



*Manushi*  
Institute of Yoga  
*...Science meets Tradition...*

**IAYT** **Accredited**  
Yoga Therapy Training Program SM  
The International Association of Yoga Therapists, USA

**MANUSHI**  
**YOGA THERAPY**

First Yoga Institute in INDIA



The International Association of  
Yoga Therapists, USA

Registered Yoga School



Yoga Alliance, USA

Supported by



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*Manushi*  
Institute of Yoga

Run by

**YOGIC EARLY EDUCATIONAL & STUDIES**

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**MANUSHI YOGA**  
**30<sup>th</sup> Anniversary Celebrations**



## **TABLE OF CONTENTS**

1. Objectives
2. Admissions Requirements and Procedures
3. Application Procedures
4. Tuition, Fees, and Refund Policies
5. Policies for Transferring Credit
6. Student Resources at Manushi Institute
7. Academic Performance Requirements for Manushi Yoga Therapy Program
8. Rules for Student Conduct at Manushi Institute of Yoga
9. Compliance and Accountability Protocol
10. Attendance and Classroom Ethics Guidelines
11. Pre-requisites for Distance Learning Course(s)
12. Competence and Productivity Guidelines
13. Guidelines for Lawful and Honest Conduct
14. Confidentiality and Privacy Protocols
15. Guidelines for Care and Maintenance of Property
16. Guidelines for Appropriate Behavior and Conduct
17. Compliance with Laws Protocol

18. Non-Impairment Policy
19. Conflict of Interest Policy
20. Dress Code Guidelines
21. Acceptable User Guidelines
22. Student Disciplinary Procedures
23. Student Grievance Procedures
24. Grading and Attendance Policies
25. Manushi Yoga Therapy Course Assessments
26. Course Completion Requirements
27. Non-Discrimination Policy
28. Mentorship Program
29. Course Structure
30. Schedule for December 2024 – November 2026
31. Quality Policy
32. Outcomes of the Manushi Yoga Therapy Program

Contact Us



## 1.Objectives

The objectives of the Manushi International Yoga Therapist course are to equip students with the essential knowledge, skills, and experience to support individuals in achieving improved health and well-being through yoga. Key objectives include:

### **Comprehensive Understanding:**

Master the principles and practices of yoga therapy.

Learn the historical and philosophical foundations of yoga and its therapeutic applications.

### **Integration of Ayurveda:**

Study Ayurvedic principles and their application in yoga therapy.

Use Ayurvedic concepts to assess and address individual health conditions.

### **Anatomy and Physiology:**

Understand human anatomy and physiology in relation to yoga.

Tailor yoga therapy to individual physical conditions and limitations.

### **Assessment and Diagnosis:**

Develop skills in assessing clients' physical, mental, and emotional health.

Create individualized yoga therapy plans based on assessments.

### **Therapeutic Techniques:**

Master therapeutic yoga techniques, including asana, pranayama, meditation, and relaxation.

Modify techniques to meet the needs of different clients.

### **Client-Therapist Relationship:**

Cultivate effective communication and interpersonal skills.

Understand ethical guidelines and professional boundaries.



### **Contemporary Health Integration:**

Integrate contemporary health sciences with traditional yoga therapy.  
Stay informed about the latest research and evidence-based practices.

### **Case Studies and Practicum:**

Engage in hands-on practice through case studies and supervised practicums.  
Gain real-world experience working with clients.

### **Teaching and Facilitation Skills:**

Develop the ability to teach and facilitate yoga therapy sessions.  
Create safe and supportive environments for clients.

### **Ongoing Professional Development:**

Encourage continuous learning and self-development.  
Promote participation in professional organizations and continuing education.

### **Self-Care and Personal Practice:**

Emphasize the importance of self-care and maintaining a personal yoga practice.  
Learn techniques to prevent therapist burnout.

### **Ethical Practice:**

Understand and adhere to ethical guidelines and professional standards.  
Promote integrity, respect, and confidentiality in client interactions.

By achieving these objectives, graduates will be well-prepared to support clients in their journey toward holistic health and well-being through the therapeutic application of yoga.



## 2.Admissions Requirements and Procedures

Prospective applicants for the Manushi Institute of Yoga Therapy program must meet the following requirements:

### **Commitment to Teaching:**

The applicant must have a serious desire to become a teacher of Yoga.

### **Physical and Mental Stability:**

The applicant must be physically and mentally stable to handle the rigorous nature of the program, which is based on experiential learning and practice.

### **Age and Education:**

The applicant must be at least 17 years of age.

The applicant must have a high school diploma or an equivalent certificate.

### **Yoga Certification:**

The applicant must hold a 200-hour yoga teaching certificate from a Yoga Alliance registered school or an equivalent approved Diploma/Master's Degree in Yoga course.

### **Teaching Experience:**

The applicant must have at least one (1) year of teaching experience.

### **Personal Practice:**

The applicant must have at least one (1) year of personal yoga practice.

### **English Proficiency:**

Proficiency in English is essential for successful participation in the program.



## 3 Application Procedures

To apply for the Manushi Institute of Yoga Therapy program, applicants must follow these steps:

### Complete the Application Form:

Fill out the official application form available on the Manushi Institute of Yoga website.

### Submit Required Documents:

Provide proof of high school diploma or equivalent.

Submit a copy of the 200-hour yoga teaching certificate or equivalent diploma/master's degree in yoga.

Include documentation of at least one (1) year of teaching experience.

Provide evidence of at least one (1) year of personal yoga practice.

Proof of English proficiency, if applicable.

### Personal Statement:

Write a personal statement detailing your motivation for becoming a yoga therapist, your commitment to the practice, and your future goals.

### Letters of Recommendation:

Submit at least two (2) letters of recommendation from individuals who can attest to your qualifications, teaching experience, and personal practice.

### Interview:

Participate in an interview (in-person or virtual) with the admissions committee to discuss your application and suitability for the program.

### Application Fee:

Pay the non-refundable application fee as specified on the application form.

By meeting these requirements and following the application procedures, prospective students will be considered for enrollment in the Manushi Institute of Yoga Therapy program, where they will be trained to become skilled and knowledgeable yoga therapists.





## 4 Tuition, Fees, and Refund Policies

The payment schedule for the Manushi Yoga Therapist Training Program is presented below.

### Payment Schedule for National and International Students

<i>Level</i>	<i>Enrolment Fee</i>	<i>Exam Fee</i>	<i>Course Fee</i>	<i>Study Material Fee</i>	<i>Total Fee (USD)</i>	<i>Total Fee (INR)</i>
1	\$60	\$20	\$450	\$20	\$550	42,000
2	\$10	\$20	\$450	\$20	\$500	40,000
3	\$10	\$20	\$450	\$20	\$500	40,000
4	\$10	\$20	\$450	\$20	\$500	40,000
5	\$10	\$80	\$450	\$20	\$560	50,000
<b>Grand Total</b>					<b>\$2,610</b>	<b>2,12,000</b>

### 4.1 Cancellation and Refund Policy

#### 1. Payment Obligations:

- o Fees for each installment must be paid in full, even if the trainee is absent due to sickness, pregnancy, or any other reason during a module, or misses one module of training.
- o Trainees must make separate payment arrangements to catch up on missed modules with the trainer or mentor.

#### 2. Non-Refundable Fees:

- o All fees once paid are non-refundable, even if the course is discontinued by the student.
- o Payment of late fees may attract a fine.

#### 3. Additional Costs:

- o For intensive modules, airfares, accommodation, and food costs are the responsibility of the students and are not included in the tuition fees.

By adhering to these policies, students ensure their commitment to the program and the effective management of their learning journey.

### 4.2 Accommodation Information

Responsibilities

**Students:** Must independently arrange their own accommodation.

**Manushi:** May assist by answering queries but does not hold responsibility for any suggestions given.

Recommendations for Students



**Research:** Conduct thorough research on potential accommodation options.

**Enquiries:** Make detailed enquiries with accommodation providers to understand terms and conditions.

**Decisions:** Make informed decisions based on the information gathered.

### Note

Manushi's assistance is limited to providing information and answering queries; all final decisions and responsibilities lie with the students.

