

B. Criterion-wise Inputs

Criterion I

Curricular Aspects

1. Number of Programme options
- | |
|-----------------|
| Certificate - 3 |
| U.G – 4 |
| P.G – 5 |
| P.G Diploma - 2 |
| M.Phil - 1 |
| PhD - 1 |
2. Number of Subjects taught in the institution
- | |
|-----|
| One |
|-----|
3. Number of overseas programmes on campus and income earned
- | Number | Amount | Agency |
|--------|--------|--------|
| NIL | NIL | NIL |
4. Does the institution offer self-funded programmes? Yes No
- If yes, how many courses?
- | | |
|--|--|
| All the programs are self-funded by the university | |
|--|--|
5. Inter/multidisciplinary programmes
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|----|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 14 |
|-----|-------------------------------------|----|--------------------------|--------|----|
6. Programmes with Annual System
- | | | | | | |
|-----|--------------------------|----|-------------------------------------|--------|--|
| Yes | <input type="checkbox"/> | No | <input checked="" type="checkbox"/> | Number | |
|-----|--------------------------|----|-------------------------------------|--------|--|
7. Programmes with Semester
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|----|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 13 |
|-----|-------------------------------------|----|--------------------------|--------|----|
8. Programmes with Trimester
- | | | | | | |
|-----|--------------------------|----|-------------------------------------|--------|--|
| Yes | <input type="checkbox"/> | No | <input checked="" type="checkbox"/> | Number | |
|-----|--------------------------|----|-------------------------------------|--------|--|
9. Programmes with choice based credit system
- | | | | | | |
|-----|--------------------------|----|-------------------------------------|--------|--|
| Yes | <input type="checkbox"/> | No | <input checked="" type="checkbox"/> | Number | |
|-----|--------------------------|----|-------------------------------------|--------|--|
10. Programmes with elective options
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|---|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 2 |
|-----|-------------------------------------|----|--------------------------|--------|---|
11. Courses offered in modular form
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|---|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 9 |
|-----|-------------------------------------|----|--------------------------|--------|---|
12. Courses with ICT-enabled teaching-learning process
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|----|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 16 |
|-----|-------------------------------------|----|--------------------------|--------|----|
13. Courses where assessment of teachers by students has been done
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|----|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 16 |
|-----|-------------------------------------|----|--------------------------|--------|----|
14. Programmes with faculty exchange/visiting faculty
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|---|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 8 |
|-----|-------------------------------------|----|--------------------------|--------|---|
15. New programmes (UG and PG) introduced during the last three years
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|---|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 6 |
|-----|-------------------------------------|----|--------------------------|--------|---|
16. Subjects in which major syllabus revision was done during the last five years?
- | | | | | | |
|-----|-------------------------------------|----|--------------------------|--------|----|
| Yes | <input checked="" type="checkbox"/> | No | <input type="checkbox"/> | Number | 28 |
|-----|-------------------------------------|----|--------------------------|--------|----|

17. Compulsory internship (UGC + other vocational programmes)	Yes	<input checked="" type="checkbox"/>	No		Number	6
18. Courses in emerging areas	Yes	<input checked="" type="checkbox"/>	No		Number	16
19. Feedback obtained from employers	Yes	<input checked="" type="checkbox"/>	No		Number	1
20. Provision for Course evaluation	Yes	<input checked="" type="checkbox"/>	No		Number	3
21. Training Programmes arranged	Yes	<input checked="" type="checkbox"/>	No		Number	2
22. Courses offered in modular form	Yes	<input checked="" type="checkbox"/>	No		Number	9
23. Overseas programmes	Yes		No	<input checked="" type="checkbox"/>	Number	

24. Any other data in Curricular Aspects

- * Periodical revision of syllabus – yearly
- * **Programs are credit-based**
- * Programs are **application-oriented** which generates employment opportunities
- * Mechanism used for formulating the curricular content – Regular Board of Studies and Academic Council meetings
- * Field training in the programs
- * Curriculum is three-dimensional
 1. Core subject-oriented
 2. Career opportunity generating
 3. All-round personality development
- * Use of outside experts in teaching inter-disciplinary subjects
- * The real curriculum of our University is training of *Yoga* way of life

- * Due place is given in the curriculum which enables the students pursue their higher studies and research.
- * Acquisition of knowledge in the subject is, no doubt, good, still a man's worth is not judged by the amount of knowledge acquired, but by the **life-shaping education**.

Curriculum design and development

- * Curriculum design has been made on the basis of definition of education as per Swami Vivekananda. The objective of education is to manifest this tremendous wisdom, bliss, freedom and power within us by removing ignorance. It is like getting the sunshine in full blossom after the dark clouds have disappeared.
- * The discipline offered in our University is *Yoga*. *Yoga* is a systematically developed science of holistic living, a conscious, intelligent process for unraveling the hidden dimensions of human potential. Education in *Yoga* brings about, total physical, mental, emotional and intellectual personality development with a spiritual basis and transform the students to develop patriotism, service zeal and spiritual quest.
- * Here all courses are of discipline of *Yoga* and allied sciences and has been designed on the basis of recommendation of Board of Studies and approved from Academic Council and endorsed by Board of Management. The Board of Studies of the Division consists of Dean, one or two Professors and outside expert. Our University has a unique Academic Council consists of five members are of ex-Vice-Chancellor of other Universities and ten members are outside expert from eminent Institutes and they are expert of their own specialization.

Academic Flexibility

- * In our University all programs are credit based. Students have the flexibility and option to drop maximum of one-third subjects in the semester if she/he wishes and option to take in future semester to complete total credits of the program.
- * All programs have the duration of minimum and maximum period to complete.

Feedback on curriculum

- * At the end of each semester feedback on curriculum is collected and analyzed and has been discussed in the teachers' meeting and the outcome forwarded to Academic Council.
- * Teacher's feedback obtained in the teacher's regular meeting, which is conducted in each semester.

Curriculum update

- * In our University curriculum update has been done on yearly basis on the basis of students feedback, outcome of teachers meeting and Academic Council.

Best practices in curricular aspects

- * The discipline of all the programs of our University is of *Yoga*, this is science of life training and way of life. This aspect has been fully incorporated in the curriculum of all the programs.
- * Other than this aspect students need to attend compulsory sessions: *Maitri Milan* – friendship meet, in this session all the inmates of this *Ashrama* including staff gather together to chant selected *shlokas* of *Bhagavadgita* followed by discourses on the *Gita*; this makes the inmates of the *Ashrama* including students to live together, meet together and work together. Another compulsory session – *Bhajans* – singing of devotional songs makes the students expertise in emotional culture.
- * In all the programs subjects like *Yoga Games (Krida Yoga)* – to develop group awareness, Devotional Music – to develop emotional culture, *Vedic Chanting* – training of accent are included.
- * Conducting Himalaya *Yoga Olympiad* every year in December. This program is essentially meant to bring together the students of *Yoga* from different institutions, especially the youth, under one roof and to propagate the holistic vision of *Yoga*.

Only teams (groups of participants) are allowed to participate in this Olympiad converting competitive spirit to co-operation through team development.

- * Conducting Personality Development Camp (PDC) for children for the age group of 7 to 16 years in every year; 1-10th April, 11-20th April, 21st-30th April, it is three batches of 10 days each. The objective of this program is to train the children in the allround personality development at Physical, Mental, Social and Spiritual level. In the year 2009-10, 1000 children participated in this program.

Criterion II

Teaching-Learning and Evaluation

1. Number of working days during the last academic year

295

2. Number of teaching days during the last academic year

175

3. Number of positions sanctioned and filled as on date

	Sanctioned	Filled
Teaching	74	74
Non-teaching	55	55
Technical	----	----

4. a. Number of regular and permanent teachers

Professors	M	08	F	03
Readers /Asst. Professors	M	03	F	03
Lecturers/ Asst. Professors	M	15	F	05

b. Number of temporary teachers

Lecturers – Full-time	M	nil	F	nil
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Lecturers – Part-time	M	nil	F	nil
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Lecturers (Management appointees) - Full-time	M	nil	F	nil
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Lecturers (Management appointees) - Part-time	M	nil	F	nil
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Any other (Visiting Faculty)	37
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Total	37
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c. Number of teachers

Same state	44
Other state	30
Other country	-----

5. a. Number of qualified permanent teachers and their percentage of the total faculty strength

74	100%
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- b. Number of faculty development programmes availed by faculty during the last five years

Refresher:

Orientation:

Any other (specify)

5				

- c. Number of faculty development programmes organized by the University during the last five years

5				
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- d. Number of academic development programmes organized by the University during the last five years

Seminars/ workshops/symposia on Curricular development, Teaching- learning, Assessment and others.

International	Conference – 6 Nos
National	Spiritual Retreat – 8 Nos Seminars – 4 Nos Workshop – 13 Nos Yoga Camp – 14 Nos Vedanta Gosthi – 3 Nos Conference – 1 No

Research development programmes

Invited/endowment lectures

Any other (specify)

4				
27				

6. Does the University have the tutor-ward system?

Yes No

If yes, how many students are under the care of one teacher?

5

7. Remedial programmes offered

Yes	<input checked="" type="checkbox"/>	No		Number	2
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8. Bridge courses offered

Yes	<input checked="" type="checkbox"/>	No		Number	1
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9. Is there a mechanism for:

a. Self-appraisal of faculty

Yes No

b. Student assessment of faculty performance

Yes No

c. Assessment of faculty performance by experts

Yes No

10. Do the faculty members perform additional administrative work? If yes, the average number of hours spent per week by the faculty.

Yes No

Min 6Hrs and Max 14hrs

11. Any other (specify)

- * Other avenues of learning provided for the students are Projects/dissertation, internships, field training and seminars.
- * Student evaluation
 - Continuous assessment in theory, practical and fieldwork.
 - Internal marks account for 50% from one or two tests and one or two assignments and final examination 50%
 - Assignment consists in the form of written, oral presentation and skit presentation.
- * Internet facilities are available to students of all courses
- * All classrooms have internet connection and equipped with LCD projector and or wall-mounted Plasma.
- * Our *Ashram* is an enlarged and extended family. It is not mere teacher and student contact but **Guru and Sishya (disciple)** warm relationship that exists here.
- * Our residential *Ashrama* makes students learn *Yoga* way of life that makes them to face multidimensional world and lead the life in *Karma Yoga* way.

Admission process and student profile

- * In our University the admission procedure is well-defined. The admission to Diploma, UG and PG programs is on the basis of all India merit and admission to MD (*Yoga* and Rehabilitation) and PhD programs is on the basis of all India entrance test and merit basis.
- * In the current year 2010 admission, **16% of the students community was from rural and 54% of the students were women.** This student profile indicates the University students' composition is of diverse nature.

- * In the present academic year 2010, **36% students are from local state, 52% are from other states and 12% of the students are from abroad.** This indicates our University's catering of different background and culture of student community.

Catering to diverse needs

- * One-week orientation training for freshers which consists of spoken *Sanskrit*, communication skill and interaction with senior teacher makes the students of different profile understand the languages and get tuned to the *Ashrama* lifestyle.
- * **54% women's admission** in the current year indicates our *Ashrama* University's commitment to gender equity.

Teaching-Learning process

- * The discussion methodology is adopted in the teaching that leads to better retention and application of knowledge.
- * In our University teaching aids are used to enhance the degree of learning and not to cover up teacher's deficiencies.
- * In all UG and PG programs, one of the internal assessments is the evaluation of subject skit presentation by students; this makes the students understand the practical application of the subject.

Teacher quality

- * In our University 49% of the permanent teachers' community has **PhD qualification.** The recruitment is based on the performance of oral presentation, merit and interview.
- * Our teaching community has published highest research papers numbering 149 in *Yoga* in the international and national journals.

- * Synonymous to “**effective teacher**” our University teachers have the quality in Content knowledge, Teaching experience, Professional certification and overall academic ability.

Evaluation process and reforms

- * The continuous internal assessment system comprises of components like internal tests, take-home assignment, seminar, periodic evaluation of practical, skit presentation, and project/field work in an objective manner.

