Joyful Learning the Yoga way, is what the Healthy & Wealthy say

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

Be & Make

Cell: 96327 53030 | Ph: 080-2263 9968
E-mail: admissions@svyasa.edu.in
www.svyasa.edu.in
Our Value Proposition

- 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 Hygienic Vegetarian Food

100 Acre Oxiginated Lush Green Campus

In-House Full Fledged Hospital

Arogyadhama

Advanced Research Laboratory

Well stacked Library

Self Contained Hostels
# Yoga Courses at a Glance

## Academic Programmes

<table>
<thead>
<tr>
<th>SNo</th>
<th>Name of the Programme</th>
<th>Duration</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>YIC (Yoga Instructor Course)</td>
<td>1 month</td>
<td>10, +2 / PUC / 2 years Diploma</td>
</tr>
<tr>
<td>2</td>
<td>BNYS (Bachelor of Naturopathy &amp; Yogic Sciences)</td>
<td>5½ years</td>
<td>10, +2 / PUC with Biology</td>
</tr>
<tr>
<td>3</td>
<td>BSc (Yoga Consciousness)</td>
<td>3 years</td>
<td>10, +2 / PUC</td>
</tr>
<tr>
<td>4</td>
<td>BSc (Yoga Therapy)</td>
<td>3 years</td>
<td>10, +2 / PUC</td>
</tr>
<tr>
<td>5</td>
<td>BSc (Clinical, Nutrition &amp; Dietetics)</td>
<td>3 years</td>
<td>10, +2 / PUC with Biology</td>
</tr>
<tr>
<td>6</td>
<td>BPT (Bachelor of Physiotherapy)</td>
<td>4 years</td>
<td>10, +2 / PUC with Biology</td>
</tr>
<tr>
<td>7</td>
<td>BCom</td>
<td>3 years</td>
<td>10, +2 / PUC</td>
</tr>
<tr>
<td>8</td>
<td>MSc (Yoga Therapy)</td>
<td>2 years</td>
<td>10, +2 / PUC, any Under Graduate (UG) programme</td>
</tr>
<tr>
<td>9</td>
<td>MSc (Yoga Consciousness)</td>
<td>2 years</td>
<td>10, +2 / PUC, any Under Graduate (UG) programme</td>
</tr>
<tr>
<td>10</td>
<td>PGDYT (Post Graduate Diploma in Yoga Therapy)</td>
<td>15 months</td>
<td>10, +2 / PUC, any Under Graduate (UG) programme</td>
</tr>
<tr>
<td>11</td>
<td>MD (Yoga)</td>
<td>3 years</td>
<td>10, +2 / PUC + any Medical Graduation</td>
</tr>
<tr>
<td>12</td>
<td>PhD (Yoga)</td>
<td>As per UGC Regulations</td>
<td>10, +2 / PUC, any Under Graduate (UG) + Post Graduate (PG) programme</td>
</tr>
<tr>
<td>13</td>
<td>MBA (Marketing, Finance, HR &amp; Hospital Administration)</td>
<td>4 Semesters</td>
<td>Any Graduation along with a valid test score</td>
</tr>
</tbody>
</table>

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

*Cell: 96327 53030 | Ph: 080-2263 9968 | E-mail: admissions@svyasa.edu.in*

## Open & Digital Learning Programmes (ODL)

<table>
<thead>
<tr>
<th>SNo</th>
<th>Name of the Programme</th>
<th>Duration</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>YIC (Yoga Instructor Course)</td>
<td>6 Months</td>
<td>12th pass /PUC</td>
</tr>
<tr>
<td>2</td>
<td>BSc (Yoga)</td>
<td>3 Years</td>
<td>12th /PUC</td>
</tr>
<tr>
<td>3</td>
<td>BSc (Yoga and Education)</td>
<td>3 Years</td>
<td>12th /PUC</td>
</tr>
<tr>
<td>4</td>
<td>MSc (Yoga)</td>
<td>2 Years</td>
<td>12th /PUC + UG</td>
</tr>
<tr>
<td>5</td>
<td>MSc (Yoga &amp; Education)</td>
<td>2 Years</td>
<td>12th /PUC + UG</td>
</tr>
<tr>
<td>6</td>
<td>PGDYT</td>
<td>15 Months</td>
<td>12th /PUC + UG</td>
</tr>
<tr>
<td>7</td>
<td>PGDYT (Doctors)</td>
<td>1 Year</td>
<td>12th /PUC + any 5½ years medical degree</td>
</tr>
</tbody>
</table>

*Ph: 080-2263 9901/02 | E-mail: odl@svyasa.edu.in*
Arogyadhama
Holistic Health Home

- 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

City Office: S-VYASA
#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
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