## 5.Policies for Transferring Credit

### Authority

**Director:** The final decision on the transfer of credit rests with the Director.

### Process

**Submission:** Students must submit all relevant documents and transcripts for review.

**Evaluation:** The Director will compare the submitted credits comprehensively to the institution's standards.

**Decision:** The Director will determine the transferability of credits based on the evaluation.

### Key Points

The process is thorough and involves a detailed comparison.

The Director's decision is final.

Students should ensure they provide all necessary documentation to facilitate a smooth evaluation process.



## 6. Student Resources at Manushi Institute

### 1. *Workbooks*

Availability: Workbooks for each module are provided to students.

Resource: Serve as comprehensive guides for module content and learning.

### 2. *Mentoring by Primary Teachers*

Role: Mentoring Primary Teachers serve as mentors.

Availability: Maintain consistent availability on designated days and times.

Assistance: Available to answer questions and support students' journey.

Mentoring Sessions: Up to 1 hour per module, scheduled one week in advance.

### 3. *Teaching Opportunities*

Availability: Ample opportunities for teaching provided.

Institute Teaching: Teaching opportunities within the institute.

Manushi Service Project: Opportunities for teaching through the project.

### 4. *Student Clinic*

Practice: Students practice skills learned in each module.

Clinic Hours: Conducted at Manushi Institute.

### *Benefits:*

Client Practice.

Potential for building a regular client base.

Exclusive teaching opportunities for Manushi Institute students and graduates.

These resources are designed to support students in their learning journey and provide practical opportunities to apply their knowledge and skills.





## 7. Academic Performance Requirements for Manushi Yoga Therapy Program

General Requirements:

**Competencies:** Must meet program requirements for competencies.

**Participation:** Full participation in the daily Manushi Institute Yoga schedule required.

**Attendance:** Minimum attendance of 80%.

**Completion:** Completion of required coursework, written assignments, final exams, and practicum work.

### Standards for Candidacy Maintenance:

**Class Engagement:** Trainees must be alert, engaged in class discussions, and ask questions appropriately.

**Integration Activities:** Participation in integration activities demonstrating comprehension of subject matter.

**Homework Completion:** Trainees must complete and submit homework assignments on time.

**Personal Practice and Journaling:** Commitment to a personal practice and journaling about personal experiences and self-transformation.

### Advancement to Level 2/3 Program:

Completion of Level 1 Courses: Trainee must complete all Level 1 courses.

**Demonstration of Competencies:** Trainee must demonstrate competencies in the material.

**Assessment Pass Criteria:** Passed all Level 1 course assessments with a score of 60% or higher.

These academic standards are essential for maintaining candidacy in the Manushi Yoga Therapy Program and for advancement to higher levels within the program.



## 8. Rules for Student Conduct at Manushi Institute of Yoga

### 1. Adherence to Yoga Philosophy:

Understanding Yoga as Discipline: Recognize yoga as the science of living and discipline as central to its practice.

Patanjali's Teachings: Acknowledge Patanjali's significance in the world of yoga and the importance of discipline (Anushasanam).

### 2. Compliance with Institute Rules:

Following Guidelines: Students must adhere to all rules of conduct and self-discipline established by the Manushi Institute of Yoga.

Commitment to Spiritual Growth: Embrace the institute's dedication to fostering a conscious and compassionate world through spiritual development.

### 3. Embodiment of Discipline:

Becoming a Disciple: Understand that discipline is essential for learning and knowing, leading to discipleship.

Creating a Center: Discipline facilitates the capacity to be, know, and learn, fostering personal and spiritual growth.

### 4. Cultivation of Self-Transformation:

Effort in Personal Change: Recognize yoga as an effort to transform oneself.

System of Self-Investigation: Understand yoga as a system for self-investigation, self-transformation, and self-realization.

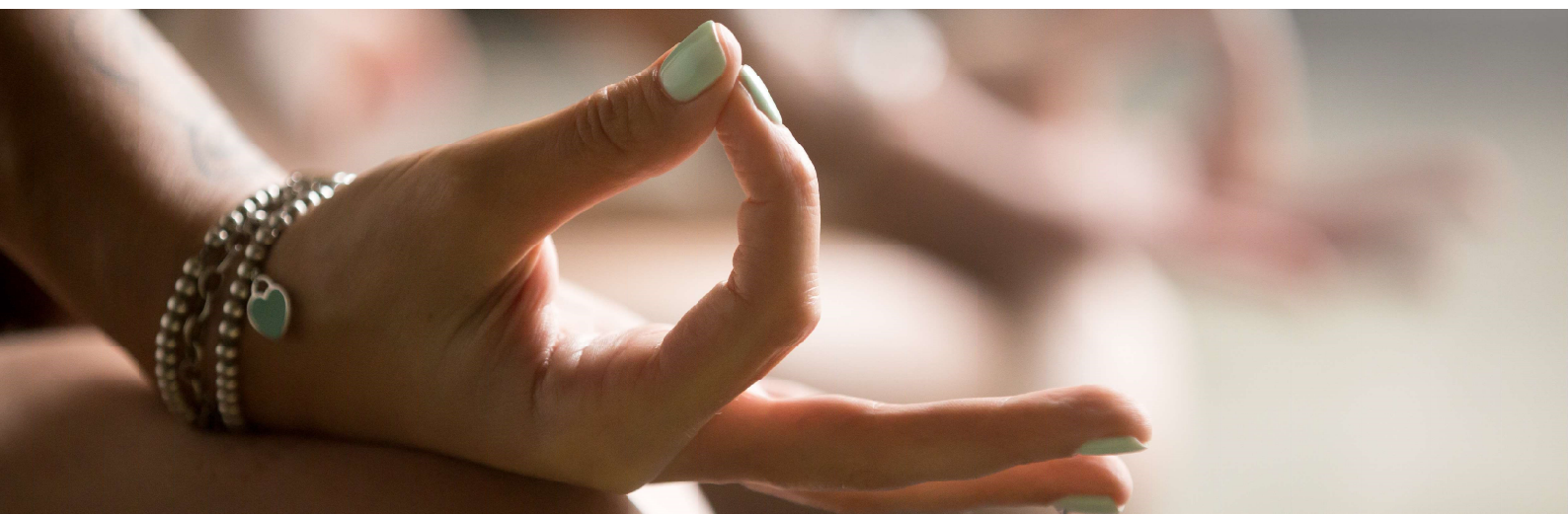
### 5. Integration of Body, Mind, and Spirit:

Holistic Approach: Acknowledge yoga's aim to integrate the body, mind, heart, and spirit.

Nurturing Well-being: Embrace the goal of nurturing physical, emotional, psychological, social, and spiritual well-being.

### Conclusion:

Students are expected to embody the principles of discipline, self-transformation, and holistic well-being as they engage in the transformative practices and programs offered at the Manushi Institute of Yoga. Through adherence to these rules, students can cultivate a deeper understanding of themselves and their connection to the spiritual realm.





## 9. Compliance and Accountability Protocol

Procedure for Student Complaints:

### Initial Complaint:

Students should bring complaints to the attention of the Program Director and/or senior faculty instructor.

Complaints can be verbal or in writing.

### Discussion and Documentation:

The outcome of the discussion will be documented in the student's folder.

The document will be signed by both the Director and/or Faculty-instructor and the student.

Faculty-instructor will inform the Director of the discussion and its results.

### Escalation of Complaint:

If the resolution is not reached, the student may document the complaint, including any supportive information.

Written documents will be given to the faculty member and the Director.

### Meeting Arrangement:

Meeting will be arranged between the Faculty-instructor, the Director, and the student.

Director reserves the right to inquire into the situation, including interviewing students, teacher assistants, and, with permission of the student, family members.

### Documentation and Resolution:

All meetings will be documented and signed by attendees.

