

























## S-VYASA

Deemed to be University
Established u/s 3 of the UGC Act, 1956
Swami Vivekananda Yoga
Anusandhana Samsthana
Bengaluru, India



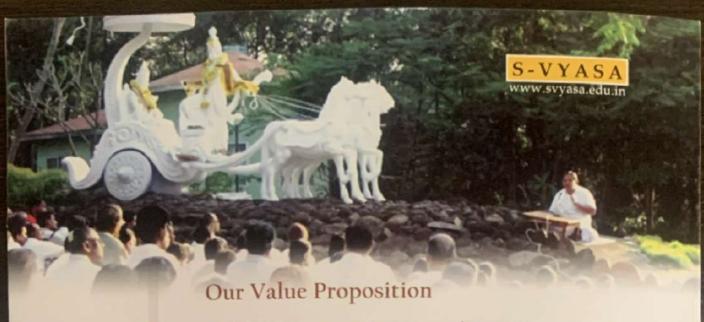




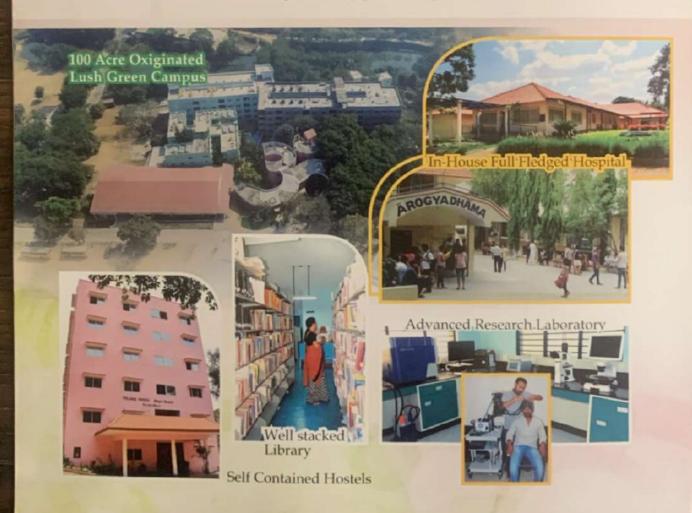
### Be & Make

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- 100% Placement Assistance for exciting careers in the field of Yoga Therapy and Yoga Education
- · 360 Degree Development of every student
- · Mentor-Mentee Relationship
- Student-Centric Learning Methodologies
- · Healthy and Hygenic Vegetarian Food



# Yoga Courses at a Glance

#### Academic Programmes

Admissions Open

SNo	Name of the Programme	Duration	Eligibility
1	YIC (Yoga Instructor Course)	1 month	10, +2 / PUC / 2 years Diploma
2	BNYS (Bachelor of Naturopathy & Yogic Sciences) *	5 <sup>1/2</sup> years	10, +2 / PUC with Biology
3	BSc (Yoga Consciousness) *	3 years	10, +2 / PUC
4	BSc (Yoga Therapy) *	3 years	10, +2 / PUC
5	BSc (Clinical, Nutrition & Dietetics) *	3 years	10, +2 / PUC with Biology
6	BPT (Bachelor of Physiotherapy) *	4 years	10, +2 / PUC with Biology
7	BCom	3 years	10, +2 / PUC
8	MSc (Yoga Therapy) *	2 years	10, +2 / PUC, any Under Graduate (UG) programme
9	MSc (Yoga Consciousness) *	2 years	10, +2 / PUC, any Under Graduate (UG) programme
10	PGDYT (Post Graduate Diploma in Yoga Therapy) *	15 months	10, +2 / PUC, any Under Graduate (UG) programme
11	MD (Yoga) *	3 years	10, +2 / PUC + any Medical Graduation
12	PhD (Yoga) *	As per UGC Regulations	10, +2 / PUC, any Under Graduate (UG) + Post Graduate (PG) programme
13	MBA (Marketing, Finance, HR & Hospital Administration)	4 Semesters	Any Graduation along with a valid test score

Note: \* For all the Programmes Residential YIC is mandatory

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#### Open & Digital Learning Programmes (ODL)

SNo	Name of the Programme	Duration	Eligibility
1	YIC (Yoga Instructor Course)	6 Months	12th pass / PUC
2	BSc (Yoga)	3 Years	12th /PUC
3	BSc (Yoga and Education)	3 Years	12th / PUC
4	MSc (Yoga)	2 Years	12th /PUC + UG
5	MSc (Yoga & Education)	2 Years	12th / PUC + UG
6	PGDYT	15 Months	12th /PUC + UG
7	PGDYT (Doctors)	1 Year	12th /PUC + any 5 1/2 years medical degree

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- Arogyadhama is a Holistic Health Home backed by Scientific Research. The healing imparted here is the application of Modules built on evidence based Integrated Approach of Yoga Therapy (IAYT), Naturopathy and Ayurveda.
- 250 bed inpatient capacity
   More than 30 years in-patient care for prevention, treatment and rehabilitation.

#### Scope of Services

- Prevention of diseases and promotion of health
- · Management of Non-communicable diseases
- Rehabilitation of Cancer, Degenerative diseases and Mental disorders

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#### Yoga Instructors' Course (YIC)

- Unique 1 Month Residential Basic Yoga Programme which prepares Instructors to create General Public Wellness through Yoga.
- The Course is conducted Every Month except for the Month of April.
- YIC at S-VYASA is unique, because it is been offered by World Class Yoga University.
- The Programme is 300 Hours Training spread over 30 Days residential programme
- Eligibility: 10, +2/PUC/2 yrs Diploma
- · Also offered through ODL mode 6 months

#19, 'Eknath Bhavan', Gavipuram Circle, Kempe Gowda Nagar Bengaluru - 560 019, Karnataka, INDIA Tel: +91-80-2661 2669 University Campus: Prashanti Kutiram Giddenahalli, Jigani, Hobli Anekal Taluk, Bengaluru – 560 105 Karnataka, INDIA, *Cell*: +91-96327 53030 *Tel*: +91-80-2263 9968/98/14

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combine the Best of the East with that of the West

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 Dr. H R Nagendra, M.E., Ph.D. Chancellor, S-VYASA

