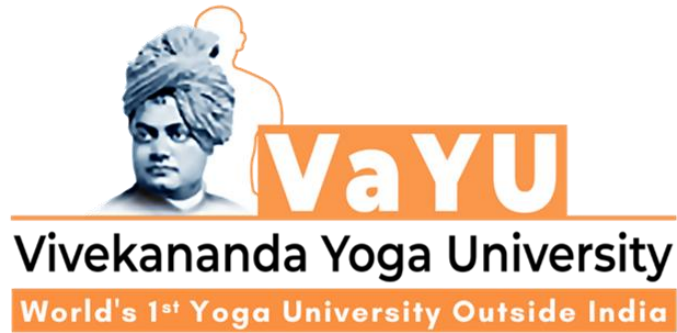




# **VAYU SCHOOL CATALOG - 2025**

**JAN 1<sup>ST</sup>, 2025 TO DEC 31<sup>ST</sup>, 2025**

(SPRING 2025, SUMMER 2025, FALL 2025)

Admissions Office and Campus Class Sessions at

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## Version History

| Version | Date       | Name             | Role              |
|---------|------------|------------------|-------------------|
| 2.8     | 1/16/2022  | A. Rajagopal     | Registrar         |
| 3       | 8/1/2022   | A. Rajagopal     | Registrar         |
| 3.8     | 6/24/2023  | A. Rajagopal     | Registrar         |
| 4       | 11/26/2024 | RangaVittala S R | Interim Registrar |
| 4.1     | 11/26/2024 | Sree Sreenath    | President         |
| 4.2     | 1/15/2025  | RangaVittala S R | Interim Registrar |
| 4.3     | 1/15/2025  | Sree Sreenath    | President         |
| 4.4     | 1/31/2025  | Sree Sreenath    | President         |
| 4.4.2   | 2/1/2025   | Sree Sreenath    | President         |
| 4.4.4   | 2/5/2025   | Sree Sreenath    | President         |
| 4.5     | 2/7/2025   | RangaVittala S R | Interim Registrar |
| 4.5.1   | 7/15/2025  | RangaVittala S R | Interim Registrar |
| 4.5.2   | 8/30/2025  | RangaVittala S R | Interim Registrar |
| 4.5.3   | 9/21/2025  | RangaVittala S R | Interim Registrar |

## 1. About

Vivekananda Yoga University (VaYU) was founded in 2014 as a private institution to promote traditional Indian Yoga education and training. Medium of instruction at VaYU is in English via an online mode of delivery. The institution has been granted a license by the California Bureau for Private Postsecondary Education (BPPE) with a provision that VaYU get accredited by August 4, 2027. VaYU is pursuing accreditation from Western Association of Schools and Colleges ([WASC](https://www.wasc.edu/)) - an internationally known Accreditation agency approved by the U.S. Department of Education. For more information, see Section 5.2.

VaYU has its Registered Office and Campus at 15311 Pioneer Blvd. Los Angeles, CA 90650, with a website: [www.vayuusa.org](http://www.vayuusa.org), and Phone: +1 (747) 228-2987.

## 2. Vision and Mission of VaYU

### 2.1. Vision

To build a healthy, harmonious world through wholistic Yoga.

### 2.2. Mission

Creating a Yogic life path for the welfare of humanity.

## 3. Learning Objectives and Learning Outcomes at VaYU

### 3.1. Learning Objectives at VaYU

The program has the following objectives to offer specialized tracks of deeper study in Yoga Therapy, Research and Philosophy

- Graduates are able to understand Yogic philosophy and practices through the study of original Yoga texts.
- Graduates are able to apply their training in Yogic philosophy and practices both in therapeutic and preventive care.
- Graduates are able to contribute in professional practice as researchers and practitioners of authentic and evidence based Yoga.

### 3.2. Learning Outcomes at VaYU

- Graduates are able to understand key principles and practices from original texts of Yoga.
- Graduates are able to understand the benefits, contraindications and procedures of Yogic practices and apply them in therapy.
- Graduates are able to demonstrate Yoga practices with confidence and skill and apply their knowledge of Yoga both in therapeutic and preventive situations.
- Graduates are able to administer advanced Yoga techniques for managing chronic illnesses.
- Graduates are able to apply the scientific method of analysis in yogic research studies

## 4. Catalog Details

### 4.1. Time Validity

This Catalog is valid for the calendar year 2025 (Jan 1<sup>st</sup>, 2025 to Dec 31<sup>st</sup>, 2025).

