## VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA (VYASA)
### YOGA INSTRUCTOR FOR DIABETES MELLITUS (YIDM)
#### COURSE SYLLABUS

Total no. of hours – 20
* One SDM camp to be conducted by the student * and written exam for 40 marks.

<table>
<thead>
<tr>
<th>Days</th>
<th>Theory – 1 Hour</th>
<th>Practical – 1 Hour</th>
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| Day 1  | Introduction of VYASA and SDM  
- Introduction  
- Aim and objectives  
- SDM camp module  
- Requirements for a camp | Demo of the SDM practice list full Saptaha Module for camp                      |
| Day 2  | Diabetes Mellitus  
- Definition and types of diabetes  
- Type 2 Diabetes pathogenesis  
- Signs & Symptoms  
- Complications of Diabetes  
- Microvascular complications: Neuropathy, Nephropathy& Retinopathy  
- Macro vascular complications: Stroke, MI & Thrombosis  
- Conventional Management: A brief glimpse  
- Questions that need physician’s answer | Cyclic Meditation                                                                |
| Day 3  | IAYT Concept  
- Introduction to IAYT and Panchakosha  
- Concept of disease (Aadhijavyadhi) | Yoga Module 1                                                                    |
| Day 4  | Concept of Stress  
- Modern & Yogic definition of stress  
- Psycho-neuro-endocrinology of stress  
- Role of stress in DM  
- Impact of stress on Insulin-Glucagon imbalance | Yoga Module 1                                                                    |
| Day 5  | Annamaya Kosa  
- Diet, Exercise, Asana | Yoga Module 2                                                                    |
|        | Pranamaya Kosa  
- Pranayama | Yoga Module 2                                                                    |
| Day 6  | Manomaya Kosa  
- Dhyana Yoga and Bhakti Yoga | Yoga Module 3 / Heart disease                                                   |
| Day 7  | Vijnyanamaya and Anandamaya Kosa  
- Jnana Yoga and Karma Yoga | Yoga Module 3 / Heart disease                                                   |
| Day 8  | Soft Skills  
- Counseling Techniques  
- Communication Skills | Chair Yoga Module - Alternatives for patient with special needs                 |
| Day 9  | Parameters Training  
- Understanding blood reports, reading patient’s case sheet, parameter taking  
- Familiarizing with data reporting and data entry  
- Myths and misconceptions of diabetes  
- How to handle patients in case of emergency? | Chair Yoga Module                                                               |
| Day 10 | Final Exam                                                                 |                                                                                   |