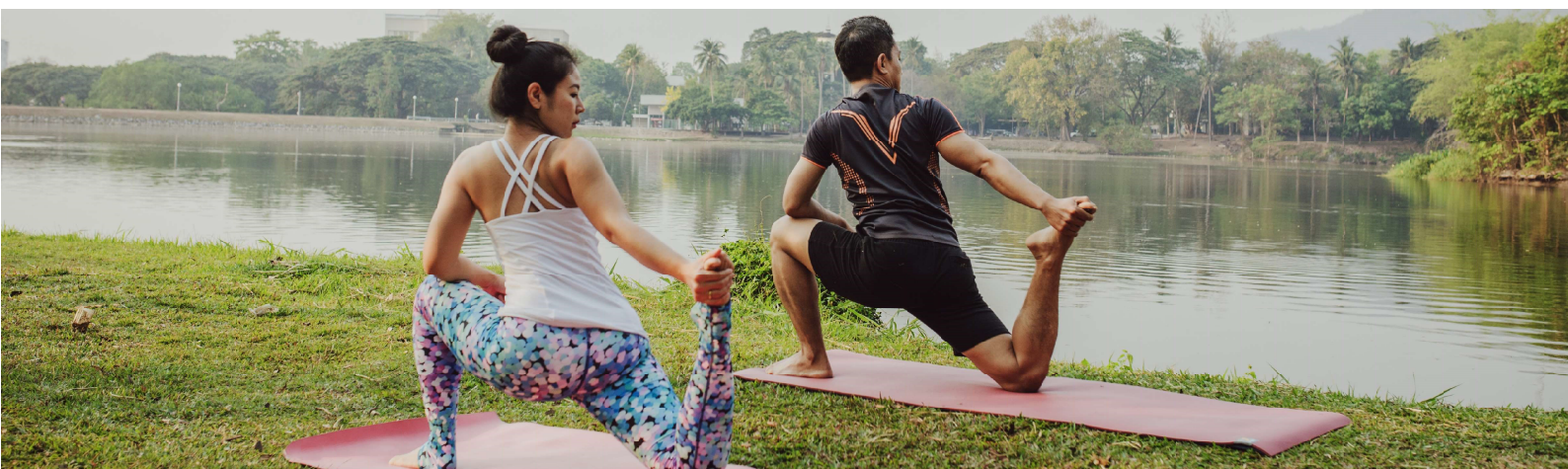
All documentation will remain in the student's file.

When the resolution is determined, the Director, faculty instructor, and student will meet and document the outcome.

### Fair Evaluation Assurance:

Filing a complaint will not affect the student's fair evaluation in completing a program or course.

This protocol ensures transparency, accountability, and fair resolution of student complaints within the Manushi Institute of Yoga.



## 10. Attendance and Classroom Ethics Guidelines

### 1. Attendance Requirements:

Full Attendance: Students must attend all four modules of the training program.

**Certification Eligibility:** Certification will only be issued upon completion of all five modules.

Minimum Attendance: Overall attendance of 80% is compulsory for certification eligibility.

### 2. Absence Management:

**Acceptable Absences:** Absences due to illnesses or unavoidable circumstances will be considered within the mandatory overall attendance of 80%.

**Responsibility:** It is the students' responsibility to make up for missed lessons as per the trainer's recommendations.

### 3. Punctuality:

Timeliness: Students are expected to arrive on time for each class.

### 4. Conduct Expectations:

Dignified Behavior: Students must conduct themselves with dignity at all times during training modules and interactions with the trainer.

### 5. Non-Transferability of Spaces:

Non-Exchangeable Spaces: Each space in the program is non-transferable; participants are not permitted to exchange their space with others.

### 6. Recording and Photography:

Prohibition: Audio/video recording of sessions or photography is not permitted.

These guidelines ensure smooth functioning of the training program and create a respectful learning environment for all participants.





## 11. Pre-requisites for Distance Learning Course(s)

To participate effectively in the distance learning course(s), students must meet the following pre-requisites:

### 1. Access to Computer:

Requirement: Access to a computer with internet connectivity.

Purpose: Necessary for accessing online course materials, lectures, and assignments.

### 2. Access to Phone or Video Conferencing:

Requirement: Access to a phone or video conferencing platform.

Purpose: Facilitates communication with instructors, mentors, and fellow students.

### 3. Electronic Device and Email Account:

Requirement: Possession of an electronic device (e.g., laptop, tablet, smartphone) and an active email account.

Purpose: Essential for viewing course materials, accessing communication platforms, and receiving course-related correspondence.

### 4. Ability to Record and Email Recordings:

Requirement: Ability to record audio/video content.

Purpose: Necessary for completing assignments or tasks that require recording, and ability to email recordings to mentors as required.

Meeting these pre-requisites ensures students can fully engage with the distance learning course(s) and participate effectively in the learning process.





## 12. Competence and Productivity Guidelines

### 1. Timely Assignment Submission:

Requirement: Complete assignments in an organized and timely manner.

Policy: No late submissions accepted; organization not liable for loss of grades due to late submissions.

Procedure: Seek prior permission from the respective faculty member for any required time extension.

### 2. Attendance and Discipline:

Expectation: Absence from any scheduled program activity is a breach of discipline.

Procedure: Obtain advance permission from the concerned teacher or manager under unavoidable circumstances.

### 3. Timetable Adherence:

Requirement: Participants must strictly follow the timetable provided.

### 4. Routine Adherence and Discipline:

Expectation: Strict adherence to the course routine.

Policy: Discipline is integral to the training program.

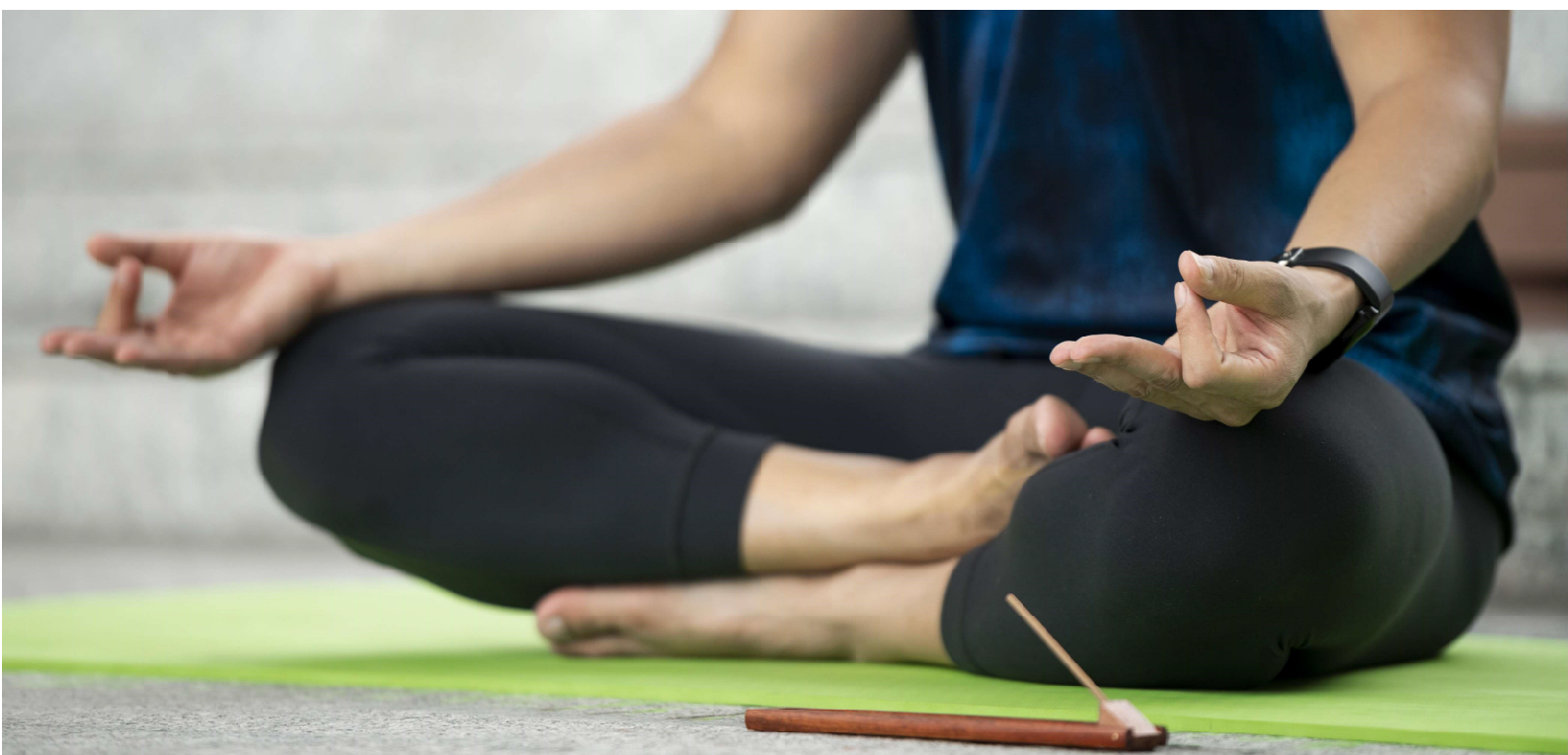
Consequences: Disrespect may lead to loss of studentship without refund of fees.