Best Practices in teaching-learning and evaluation

- * The students of therapy-oriented courses undergo in-house training/field work in *Arogyadhama* – Residential *Yoga* Therapy Health Home to appraise themselves with the direct application of their knowledge/skills to real life problems.
- * Students are subjected to continuous assessment by way of internal assessment tests, seminars, quiz and home assignments.
- * Student evaluation of teachers is carried out in every semester.
- * The orientation programmes are conducted for the newly-admitted students in order to sensitize them to the various, on campus facilities, regulations, exam procedures etc.

Criterion III
Research, Consultancy and
Extension

1. Number and Percentage of faculty members actively involved in research guidance and projects
- | | | | |
|--------|----|------------|-----|
| Number | 34 | Percentage | 80% |
|--------|----|------------|-----|
2. Research collaborations
- National Yes No
- If yes, how many?
- Overseas Yes No
- If yes, how many?
- Consultancy earnings Yes No
- If yes, how much?
3. Total Amount and Percentage of the annual budget allocated for promotion of research (Average of last five years)
- | | | | |
|--------|----------------|---|------|
| Amount | Rs 22,05,086/- | % | 8.38 |
|--------|----------------|---|------|
4. a. Does the faculty have research projects? Yes No
- If yes, how many?
- b. Provide the following details about the ongoing research projects

Major projects	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>	Number	6	Agency	*CCRYN *AYUSH *AYUSH *ICMR	Amount	11,00,000/- 1,00,00,000/- 20,00,000/- 89,00,000/-
Minor projects	Yes	<input type="checkbox"/>	No	<input checked="" type="checkbox"/>	Number		Agency		Amount	
University Projects	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>	Number	1	Agency	SVYASA	Amount	2,44,00,000/-
Industry sponsored	Yes	<input type="checkbox"/>	No	<input checked="" type="checkbox"/>	Number		Industry		Amount	
Any other (specify)										
Number of student research projects	Yes	<input type="checkbox"/>	No	<input checked="" type="checkbox"/>	Number	12	Amount		5,00,000/- (by University)	

* CCRYN – Central Council for Research in *Yoga* and Naturopathy.

* AYUSH – The Department of *Ayurveda, Yoga & Naturopathy, Unani, Siddha* and Homoeopathy.

* ICMR – Indian Council of Medical Research

5. Research publications:

International journals	Yes	<input checked="" type="checkbox"/>	No		Number	69
National journals – referred papers	Yes	<input checked="" type="checkbox"/>	No		Number	34
University journal	Yes	<input checked="" type="checkbox"/>	No		Number	01
Books	Yes	<input checked="" type="checkbox"/>	No		Number	7
Abstracts	Yes		No	<input checked="" type="checkbox"/>	Number	
Any other (specify) Chapters in the Book	Yes	<input checked="" type="checkbox"/>	No		Number	5
Mean Impact Factor of the best research journals in which publications were made (last 5 years) - mean impact factor is 12.83						

6. Research Awards, recognition, patents etc. if yes, specify? (during the last five years) Yes No

7. Presentation of high-level research papers: Yes No

If yes, number of papers presented at

National seminars

International seminars

Any other research activity, specify

National conference

International conference

8. Number of extracurricular/co-curricular activities organized in collaboration with other agencies/NGOs (such as Rotary/Lion's etc.) on Campus

International Conference

National Conference

Spiritual Retreat

Seminar conducted

Workshop conducted

Yoga camps conducted

Vedanta goshti

Research training program

9. Extension Centres (If any)

Yes		No	<input checked="" type="checkbox"/>	Yr. of Estb	
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10.	Number of regular extension programmes organized by NSS, NCC etc.	NIL		
		M	F	Units
	Number of NCC Cadets/units	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Number of NSS Volunteers/units	<input type="text"/>	<input type="text"/>	<input type="text" value="1"/>
11.	Number of MoUs with industry/other agencies	<input type="text" value="29"/>		
	Internship with industry	<input type="text" value="3"/>		
	Any other (specify)	<input type="text" value="-----"/>		
12.	Any other data regarding Research, Consultancy and Extension (specify)			

Promotion of research

* Three Training Courses on “Basic Understanding of *Yoga* Techniques and Training in Neurophysiological Techniques Relevant to *Yoga* Research” conducted by S-VYASA on January 7 to February 6, 2008, November 20 to December 19, 2008 and December 24 to January 23, 2010 by S-VYASA and Centre for Advanced Research in *Yoga* and Neurophysiology, ICMR, Govt. of India to disseminate the research knowledge.

* Following faculties are involved in research activities.

Division of *Yoga*-Spirituality

Sl. No.	Name of the Faculty	Title of the Research
1	Dr A Ishwara Prasad	Cow Based Sustainable Organic Farming (<i>KRISHI YOGA</i>)
2	Sri Sushrutha S	Effect of chanting on immune system

Division of *Yoga* and Life Sciences

Sl. No.	Name of the Faculty	Title of the Research
1.	Dr R Nagarathna	1. The Effect of <i>Yoga</i> in Prevention of Pregnancy Complications in High Risk Pregnancies - A Randomized Controlled Trial 2. Effect of Integrated Approach of <i>Yoga</i> therapy on HIV Patients

2.	Dr Shirley Telles	1. Neurophysiological Correlates of Sleep and Wakefulness in Meditators 2. Cognitive changes following Specific <i>Yoga</i> Breathing Practices
3.	Dr Naveen K V	Effects of Meditation on White and Grey Matter in Brain
4.	Dr M S Chaya	<i>Yoga</i> for Improvement of Cognitive Behaviour in School Children of 7 – 9 age group
5.	Rajesh S K	Integrated Approach of <i>Yoga</i> Therapy for alcohol dependence

Division of *Yoga* and Physical Sciences

Sl. No.	Name of the Faculty	Title of the Research
1.	Dr T M Srinivasan	An Instrument for Monitoring <i>Chakra</i> Activity

Division of *Yoga* and Management Studies

Sl. No.	Name of the Faculty	Title of the Research
1.	Tikhe Sham Ganpat	Brain Wave Coherence effect of Cyclic Meditation in Executives

Division of *Yoga* and Humanities

Sl. No.	Name of the Faculty	Title of the Research
1.	Dr Balaram Pradhan	Effect of Cyclic Meditation on Psychomotor Performance Task
2.	Dr Satyapriya Maharana	The effect of <i>Yoga</i> on Pregnancy Outcome – A Randomized Control Study

Staff

Sl. No.	Name of the Faculty	Title of the Research
1.	Dr H R Nagendra	Cow Based Sustainable Organic Farming (<i>KRISHI YOGA</i>)
2.	Dr Itagi Ravi Kumar	Effect of Pyramids on Fenugreek Seeds

Research and publication output

* 13 Ph.D's are awarded for past five years in the faculty of *Yoga*. The details are given below.

Sl. No	Name of the Scholar	Title of the thesis	Year of award
1	Manjunath N K	<i>Yoga</i> and Geriatric Care: an Evaluation of Positive Health Indicators	2006
2	Patil Sarang Shashikan	Psychophysiological Changes following Cyclic Meditation and Shavasana	2007

3	Raghavendra Rao M	<i>Yoga</i> as an Adjunct To Conventional Cancer Treatment in Breast Cancer	
4	Birendra Nath Banerjee	Evaluation of an Integrated <i>Yoga</i> intervention in Modulating Psychological Stress and Radiation induced Genotoxic Stress in Breast Cancer Patients undergoing concurrent Chemo and Radiotherapy	2008
5	Ritu Chattha	Effect of Integrated Approach of <i>Yoga</i> Therapy on the Vasomotor, Cognitive And Psychological Symptoms on Climacteric Syndrome	
6	Sudheer Deshpande	Influence of <i>Yoga</i> on “Quality of Life” A Control Study	
7	Meesha Joshi	Neurocognitive effects of <i>Yoga</i> Voluntarily Regulated Breathing	2009
8	R Rangan	A comparison of Cognitive Functions of <i>Yoga</i> -Based Education (<i>Gurukula</i>) System and Modern Education System	2009
9	Sony Kumari	Effect of SMET <i>Yoga</i> Module on Emotional Dynamics of Managers	
10	Hasmukh Adhia	Impact of <i>Yoga</i> way of Life on Organizational Factors responsible for the success of the Organization	2010
11	Padmini Tekur	Effect of <i>Yoga</i> Therapy on Chronic Low Back Pain – a Randomized Control Study	
12	Sanjay Kumar	Effect of <i>om</i> Meditation on Brain Stem Auditory Evoked Potentials, Autonomic and Respiratory Variables	
13	Subramanya Pailoor	A comparative Study of the Psychophysiological effects of Cyclic Meditation and Supine Rest (<i>shavasana</i>)	

* At present **57 students** are pursuing their research for their Ph.D Programs. Details are given below.

Division of *Yoga*-Spirituality

Sl.No.	Name of the candidate	Topic of the research	Year of joining	Name of Research Guide
1	Sarangapani Bashyam	<i>Anga Nyasa</i> and IR Measurement	2005-06	Dr H R Nagendra

Division of *Yoga* and Life Science

Sl. No.	Name of the candidate	Topic of the research	Year of joining	Name of Research Guide
1	Vadiraja H S	Effect of <i>Yoga</i> Therapy as a Psychotherapeutic Intervention in Breast Cancer Patients	2002-03	Dr H.R Nagendra Dr R Nagarathna Dr K S Gopinath
2	Bijaya Laxmi Nath	To Study the Nutritional Composition of Ragi Products	200-03	Dr R Nagarathna Dr Kalpana Rayaguru

3	Dr Manoj Dash	Psychophysiological and Psychological Evaluation of a <i>Yoga</i> Module for Techno Stress in Computer Users	2002-03	Dr Shirley Telles & Dr H R Nagendra
4	Dr Krishnamurthy N V	<i>Yoga</i> for Diabetes	2002-03	Dr R Nagarathna
5	Dr Poornima Krishnamurthy	<i>Yoga</i> for Diabetes	2002-03	Dr R Nagarathna
6	Sanjib Kumar Patra	Effect of Cyclic Meditation on Sleep Architecture and Subjective Rating	2003-04	Dr Shirley Telles Dr H R Nagendra
7	Dr Ramesh Rao N	Evaluation of Influence of Time - Space Elements on Immune Response to Vaccination Against Pestis Des Petits Ruminant (PPR) Virus in Sheep and Goats – a Randomized Control Study	2003-04	Dr H R Nagendra Dr R Nagarathna
8	Dr P K Lalitha Nandini	Efficiency of <i>Yoga</i> in Cancer CINV and its Correlation to Concept of AGNI in <i>Ayurveda</i> .	2003-04	Dr R Nagarathna Dr. Radheshyam Naik
9	Ghanshyam Singh Thakur	Studies on the Effect of Some <i>Yoga</i> Practices and Special <i>Yajnas</i> on the Consciousness Fields using Random Event Generator	2003-04	Dr H R Nagendra
10	Kumara Holla K	Effect of <i>Yoga</i> on Immunity	2003-04	Dr H R Nagendra
11	Sanjeeta	Effect of <i>Yoga</i> on <i>Gunas</i>	2004-05	Dr H R Nagendra
12	Tikhe Sham Ganpat	Brain Wave Coherence effect of Cyclic Meditation in Executives	2005-06	Dr H R Nagendra Dr T M Srinivasan
13	Dr Prashanth Shetty	Use of <i>Yoga</i> and Naturopathy in the Management of Metabolic and Cardio Vascular Disorders	2005-06	Dr Shirley Telles Dr H R Nagendra
14	Meera Rama Rao	Effect of <i>Yoga</i> on Diabetes Mellitus	2005-06	Dr H R Nagendra Dr R Nagarathna
15	Dipak Kr. Halder	Random Event Generator	2005-06	Dr H R Nagendra
16	Yalgi Chitharanjan Rao	Effect of Integrated Approach of <i>Yoga</i> Therapy on Type II Diabetes Mellitus Persons in Jail Inmates.	2005-06	Dr R Venkataram
17	Sangeeta	<i>Yoga</i> for Personality Development	2005-06	Dr Sudheer Deshpande
18	Dr John Ebnezar	Role of IAYT in the Treatment of Knee	2006-07	Dr H R Nagendra Dr R Nagarathna
19	Rakesh J Deshpute	Effect of SN on Healthy Volunteers	2006-07	Dr H R Nagendra
20	Shantha Radhakrishna	Application of Integrated <i>Yoga</i> Therapy (IYT) to Increase Communication, Social and Cognitive Skills in Children with Autistic Spectrum Disorders	2006-07	Dr H R Nagendra Dr R Nagarathna
21	R Srivatsala	Effects of <i>Satvic</i> Diet on Insulin Resistance	2006-07	Dr M S Chaya
22	Abbas Rakhshani	<i>Yoga</i> in Prevention of Pregnancy Complications in High Risk Population	2006-07	Dr R Nagarathna