### 4.2. Updating

This catalog will be updated at the end of every academic or calendar year and published on the web by the Registrar of VaYU. If there are any significant changes before the next academic year, an updated version will be published and informed to students.

### 4.3. Availability

This Catalog will be available to any prospective student or to the general public when requested. The Email copy will be free. A cost will be assessed for a hardcopy of this catalog to cover printing and mailing this to anyone who requests it. To request the catalog, email the [registrar@vayuusa.org](mailto:registrar@vayuusa.org).

## 5. State Approval and University Accreditation

### 5.1. California State Approval

VaYU, as a private institution and is provisionally approved to operate by the Bureau of Private Postsecondary Education (BPPE) of the State of California. Institutional Approval to operate requires an educational institution to be in compliance with state standards. All new universities are initially provisionally approved and are required to get mandatory University accreditation from an agency recognized by the US Department of Education.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the: Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, P.O. Box 980818, West Sacramento, CA 95798-0818, [www.bppe.ca.gov](http://www.bppe.ca.gov), Telephone (916) 574-8900 Toll Free: (888) 370-7589 Fax: (916) 263-1897.

The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling toll-free (888) 370-7589 or by visiting the internet website [www.osar.bppe.ca.gov](http://www.osar.bppe.ca.gov). (CEC §94909(a)(3)(D)).

### 5.2. University Accreditation

University accreditation is mandatory for VaYU to operate in California. Institutions that meet standards of effectiveness and quality are granted accreditation by agencies that are authorized by the US Department of Education. With accreditation, universities can qualify to offer Federal financial aid, credit transfers, professional licensure, consumer protection, and industry standard quality assurance, and continuous improvement.

Vivekananda Yoga University has been recognized as a Candidate for Accreditation by WASC<sup>1</sup> Senior College and University Commission (WSCUC).

WSCUC, 1080 Marina Village Parkway, Suite 500, Alameda, CA 94501, 510.748.9001.

This status is a preliminary affiliation with the Commission awarded for a maximum period of five years. Candidacy is an indication that the institution is progressing toward Accreditation. Candidacy is not Accreditation and does not ensure eventual Accreditation.

### **5.3. Professional Licensure and Certification Notice**

Admission into programs for professions that require licensure, and certification does not guarantee that students will obtain a license or certificate. Licensure and certification requirements are set by agencies that are not controlled by or affiliated with the VaYU; licensure and certification requirements can change at any time and not in control of VaYU. The University has not determined whether its programs meet other states' educational or professional requirements for licensure and certification. Students planning to pursue licensure or certification in other states are responsible for determining whether, if they complete a VaYU program, they will meet their state's requirements for licensure or certification. This disclosure is made pursuant to 34 CFR §668.43(a)(5)(v)(C).

#### **5.3.1. Certificate of International Association of Yoga Therapists - certification requirements**

VaYU graduates for M.S. (Yoga) with specialization in Yoga Therapy may opt for certification from 'International Association of Yoga Therapists<sup>2</sup> (IAYT).' VaYU curriculum prepares such graduates to acquire this certification. See Section 8.9 for more information on the procedure to obtain such a certification.

## **6. Educational Programs Offered**

### **6.1. List of Degrees**

Currently, VaYU offers the following Graduate degree programs

- Master of Science (Yoga)
- Ph.D. (Yoga)

The medium of instruction US English for both the programs.

### **6.2. Title of the Educational Programs and Objectives**

#### **6.2.1. Master of Science (Yoga)**

It is a two-year graduate degree program conducted in 4 semesters, with each semester having a duration of 16 weeks. Currently this program is offered only in online mode.

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<sup>1</sup> WASC is one of the six accrediting agencies authorized by the US Department of Education to accredit universities in the US (<https://www.wscuc.org/>).

<sup>2</sup> See [International Association of Yoga Therapists \(IAYT\)](#) for information on Certificate IAYT (or C-IAYT) licensing.

**Objectives:** The program has the following objectives to offer specialized tracks of deeper study in:

- Yoga Philosophy.
- Yoga Therapy.
- Yoga Research.

**Outcomes:**

- Graduates are able to understand key principles and practices from original texts of Yoga.
- Graduates are able to understand the benefits, contraindications and procedures of Yogic practices and apply them in therapy.
- Graduates are able to demonstrate Yoga practices with confidence and skill and apply their knowledge of Yoga both in therapeutic and preventive situations.
- Graduates are able to administer advanced Yoga techniques for managing chronic illnesses.
- Graduates are able to apply the scientific method of analysis in yogic research studies.

