books:</p> |
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Yoga and Psychotherapy by Dr. Omanand

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| <p>7. Regulatory Practices and Business Ethics</p> | <p>Overview: Ethical Guidelines for the Yoga Therapist & establishing the students as a Yoga Therapist</p> <p>At Paramanand Yoga, we follow traditional Yoga practices and teachings. A Yoga practitioner or Yoga Teacher or Yoga therapist is supposed to follow ethics in accordance to Yama and Niyama.</p> <p>This course focuses on outlining the professional standards, guidelines and codes of ethics that are standards of practice for healthcare professionals. It includes generally accepted ethical principles of health care codes of conduct and yoga’s ethical principles and evolving experience in yoga therapy, and knowledge of the importance of practising within such parameters.</p> <p>Competencies Covered: Category 5.1. Ethical Principles</p> <p>5.1.1 In-depth knowledge of yoga practices and methods for self-inquiry related to establishing, practicing, and maintaining ethical principles.</p> <p>5.1.2 In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga’s ethical principles.</p> <p>5.1.3 Demonstrated ability to apply knowledge of generally accepted ethical principles and related concepts from the yoga tradition to professional interactions and relationships.</p> <p>5.1.4 In-depth knowledge of the scope of practice of yoga therapy, resulting in the demonstrated ability to discern the need for referral to other modalities.</p> <p>5.1.5 Knowledge of the extent of one’s own individual training, skills, and evolving experience in yoga therapy, and knowledge of the importance of practicing within such parameters.</p> <p>Category 5.2. Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy</p> <p>5.2.1 Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist.</p> <p>5.2.2 Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial</p> |
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management.

Category 5.3. Relationships with Peers, Mentors, Clinicians, and Organizations

5.3.1 Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.

5.3.2 Basic knowledge of how to establish, maintain, and utilize a referral network of peers and related healthcare practitioners and organizations.

5.3.3 Basic knowledge of how to develop and maintain ongoing collaborative relationships.

Category 5.4. Personal and Professional Development and Continuing Education

5.4.1 Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education.

5.4.2 Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.

Learning Objectives:

Guidelines of building one’s practice, maintaining harmonious therapeutic alliances and understanding one’s scope of work are covered in this course. Additional topics include moral compliance, networking among healthcare providers as well as handling clients with special needs population.

- Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist.
- Knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.
- Knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.
- Knowledge of how to establish, maintain, and utilize a referral network of peers and related healthcare practitioners and organizations.
- Knowledge of how to develop and maintain ongoing collaborative

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| | <p>relationships.</p> <ul style="list-style-type: none"> □ Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education. □ Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice. <p>Flow of Class Presentation:</p> <p>This course is presented in the form of lectures, power point presentations, role play and open-ended discussions and aims at</p> <p>Defining one's role as a yoga therapist, understanding the scope of your practice and refraining from advertising oneself as a doctor, physiotherapist or an Ayurveda practitioner;</p> <ul style="list-style-type: none"> – An overview of issues that they may come across while dealing with specific populations, such as the special needs population and people with severe disabilities. – Defining the ethical guidelines for providing therapy to individuals as well as groups which may include topics like maintaining confidentiality, legal responsibility, staying within the scope of practice, maintaining the standards of healthcare professionals; – Learning the values and moral compass of working with other health care professionals; – Networking with various healthcare professionals for consultation and support in their business. – Establishing themselves as a Yoga therapist <p>Faculty: Dr. Shreyas Bansal Dr. Omanand</p> <p>Course Subject Matter:</p> <ul style="list-style-type: none"> • Establishing, practicing and maintaining Ethical Principles • Ethical practices and Code of Conduct • Professional interactions and relationships as per Yoga Tradition • Practicing within realms of individual knowledge • Scope of the practice of Yoga Therapy and the need for referral • Relevant local, state and national laws and regulations pertaining to Yoga Therapy • Basic knowledge of Business Practices, including record keeping, planning and financial management |
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| | <ul style="list-style-type: none">• Knowledge of other healthcare fields and their potential as relevant to Yoga Therapy• Establishing, maintaining and utilising a referral network. Developing and maintaining collaborative relationships with other healthcare professionals.• Personal and professional development alongside continuing education <p>Assignment and Assessment: Students will be assessed through class quiz, discussions, role play sessions, assisting therapy sessions and case study presentations.</p> <p>Books: Yoga beyond Business- Dr. Omanand Business communication- Global Open University Business Ethics- Global Open University</p> |
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Q. Description of the Learning and Other Physical Resources