Sl. No.	Name of the candidate	Topic of the research	Year of joining	Name of Research Guide
23	Dr Devika H S	Effect of <i>Yoga</i> on Psychological Factors	2006-07	Dr H R Nagendra
24	Dr B R Ramakrishna	Effect of <i>Yoga</i> and <i>Ayurveda</i> on Diabetes	2006-07	Dr H R Nagendra
25	Dr Suchitra Suresh Rao Patil	Effect of <i>Yoga</i> on Personality	2006-07	Dr H R Nagendra
26	Rabindra Mohan Acharya	Integrated Approach of <i>Yoga</i> Therapy(IAYT) in Type 2 Diabetes Mellitus	2007-08	Dr H R Nagendra
27	Dr Bhagaban Bhuyan	<i>Yoga</i> in Patients who undergo Elective Coronary Artery Bypass Grafting (CABG) – a Prospective Study	2007-08	Dr R Nagarathna
28	Raghavendra Bhat	Cognitive Changes following Specific <i>Yoga</i> Breathing Practices	2007-08	Dr Shirley Telles
29	Dr Sasmita Samantaray	Effect of Om Meditation on Long Latency Auditory Evoked Potentials and Performance in Attention Task	2007-08	Dr H R Nagendra
30	Amritanshu Ram	Role of <i>Yoga</i> in Modulating Pro-inflammatory Cytokines amongst Breast Cancer Patients	2007-08	Dr Bharat Bhushan Aggarwal and Dr R Nagarathna
31	Gururaj H Pagad	Experimental Techniques in Microbiology	2007-08	Dr D Radhakrishna Dr H R Nagendra
32	Nidhi Choudhary	Effect of <i>Yoga</i> Based Lifestyle Program on Polycystic Ovarian Syndrome – a Randomized Controlled Study	2007-08	Dr R Nagarathna Dr Latha Venkataram
33	Dr Rajashree Ranjita Behera	Effect of <i>Yoga</i> Practices in the Treatment of Duchenne Muscular Dystrophy	2008-09	Dr R Nagarathna
34	Bhawna Sharma	Effect of <i>Yoga</i> on Mental Health of Adolescents	2008-09	Dr Geetha K A Dr R Nagarathna
35	V Judu Ilavarasu	Mechanics of Refinement of Cognitive Processing and Perception	2008-09	Dr Alex Hankey
36	Latha Kannan	Effects of Meditation on White and Grey Matter in Brain	2008-09	Dr Naveen K V Dr H R Nagendra
37	Rajesh S K	Integrated Approach of <i>Yoga</i> Therapy for Alcohol Dependence	2008-09	Dr H R Nagendra Dr R Nagarathna Dr Geetha K A
38	Satya Prakash Purohit	Effect of <i>Yoga</i> on Lung Functioning in Coal Mine Workers	2008-09	Dr R Nagarathna
39	Deepeshwar Singh	Effect of <i>Yogic</i> Capsule on Emotional Stress among Hypertension, Coronary Artery Disease and Coronary Artery Bypass Graft Patients	2009-10	Dr Naveen K V
40	Kavuri Vijayalakshmi	Effect of <i>Yoga</i> on Obesity	2009-10	Dr R Nagarathna

41	Meenakshy K B	Measurement of the Immediate effects of two <i>Yoga</i> based Relaxation Techniques using Acugraph 3 (self controlled design)	2009-10	Dr Alex Hankey Dr T M Srinivasan
42	Vinchurkar Suhas Ashok	Effect of Integrated Approach of <i>Yoga</i> Therapy on Obstructive Sleep	2009-10	Dr Sat Bir Khalsa
43	Sri Sushrutha S	Effect of Chanting on Immune System	2009-10	Dr T M Srinivasan
44	Aarti Varma	Effect of Integrated <i>Yoga</i> Practices in Women with Type II Diabetes Mellitus	2009-10	Sr Subhas Sharma
45	Vijaya Krishna Padukone	Effect of <i>Yoga</i> Practices on IQ of School Children	2009-10	Dr Sudheer Deshpande
46	D S Wodeyar	Effect of Integrated <i>Yoga</i> Practices in Men with Type II Diabetes Mellitus	2009-10	Dr Venkatesh. D
47	Sri Nidhi K Parthasaradhi	Effect of IAYT in Lifestyle Diseases	2009-10	Dr. Sudhir Deshpande
48	Vikas Rawat	Effect of Integrated Approach of <i>Yoga</i> Therapy on Parkinson	2010-11	Dr Rajesh B Iyer
49	Sudarshan B O	Effect of <i>Yoga</i> on Obesity	2010-11	Dr R Nagarathna
50	Ganesh Kumar P N	Effect of <i>Yoga</i> on Diabetes Mellitus	2010-11	Dr R Nagarathna

Division of *Yoga* and Physical Science

Sl.No	Name of the candidate	Topic of the research	Year of joining	Name of Research Guide
1	Laxmi Shandilya	fMRI Studies In Diabetic Patients	2002-03	Dr Alex Hankey Dr H R Nagendra

Division of *Yoga* and Management Studies

Sl.No.	Name of the candidate	Topic of the research	Year of joining	Name of Research Guide
1	Shatrughan Singh Naruka	Work Attitude and Productivity	2003-04	Dr H R Nagendra
2	Shree Vatsa	Effect of <i>Mantra</i> Chanting on Healthy IT Volunteers	2009-10	Dr Subhas Sharma
3	Sree Kumar T S	Effect of <i>Yoga</i> in IT Professionals.	2009-10	Sr Subhas Sharma Dr Hasmukh Adhia

Division of *Yoga* and Humanity

Sl.No.	Name of the candidate	Topic of the research	Year of joining	Name of Research Guide
1	Karuna Nagarajan	Comparative Study of the effect of Classical Music and <i>Vedic Mantra</i> on Healthy Volunteers	2005-06	Dr R Venkataram
2	Naorem Jiteswori Devi	The Glory and Decline of the Status of Widows from the <i>Vedic</i> Period and Attempts for its Restoration through the Application of <i>Yoga</i>	2008-09	Prof K Subrahmanyam

- * The University has contributed **largest number of research papers in Yoga research** during 2002–10; consist of 69 research publications in international journal and 34 research publications in national journal.
- * Swami Vivekananda *Yoga Prakashana*, the one of the outer wing of mother organization VYASA is publishing books, CDs, Cassettes and charts that are written and prepared by the faculties of the University on the basis of the research outcome.

BOOKS IN ENGLISH

1. *Anvesana I*
2. *Anvesana III*
3. A Glimpse of the Human Body
4. *Bhakti Yoga*
5. Human Values
6. How to Speak with Power?
7. Mind Sound Resonance Technique (MSRT)
8. New Perspectives in Stress Management (SMET)
9. Notes on *Karma Yoga*
10. *Netikriya*
11. OM Chart
12. *Pranayama*
13. *Pranic* Energisation Technique (PET)
14. Patanjali's *Yoga Sutras*
15. Research Methods
16. Research Contributions of VYASA Vol. I
17. Research Contributions of VYASA Vol. II
18. SMET Chart
19. *Shreyas-Preyas*
20. Secret of Action -*Karma Yoga*
21. *Yoga* in Education
22. *Yoga* its Basis & Applications
23. *Yoga & Cancer*
24. *Yoga & Memory*
25. *Yoga* for Anxiety & Depression
26. *Yoga* for Positive Health
27. *Yoga* for Arthritis
28. *Yoga* for Asthma
29. *Yoga* for Backpain
30. *Yoga* for Digestive Disorders
31. *Yoga* for Diabetes
32. *Yoga* for Hypertension and Heart Diseases
33. *Yoga* for Pregnancy
34. *Yoga*- Breathing Practices

BOOKS IN KANNADA

1. *Shikshanadalli Yoga*
3. *Yoga Adhara Mattu Prayoga*
4. *Samagra Yoga Chikitse*

BOOKS IN HINDI

1. *Yoga-Uska Adhar Aur Prayog*
2. *Pranayama*

AUDIO CASSETTES

1. *Cyclic Meditation & Pranayama*
2. MSRT
3. PET
4. SMET (Stress Management)

AILMENT SERIES

AUDIO ENGLISH THEORY

1. *Yoga for Asthma*
2. *Yoga for Arthritis*
3. *Yoga for Back Pain*
4. *Yoga for Cancer*
5. *Yoga for Diabetes*
6. *Yoga for Digestive Disorders*
7. *Yoga for Epilepsy*
8. *Yoga for Eyes*
9. *Yoga for Hypertension & Heart Diseases*
10. *Yoga for Menstrual Disorders*
11. *Yoga for Obesity*
12. *Yoga in Pregnancy*

AUDIO ENGLISH PRACTICES

1. *Dynamic Yoga*
2. *Yoga for Asthma*
3. *Yoga for Arthritis*
4. *Yoga for Auto Immune Diseases*
5. *Yoga for Diabetes*
6. *Yoga for Digestive Disorders*
7. *Yoga for Eyes*
8. *Yoga for Epilepsy*
9. *Yoga for Headache*
10. *Yoga for Hypertension & Heart Diseases*
11. *Yoga for Knee Pain*
12. *Yoga for Low Back Pain*
13. *Yoga for Muscular Dystrophy*

14. *Yoga* for Menstrual Disorders-I
15. *Yoga* for Menstrual Disorder -II
16. *Yoga* for PPH
17. *Yoga* for Voice Culture

AUDIO KANNADA THEORY

1. *Yoga* for Asthma
2. *Yoga* for Arthritis
3. *Yoga* for Back pain
4. *Yoga* for Cancer
5. *Yoga* for Diabetes
6. *Yoga* for Epilepsy
7. *Yoga* for Eyes
8. *Yoga* for Hypertension & Heart Diseases
9. *Yoga* for Headache
10. *Yoga* for Menstrual Disorders
11. *Yoga* for Obesity
12. *Yoga* in Pregnancy

AUDIO KANNADA PRACTICES

1. *Yoga* for Digestive Disorders
2. *Yoga* for PPH
3. Dynamic *Yoga*
4. *Yoga* for Menstrual Disorders - I
5. *Yoga* for Menstrual Disorders - II
6. *Yoga* for Diabetes
7. *Yoga* for Asthma
8. *Yoga* for Eyes
9. *Yoga* for Muscular Dystrophy
10. *Yoga* for Headache
11. *Yoga* for Voice Culture
12. *Yoga* for Hypertension & Heart Diseases
13. *Yoga* for MSRT Theory & Practice
14. *Yoga* for PET Theory & Practice

VIDEO CD'S AILMENT SERIES

THEORY & PRACTICE

1. *Yoga* for Anxiety & Depression
2. *Yoga* for Arthritis
3. *Yoga* for Asthma
4. *Yoga* for Back Pain
5. *Yoga* for Diabetes
6. *Yoga* for Headache
7. *Yoga* for Hypertension and Heart Diseases
8. *Yoga* for Digestive Disorders

9. *Yoga* in Pregnancy
10. *Yoga* for Obesity

VIDEO CD'S LECTURE SERIES

1. *Bhakti Yoga* (Set of 5 CD's)
2. *Karma Yoga* (Set of 5 CD's)
3. *Jnana Yoga* (Set of 4 CD's)
4. *Raja Yoga* (Set of 4 CD's)
5. *Yoga* for Cancer
6. *Yoga* for Stress Related Ailments
7. Ancient Indian Culture
8. Unity in Diversity
9. Concept of *Yoga*
10. *Yoga* for Promotion of Positive Health
11. *Bhagavadgita* Chanting

- * ***Yoga Sudha*** is the monthly magazine, this is the mouthpiece of the University and mother organization, contains research educational articles. The Website of *Yoga Sudha* for free on-line access is “www.yogasudha.com”.
- * The University is publishing online international journal called “**International Journal of *Yoga* (IJOY)**”, the first of its kind in the world publishing only of research papers relevant to *Yoga*. Recently this journal has included in the indexed. Website of journal is “www.ijoy.org.in”

Consultancy

- * ***Yoga and Health***
- * Conducted following free *Yoga* therapy camps from 2003 onwards.