### 5. Pre-approved Absence Protocol:

Policy: Absence from scheduled program activities is considered a breach of discipline.

Procedure: Obtain advance permission from the concerned teacher or manager under unavoidable circumstances.

Adherence to these guidelines ensures competence, productivity, and discipline within the training program, fostering a conducive learning environment for all participants.





## **13. Guidelines for Lawful and Honest Conduct**

### **1. Emphasis on Discipline:**

Principle: Discipline is crucial for achieving success.

Philosophical Basis: “Discipline is Yoga” is one of the definitions of yoga according to Patanjali Yoga Sutra.

### **2. Originality in Assignments:**

Requirement: All assignment submissions must be original work.

Plagiarism Policy: Plagiarism checks will be conducted.

Penalties: Students found submitting plagiarized work will face heavy penalties.

Adherence to these principles ensures a culture of honesty, integrity, and originality within the learning environment, aligning with the ethical standards upheld by the organization.

## **14. Confidentiality and Privacy Protocols**

### **1. Dormitory Privacy:**

Policy: Strict prohibition against individuals of opposite genders entering each other’s rooms/dormitories.

Guideline: Interaction between genders permitted only in designated common areas to uphold privacy.

### **2. Patient/Client Confidentiality:**

Principle: Respect the privacy of patients/clients.

Consent Requirement: Details regarding patient/client health conditions shared only with prior consent from the patient.

### **3. Data Security:**

Policy: Faculty, staff, and students must maintain strict confidentiality of patient intake form details.

Restriction: Patient data must remain within school premises, electronically or physically, unless explicit permission granted by faculty.

### **4. Student Data Protection:**

Requirement: Staff must securely store all student intake form details.

Data Handling: Information provided by students must be treated with utmost confidentiality and kept securely.

Adherence to these confidentiality and privacy protocols ensures the protection of personal information and upholds ethical standards within the institution.

## **15. Guidelines for Care and Maintenance of Property**

### **1. Settlement of Dues:**

Policy: Settle any library book or other dues before departure.

Procedure: Ensure all outstanding obligations are cleared to maintain accountability.

### **2. Responsible Use of Facilities:**

Expectation: Utilize all institute facilities responsibly and with utmost care.

Guideline: Treat institute property with respect to prolong its lifespan and usefulness.

### **3. Conservation of Energy:**

Policy: Switch off all lights, fans, and air conditioning when not in use.

Practice: Contribute to energy conservation efforts by minimizing unnecessary usage.

### **4. Maintenance of Gardens and Property:**

Expectation: Take proper care of all gardens and institute property.

Responsibility: Ensure cleanliness and maintenance to preserve the aesthetics and functionality of the surroundings.

Adhering to these guidelines ensures the preservation and efficient utilization of institute resources for the benefit of all.

## **16. Guidelines for Appropriate Behavior and Conduct**

### **1. Respect for Others:**

Principle: Respect elders, teachers, and all individuals.

Importance: Disrespect hinders progress on the yoga journey.

### **2. Avoidance of Discriminatory Conduct:**

Policy: Prohibition of discriminatory conduct based on various factors.

Commitment: Uphold inclusivity and equality in all interactions.

### **3. Verbal Conduct Standards:**

Expectation: Avoidance of disparaging remarks, slurs, jokes, and other verbal offenses.

Respectful Communication: Maintain a respectful and courteous tone in all verbal interactions.

### **4. Standards for Physical Conduct:**

Requirement: Respect personal space and refrain from unwelcome physical contact.

Boundary Respect: Ensure physical conduct does not impinge upon others' work or privacy.

## **5. Visual Conduct Expectations:**

Policy: Avoid dissemination of offensive visual content.

Respectful Environment: Foster a visually respectful atmosphere for all participants.

## **6. Cultural Greetings Protocol:**

Protocol: In Indian traditions, refrain from hugging; use traditional greetings like Namaste or Hariom.

## **7. Focus and Discipline:**

Guideline: Minimize engagement in gossip, useless talks, or arguments.

Mindful Practice: Maintain focus and discipline during training sessions.

## **8. Adaptability to Changes:**

Adaptation Requirement: Adjust to changes in course schedule or diet respectfully.

Flexibility: Embrace changes for better results from yoga practice.

## **9. Permission Protocol for Leaving Campus:**

Procedure: Seek permission from Course Coordinator before leaving campus.

Emergency Protocol: Written permission required in case of emergencies.

## **10. Mandatory Attendance:**

Requirement: Attend all sessions, lectures, and activities.

Commitment to Learning: Full participation ensures maximum benefit from the program.

## **11. Health Communication Protocol:**

Procedure: Inform Course Coordinator immediately if unwell.

Prompt Communication: Ensures appropriate support and assistance for health concerns.

Adherence to these guidelines fosters a respectful, inclusive, and conducive learning environment for all participants in the yoga training program.



## 17. Compliance with Laws Protocol

### 1. Adherence to State and Societal Laws:

Requirement: All members of the school, including staff, faculty members, and students, must strictly adhere to state and societal laws.

Scope: Compliance extends to all applicable laws governing behavior and conduct within the institution and broader society.

### 2. Zero Tolerance for Violence:

Policy: No violence will be tolerated from any member of the society or institute.

Commitment to Safety: Ensuring a safe and secure environment for all members through the prevention of violent behavior.

### 3. Prevention of Harassment:

Policy: No harassment will be tolerated from any member of the society or institute.

Promotion of Respect: Upholding dignity and respect for all individuals by preventing harassment in any form.

These protocols uphold legal and ethical standards, fostering a safe, respectful, and conducive environment for all members of the institution.

## 18. Non-Impairment Policy

### 1. Prohibition of Substances:

Alcohol, Tobacco, Drugs: Strict prohibition on the presence or use of alcohol, tobacco, drugs, steroids, and narcotics within or around the campus.

Safety and Well-being: Ensuring a safe and healthy environment for all members of the institution by preventing the influence of such substances.

### 2. Personal Medication Protocol:

Medication Possession: Students may bring and use their own medicines for personal treatment.

Advisory: It is recommended to inform the Doctor or class teacher about any ailments and ongoing treatment.

Health Monitoring: Facilitating proper monitoring and support for students' health needs during their time at the institution.

Adherence to this policy ensures the maintenance of a conducive and healthy environment for all individuals within the campus premises.



## 19. Conflict of Interest Policy

### 1. Prevention Measures:

a. Clear Guidelines: Establishment of policy guidelines to prevent conflict of interest.

Fair demarcation of instructions, rules, and guidelines for appropriate conduct to minimize potential conflicts.

b. Structured Chain of Command:

Implementation of a proper chain of command and command structure to address student or faculty grievances effectively.

### 2. Resolution Protocol:

Director's Authority: In cases where conflicts persist despite preventive measures:

Dr. C.V. Jayanthi, the Director of the institute, reserves the right to intervene.

### Investigative Resolution:

Conducting relevant investigations to address and resolve the conflict of interests among the parties involved.

These measures ensure proactive prevention and timely resolution of conflicts of interest, promoting a harmonious and conducive learning environment within the institution.