Course Books

1. Yoga Therapy Manuals Part 1 and 2- Dr. Omanand
2. Asana by Third Eye- Dr. Omanand
3. Total awakening (Patanjali Yoga Sutra Explained)- Dr. Omanand
4. Alchemy of life (Mind body integration)- Dr.Omanand
5. Bhagvad Gita concise - Gita Press Gorakhpur
6. Asana, Pranyama, Bandha, Mudra- Swami Satyanand Saraswati
7. Hatha Yoga Pradipika- Swami Swatmarama
8. Basics of Ayurveda- Dr. Sandeep Shah
9. Yoga Vashishtha
10. Illness to Wellness, Yoga Therapy for common diseases- Dr. omanand
11. Yoga Taravali- Dr. Omanand
12. Yoga and Psychotherapy- Dr. Omanand
13. Marital Yoga- Dr. Omanand
14. Mantra Yoga- Dr. Omanand
15. Secrets of Chakras and Kundalini (Therapeutic Benefits)- Dr. Omanand
16. Yoga Beyond Business (A business Plan)- Dr. Omanand
17. Power Point Presentations by Faculty Members



Other Reference Books

1. Yoga Therapy Theory: Modern methods based on traditional teachings of human structure and function by Kazuo Keishin Kimura and Madoka Onizuka Chase
2. Restorative Yoga Therapy: The Yapanan Way to Self-Care and Well-Being by Leeann Carey
3. Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness by A.G. Mohan and Indra Mohan
4. Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self by Anodea Judith
5. Ayurvedic Yoga Therapy by Mukunda Stiles
6. Yoga's Touch Hands on Adjustments, Alignment and Verbal Cues by Martia Bennett Rachman
7. Science & Philosophy of Teaching Yoga & Yoga Therapy by Jacqueline Koay
8. The Endless Web: Fascial Anatomy and Physical Reality by R. Louis Schultz and Rosemary Feitis
9. Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga by Tias Little
10. Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment by David Emerson and Jennifer West PhD
11. Yoga Therapy: Foundations, Methods, and Practices for Common Ailments by Mark Stephens
12. Yoga as Medicine: The Yogic Prescription for Health and Healing by Yoga Journal and Timothy McCall
13. Principles and Practice of Yoga in Health Care by Sat Bir Khalsa and Lorenzo Cohen
14. Yoga Therapy, Ayurveda, and Western Medicine: A Healthy Convergence by Dilip Sarkar, MD FACS Cap C

Other learning facilities/resources:

We have a designated yoga therapy hall which is equipped with various props that we deem appropriate to facilitate the range of motion, provide support, alleviate pain and maintain safe environment. We use:

1. Ropes
2. Bolsters
3. Chairs



4. Straps
5. Blankets
6. Yoga back bend support
7. Asana Bench
8. Head stand support

R. Leave of Absence Policy

Paramanand Institute of Yoga Sciences & Research does not entertain a Leave of Absence Policy for the residential duration of the Yog Chikistak (Diploma in Yoga Therapy). Failing to attend any part of the program for whatsoever reason will require the student to attend the module with the next cohort. Within a module 95% attendance is compulsory.

S. Members of the Governing Board

Paramanand Institute of Yoga Sciences & Research governing structure does not follow that of a governing board. All staff are under strict supervision of the Director of the Institute, Dr. Omanand.

T. Further assistance and related enquiries

If you still have any further enquiries or should you require assistance with any part of the application process, do not hesitate to visit our website <https://www.paramyoga.org/> or contact us at yogaparamanand@gmail.com. Thank you.