Sl. No.	Particulars	Place	No. of Participants	Date
1.	<i>Yoga</i> Therapy Camp	At Vivekananda <i>Yoga</i> Centre, Hindupur, Andhra Pradesh	72	10 to 20-8-2003
2.	<i>Yoga</i> Therapy Camp	In Belgaum, Karnataka	64	January 2004
3.	<i>Yoga</i> Therapy Camp	At Kolkata	80	1 to 10 and 15 to 24-6-2007
4.	<i>Yoga</i> Therapy Camp	<i>Prashanti Kutiram</i> , University Main Campus	56	22-1-2007
5.	Free Health Camp	Bombandahalli	68	14-09-2008

*** Yoga and Education**

* Conducted following *Yoga* camp for the *Yoga* teachers from the other institutes

Sl. No.	Particulars	Place	Name of the Institutions participated	No. of Participants	Date
1.	<i>Yoga</i> Camp for <i>Yoga</i> Teachers	<i>Prashanti Kutiram</i>	Morarji Desai National Institute of <i>Yoga</i> , New Delhi	38	24-8-2004 to 8-9-2004
2.	<i>Yoga</i> Camp for the <i>Yoga</i> Students	<i>Prashanti Kutiram</i>	Maharshi Dayanand Saraswati University, Ajmer	24	9 to 19-10-2004
3.	Training for teachers to impart <i>Yoga</i> education in school level for children for all-round development in children	<i>Prashanti Kutiram</i>	Andaman Nicobar Island	26	September 2005
4.	<i>Yoga</i> Teacher's Training Camp for teachers	<i>Prashanti Kutiram</i>	Andaman Nicobar Island	22	8-11-2005 to 7-12-2005
5.	<i>Yoga</i> -Spirituality Camp	Patna, Bihar	S-VYASA and Teachers from Bihar.	300	29-10-2006 to 13-11-2006

*** Yoga for the Corporate World**

Year	No of workshops	No of organization in which SMET* was conducted	workshop			Total Persons
			PSHK**	O***	International	
2002	21	130	6	11	4	387
2003	35	108	9	25	1	1234
2004	45	123	20	22	3	1867
2005	40	140	18	18	4	1460
2006	46	80	20	16	10	1800
2007	49	127	20	20	9	1878
2008	35	146	16	11	8	1230
Total	271	854	109	123	39	9,856

* SMET – Self Management of Excessive Tension for Professionals

** PSHK – *Prashanti Kutiram*, University main campus

*** O – Out-house

Extension activities

* The University started a national awareness movement called “**Stop Diabetes Movement**”, which was inaugurated on 14-8-2008 in Town Hall, Bangalore. Medical Education Minister Sri Ramachandra Gowdaji and Dr D B Guptaji, MD, Lupin India Lts presided over the program. In this adopted and administered the *Yoga* Therapy module to the diabetes people. The *yoga* therapy module is prepared on the basis of scientific investigation conducted in the past 25 years. Our University has planned to treat 5000 diabetes patients would be treated through *Yoga* in each year at the various

centers of *Yoga* contemplated by the University. This is the national awareness movement to counteract that by 2010 India would be projected as Diabetes Capital next to China.

Conducted following camps as Tsunami relief work at Andaman & Nicobar Islands from 1 January to March 2005.

Sl. No.	Particulars	Place
1.	Tsunami Relief Work and <i>Yoga</i> Camp	Nagapattinam (TN) in association with <i>Seva Bharati</i>
2.	Tsunami Relief Work, <i>Yoga</i> Camp and Research Work	Port Blair, Andaman and Nicobar
3.	<i>Yoga</i> Therapy classes for 30 effected women victims	Telugu Schools, Andamsn & Nicobar Islands
4.	Counseling & <i>Yoga</i> Therapy for women (30)	Nirmala School, Andaman & Nicobar Islands
5.	<i>Yoga</i> Therapy & Counseling for women (20)	ITF camp, Andaman & Nicobar Islands
6.	Students Training Program for Tsunami effected boys (120) and girls (170) for 10 th and 12 Std. Examinations.	Andaman & Nicobar Islands

* Conducted following inter-University Teacher's Camp in association with Association of Indian Universities.

Sl. No.	Particulars	Place	No. of participants	Date
1.	Inter-University Teachers' Camp in association with Association of Indian Universities.	<i>Prashanti Kutiram</i> , University Main Campus.	33	20-08-2004 to 29-8-2004
2.	Inter-University Teachers Camp in association with Association of Indian Universities.	<i>Prashanti Kutiram</i> , University Main Campus.	28	13-01-2007 to 22-1-2007

Collaborations

- * The University is the first to give **Scientific Dimension** and approach to *Yoga* and is recognized by the department of Scientific and Industrial Research, Ministry of Science and Technology as a Research Institution in its letter dated 7-7-2006
- * University Grants Commission, in its letter Do. No. F.8-1/93(Secy.) dated 10-8-1993 suggested that institute should implemente the Scheme of Training and *Yoga* Education in the Department of *Yoga*, set up by various Universities with the aid of UGC.
- * The Ministry of Health and Family Welfare, Department of Indian System of Medicine and Homeopathy (ISM & H) in its letter No. Z.31011/24/2003-Y&N Desk,

Dated 11-11-2003 accorded accreditation to our University for Research and Development in ISM & H.

- * Indian Council of Medical Research (ICMR) has recognized our University as Centre for Advanced Research in *Yoga* in its letter No.4/2-1/2001-CAR/TRM/BMS dated 16-3-2007

Best practices in research, consultancy and extension

- * 13 Ph.Ds are awarded from 2006 to 2010 (Refer item No.12)
- * At present 57 students are pursuing research for their Ph.D program. (Refer item No.12)
- * Based on the clarion call made by Swami Vivekananda 115 years ago to combine the Best of the East and West, many programs are offered to train the students in:
 1. Traditional wisdom of *Yoga*-Spirituality
 2. Practices of *Yoga*-Spiritual lore
 3. Modern scientific approach
 4. Applications of modern research to establish the usefulness of ancient wisdom and practices.
 5. Unearthing the hidden potentials in human beings for a systematic research.
- * As *Yoga* – spirituality is fast spreading all over the globe with nearly twenty million practitioners in USA, three million in Germany, the hospitals setting up *Yoga* wings in CAM (Complimentary and Alternative Medicine) outfits are in need of good *Yoga* therapy teachers. This University is catering to the need of these types of hospitals.
- * Most of the hospitals in India want to set up a wing of complimentary therapy including *Yoga* Therapy. This University caters to the need of the *Yoga* Therapists for such hospitals.

- * In India, the UGC has set up full-fledged departments of Human Consciousness and *Yoga* Sciences in many of the Universities which need full-fledged and well-trained *Yoga* teachers. This University caters to the need of the *Yoga* teachers.
- * The Union Ministry of Human Resource Development and the state governments' HRDs are keen to introduce *Yoga* in all schools through proper *Yoga* instructors. This will not be possible without teachers trained in *Yoga*. This University caters to the need of such schools.
- * In the fields of sports, India needs a big input of the different type. As IT (Information Technology) has made a difference in Indian economy, *Yoga* will make a difference in Indian sportsmen. Research is conducted on Sportsmen and Software Engineers and results are very much encouraging. Three research papers are published on this basis.
- * The Nobel Laureate Prof. Josephson and others are looking beyond Quantum Physics to fathom the Reality beyond matter. Consciousness as the ultimate Reality resounds in all the modern science conferences. And intensive research is going on in the above field in our campus. The students of our University are well-equipped with the dimensions of consciousness through their study, by their practices bringing about cognitional transformations and total personality development through *Yoga* which will contribute a great deal to human progress through their systematic research.
- * Above all, as Swamiji had dreamt, our University wants to create men with capital M, the much needed task in our country by developing the skills of the West with the integration of the best of the East.

Criterion IV
Infrastructure and Learning
Resources

1.	a.	Campus area in acres	12.17
	b.	Built in area in 1 Sq. meters* <i>* 1 sq.ft. = 0.093 sq.mt.</i>	11646.51
2.		Working hours of the Library	
		On working days	9 am to 9.30 pm
		On holidays	Nil
		During examinations	9 am to 9.30 pm
3.		Open access	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
4.		Total collection	
	a.	Books	14002
	b.	Textbooks	6300
	c.	Reference books	3150
	d.	Book titles	10100
	e.	Magazines	20
		Current journals	
		Indian journals	2
		Foreign journals	-----
	f.	Peer reviewed journals	1
	g.	Back volumes of journals	45
	h.	E- resources	
		CDs/ DVDs	198
		Databases	6
		Online journals	1491
		Audio Visual resources	Nil

i. Special collection

UNO Repository Centre	Nil
World Bank Repository	Nil
Materials acquired under special schemes (IEEE, ACM, NBHM, DST etc.)	Yes
Competitive examinations	Nil
Book Bank	Nil
Braille materials	Nil
Manuscripts	Nil
Any other (specify)	

5. Number of books/journals / periodicals added during the last two years and their cost

Library Resources	2007-2008		2008-2009	
	Number	Total Cost	Number	Total Cost
Text books	177	Rs 7,034/-	150	Rs 9,570/-
Reference books	66	Rs 43,213/-	36	Rs 30,972/-
Journals/Periodicals	01	Rs 595/-	02	Rs 1,700/-
Any other, specify (Other Books)	-----	-----	-----	-----

6. Furnish the following details:

Total carpet area of the Central Library (in sq. ft)	7,369 sq.ft
Seating capacity of the Central Library	60
Separate reading room facility for	
Students	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Staff	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Number of departmental libraries	5

7. Is the Central Library automated?
- Yes
- Partially Yes
- No
- If yes, Name the automation software used Koha
8. Percentage of annual allocation of funds to the library out of the total budget (average of last 2 years) 0.19%
9. Services/facilities in the library
- Circulation of books/ journals
 - Display of current events/information
 - Bibliographic compilation
 - Reference
 - Reprography
 - Computer and Printing
 - Internet browsing
 - Digitalization of resources
 - Inter-library loan
 - Uninterrupted power supply/ back up
 - Inflibnet/ Delnet
 - User orientation /information literacy
 - Any other (specify)
 - Koha software for Automation
10. Are students allowed to retain books for examinations? Yes No

11. Furnish details for the following :

Average number of books issued/ returned per day	50
Average number of faculty visiting the library/day	10
Average number of students visiting the library/day	40
Average number of users who visited/consulted per month	1600
Average number of log-ins into the e-sources per month	Page Views 96,479 Visits 24,563 Hits 557,984
Ratio of library books to number of students enrolled	5 : 1
Total number of days the library is kept open	350
Number of Computer terminals	112
Number of Departments with computer facilities	8
Budget allotment for computers during the last academic year	15,36,807/-/-
Amount spent on maintenance and upgrading of computer facilities during the last academic year	17,90,968/-
Is there a Workshop/Instrumentation Centre?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Yr. of Estb. <input type="text"/>

12. Institutional networking through

Optical Fiber connectivity	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Wi-Fi connectivity	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Any other (specify)	Ethernet Connectivity

13. Is there a Health Centre?

Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>	Yr. of Estb.	1985
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14. Is there Residential accommodation provided for

a) Faculty?	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>
b) Non-teaching staff?	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>
	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>

15. Are there Hostels for students?

If yes, Number of students residing in hostels

Male	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>	Number	86
Female	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>	Number	74

16. Is there a provision for

(a) Sports fields

Yes	<input checked="" type="checkbox"/>	No		Number	3
-----	-------------------------------------	----	--	--------	---

(b) Gymnasium

Yes		No	<input checked="" type="checkbox"/>		
-----	--	----	-------------------------------------	--	--

(c) Womens' rest rooms

Yes	<input checked="" type="checkbox"/>	No		Number	3
-----	-------------------------------------	----	--	--------	---

