

Department of Sports Science & Yoga Ramakrishna Mission Vivekananda Educational and Research Institute

Belur Math, Dist Howrah 711202, West Bengal, India

Report of Internship for PGDY 2018- 2019

The PG Diploma in Yoga (education) program has been successfully running since 2016-17, and the third batch was inducted in 2018. In order to complement the education imparted on various theoretical aspects of yoga, the students were taken to a 10-day internship to Krishnamacharya Yoga Mandiram (KYM), Chennai.



Established by TKV Desikachar in 1976 as a non-profit Public Charitable Trust, KYM is among the premier centres of yoga and yoga therapy in India. KYM is recognised by Morarji Desai National Institute of Yoga (MDNIY) as one of the lead yoga institutes in India. KYM also has the SIRO (Scientific and Industrial Research Organisation) recognition awarded by the Department for Scientific and Industrial Research, Government of India, Further, KYM is recognised by the Health and Family Welfare Department, Government of Tamil Nadu. KYM is also one of the few yoga centres to possess the ISO 9001:2015 certification. KYM is well known for Yoga Therapy and Yoga Teacher Training Programs and for its holistic health promotive approach.

The students underwent a compact schedule for ten days. Every day classes started at 9 am and went on upto 7pm. They were taught various practice oriented approach of Yoga therapy, particularly they were exposed to how individuals are inspected and administered treatment by yogic postures and processes tailored to their needs and

conditions. The novel approach of individualising the yoga therapy to the client, is something new the students learnt. They also learnt the technique of vinyasa and the theory of asana and pranayama etc. (sample program appended). At the end of the training the students were issued a certificate. (sample appended)





**Programme schedule Healing chants
/ Studies**

Doc No.

KYM/PLNG/F-02

22nd December 2018 - 2nd January 2019,
Ramakrishna Mission
Vivekananda Education

Time	Subject	Faculty
6.15 - 7.05 am	Morning fitness	Anand Ganesh
10.00 - 10.50 am	Concepts of Yogasutra ✓	V Srinivasan
10.50 to 11.10	Tea Break	
11.10 - 12.00 noon	Theory of Asana & Pranayama ✓	Geetha Shankar
12.00 - 12.50 pm	Pranayama Practice	Janakiraman
1.00 - 3.00 pm	Lunch Break	
3.00 - 3.50 pm	Meditative Practice	Ganga
3.50 - 4.00 pm	Tea Break	
From 4.00 pm Observation classes		

23rd & 30th December 2018 (Sunday)*

Time	Subject	Faculty
9.00-9.50am	Theory of asana & Pranayama	Geetha Shankar & Janakiraman
10.00-10.50am	Concepts of Yoga Sutra	Srinivasan V
10.50-11.10am	Tea Break	
11.10-12.00 noon	Pranayama Practice	Janakiraman
12.00-12.50pm	Meditative Practice	Ganga G

Dasarath Dasu



Krishnamacharya Yoga Mandiram

31, Fourth Cross Street, R.K. Nagar, Mandaveli, Chennai - 600 028. India.

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e-mail : mails@kym.org website : www.kym.org

CERTIFICATE

This is to certify that **Tanoy Lodh**, student of Post Graduate Diploma in Yoga at the Ramakrishna Mission Vivekananda Educational Research Institute, Kolkata, has done an Internship, for the period of 10 days from **22.12.2018 to 02.01.2019**, at the **Krishnamacharya Yoga Mandiram**, Chennai. The internship included the following sessions -

Asana Practice

Pranayama Practice

Meditative Practice

Introduction to Theoretical foundations of Asana and Pranayama

Introduction to Yoga philosophy concepts from Patanjali's Yoga Sutra

Introduction to Application of Yoga for Therapy

Observation of Yoga Therapy Sessions



Geetha Shankar

Geetha Shankar, Director,

KYM Institute of Yoga Studies.

A REGISTERED PUBLIC CHARITABLE TRUST

(Recognised by the Health and Family Department, Government of Tamil Nadu, Vide G.O. Ms., No. 2381 Dt. 07/12/1982)

(AN ISO 9001 - 2008 CERTIFIED INSTITUTION)