



# DIRECTORATE OF DISTANCE EDUCATION

## under swami vivekananda yoga anusandhana samsthana

(declared as Deemed University under Section 3 of the UGC Act, 1956)



*Vision*  
Yoga through Education



*Mission*  
Yoga to Every Doorstep



**Directorate of Distance Education (DDE), S-VYASA** is approved by Distance Education Council (DEC), New Delhi vide notification F.No.DEC/SVYAS/BLR/KTK/09 dated August 27th, 2012 as a center to launch programmes through the Distance Mode. All programmes under DDE, S-VYASA are approved by Tripartite Committee of UGC.

### ABOUT S-VYASA

The objective of S-VYASA has been to make Yoga a socially relevant science with the tool of modern scientific research. Over the last 25 years, several beneficial applications of yoga in Health, Education, Management and other fields have been established through scientific research: published 195 research papers in leading peer reviewed national and international journals making this institution a premier in Yoga research in the country.

"The goal of life is to manifest the Divinity within" is the proclamation of Swami Vivekananda. The approach of S-VYASA has been to promote this great wisdom of Yoga and Spiritual lore not only for alleviating human suffering but also for individual growth and universal peace, harmony and brotherhood. With vast experience of conducting several short-term and long-term programs as an affiliated institution to Bangalore, Mysore, Mangalore and Rajiv Gandhi University of

**High Standards in Teaching / Learning / Evaluation System**

### TEACHING

- Specialised Eight-stepped Method for Asanas
- Hands-on field training for Therapy
- Internship in Arogyadhama (Residential Health Home) or best hospitals/ yoga organisations across the Globe
- Externship in PHC (Primary Healthcare Centers)
- Online teaching using Virtual Learning Tools
- Personal Contact Programs (PCP)
- Network of Alumni around the world

### LEARNING

- Credit System as per UGC guidelines
- Study materials in SLM (Self Learning Material) Format
- Video and Audio contents developed by subject experts available for various subjects
- Instructional design formatted study material available
- Moodle Server hosted from our Prashanti Kutiram headquarters
- [Onlineyogacourses.com](http://Onlineyogacourses.com) to host yoga programs offered through DDE
- [Libraryofyoga.com](http://Libraryofyoga.com) containing the knowledge base of S-VYASA
- Lecture notes hosted on servers from inside Prashanti campus
- 24 x 7 support available
- Faculty available for one-on-one and group counseling



### COURSES

**BSc (YEd)**

Bachelor of Science in Yoga Education

**BSc (Y)**

Bachelor of Science in Yoga

**MSc (YEd)**

Master of Science in Yoga Education

**MSc (Y)**

Master of Science in Yoga

**PGDYTD**

Post Graduate Diploma in Yoga Therapy for Doctors

**PGDYT**

Post Graduate Diploma in Yoga Therapy

**YIC**

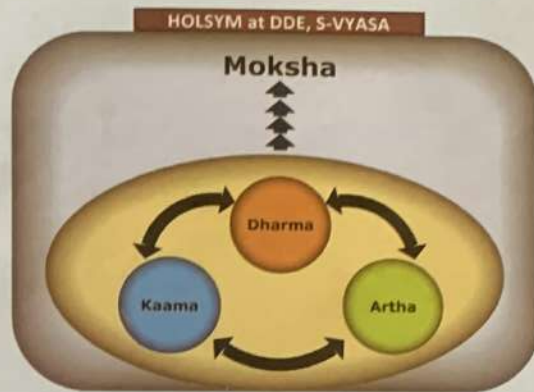
Yoga Instructor's Course



## EVALUATION

- Standardized, first-ever distance examination system for Yoga including Asana, Pranayama, Meditation, Kriyas, Mudras, Bandhas etc.,
- Online and offline Automated Examination System
- Term-end & continuous assessments
- Assignments or applications of Yoga
- Total Personality development measures using Personality (Guna) inventory.

**Study Yoga Any Place Any Time**



Title of the Programme	Eligibility	No. of Credits	Course Duration		Contact Programme Duration	Admission Intake	Personal Contact Programs (PCPs) 1 week per semester	Fees in Rupees
			Min	Max				
YIC ***	12 years of Education or 12th Class	12	6 months	1 year	7 days	Anytime	Feb, May, Jun, Aug, Oct, Dec	12,500/-
BSc (YEd)	12 years of Education	130	3 years	6 years	7 Weeks	Anytime	Jan - Feb, Jul - Aug	37,000/-
BSc (Y)	12 years of Education	130	3 years	6 years	7 Weeks	Anytime	Jan - Feb, Jul - Aug	49,000/-
MSc (YEd)	Any Graduation	84	2 years	4 years	5 Weeks	Anytime	Jan - Feb, Jul - Aug	39,500/-
MSc (Y)	Any Graduation	80	2 years	4 years	5 Weeks	Anytime	Jan - Feb, Jul - Aug	53,500/-
PGDYT	Any Graduation	56	15 months	3 years	2 Weeks	Anytime	Jan - Feb, Jul - Aug	40,500/-
PGDYTD	Any Medical Graduation	52	1 years	2 years	2 Weeks	Anytime	Jan - Feb, Jul - Aug	40,500/-

\*\*\* YIC is mandatory for all courses

One-time Fees: Library Fees, Examination Fees, Smart ID, Registration Kit, Study Materials

Fees does not include:

Boarding & Lodging: For stay during Personal Contact Programmes (PCPs)

## DDE has the necessary Physical & Intellectual Infrastructure for its programmes

- One Gbps connectivity on MHRD-floated National Mission on Education initiative of Virtual Private Network (NME, VPN); NME will allow us access to huge resources eventually.
- Residential University setup for research and study laboratories
- Arogyadhama (Residential Hospital), a 250-bed holistic health home for hands-on field training in therapy
- Boys' and Girls' hostel facilities for stay during Counseling Programmes.
- Network of mother organisation VYASA's 54 Branches and 30 Affiliation Centers in India and about 30 centers across the Globe which will act as Intake Counseling and Support Centers.

### For details contact

Course Co-ordinator, DDE

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