(d) Transport

Yes	<input checked="" type="checkbox"/>	No			
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(e) Canteen / Cafeteria

Yes	<input checked="" type="checkbox"/>	No		Year of Establishment	1985
-----	-------------------------------------	----	--	-----------------------	------

(f) Students' centre

Yes	<input checked="" type="checkbox"/>	No		Year of Establishment	2004
-----	-------------------------------------	----	--	-----------------------	------

(g) Media centre

Yes	<input checked="" type="checkbox"/>	No		Year of Establishment	1985
-----	-------------------------------------	----	--	-----------------------	------

(h) Telephone facility (Local/STD)

Yes	<input checked="" type="checkbox"/>	No		Year of Introduction	1988
-----	-------------------------------------	----	--	----------------------	------

(i) Generator / Electricity Backup

Yes	<input checked="" type="checkbox"/>	No		Year of Introduction	1988
-----	-------------------------------------	----	--	----------------------	------

17. Is there provision for Equipment/
Teaching aids

LCD projectors

Yes	<input checked="" type="checkbox"/>	No		Number	10
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OHP

Yes	<input checked="" type="checkbox"/>	No		Number	3
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Slide projectors

Yes		No	<input checked="" type="checkbox"/>	Number	
-----	--	----	-------------------------------------	--------	--

TV/VCP/Cable connection

Yes	<input checked="" type="checkbox"/>	No		Number	3
-----	-------------------------------------	----	--	--------	---

DVD players

Yes	<input checked="" type="checkbox"/>	No		Number	3
-----	-------------------------------------	----	--	--------	---

18. Does the institution make use of
Edu sat / V sat facility

Yes		No	<input checked="" type="checkbox"/>		
-----	--	----	-------------------------------------	--	--

19. Is there provision for Indoor sports
facilities

Yes		No	<input checked="" type="checkbox"/>	Year of Establishment	
-----	--	----	-------------------------------------	-----------------------	--

20. Any other (specify)

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Physical facilities

- * Existing infrastructure consists of spacious class rooms with ICT, a seminar hall with ICT facilities which can accommodate 60 – 80 persons. well-furnished library, audio-visual aids, intercom facility, STD/ISD facility, Xeroxing facility, a shop selling stationary materials of daily use, round the clock internet connectivity to 100 computers terminals situated in Computer Lab, Administration Block, Academic Block, Staff Rooms, *Arogyadhama* Section, Library Section, Mess & Amenity Sections.
- * As the University situated in a deep rural area, the whole campus is green with lots of trees and plants. Each and every building is surrounded by a beautiful flower garden. The University campus has one Musical Fountain and three small Fountains in different places.
- * The University provides uninterrupted water and power supply to the campus inmates.
- * The University has 250-bed *Yoga* Therapy Health Home called *Arogyadhama*, equipped with well-trained and qualified resident Doctors and *Yoga* Therapists. And this helps for the treatment of the patients of psychosomatic ailments and also takes care of the health of the people in the campus.
- * Our University has Dairy consisting of 30 cows which supplies milk for our 400 inmates of the University.
- * Apart from University campus mess, there is a Canteen/Cafeteria called *Yoga Darshini*, which can be of use for all in the campus.
- * Proposed to grow a Herbal garden with rare medicinal plants.
- * Started organic-based agriculture with sprinkle irrigation in the 10 acres of land of our mother organization VYASA, adjacent to the University campus.

- * Proposed to construct Academic Complex to accommodate all the faculty divisions in one building.
- * Naturopathy Hospital and Cancer Care Clinic is under construction.

Maintenance of infrastructure

- * There is a separate section called Campus Development, which looks after the development and maintenance of infrastructure of the campus. This department consists of eight sections like Agriculture, Carpentry, Civil works, Cleaning & Aesthetics, Dairy, Electricity & Water Supply, Garden & Vegetable and Stores & purchasing. Each section consists of staff and workers to look after their respective section. All the staff of each section meet every day to discuss to the problems in maintaining the infrastructure and solution for the same.

Library as a learning resource

- * The University library supports the teaching, learning and research activities. We run help desk and enquiry services at library counter for the University's students.
- * The Library and Learning Resource Center is dedicated to support the activities and programs of the University as they are facilitating learning, teaching, research and consultancy to reinforce users' learning program towards lifelong learning.
- * IT support is provided in the University Digital Library through the virtual library services as well as the Digital library services.

ICT as learning resources

Following are the features of ICT as learning resource

I. S-VYASA Website: www.svyasa.org

1. YOGA:

On the S-VYASA Website at www.svyasa.org, we have a 'Yoga' section which deals with the VYASA methodology for *Yoga* teaching. It contains audios of *Yogic* chanting, audio lectures about the VYASA philosophy, audios of *Yogic* discourses with abstracts, questions and answers on *Yoga* with abstracts and *bhajans* and patriotic songs. Postures of *Asanas* will also be made available in due course of time.

Published Papers on this section:

Ravi, Tumuluri; Dr Nagendra, HR - Using internet as a medium for *Yoga* Learning. International Conference on Digital Libraries Souvenir, Delhi February, 2010 - Submitted to ICDL

2. YOGA COURSEWARE

On the S-VYASA Website at www.svyasa.org, we have a 'Yoga Courseware', it is a repository of *Yoga* courses on the S-VYASA Website designed on the lines of the open Courseware as developed by MIT (Massachusetts Institute of Technology). It is an on-line resource on *Yoga* available to the Website visitors for reading, copying and printing. Through the *Yoga* Courseware, syllabus of courses taught at S-VYASA is published on-line with plans to integrate features such as virtual classrooms, classroom videos, lecture audios, references and other related useful links

Published Papers on this section:

Ravi, Tumuluri; Dr Nagendra, HR - Yoga Courseware – An Online Project by SVYASA. International Conference on Digital Libraries Souvenir, Delhi February, 2010

3. AROGYADHAMA

On the S-VYASA Website at www.svyasa.org, we have a section about 'Arogyadhama'. Like in physical world of *Arogyadhama*, on the Website too we have created the eight sections and a section on the PPH. Various ailments categorised under each section have also been listed on this section of the Website. Each ailment then opens into a micro site providing Description, Possible Causes, Diagnoses, Treatments, the IAYT technique and any other information available about the disease.

4. ON-LINE IAYT (Integrated Approach of *Yoga* Therapy)

IAYT as part of the on-line Health is an attempt to provide the user or the reader an introduction to the potential benefits of the IAYT.

The manifold objectives of the on-line IAYT module are:

- Provide introductory information about the IAYT
- Provide information about specific techniques for specific diseases
- Inform patients suffering from specific ailments about the availability of the IAYT for specific diseases
- Introduce *Yoga* lifestyle through therapy
- Introduce the possibilities such as a stay at *Prashanti Kutiram* campus, books on specific diseases, articles related to specific diseases, etc by providing relevant information
- Provide *Yogis* a free-to-use on-line resource on *Yoga* Therapy
- Provide *Yoga* Institutes, *Yoga* Schools and *Yoga* Teachers a ready-to-use resource for reference for *Yoga* Therapy

5. DIGITAL LIBRARY

S-VYASA Digital Library has already initiated steps towards achieving its mission by providing the open access to the following

- ***Yoga* Research Papers**

This is a collection of papers on research in *Yoga* and allied fields carried out by S-VYASA faculty and students for the past 25 years. The papers have been published in important journals in medicine, psychology, etc.

- ***Yoga Dissertations***

These dissertations record the results of research by *Yoga* students at S-VYASA mainly on scientific validation of *Yoga*, combining the best of the East with the best of the West.

- ***Yoga Theses***

These theses collections represent the results of research by doctoral (PhD) students at S-VYASA, covering scientific study and validation of *Yoga*.

- ***Digital Library***

The Digital *Yoga* Library is an on-line collection of links to web sites around the world on the Internet, especially selected for the benefit of *Yoga* students.

- ***International Journal of Yoga***

International Journal of *Yoga* is a peer-reviewed open access scholarly publication of S-VYASA.

- ***Yoga Sudha***

Yoga Sudha is a monthly magazine from the Swami Vivekananda *Yoga Prakashana*, to propagate the message of *Yoga*.

II NETWORKING AT HQ PRASHANTI KUTIRAM CAMPUS

The entire campus is networked with OFC and Cat5E / 6 cabling to enable:

a. Networking of entire campus:

- S-VYASA is connected to the internet through a One Mbps Lease Line provided by BSNL. We also have a standby Broadband connection from BSNL of 2 to 8 Mbps.
- The entire campus is networked using Optic Fiber Cable (OFC). The OFC is terminated in 13 facilities in the campus.
- We have 389 Ethernet Points and Six Wireless Access Points in our campus. We also have Wireless Modems for faculty for travel.

- It is proposed to hook cameras at all classrooms to stream and broadcast live classes to the entire world.

b. Video projection through projectors / Plasma TVs available in all class rooms

- For large halls and classrooms, we have LCD and DLP high-lumen projectors with FLEX Screens between 8' x 6' to 16' x 10' in dimension.
- Each Course / Programme is provided with a Laptops which can be connected to a wireless LAN for access to on-line content / Intranet Content.
- Audio RF Cable is provided for clear audio. We have provided Sound Mixers and Amplifiers in our larger auditoriums and Classrooms.

c. Video Studio / Video Conference Facility:

- We have a Video Studio and Studio facility equipped with Sony High Definition Camera, Multipart LifeSize Video Conferencing Equipment with Yamaha Audio Mixer.
- We propose to use this for creating digital content which will be then hosted on our digital libraries.

d. Networking and International Exchanges

Yoga is practised, experimented with and taught in many centres of the world, and many papers generated. S-VYASA has already initiated networking and exchange of information with many of these centres in India and abroad.

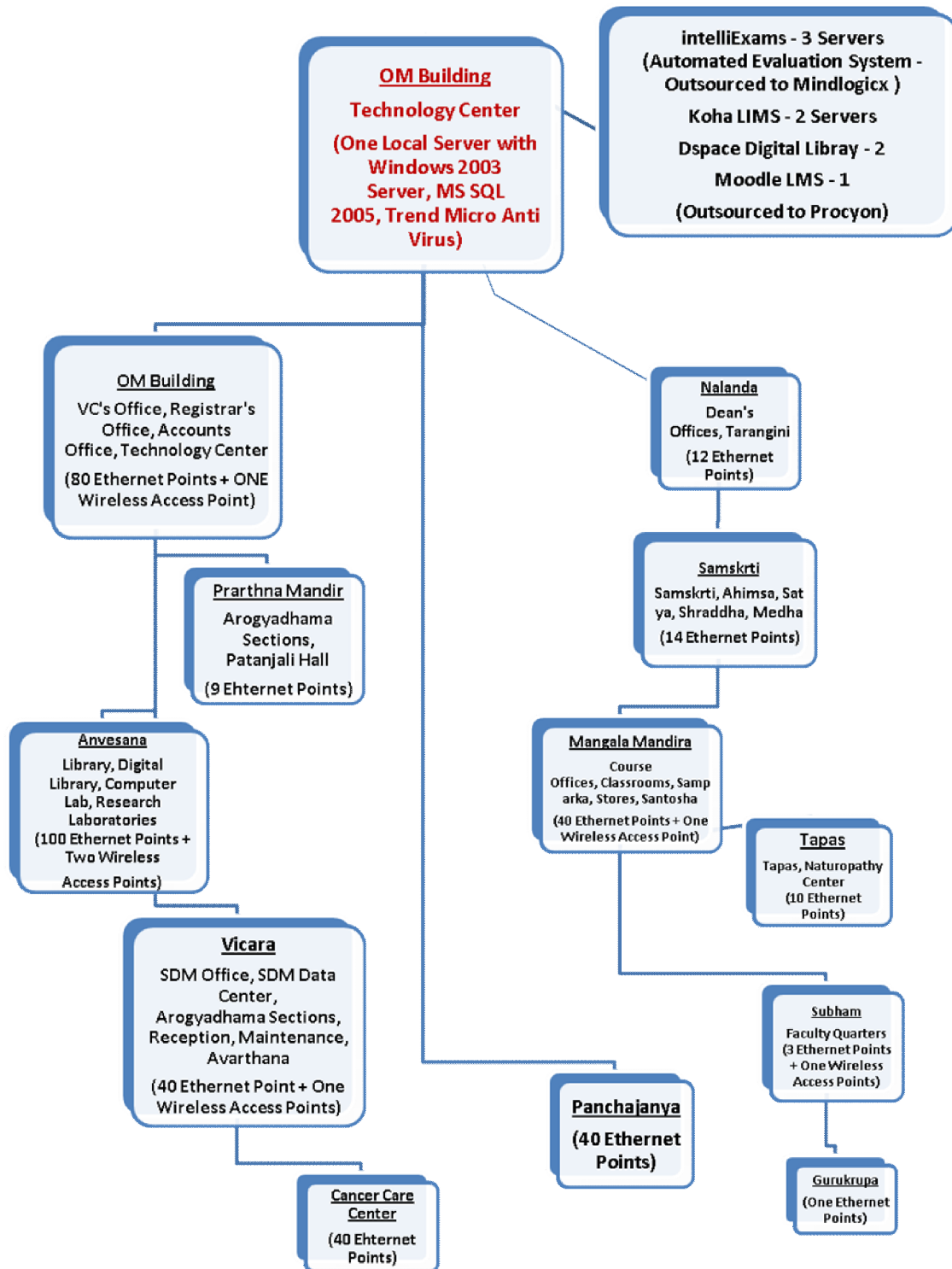
With the vision of making S-VYASA a nodal centre for all study and research in *Yoga* and allied sciences, even as early as 1999, Director had constituted a committee to prepare a plan for the development of the centre as a node. The group has submitted a plan. S-VYASA has also taken steps to introduce computer applications in the library.