## 20. Dress Code Guidelines

### 1. Attire Recommendations:

Sports or Yoga Gear: Wear suitable sports or yoga attire for classes.

Avoidance of Jewelry and Accessories: Refrain from wearing jewelry and accessories during classes.

Necessary Items: Bring essential items like a yoga mat, towel, and study material to class.

Uniform Preference: Wear the institute uniform whenever possible.

### 2. Clothing Restrictions:

Prohibition of Midriff-Baring Clothing: Avoid clothing that exposes the midriff.

Restriction on "Short" Shorts: Wearing excessively short shorts is not permitted.

### 3. Coverage Requirements for Meditation:

Shoulder Coverage: Ensure shoulders are covered during all meditation practices.

Sleeveless Top Protocol: If wearing a sleeveless top, use a shawl for coverage.

### 4. Scent Consideration:

Avoidance of Perfumes or Scents: Refrain from wearing perfumes or scents to accommodate guests with allergies or sensitivities.

Adherence to these dress code guidelines contributes to a comfortable and respectful environment for all participants during yoga classes and meditation practices.

## **21. Acceptable User Guidelines**

### **1. Device Usage Policy:**

Restriction on Personal Use: Mobile devices, tablets, or laptops are prohibited for personal use during classes.

Exceptional Circumstances: Permission from relevant faculty member required for exceptional cases.

### **2. Submission Procedure for Reports:**

Online Submission Requirement: Reports must be submitted online after all classes have concluded.

Computer Usage: Dedicated computers available for report submission, subject to availability on a first-come-first-serve basis.

### **3. Compliance with Wi-Fi Usage:**

Expectation of Compliance: Students using Wi-Fi services must adhere to campus regulations, local laws, and internet usage guidelines.

### **4. Valuables Policy:**

Personal Responsibility: Students advised not to bring valuables; any brought are at their own risk.

Liability Disclaimer: The institute is not responsible for any loss or damages to personal valuables.

Adherence to these guidelines ensures smooth operations and fosters a conducive learning environment within the Manushi Institute of Yoga.

## **22. Student Disciplinary Procedures**

### **1. Adherence to Code of Conduct:**

Requirement: All students must adhere to the established code of conduct procedures.

### **2. Verbal Warnings:**

First Three Breaches: Students receive verbal warnings for the first three breaches of the code of conduct.

Consequence: Verbal warnings result in a 5% deduction in the “Conduct” section of the extra curriculum grading policy.

### **3. Written Warnings:**

Subsequent Breaches: After the first three breaches, students receive written warnings.

Consequence: Written warnings result in a 20% deduction in the “Conduct” section of the extra curriculum grading policy.



#### **4. Discipline Committee Intervention:**

**Persistent Breaches:** If a student continues to breach the code of conduct after written warnings:

**Committee Formation:** A discipline committee, comprising senior Faculty Members and the Director, Dr. C.V. Jayanthi, is formed.

**Investigation:** Committee conducts an investigation into the student's behavior.

**Final Warning:** Student receives a final warning from the committee.

**Expulsion Possibility:** Persistent refusal to adhere to the Code of Conduct may lead to expulsion from the program without refunds.

#### **5. Severe Breaches:**

**Immediate Action:** Any student found to have severely breached conduct, such as possession of drugs/alcohol or violating the nondiscriminatory policy, will be dealt with promptly.

**Expulsion:** Severe breaches may result in expulsion from the institution without refunds.

These disciplinary procedures ensure the maintenance of a respectful and safe learning environment within the institution, with consequences aligned to the severity and persistence of the breaches.

## **23. Student Grievance Procedures**

### **1. Initial Reporting:**

**Senior Faculty Member Contact:** Students should first report their complaints to the Senior Faculty Member of the respective course.

**Communication Method:** Complaints can be communicated verbally or in writing, depending on the student's comfort level.

### **2. Resolution Attempt:**

**Discussion and Documentation:** If a resolution is reached during the discussion, the complaint and its outcome/action taken will be documented.

**Senior Faculty Member Responsibility:** The Senior Faculty Member must inform the Director, Dr. C.V. Jayanthi, of the complaint and its resolution.

### **3. Escalation to the Director:**

**Unresolved Issues:** If the Senior Faculty Member is unable to resolve the issue to the student's satisfaction, or if the student is not content with the outcome, they may escalate the matter to the Director for counseling.

**Director's Investigation:** The Director has the authority to investigate the complaint and interview relevant members/students of the institute for information.

#### **4. Conclusion and Documentation:**

Outcome Discussion: The Director will meet with the student and any other relevant party to discuss the conclusion and expected outcome of the complaint.

Documentation: The complaint and any additional outcome measures will be documented, and signatures will be required from all relevant parties.

These grievance procedures ensure that student concerns are addressed in a timely and fair manner, fostering a supportive and constructive learning environment within the institute.

## **24. Grading and Attendance Policies**

Passing Criteria:

Assessment Components: Passing status determined by attendance, class participation, homework completion, ability to lead assigned classes, and exam success.

Experiential Learning: Full participation required in all programs and modules.

### **1. Grading Policy:**

Weightage Allocation: Sub-groups and their weightage in the Manushi Yoga Therapy Program clearly defined.

Minimum Score Requirement: Minimum of 60% required for overall Core Curriculum score.

### **2. Certification Requirement:**

Performance Threshold: Students failing to meet required grade ineligible for certification as Yoga Therapists.

### **3. Procedure for Underperforming Students:**

#### ***a. Progress Reports and Consultation:***

Students may request progress reports and meet with instructors for clarification.

Students failing to meet competency standards may be asked to repeat courses.

#### ***b. Consultation Session and Additional Assignments:***

Students falling short of criteria to have consultation with instructor to clarify expectations.

Additional assignments or study may be assigned to demonstrate satisfactory achievement of standard competencies.

#### ***c. Dismissal Procedure:***

Students unable to meet IAYT competencies even with additional support may be asked to withdraw.

No refunds for courses already taken in such cases.

Dismissal may occur for excessive absences, tardiness, incomplete assignments, or rule violations, with the Director making the final decision.



#### ***d. Exceptional Circumstances:***

Students facing medical or personal issues hindering program completion should meet with the School Director for assistance.

These policies ensure academic rigor and maintain standards for certification while also providing support mechanisms for students facing challenges during their course of study.

## **25. Manushi Yoga Therapy Course Assessments**

### **1. Marks and Grades Calculation:**

#### *Grade Point Average (GPA) for a Semester:*

$$\begin{aligned} \text{Formula: } \text{GPA} &= \frac{\sum C_i \times G_i}{\sum C_i} \\ &= \frac{\sum C_i \times G_i}{\sum C_i} \end{aligned}$$

Where:

$C_i$  = Credits earned for course *i* in any semester

$G_i$  = Grade Points obtained for course *i* in any semester

#### *Cumulative Grade Point Average (CGPA) for the entire program:*

$$\begin{aligned} \text{Formula: } \text{CGPA} &= \frac{\sum C_{ni} \times G_{ni}}{\sum C_{ni}} \\ &= \frac{\sum C_{ni} \times G_{ni}}{\sum C_{ni}} \end{aligned}$$

Where:

$C_{ni}$  = Credits earned for course *i* in semester *n*

$G_{ni}$  = Grade Points obtained for course *i* in semester *n*

### **Grade Conversion Table for Undergraduate (UG) Programs:**

<i>Range of Marks</i>	<i>Grade Points</i>	<i>Letter Grade</i>	<i>Description</i>
<b>90 - 100</b>	10	O	Outstanding
<b>82 - 89</b>	9	A+	Excellent
<b>75 - 81</b>	8	A	Very Good
<b>67 - 74</b>	7	B+	Good
<b>60 - 66</b>	6	B	Above Average
<b>50 - 59</b>	5	C	Average
<b>40 - 49</b>	4	D	Minimum for pass
<b>0 - 39</b>	0	RA	Reappear
-	-	AAA	Absent

## Letter Grade and Class CGPA for Undergraduate Programs:

<i>CGPA</i>	<i>GRADE</i>	<i>CLASS</i>
<b>4.00 - 4.99</b>	D	Third Class
<b>5.00 - 5.99</b>	C	Second Class
<b>6.00 - 6.69</b>	B	First Class
<b>6.70 - 7.49</b>	B+	
<b>7.50 - 8.19</b>	A	First Class with Distinction*
<b>8.20 - 8.99</b>	A+	
<b>9.00 - 10.00</b>	O	First Class - Outstanding*

These grading and assessment procedures ensure a structured evaluation of student performance, facilitating transparent and fair outcomes.

