



## YTFC 60HRS COURSE RULES & REGULATIONS

### 1. Period of Study

- 1.1. Students should complete practical and theory exam within 6 months.
- 1.2. Contact classes - 30 hours
- 1.3. Field training hours - 30 hours (Total 2 Case Studies Observation with final report of cases)
- 1.4. Final theory exam -3 hours
- 1.5. Reports and field training must be completed within 12 months from course start date.

### 2. Theory Class

- 2.1. Students should complete the course syllabus and exam within 6 months.
- 2.2. Theory classes will be held on weekdays and weekends.
- 2.3. Each topic will be taught at least once, students are free to come and attend additional lectures for revision. It is student's responsibility to finish all topics within 6 months or earlier.
- 2.4. Topic checklist:-
  - 2.4.1. Concept of body, health and disease
  - 2.4.2. Concept of Yoga ; Pancha Kosa, the basis for IAYT
  - 2.4.3. Yoga for Asthma
  - 2.4.4. Yoga for Hypertension & Coronary Artery Disease
  - 2.4.5. Yoga for Arthritis
  - 2.4.6. Yoga for Back Pain
  - 2.4.7. Yoga for Digestive Disorders
  - 2.4.8. Cyclic Meditation

### 3. Practical/Field Training

- 3.1. Each student is required to complete 30 hours of field training.
  - 3.1.1. Assist 2 patients 20 sessions = 20 hours
  - 3.1.2. Remaining 10 hours of observing/ assisting therapies
- 3.2. Each student need to record two cases/ patients
- 3.3. Case management:
  - 3.3.1. Complete case:- To be considered a complete case, the student is to follow

at least ten treatments for a patient.

- 3.3.2. Broken cases:- Minimum Three different patients with treatments totalling to at least ten treatments can be considered as one complete case.
- 3.3.3. A maximum of 25 treatments can be clocked for each patient.
- 3.3.4. No two therapist should be doing the same patient case reporting for same period of time. Eg, can clock the hours, but not to be considered as case.
- 3.4. Clocking of hours:
  - 3.4.1. Maximum of 3 hours for kriya/virechana therapy.
  - 3.4.2. Maximum of 2 hours for other therapies (PPS, liver, sinus, face etc)
  - 3.4.3. Maximum clockable hours for each patient is 5 hours per day (2 hours of therapy and 3 hours for Kriya therapy).
- 3.5. Recording of treatment day and time cannot overlap between patients.
- 3.6. One case study per month is to be submitted to Dr Satyam.
- 3.7. It is student's responsibility to ask and discuss with Dr. Satyam, if you don't have enough patients for case study report writing.

#### **4. Observer Behaviour**

- 4.1. To provide a conducive environment for healing to our patients, all observers are to maintain silence during the therapy session. Take notes silently while observing therapy. Questions are to be noted down and clarified outside treatment time.
- 4.2. It is the student's responsibility to check the calendar and seek the therapist in charge permission to observe.
- 4.3. Photo taking and audio recording is not allowed, except when granted permission from the patient and therapist.
- 4.4. Students are requested to be mindful and respect the patient's and therapist's privacy.

#### **5. Theory Exam Rules**

- 5.1. Exam to be completed within 6 months.
- 5.2. Exam date booking 30 days in advance.
- 5.3. Exam duration is 3 hours.
- 5.4. Exam format is as below:
- 5.5. Essay questions. 2 questions, 8 marks each.
- 5.6. Short essay questions. 5 questions, 4 marks each.
- 5.7. True or false. 9 questions, 1 mark each.
- 5.8. Match or fill in the blanks. 5 questions, 1 marks each.
- 5.9. Exam results will be given one month after exams (except public holiday).

#### **6. PRACTICAL EXAM**

- 6.1. Once you have finished your theory exam, you can book for the practical exam.  
Exam date booking 30 days in advance.
- 6.2. Practical exam duration will be 20-30 minutes.
- 6.3. Under instant video camera.
- 6.4. Content of the practical exam;
  - 6.4.1. Examiner will ask questions, such as the steps of your Yoga therapy, demonstration of the steps, guiding for asanas with adjustments (you will bring your "patient" during your exam)

6.5. The video will be sent to India, results will be given together with your field training report, certification.

## **7. Failure and Retake of Exam**

- 7.1. Any failure in either theory or practical exam requires re-application for the exam in which a processing fee of \$120 is required.
- 7.2. In case of failure, India school will inform Union and we will let the student know ASAP.
- 7.3. Once made known to students, if the student wishes to redo the exam, they have to make known of their intention to Union within 2 weeks. This decision will be considered official when they complete the registration form again and fees payment.
- 7.4. Any exam taken after 6 months from the date of course registration (unless special approval is given by Dr. Satyam and the school) will require a re-application fee of \$120.
- 7.5. Failure of re-application will be considered as the student is not interested in re-exam and no action will be taken from our end.

## **8. Internal assessment**

- 8.1. Attendance in Theory and Practical.
- 8.2. Assignment in the form of the Course syllabus and Theoretical work.
- 8.3. Personal experiences pertaining to herbal supplements and the concept of Ayurveda.
- 8.4. Personality changes: as assessed by different teachers through a semi-structured tool.

## **9. Field Training Report**

- 9.1. Guidelines of report-
- 9.2. Each student need to observe and write 2 cases.
- 9.3. Guided by Dr. Satyam & supporting teachers name e.g Master Prashant/ Master Ganesh etc.
  - 9.3.1. Cover page, certificate, declaration, acknowledgment, content page has to be added (templates provided).
  - 9.3.2. Font- Times New Roman
  - 9.3.3. Spacing 1.5
  - 9.3.4. Centrally aligned
  - 9.3.5. The numbering of the chapter should be Chapter 1, Chapter 2
  - 9.3.6. Following the chapter, the sub heading should be-
    - 1.1
    - 1.1.1 etc
- 9.4. Pictures and Field training and client feedback forms should be in the appendix.
- 9.5. One hard copy and one soft copy of the field training report in binder form and CD/ flash drive should be submitted.
- 9.6. Certification will take at least 30 days minimum to reach Union and students

## **10. Presentation**

- 1.1. Presentation to be prepared as **Powerpoint** file.

- 1.2. Content of presentation may be extracted from the case report.
  - 1.2.1. Choose 1 case study for presentation
- 1.3. Duration of presentation approximately 10-20min. Soft copy of the presentation saved together with field training report in CD/ flash drive. No hard copy print is needed here.



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- 2.4. Topic checklist:-
  - 2.4.1. History of Ayurveda
  - 2.4.2. Branches of Ayurveda
  - 2.4.3. Basic concepts of Ayurveda
  - 2.4.4. Prakruti, the human constituent
  - 2.4.5. Ama and agni, fundamentals of Ayurveda
  - 2.4.6. Panchakarma therapy
  - 2.4.7. Dinacharya, a guide to daily regime
  - 2.4.8. Ritucharya
  - 2.4.9. Ayurveda Herbal Remedies for Common Ailments

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- 6.4. Content of the practical exam;
  - 6.4.1. Patient will come in and advise his/her symptoms, then you need to tell what kind of disease the patient has and supporting for your answer, what

kind of therapy you are going to do (identify Diagnosis, principle of treatment, ayurveda therapy)

6.4.2. Examiner will ask questions, such as the steps of your therapy, demonstration of the steps, perform the therapy (you will bring your “patient” during your exam)

6.4.3. Question and answer, such as: what causes asthma, what are the symptoms of asthma patients has, etc.

6.5. The video will be sent to India, results will be given together with your field training report, certification.

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