Published Papers on this section

Kumar, B.L. Vinod and Dr HR Nagendra – A Digital Library for *Yoga* Studies and Research. International Conference on Digital Libraries Souvenir, Delhi February, 2010

Kumar, B.L. Vinod; Neelameghan, A., SVYASA University *Yoga* Digital Library, Information Studies, vol. 15, no. 1, Jan 2009, pp. 27-40.

S-VYASA Campus Prashanti Kutiram Network Topology



III KOHA LIBRARY INFORMATION MANAGEMENT SYSTEM

This application is available on the Intranet for use by resident Students at Headquarters, *Prashanti Kutiram* and on the internet for use by Students / Visitors / Guests from around the world.

KOHA is the first open-source Integrated Library System (ILS). In use worldwide, its development is steered by a growing community of libraries collaborating to achieve their technology goals.

KOHA'S impressive feature set continues to evolve and expand to meet the needs of its user base.

Full-featured ILS. In use worldwide in libraries of all sizes, KOHA is a true enterprise-class ILS with comprehensive functionality including basic or advanced options. KOHA includes modules for circulation, cataloging, acquisitions, serials, reserves, patron management, branch relationships, and more. For a comprehensive overview of features visit the KOHA feature map.

Dual Database Design

KOHA uses a dual database design that utilizes the strengths of the two major industry-standard database types (text-based and RDBMS). This design feature ensures that KOHA is scalable enough to meet the transaction load of any library, no matter what the size is.

Library Standards Compliant

KOHA is built using library standards and protocols that ensure interoperability between KOHA and other systems and technologies, while supporting existing workflows and tools.

Web-based Interfaces

KOHA'S OPAC, circ, management and self-checkout interfaces are all based on standards-compliant World Wide Web technologies-XHTML, CSS and Javascript--making KOHA a truly platform-independent solution.

Free / Open Source

KOHA is distributed under the open-source General Public License (GPL). More information on the GPL can be found [here](#).

No Vendor Lock-in. It is an important part of the open-source promise that there is no vendor lock-in: libraries are free to install and use KOHA themselves if they have the in-house expertise or to purchase support or development services from the best available source. For more information about obtaining support visit the support page.

All S-VYASA Library collections are catalogued on KOHA. KOHA servers / software installation and setup has been outsourced by S-VYASA University to Procyon Pvt Ltd.

IV DSPACE

This application is available on the Intranet for use by resident Students at Headquarters, *Prashanti Kutiram* and on the internet for use by Students / Visitors / Guests from around the world!

DSpace is the software of choice for academic, non-profit, and commercial organizations building open digital repositories. It is free and easy to install "out of the box" and completely customizable to cater to the needs of any organization.

DSpace preserves and enables easy and open access to all types of digital content including text, images, moving images, mpegs and data sets. And with an ever-growing community of developers, committed to continuously expanding and improving the software, each DSpace installation benefits from the next.

All S-VYASA publications including Audios / Videos are available through Dspace. We have converted one of our very popular courses, *Yoga Instructor's Course* into Instruction Design format on a SCORM (Sharable Content Object Reference Model) for web-based learning. Dspace servers / software installation and setup has been outsourced by S-VYASA University to Procyon Pvt Ltd

V THE intelliEXAMS – www.svyasa.net

This application is available on the Intranet for use by Faculty at Headquarters, *Prashanti Kutiram* and on the internet for use by Faculty from around the world.

Our S-VYASA University, Bangalore has implemented a state-of-the-art Examination Management System that revolutionizes the entire examination processes by diligently meeting the requirements of the University in conducting examination with utmost security and sophistication enabled by the cutting-edge communication and information technology. The system automates the complete life cycle of Examination Management which includes on-line registration of candidates, examination fee management, marks uploading, hall ticket generation, question bank management, question paper generation, automated evaluation process and up to the reporting of results.

The intelliEXAMS, the Examination Management System, is set to be the benchmark in new-age education delivery systems and set the knowledge revolution in motion. It leverages the power of technology and facilitates to conduct fool-proof examination, reduce turn-around time, enhance accuracy of evaluation and manage vast amounts of data in a distributed environment.

Examination Management System has a simple & easy to use web-based centralized user interface system that is used for storing, retrieving, managing and aggregating examination objects. The system is robust & able to handle

large amount of data with proper back up & disaster recovery. It has a comprehensive test engine with randomization of questions and choices and role-based security allowing multiple levels of permissions for authors and administrators.

This process encompasses the management of the complete life cycle of on-line/off-line examinations & assists the institute through:

Distributed Authoring System - The Examination Management System allows distributed authoring of the question bank. Faculty members of the University can register themselves as QBank Authors by using the given link.

The QBank Authoring Management System manages the question bank for every programme offered by the university, keeping track of questions published in the question paper. Once approved, authors can upload any number of questions for any course. At any point time, registered authors can generate summary reports and view chart of the QBank authored by them.

This system provides a student flexibility and liberty to appear for an examination during a specific time period.

On-line Hall ticket printing - All admissions are computerized and are available on servers to facilitate on-line hall ticket generation.

Secured on-line question paper delivery – A randomized question paper is delivered to a preset printer two hours before the commencement of the examination. The Questions Papers can be reviewed at the time of printing for any changes as may be required.

Off-line & On-line examinations – The system is setup to introduce on-line examinations of an objective format. At present, we generate randomized questions papers which are then delivered off-line to students to answer the same in a traditional manner.

Central evaluation System – Although the system offers a facility to view all answer papers on-line on the web for the evaluators, we have setup a semi-manual system. In our system, we collect answer sheets, grade them and scan all papers for digital archiving. At present, we intend to keep archives for 10 years in the digital format. **These archives can also be made available to the students for review. Parents can also log in to students' accounts to review their performance.**

Certificate authentication system – Since the grades / marks are inserted into the system based on evaluations, the system is setup to automatically generate Certificates and Grade Cards only to those who have made the mark as per the policies of the University.

The intelliEXAMS consists of a layered architecture where the major user layers are for admin, university operator, college user, faculty and student. Different set of users at these layers are provided the rights and privileges to perform different set of operations. intelliEXAMS, the Examination Management System is powered by Mindlogicx Infotech Ltd.

S-VYASA University has outsourced the Examination System module to Mindlogicx Infotech Ltd.

Other facilities of ICT as Learning Resource

- * Video projection through projectors available in all classrooms.
- * Video streaming through cameras (proposed) to all parts of the world.
- * Net work connections to 112 computers distributed at computer lab, staff rooms, research lab, all the departments, library and all the class rooms.

Other facilities

- * More than 90% of the faculty and staff are staying in the residential campus and always available round the clock to attend the need of the students.
- * Campus life depicts *Ashramic life*, exhibiting the ancient culture of *Guru* and *Shishya Parampara*.
- * As our campus called as *Prashanti Kutiram*, all people like students, faculty members and staff live together, eat together, achieve together as a one big family.

Best practices in the development of infrastructure and learning resources

- * The main contributors for the development of infrastructure and learning resources are Philanthropists, the people who get benefited from *Arogyadhama* (residential *Yoga Therapy Health Home*), well-wishers and the alumni.
- * Buildings like *Arogyadhama's* accommodation - *Pushpa, Aswini, Ashirwad*, Classrooms – *Vihanga*, Reception Block, Amenities Block – Book Stall and *Samparka* section, Guest Rooms – *Sharaddha, Medha* and *Sahana* are developed from the contributions from well-wishers and the people who get benefited from *Arogyadhama*.
- * Our infrastructure creates a congenial atmosphere for the abundant growth of soul-energizing education.
- * Sprawling playground and splendid prayer hall ennoble the physical and emotional facets of a student's personality.
- * Location of the college amidst the exuberance of nature, far from the madding crowd is most suitable for self-reform of the individual which is the goal of the institution.

- * **ICT:** Information and Communicative Technology facilities make the students up-to date in academic programmes.
- * Management has constructed many spacious quarters for both teaching and non-teaching at a subsidized rent. A separate building is allotted as bachelors' quarters.
- * Pure milk, vegetables and drinking water facilities are available in the campus.
- * State Bank of India ATM and STD booths cater to the needs of the staff and students.

Criterion V
Student Support and Progression

1. a Student strength

(Provide information on average student strength for the last five years in the following format)

Student Enrolment	UG			PG			M. Phil			Ph. D.			Diploma/Certificate			Self - Funded		
	M	F	T	M	F	T	M	F	T	M	F	T	M	F	T	M	F	T
Number of students from the same state where the institution is located	8	7	15	34	23	57	-	---	---	17	13	30	3 / 44	3 / 56	6 / 100	All courses conducted here UG, PG, PhD, Diploma and Certificate are self-funded		
Number of students from other states	19	11	30	23	16	39	-	---	---	11	5	16	14 / 126	14 / 90	28 / 216			
Number of NRI students	0	1	1	0	0	0	-	---	---	0	1	1	---	---	---			
Number of overseas students	1	4	5	1	5	6	-	1	1	1	1	2	2 / 29	2 / 72	4 / 101			

M – Men, F-Female, T- Total

2. Dropout rate in UG and PG for the last two batches?

UG PG

3. Student freeships and scholarships: (last Year's data)

Number	Amount
--------	--------

Endowments:

Nil	
-----	--

Freeships:

Nil	
-----	--

Scholarship (Government)

Nil	
-----	--

Scholarship (Institution)

Nil	
-----	--

Number of loan facilities:

Nil	
-----	--

Any other student financial support schemes (specify)

Assistantship

6	93,500.00
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4. Does the institution obtain feedback from students on their campus experience? If yes, is this feed back analyzed by the university?

Yes No

Yes No

5. Major Cultural Events (Last year's data)

Events	Organized by the University			Participated		
	Yes	No	Number	Yes	No	Number
Inter-collegiate		No			No	
Inter-university	Yes		2	Yes		2
National		No			No	
Any other (specify) Himalaya - a Yoga Olympiad	Yes		1	Yes		1

6. Examination Results (during the past five years)

Results	UG					PG					M. Phil				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
% of passes	100	100	100	100	100	100	100	100	100	100	-	-	-	-	-
Number of first lasses	6	6	11	10	6	9	8	19	10	18	-	-	-	-	-
Number of distinctions	5	5	5	1	--	11	16	11	2	9	-	-	-	-	-

7. Number of students who have passed the following examinations during the last five years

NET	N A
SLET	N A
CAT	N A
TOEFL	N A
GRE	N A
G-MAT	N A
IAS	N A
Defense Entrance	N A
Other services	N A
Any other (specify)	N A

8. Students Counselling Centre

Yes	<input checked="" type="checkbox"/>	No		Yr. of Estb	2003
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9. Grievance Redressal Cell

Yes	<input checked="" type="checkbox"/>	No		Yr. of Estb	2002
-----	-------------------------------------	----	--	-------------	------

10. Alumni Association

Yes	<input checked="" type="checkbox"/>	No		Yr. of Estb	2009
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11.	Parent-Teacher Association	Yes		No	<input checked="" type="checkbox"/>	Yr. of Estb	
-----	----------------------------	-----	--	----	-------------------------------------	-------------	--

20. Any other data on Student Support and Progression (specify)

Placement cell

Yes	<input checked="" type="checkbox"/>	No		Yr. of Estb	2005
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Student progression

- * Our University programs are in line with **vertical development of education**. Here all the programs are conducted in the discipline of *Yoga* and allied sciences.
- * Our University programs are of **individualistic and as well as continuity in nature** like Certificate, Diploma, Graduation, Post Graduation Diploma, Post Graduation and Doctor of Philosophy. Each of these programs is self-sustaining. It has the scope of generating of self-employment or employment at other organizations or one can join for the programs of higher level.