## 26. Course Completion Requirements

To successfully complete the program, students must fulfill the following requirements:

**Attendance:** Attend all classes spanning across all 5 phases of the program, with a minimum duration of 2 years.

**Practicum Experience:** Complete a minimum of 150 hours of Yoga Therapy with clients (individual or group sessions) and 60 hours of mentorship.

**Assigned Readings:** Complete all assigned readings.

**Participation:** Engage in class discussions, activities, case studies, review sessions, and practicums demonstrating assimilation of knowledge from readings.

**In-Class Quizzes:** Achieve satisfactory performance on in-class (closed-book) quizzes aligning with course Learning Objectives.

**Practicum Performance:** Provide yoga therapy interventions safely and appropriately during in-class practicums, receiving immediate feedback from faculty and peers.

**Home Practice Assignment:** Complete the Home Practice Assignment demonstrating satisfactory performance as per IAYT Standards and Competencies.

**Counseling and Additional Assignments:** Receive counseling and/or additional assignments if any requirements or expectations are not met initially.

**Continuous Assessment:** Undergo continuous assessment through written and oral examinations, including evaluation of assignments, mentorship, and faculty assessment during classroom hours.

**Group Observation and Project Report Presentation:** Successfully complete evaluations for group observation, project report presentation, and supervised teaching sessions.

**Written and MCQ Examination:** Pass periodic tests in each module, with dates announced during the course.

**Evaluation Committee Decision:** Fulfill all evaluation requirements as determined by the evaluation committee. The decision of the committee is final.

\*A certificate will only be issued upon successful completion of all requirements.

These comprehensive completion requirements ensure students acquire the necessary skills and knowledge to become competent yoga therapists, contributing to their professional development and the quality of care provided to clients.

## 27. Non-Discrimination Policy

Manushi Institute of Yoga upholds a firm commitment to equality and diversity. Discrimination based on race, sex, religion, ethnic origin, sexual preference, or disability is strictly prohibited.

Our institute provides equal opportunities for all students, faculty members, staff, and participants, fostering an inclusive environment where everyone is treated with dignity and respect.

Any instances of discrimination will be promptly addressed and appropriate actions taken to ensure compliance with this policy.

This commitment to non-discrimination reflects our core values and dedication to creating a supportive and welcoming community for all individuals associated with Manushi Institute of Yoga.

## 28. Mentorship Program

Upon selection, each student will be assigned a mentor from the Manushi Institute of Yoga (MIY) for the duration of the teacher training program. The mentorship program aims to support the student's individual practice, review, and evolution of personal practice throughout the training.

### Student Responsibilities:

**Regular Interaction:** Students are required to interact regularly with their assigned mentor during the training program.

**Documentation:** Students must document their interactive sessions with the mentor using the Student-Mentor Interaction form.

**Attendance Record:** Maintain a systematic record of mentor classes throughout the training program and submit the record, duly signed by the mentor, to the Manushi Institute of Yoga at the end of each module.

### Importance of Mentor-Student Relationship:

The mentor-student relationship is central to the concept of Yoga and is considered crucial for the student's growth and development.

Interaction with the mentor plays a vital role in the evaluation process, focusing on the student's participation, development of private practice, and its evolution over time.

## **Recommended Interaction Hours:**

Students are encouraged to have a total of 50 individual contact hours with their mentor during the entire training period.

Additional classes for clarification of doubts or other purposes can be scheduled with the concerned subject teacher/mentor via online platforms between two modules.

The mentorship program provides students with personalized guidance and support, enhancing their learning experience and fostering their growth as yoga practitioners and future teachers.

## **29. Course Structure**

Manushi International Yoga Therapist Course is designed to provide a comprehensive and structured training program for aspiring yoga therapists. The course is divided into five levels, each containing five modules, making a total of 25 modules. The course is available in a hybrid format, combining in-person and online learning, as well as fully online learning options. Below is the detailed structure of the course:

### **Levels & Modules**

Total Levels: 5

Modules per Level: 5

Total Modules: 25

Module Duration

Duration of Each Module: 30 hours

Practicum/Clinical Experience

Total Practicum Hours: 160 hours

Breakdown of the Course Components

### **Manushi Yoga Therapy Program:**

**Levels:** The course consists of five levels. Each level is progressively designed to build upon the previous one, ensuring a deep and thorough understanding of yoga therapy.

**Modules:** Each level contains five distinct modules. Each module is crafted to cover specific topics and competencies required for becoming an effective yoga therapist.

### **Module Duration:**

Each module is 30 hours long, which includes a mix of theoretical instruction, practical exercises, and interactive learning activities.

### **Practicum/Clinical Experience:**

The practicum is a crucial component of the course, providing hands-on experience in a clinical setting.

Total Hours: 160 hours

This component allows students to apply the knowledge and skills gained from the modules in real-world scenarios, under the supervision of experienced mentors and faculty.

## Learning Formats

**Hybrid Learning:** A combination of in-person and online sessions, allowing for flexible learning schedules and diverse instructional methods.

**Fully Online Learning:** An option for those who prefer or require a fully remote learning experience. This includes live virtual classes, recorded lectures, and interactive online activities.

## Summary

The Manushi International Yoga Therapist course is a well-rounded program designed to equip students with the necessary skills and knowledge to excel in the field of yoga therapy. With its structured levels and modules, substantial practicum hours, and flexible learning formats, it caters to a wide range of students, from yoga teachers and allied health professionals to dedicated yoga practitioners.

## 30. Schedule for December 2024 – November 2026

The Manushi International Yoga Therapist course spans two years and comprises both residential and online learning experiences. Below is the detailed schedule for each level, including the mode of the program, dates, and subject focus:

### Level 1

Mode of the Program: Residential

Dates: December 26 – January 4

Subject Focused: Yoga Therapeutic Skills

Mode of the Program: Online Direct

Dates: January – April (Every Saturday & Sunday)

Modules Covered: Module 2 - 4

### Level 2

Mode of the Program: Online Direct

Dates: May – August (Every Saturday & Sunday)

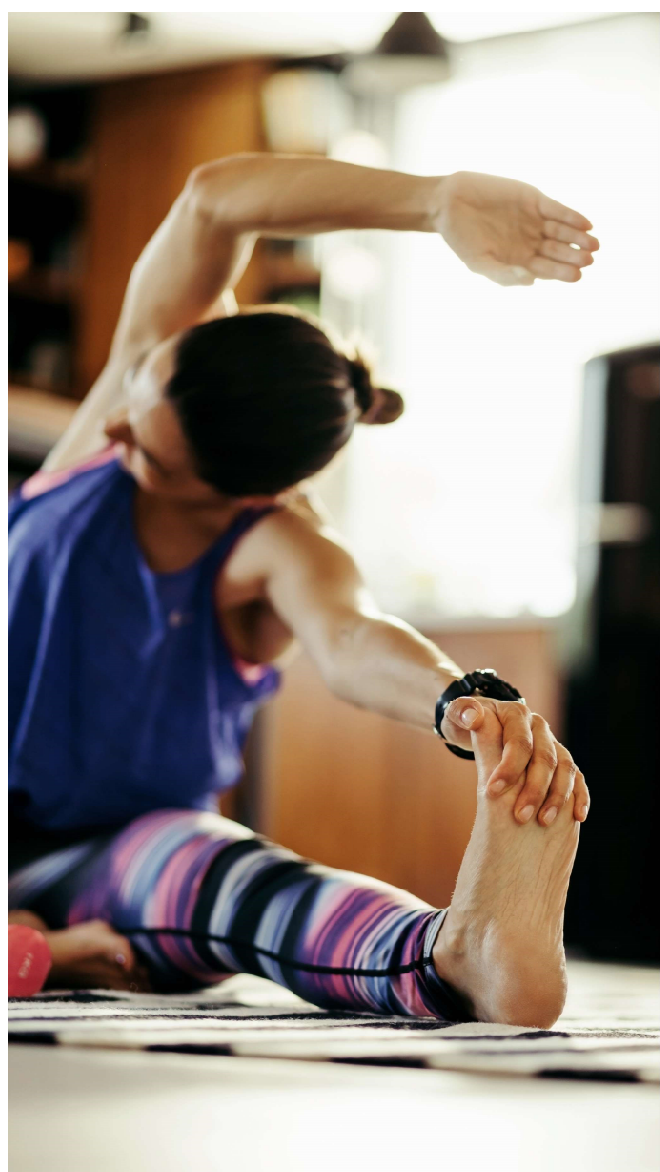
Modules Covered: Module 5 - 10

### Level 3

Mode of the Program: Online Direct

Dates: September – December  
(Every Saturday & Sunday)