Student Support

- * Outgoing students are informed well about the scope and benefit of opening of own *Yoga* centre and also opportunities available to them after finishing the course, either to pursue their studies or to seek job.
- * As *Yoga* is human science and need of the society at the present social condition, all courses conducted have the potential for self-employment.
- * All-round personality development oriented education is imparted in this University and residential *Ashrama* Institute of life training. A healthy counseling is done to every student at the time of her/his admission. The *acharyas* highlight the routine of the *Ashrama* that a student should follow throughout her/his career. Very soon our students will enter into the groove of our *Ashrama* thanks to the sincere efforts of the *acharyas*.
- * In our University all programs are related to *Yogic* science – life training programs, students are joining out of their own interest/pursuit/goal. Even some times a few of the student-freshers will not easily get acclimatized to the new environment of

***Ashrama* life.** They may find it difficult to get into the system and feel like leaving the *Ashrama*. Such students are counseled by a set of kind-hearted teachers who will advise them with a parental care about the merits of the institution and persuade them to continue their study in this serene atmosphere.

- * Students can freely meet their *acharyas* for academic counseling at any time. The course teacher monitors the academic progress of the students and counsels them.
- * Students of our *Ashrama* are advised to have no reservation to contact the *acharyas* to discuss any of their problems like physical, emotional or intellectual. Teachers help them with ever-smiling face and counsel them properly. Physical ailments are well-treated in the *Arogyadhama* - Residential *Yoga* Therapy Health Home established in the campus.

Student activities

- * *Yoga* is a way of life. Here each and every program, activity and session is endowed with *Yogic* touch. Each and every moment makes the student to get trained in *Yoga* way of life.
- * Students participate in *Yoga* camps as assistants to teachers and instructors. It makes the students raise their level of confidence in teaching.
- * Participation and conduct of General *Yoga* Camps and *Yoga* Therapy Camps makes the student get trained in organizing capability.
- * In our University students are getting live-hand experience in *Arogyadhama* - Residential *Yoga* Therapy Health Home, this makes the student to handle patients (*Yoga* therapy participant) independently in outside world.
- * All our Bachelor's Degree students will participate as Instructor/Counselor/Volunteer in Personality Development Camp (PDC) for Children as part of their Field Work/Personality Development Course credits, conducted in the month of April of every year. This gives them live hand experience of training of children in personality development and as well as of teaching experience.

Best practices in student support and progression

- * Compulsory and common session from 7.15 am to 8 am, called **Maitri Milan** (friendship meet) attended by all the course students of the *Ashrama*. In this session first ten minutes, the students chant selected *shlokas* from *Bhagavadgita* a *Yoga* text and followed by discourse of *Bhagavadgita* by senior *acharya*. This session makes the students understand the *Yoga* way of life and practical approach of *Karma Yoga*, *Bhakti Yoga*, *Jnana Yoga* and *Raja Yoga*. This session makes the students face multidimensional modern world with *Yogic* approach.
- * Compulsory and common **Bhajan** session from 8 pm to 8.30 pm attended by all the course students of the *Ashrama* makes them understand the technique of emotional culture.
- * In one of the practical courses students are trained in devotional music. This helps to sing devotional songs well. The cultural entertainments organized during monthly feast and on the *Jayanti* Day bring out the innate histrionic talents and other fine arts of the students.

Criterion VI
Governance and Leadership

1. Director of Board of University and College development/College development council

Have the following positions of the University filled as per norms?

Vice-Chancellor	Yes
Pro Vice-Chancellor (If any)	Not Applicable
Registrar (Academic)	Yes
Controller of Departments	Yes
Finance Officer	Yes

2. a. Non-teaching staff	Permanent	M	34	F	21
	Temporary	M	nil	F	nil
b. Technical Assistants	Permanent	M	nil	F	nil
	Temporary	M	nil	F	nil
c. Ratio of Teaching – non-teaching staff	1:0.8				

3. Number of management appointees	Non-Teaching	M	34	F	21
	Technical Assistants	M	nil	F	nil

4. Number of non-teaching staff development programmes conducted.	2
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5. Financial resources of the University (approximate amounts) – Last years' data

Grant-in-aid	39,72,810/-
Fees	1,26,07,644/-
Donation	Nil
Self-funded courses	-----
Any other (specify)	

6. Finance (last two years data)

Expenditure	Year before last	Last year
% spent on the salary of teaching faculty	4%	5%
% spent on the salary of non-teaching employees including contractual staff	8%	12%
% spent on books and journals	0.08%	0.15%
% spent on Building development		
% spent on maintenance, electricity, water, sports, examinations, hostels, student amenities, etc.	28%	33%
% spent on academic activities of departments, laboratories, green house, animal house, etc.	18%	20%
% spent on equipment, research, teaching aids, seminars, contingency etc.	17%	18%

7. Dates of meetings of Academic and Administrative Bodies:

Management Council/ Executive Council/ Syndicate	
Academic Council	8-9-2002, 15-8-2003, 11-1-2004, 28-3-2004, 25-9-2004, 29-10-2004, 9-1-2005, 14-8-2005, 11-9-2005, 4-12-2005, 8-1-2006, 20-3-2006, 8-7-2006, 2-12-2006, 9-1-2007, 5-5-2007, 15-6-2007, 9-1-2008, 20-12-2008, 10-1-2009, 14-3-2009, 27-3-2009, 12-4-2009
Internal Admn. Bodies (mention only those of three most important bodies)	
Board of Management	15-6-2002, 1-11-2002, 20-4-2003, 23-11-2003, 11-1-2004, 27-3-2004, 8-8-2004, 11-1-2005, 10-9-2005, 20-12-2005, 12-1-2006, 3-3-2006, 11-7-2006, 1-12-2006, 11-1-2007, 11-5-2007, 11-1-2008, 27-4-2008, 21-12-2008, 11-1-2009, 31-3-2009, 11-7-2009
Finance Committee	05-04-2002, 08-08-2002, 25-01-2003, 19-04-2003, 15-09-2003, 11-01-2004, 27-03-2004, 02-04-2004, 06-09-2004, 15-01-2005, 15-04-2005, 16-08-2005, 10-02-2006, 07-04-2006, 04-09-2006, 05-01-2007, 20-04-2007, 18-06-2007, 15-08-2007, 26-10-2007, 27-12-2007, 24-02-2008, 23-04-2008, 03-09-2008, 02-01-2009, 05-04-2009, 12-06-2009, 15-08-2009, 25-12-2009, 06-02-2010, 06-04-2010.
Any other (specify)	1. Governing body - Once a year 2. Appeal and Grievance committee – Once a year

	<p>3. Students welfare and extracurricular committee – Periodically – Once or Twice every month</p> <p>4. Student Guidance Council – Once in a month</p> <p>5. Planning and Evaluation committee - Once a year</p> <p>6. Library committee - Once a year</p> <p>7. Disciplinary committee – Every weekend and at time of necessity Students admission committee - Once a year.</p>
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8. Welfare Schemes for the academic community (past 5 years) Amount

Loan facility	Yes	<input checked="" type="checkbox"/>	No		82,000/-
Medical Group Insurance	Yes	<input checked="" type="checkbox"/>	No		-----
Any other (specify)					
Provident Fund Contribution	Yes	<input checked="" type="checkbox"/>	No		3,55,830/-

9. Is there ICT-support for the following:

Office	Yes	<input checked="" type="checkbox"/>	No	
Student Admission	Yes	<input checked="" type="checkbox"/>	No	
Student Records	Yes	<input checked="" type="checkbox"/>	No	
Career Counseling	Yes		No	<input checked="" type="checkbox"/>
Student placements	Yes	<input checked="" type="checkbox"/>	No	
Aptitude Testing	Yes		No	<input checked="" type="checkbox"/>
Examinations	Yes	<input checked="" type="checkbox"/>	No	

10. Any other data on Governance and Leadership (specify)

- * There is perfect administrative planning at the beginning of the academic year and its fulfillment by the end. It is possible because of the clarity of objectives and guidelines with specificity.

Best Practices

- * The mother organization VYASA is administered by HOLSYM. It is an acronym for Holistic System Management adding various useful dimensions to the Total Quality Management System (TQM) viz health, personality growth and contribution to society, which emphasize on quality product. HOLSYM structure consists of chief executive (Secretary) as the center, assisted by support (problem-solving) group, coordination committee, a team of coordinators, Joint and Assistant Coordinators and staff in *Karma Yoga* Modules KYM (departments) and their sections. The secretary is guided by the core group, controlled by managing committee and governed by VYASA. **HOLSYM** conducts daily standing meeting of the coordinators of all department at 9 am to discuss problems, planning, target and achievement of their department of work. Also conducts weekly meeting on every Saturday and monthly meeting at end of the each month to discuss their performance and achievement.
- * The Institute S-VYASA has been declared as Deemed-to-be University under Section 3 of the UGC Act, 1956. Our University has a President who by virtue of his office is the Head of the Institute and shall when present preside over the convocation of the Institute. He shall be appointed by the sponsoring Society. The Vice-Chancellor is the whole time dedicated officer of the Institute. The Bye-laws of the Institute have provided wide powers to the Vice-Chancellor to carry out the academic administration and management, improvement of assets, financial resources through well-established statutory bodies – Board of Management, Academic Council, Financial Committee, BOS and so on, for the initiation of policy and monitoring, review modification and its implementation. The Deans, Registrar and Finance Officer, other designated Officers, Chairmen of various committees assist the Vice-Chancellor in the smooth functioning and implementation of policies and programs.
- * Bye-laws provide the structure and function of statutory bodies and their area of purview. Their function is governed by statutes.
- * **The Board of Management** meets at least 4 times a year and **Academic Council** meets as often as may be necessary but not less than 3 times a year.

- * There are **no elections** to any of these bodies. The membership is ex-officio through rotation among Deans, Professors and Heads of the department.
- * There is a clear-cut **organizational hierarchy** for effective functioning as per Bye-laws and Administrative Manual.
- * **Committee system** (non-statutory) comprising faculty, staff, members of statutory bodies ensure ground-level preparation, implementation and monitoring.
- * The University has a perspective, academic/financial annual plan and a calendar for academic – administrative functioning.
- * The Board of Management, Academic Council, Planning and Monitoring Board, Finance Committee, Advisory Committee evolve strategic planning (Academic, financial, physical, HR).
- * The University ensures the following:
Academic calendar, its review, monitoring.
Academic programmes, BOS, Deans Committee etc.,
Administration and finance as per University Bye-laws and Administrative Manual.
- * The administration is promoting the use of ICT tools and computers in its administration. Efforts are on to computerize finance and administration.
- * The examination work with reference to student data, marks entry, marks card, ledger, and results are all computerized.
- * The teachers and non-teaching staff are recruited as per the provisions of University Bye-laws and UGC guidelines.
- * The staff members are subjected to appraisal and evaluation (self, student, peer, and employer).

- * The University has a budget of around Rs. 4 crores from research grants, fees, VYASA (mother organization) and other sources. The salary component is 20 % of the total budget (Research 8%).
- * The University has been encouraging Philanthropists, Well-Wishers, Alumni and People who are benefited from participation in *Arogyadhama* – A Residential Yoga Therapy Health Home to participate in University development programs.
- * It promotes welfare schemes to employees, like free medical services, management contribution to provident fund, festival advance etc.
- * The University received Rs 200 lakh from Government of Karnataka towards Integrated water development.
- * The University received for Rs. 856.77 lakh from ICMR, CCRYN, ISM&H etc. towards research and research infrastructural development.
- * The University is able to give good governance, transparent and accountable administration, responsive staff service, commitment to welfare and growth of all stakeholders.
- * The institution has a well-defined vision and mission statement. Accordingly it has formulated the action plan. It has ensured definite organizational framework, perspective planning, strategic development, efficient human resource development, resource mobilization, effective audit mechanism, dynamic leadership, decentralized administration, delegation of powers, grievance redressal mechanism and welfare measures.
- * The best practice adopted for the growth of the *Ashrama* is to live together, meet together and work together. The main objective of the HOLSVM management adopted in this *Ashrama* is total quality management with the additional components of health, personality growth and contribution to society, which emphasize on quality product.

- * The sense of adjustment, mutual understanding, and tolerance and above all, immense love for the *Ashrama* make way for the healthy growth of organizational skill and managerial efficiency at our campus.
- * Difference of opinion disappears and it never affects the smooth flow of organization and management.
- * Perfect co-ordination makes the two streams of administration – academic and *Ashrama* – go well with each other contributing to the overall growth and prosperity.
- * Our University Academic Council consists of unique members like, **five members are ex-Vice-Chancellor** of other Universities and ten members are outside expert from eminent Institutes and they are experts of their own specialization. This Academic Council makes us to move forward to achieve academic excellence. Every meeting of the Academic Council is a step towards achieving academic excellence and now already moved 23 steps forward (as on now we have conducted 23 meetings of Academic Council) to reach this goal.

Criterion VII

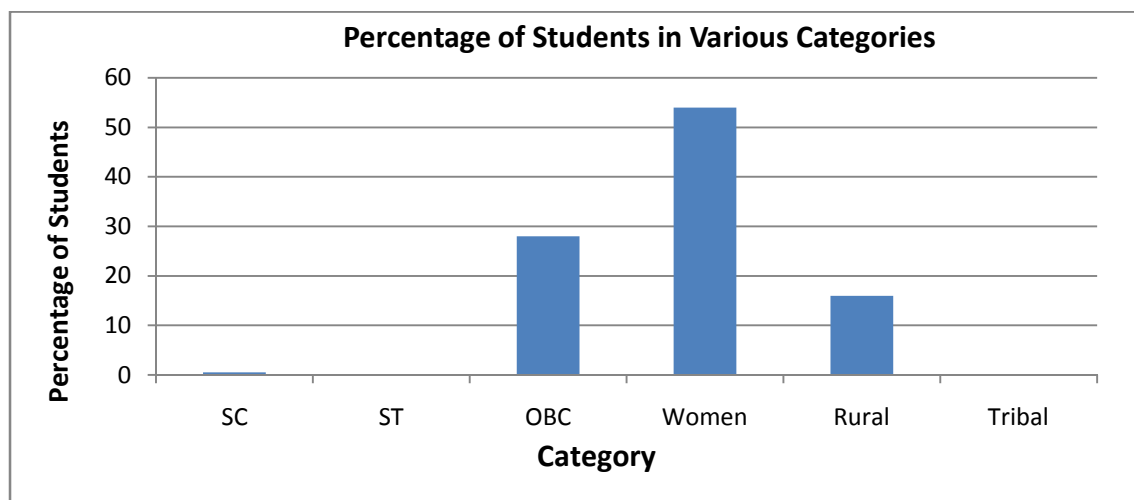
Innovative Practices

1. Has the University established Internal Quality Assurance Mechanisms?
 - i) By conducting regular daily, weekly and monthly meeting of the coordinators of all *Karma Yoga* Modules of HOLSVM management system of this *Ashrama*.
 - ii) By regular conducting of teachers meeting.

2. Do students participate in the Quality Enhancement of the Institution? If yes, how?
 - i) By collecting regular feedback in writing.
 - ii) By collecting feedback personally from the students while teachers interacting with them.

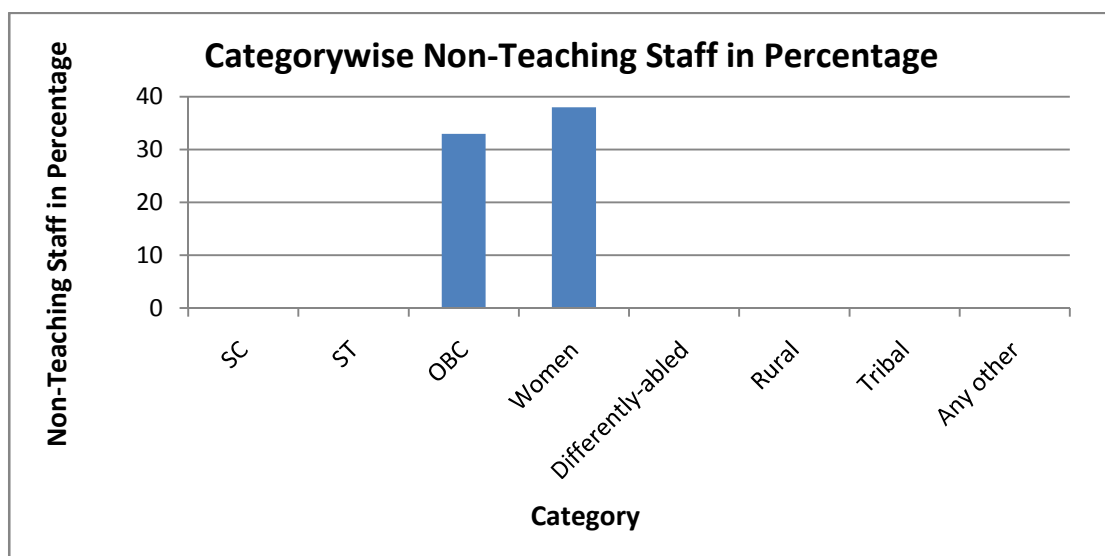
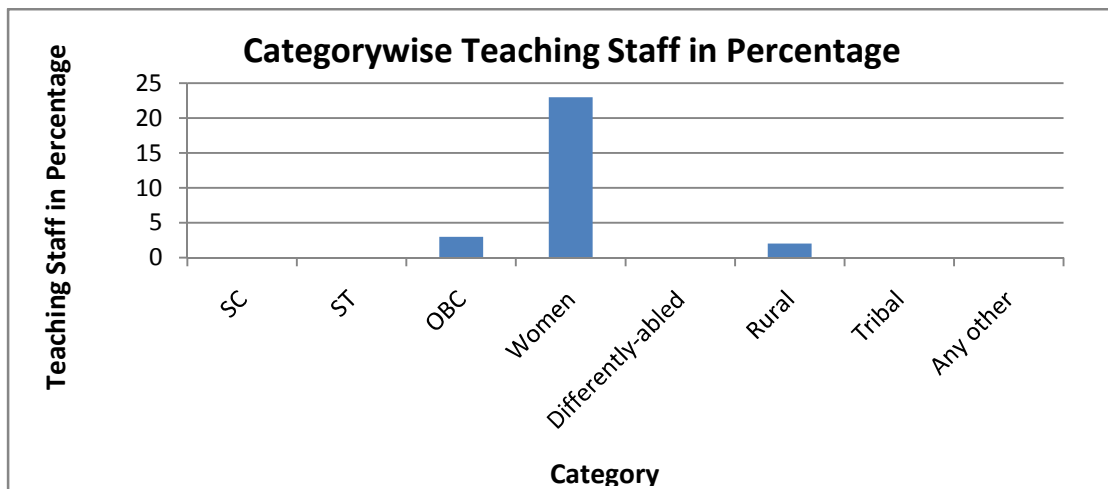
3. What is the number and percentage of the following students in the institution? (current year)

	No	%
SC	3	0.5
ST	Nil	----
OBC	28	4
Women	365	54
Differently-abled	Nil	----
Rural	109	16
Tribal	Nil	----
Any other (specify)	Nil	----



4 What is the present percentage of the following category of staff?

	Category	Teaching staff	%	Non-teaching staff	%
a	SC	-----	-----	-----	-----
b	ST	-----	-----	-----	-----
c	OBC	1	2	18	33
d	Women	17	23	21	38
e	Differently-abled	-----	-----	-----	-----
f	Rural	1	2	-----	-----
g	Tribal	-----	-----	-----	-----
h	Any other	-----	-----	-----	-----



5. What is the percentage incremental academic growth in terms of aggregate marks of the following category of students for the last two batches of students?

	At Admission			On completion of the course	
	Categories	Batch I	Batch II	Batch I	Batch II
a.	SC	-----	-----	-----	-----
b.	ST	-----	-----	-----	-----
c.	OBC	-----	-----	-----	-----
d.	Women	60.91%	61.71%	3.18 CGPA	3.31 CGPA
e.	Differently-abled	-----	-----	-----	-----
f.	Rural	62.68%	57.79%	3.03 CGPA	3.01 CGPA
g.	Tribal	-----	-----	-----	-----

6. Is there a mechanism for obtaining stakeholder perception about the institution?

Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>
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If yes, specify

From students, parents, alumini and academic experts.

7. Has the institution kept a record of students shouldering social responsibilities in addition to their academic activities?

Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>
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If yes, specify

Organizing yoga camps, participation as volunteer in conferences, seminar and workshop and in compulsory <i>Karma Yoga</i> session.

8. Does the institution have a mechanism for analyzing student feedback on institutional performance, to arrive at Student Satisfaction Index? (Refer to the sample questionnaires annexed to collect information or the institution may devise its own)

Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>
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If yes, specify

Through ICT

Best practices

- * The University has inbuilt institutional assurance mechanisms (BOS, DC, AC, Board of Management, Statutory Committees, Review committees, Sub-Committees and Non-statutory functional Committees) where not only planning takes place, but also proper implementation, midterm review and formal evaluation are ensured. Thus, HOLSVM approach has been followed. It is an acronym for Holistic System Management adding various useful dimensions to the Total Quality Management System (TQM) viz health, personality growth and contribution to society, which emphasize on quality product.
- * The concepts of **HOLSVM** are internalized in all the structure and functions of the institution through leadership, participation, team work, decision making, problem solving, result orientation and time frame.
- * The quest for quality leads to creative and innovative academic efforts.
- * Academic quality assured through voluntary internal checks and evaluation.
- * Stakeholders like students, staff, alumni, parents and educationalists are included to formulate and evaluate curricular, teaching and testing programmes to achieve academic excellence.
- * Periodical holding of teachers meeting makes us know of what stage we are at present and what to be done in future to achieve the academic excellence which makes us re-modify the present academic factors by considering teachers view's and suggestions.
- * Our University Academic Council consists of unique members like, **five members are ex-Vice-Chancellor** of other Universities and ten members are outside experts from eminent Institutes and they are experts of their own specialization. This Academic Council making us to move forward to achieve academic excellence. Every meeting of the Academic Council is an step towards achieving academic

excellence and now already moved 23 steps forward (as on now we have conducted 23 meetings of Academic Council) to reach this goal.

- * The University has been maintaining very good and cordial relationship with all the stakeholders and neighborhood. It has encouraged active participation of stakeholders in all its deliberations. The stakeholders have reposed faith in the progress, accountability of the University.
- * The University campus attracts children, women and men from Bangalore and the *Yoga* centers/institutes of other parts of India and abroad during holidays.
- * The University has reciprocated its relationship with the society, its culture, its heritage and creativity by identifying the scholars, social workers, educationalists, artists and musicians of this area by honouring and conferring them with honorary Doctorate Degree (Honouris causa).
- * At present, **honorary Doctorate degrees** have been conferred on four eminent scholars who have achieved uniqueness in the *Yoga* research.

Sl. No.	Name	Year
1.	Telles Shirely Anne Christine	2003-04
2.	Mukund V Bhole	2003-04
1.	W Selvamurthy	2005-06
2.	Ramesh Lal Bijlani	2005-06

- * We have 29 **MoUs/Linkages** with eminent Institutions and organization and these are interested in our activities to promote research and academic activities of our University.