Modules Covered: Module 11 - 15



## **Level 4**

Mode of the Program: Online Direct

Dates: January – May (Every Saturday & Sunday)

Modules Covered: Module 16 - 20

## **Level 5**

Mode of the Program: Online Direct

Dates: July – November (Every Saturday & Sunday)

Modules Covered: Module 21 – 25

## **Summary**

This schedule provides a structured approach to completing the Manushi International Yoga Therapist course over a two-year period. The combination of residential and online direct learning modes ensures a comprehensive learning experience, with focused subjects and modules at each level.

## **31. Quality Policy**

At Manushi Institute of Yoga, our commitment to excellence is unwavering. We strive to deliver the highest standard of training in the field of Yoga Therapy. Our quality policy is built upon the following principles:

### **Systematic Training**

We adhere to a structured and systematic training approach, ensuring that our programs are well-organized, effective, and easy to follow.

### **Scientific Approach**

We employ a scientific methodology based on recent research and blend it with tradition in our training programs. By leveraging evidence-based practices, we ensure that our students receive the most accurate and up-to-date information.

### **Language Flexibility**

We offer the flexibility to choose the language of instruction, ensuring that our students are comfortable and can learn in a language that suits them best.

### **24/7 Availability**

Learning should not be limited by time constraints. Our training is available 24/7, allowing students to access resources and materials at their convenience.

### **Experienced Trainers**

Our trainers are highly experienced, holding Doctorates in Yoga and Doctors in Ayurveda and Allopathy. They are knowledgeable in their respective fields and bring a wealth of expertise to the training, enriching the learning experience.

## **Individual Care**

We recognize that each student is unique. Therefore, we provide individualized support and guidance to ensure that every student's learning needs are met.

Our commitment to these principles is a testament to our dedication to providing the highest quality training possible. We continually assess and improve our programs to ensure that we meet and exceed the expectations of our students.

## **32. Outcomes of the Manushi Yoga Therapy Program**

### **Comprehensive Understanding**

Students develop a comprehensive understanding of yoga therapy, including its principles, techniques, and applications in addressing various physical, mental, and emotional health challenges.

### **Practical Skills**

Graduates acquire practical skills in designing and implementing personalized yoga therapy programs tailored to individual needs and conditions.

### **Evidence-Based Practice**

Students learn to integrate evidence-based research findings with traditional yogic principles to ensure the effectiveness and safety of their therapeutic interventions.

### **Professional Competence**

Upon completion of the program, students demonstrate professional competence in conducting assessments, developing treatment plans, and delivering yoga therapy sessions in clinical and non-clinical settings.

### **Client-Centered Approach**

Graduates adopt a client-centered approach, emphasizing collaboration, empathy, and respect for the autonomy and preferences of their clients throughout the therapeutic process.

### **Ethical Awareness**

Students develop a strong ethical foundation, understanding their responsibilities as yoga therapists, including maintaining confidentiality, upholding professional boundaries, and practicing with integrity and compassion.

### **Continued Growth**

Graduates are equipped with the skills and knowledge to pursue further professional development and specialization in specific areas of yoga therapy, contributing to ongoing growth and advancement in the field.

Overall, the outcomes of the IAYT program empower graduates to make meaningful contributions to the health and well-being of individuals and communities through the transformative power of yoga therapy.



## FACULTY



### **Prof. Dr. C.V. JAYANTHY, Ph.D. in Yoga, M. Sc. In Yoga, MBA., CIAYT**

Professor Dr. C.V. Jayanthi is an accomplished individual with an impressive array of qualifications and roles in the field of yoga, research, and education. Her extensive background includes:

#### **Professional Roles:**

*Director at Manushi Institute of Yoga*

*Joint Secretary in NYSF (National Yoga Students Federation)*

*Secretary in TNYSF (Tamil Nadu Yoga Students Federation)*

*Advisory Member in PCRM (Physicians Committee for Responsible Medicine), Washington DC*

*Council Member in IVU (International Vegetarian Union)*

#### **Teaching and Research:**

Professor and Research Supervisor in Ph.D. Programs

Visiting Professor at Various Universities

Supervisor at Vels Institute of Science, Technology & Advanced Studies, Department of Yoga

Expertise in the field of plant-based nutrition

#### **Yoga Publications:**

Author of more than 25 Yoga-Related Books

Professor Dr. C.V. Jayanthi's contributions to yoga, research, and plant-based nutrition showcase her dedication and expertise in promoting health and well-being. Her leadership roles in various organizations and her extensive teaching and research experience underline her commitment to advancing the field of yoga therapy and holistic health.





**Prof. S. NATARAJAN, Ph.D. in Yoga, M.Phil. M.P.E.S., M.Sc. In Yoga, Dip in Sports.,**

Prof. S. Natarajan is an accomplished individual with a wealth of knowledge and experience in the fields of yoga, spirituality, and mind-body medicine. His impressive background includes:

**Professional Roles:**

*Program Director at Manushi Institute of Yoga*

**Key Accomplishments:**

Renowned Raja Yogi with 25 years of experience in the field of spirituality

Thought leader in the integration of “Science and Spirituality” and “Mind-Body Medicine”

Known for his work in the “New Biology Healthcare Revolution”

Mentored and trained a mentally challenged and blind child, Master Lalith Kumar, for over 7 years

Received recognition from President APJ Abdul Kalam in 2005 for Master Lalith Kumar’s achievements in yoga

Specialized skills in integrating ancient Indian spirituality with quantum physics and nutrition science

Pioneered a holistic approach to healing that has gained significant popularity

Prof. S. Natarajan’s dedication to the integration of science and spirituality, along with his remarkable achievements in yoga and mind-body medicine, reflect his profound impact on the field of holistic health and well-being. His work in mentoring and training Master Lalith Kumar showcases his commitment to helping individuals overcome challenges and achieve their full potential through yoga and spirituality.

## **Dr.S.KARTHICK SELVARAJ, MD FIME CMC**

Professor and Head, Department of Anatomy

Dr. S. Karthick Selvaraj is a distinguished and accomplished individual in the field of anatomy and yoga. Here is a summary of his background and contributions:

### **Academic Qualifications:**

Bachelor's degree in M.B.B.S from the University of Pondicherry, India

M.D. in Anatomy from the Rajah Muthiah Medical College, University of Annamalai, Tamilnadu

### **Professional Role:**

Professor and Head, Department of Anatomy

### **Experience:**

Over 20 years of experience as a professor of anatomy

### **Research Focus:**

Specializes in the structure and function of the human body, with a particular emphasis on the musculoskeletal system

### **Research Achievements:**

Published numerous articles in top-tier scientific journals

Presented research findings at conferences worldwide

### **Teaching:**

Offers courses in Anatomy, Physiology, and Biomechanics at both undergraduate and graduate levels

Known for an engaging and interactive teaching style

Proficient in making complex concepts accessible to students of all levels

### **Mentorship:**

Serves as a mentor to many aspiring scientists

Supervised numerous graduate students and postdoctoral fellows in his career

Commitment to Diversity and Inclusion:

Dedicated to promoting diversity and inclusion in the sciences

Works to create a welcoming and supportive environment for students and colleagues

### **Yoga Practice and Contributions:**

Has been practicing yoga since childhood





Made groundbreaking contributions to the field of Functional Anatomy of Yoga

Dr. S. Karthick Selvaraj's extensive experience, dedication to research and education, and commitment to fostering diversity and inclusion in the sciences highlight his significant impact in the field of anatomy and yoga. His contributions to understanding the functional anatomy of yoga have likely enriched the field's knowledge and application.



**Dr. DHANYA. K.V, B.A.M.S., M.D,(Ayu), M.Sc in Yoga.,**

Dr. Dhanya. K.V is a highly accomplished and respected professional in the field of Ayurvedic medicine, pathology, and yoga. Here is an overview of her educational background, expertise, and contributions:

**Academic Qualifications:**

B.A.M.S. (Bachelor of Ayurveda Medicine and Surgery) from Rajiv Gandhi University of Health Sciences, Karnataka ALN Roa Memorial Ayurvedic Medical College, Koppa, India

M.D. (Ayu) in Ayurvedic Medicine from the same institution

M.Sc. in Yoga from Annamalai University, Tamilnadu, India

Professional Role:

Professor in Pathology





### **Experience:**

Over 15 years of experience as an Ayurveda physician

### **Clinical Expertise:**

Proficient in diagnosing and treating a wide range of health conditions using Ayurvedic principles

Emphasizes holistic approaches to support natural healing mechanisms

Focuses on helping patients achieve optimal health and wellness

### **Teaching:**

Passionate educator with a history of teaching Ayurveda at various institutions worldwide

Known for the ability to explain complex concepts in a clear and accessible manner

Committed to sharing Ayurvedic wisdom with a broad audience

### **Authorship:**

Prolific writer with several authored books on Ayurveda and natural health

Praised for the clarity, depth, and practicality of her work

Her books have positively impacted the health and well-being of many individuals globally

Dr. Dhanya. K.V's extensive education and practical experience in Ayurveda, pathology, and yoga, combined with her dedication to education and writing, make her a valuable asset in the fields of holistic health and natural healing. Her commitment to sharing the wisdom of Ayurveda and making it accessible to a wide audience demonstrates her passion for improving people's health and well-being



## **Dr. AMRUTHA ANAND, Ph.D, M.E, M.Sc in Yoga**

Dr. Amrutha Anand is an accomplished and highly regarded professional in the fields of yoga, research, and wellness. Here is an overview of her educational background, expertise, achievements, and contributions:

### **Academic Qualifications:**

Ph.D. in Yoga, with a focus on the impact of Yogic Practices in PNEI (Psycho-Neuro-Endocrine-Immunology)

M.E (Master of Engineering)

M.Sc. in Yoga

### **Research and Achievements:**

World Record Holder in Yoga, with 10 World Records to her name

Her most recent World Record was achieved on December 16, 2021, by maintaining the Yoga Nidra posture for an impressive 22 minutes

### **Yoga Training and Teaching:**

Certified yoga teacher with over 10 years of experience

Completed yoga teacher training certification from the International Sivananda Yoga Vedanta Centre, Madurai, India

Provides personalized and tailored yoga instruction to meet the unique needs of individual students

Known for creating a welcoming and supportive environment in her classes

Possesses a deep understanding of the mind-body connection

### **Holistic Approach to Wellness:**

Certified wellness coach and nutritionist

Believes in a holistic approach to health and wellness, encompassing physical fitness, mental well-being, and emotional balance

### **Teaching and Outreach:**

Taught yoga classes at the Manushi Institute of Yoga

Conducted yoga sessions in corporate offices

Led retreats and workshops worldwide, sharing the benefits of yoga with diverse audiences

Dr. Amrutha Anand's dedication to yoga, research, and holistic wellness is evident through her impressive World Records, extensive teaching experience, and commitment to helping individuals achieve optimal health. Her ability to create a supportive and inclusive environment in her classes, along with her deep understanding of the mind-body connection, makes her a highly respected and beloved yoga teacher in the field.



## **SANTHOSH KUMAR MANI, M.Phil, Ph.D**

Dr. Santhosh Kumar Mani is an accomplished professional with a diverse background in research and academia. Here is a summary of his professional career, awards, honors, and memberships:

### **Professional Career:**

2020-2021: International Yoga Therapy Course (IAYT), Manushi Institute of Yoga, Chidambaram, Tamil Nadu, India.

2018-2020: Senior Researcher, IMS and SUM hospital, Bhubaneswar, Odisha, India.

2017-2018: Assistant Professor, Nalanda Agricultural College, Trichy, India.

2010-2015: Research Assistant Professor, Gazes Cardiac Research Institute, Medical University of South Carolina, Charleston, SC, USA.

2009-2010: Staff Scientist, Gazes Cardiac Research Institute, Medical University of South Carolina, Charleston, SC, USA.

2002-2009: Postdoctoral Fellow, Gazes Cardiac Research Institute, Medical University of South Carolina, Charleston, SC, USA.

1998-2002: Research Fellow, Department of Medical Biochemistry, Dr. A. L. M. Post Graduate Institute of Basic Medical Sciences, University of Madras, Chennai, Tamil Nadu, India.

1997-1998: Lecturer, Department of Biochemistry, Pee Gee College of Arts and Science, Dharmapuri, Tamil Nadu, India.

1994-1995: Tutor, St. Paul's Medical Academy, Tirupattur, Tamil Nadu, India.

### **Awards/Honors:**

Winner of the ISHR International Poster Competition at the 33rd Annual Meeting of the North American Section, Banff, AB, Canada, May 2012.

Abstracts selected for "Best of AHA Specialty Conference" poster presentation at the American Heart Association (AHA) Scientific Sessions, Chicago, USA, November 2010.

Received New Investigator Travel Award at the American Heart Association-Basic Cardiovascular Sciences 2010 Scientific Sessions – Technological and Conceptual Advances in Cardiovascular Disease, Rancho Mirage, CA, July 2010.

Received awards for Outstanding Postdoctoral Basic Science Research Presentation and Best Poster Presentation in various research events.

Qualified in the National Eligibility Test conducted by Agricultural Scientist Recruitment Board in Biochemistry and Animal Science in 1997 and 1998.



## Professional Memberships:

American Heart Association (AHA) and American Stroke Association (ASA), Council Member on Basic Cardiovascular Science, since 2008.

American Society for Biochemistry and Molecular Biology, since 2007.

The American Association for the Advancement of Science, since 2006.

The International Society for Heart Research, since 2012.

## Professional Activities:

Serves as a member of boards of examiners to adjudicate Ph.D. theses at various universities.

Acts as a reviewer for Graduate Student Research Day at MUSC, Charleston, SC, USA.

Provides peer review services for numerous scholarly journals.

Dr. Santhosh Kumar Mani's career has spanned both academic and research roles, demonstrating his expertise and commitment to advancing knowledge in various fields, including cardiovascular science and yoga therapy. His extensive list of awards, memberships, and professional activities underscores his contributions to academia and research.

### Contact Us

Thank you for your interest in our training programs at Manushi Institute of Yoga!

If you would like to learn more about becoming an accredited Wisdom Yoga Therapist or are interested in participating in any part of our training, please email us at [manushiyogatherapy@gmail.com](mailto:manushiyogatherapy@gmail.com) to request an application form.

Stay updated on our latest resources and upcoming events by following our social media pages and visiting our website:

Social Media Pages: Instagram | Facebook

Website: [www.manushiyoga.in](http://www.manushiyoga.in)

We warmly welcome yoga teachers, allied health professionals, and dedicated yoga practitioners to join our community at Manushi Institute of Yoga and Shine Your Light with us.

For any further inquiries or assistance, please don't hesitate to reach out to us. We look forward to connecting with you!

Warm regards,  
**Dr.S.Natarajan**  
Program Director  
Manushi Institute of Yoga