### 6.2.2. Ph.D. (Yoga)

Ph.D. requires a long-term commitment from the student, the Faculty Guide, and the institution. Typically, it takes a diligent student 6-8 years to complete the program beyond Bachelor's or 3-5 years beyond a Master's. Students admitted to the Ph.D. (Yoga) program must complete a total of 66-credits beyond Bachelor's Degree to earn their Ph.D. degree.

**Objectives:** The objective of VaYU's Ph.D. (Yoga) Program is to develop an independent researcher with:

- A comprehensive knowledge of, and skills in Yoga practice and Yoga Studies.
- Ability to formulate a substantial research question in an uncharted aspect of a sub-discipline.
- Ability to explore, discover and uncover new knowledge and methodologies in the service of humanity.

**Outcomes:** Students will be able to:

- Demonstrate Academic Competence by:
  - Exhibiting broad knowledge of Yoga philosophy, therapeutic techniques, and research methodologies.
  - Integrating and applying concepts from the courses of study to research situations
- Apply theories and practices of yoga to understand fundamental questions involving healing pathways, health outcomes, exegesis of ancient yogic texts, and body-mind relationship by:
  - Formulating research questions that lend themselves to empirical analysis
  - Investigating the concordance between yoga philosophy and mind-body outcomes
  - Applying theories, methods, and knowledge to address questions in their primary area of specialization
- Conduct a professional research project with high academic standards and demonstrate a cogent written and oral analysis capability.

### 6.3. Class Sessions Online and on VaYU campus

Class sessions will be held online. VaYU has a physical Campus office at 15311 Pioneer Blvd, Los Angeles, CA 90650. Personal Contact Program (PCP) which may be part of any program is conducted at this address. This physical campus is used to train students in PCP.

#### 6.4. VaYU's standards for Student Achievement

Students are expected to demonstrate their understanding and application of intended learning outcomes. This is evaluated through assessments, which can take multiple forms as quizzes, tests, group discussions, student presentations, research reports/projects, and a final exam, as appropriate. The evaluation rubric is divided into three levels of achievement - sophisticated, competent and not yet competent. Students' ability to teach various poses and specific medical conditions, ability to work on research reports/projects independently, critical understanding and insights gained from study of ancient original yoga texts are evaluated through a comprehensive set of assessments that covers three broad streams of Philosophy, Therapy and Research.

### 7. Catalog of Courses Offered for M.S. (Yoga) and Ph.D. (Yoga) programs

Table 1 below lists the courses offered along with the prerequisites, corequisites, # credits for each course. A student may register for a maximum of 9 credits in a semester.

In the Course code, the suffix 'T' represents it is a Theory course, and 'P' represents the course includes a Practicum or Practical component. Attendance is mandatory for all courses with a suffix "P". The Type for credits in a course are represented as 'x:y' where 'x' represents the number of units for "Classwork" and 'y' represents the number for units for "Practice."

**Table 1:** Program of Study for M.S. (Yoga) & Ph.D. (Yoga) with prerequisites, corequisites, and credit hours.

| Sl. # | Course Code | Course Description                             | # Credits | Type (x:y) | Pre-Requisites            | Co-Requisites | Offered for M.S. (Yoga) | Offered for Ph.D. (Yoga) |
|-------|-------------|------------------------------------------------|-----------|------------|---------------------------|---------------|-------------------------|--------------------------|
| 1     | YMS 101T    | Basis of Yoga Therapy                          | 2         | 2:0        | -                         | -             | ✓                       | NA                       |
| 2     | YMS 105T    | Essential Sanskrit                             | 2         | 2:0        | -                         | -             | ✓                       | NA                       |
| 3     | YMS 103T    | Ancient Yoga Texts - 1                         | 2         | 2:0        | -                         | -             | ✓                       | NA                       |
| 4     | YMS 104P    | Preparatory Practices                          | 3         | 2:1        | -                         | -             | ✓                       | NA                       |
| 5     | YMS 201P    | Yoga Therapy for Common Ailments - I           | 2         | 1:1        | YMS 101T, YMS 104P        | YMS 202P      | ✓                       | NA                       |
| 6     | YMS 202P    | Yoga Therapy for Common Ailments - II          | 2         | 1:1        | YMS 101T, YMS 104P        | YMS 201P      | ✓                       | NA                       |
| 7     | YMS 203T    | Research Methodology & Biostatistical Analysis | 3         | 3:0        | -                         | -             | ✓                       | NA                       |
| 8     | YMS 301T    | Ancient Yoga Texts - 2                         | 2         | 2:0        | YMS 103T                  | -             | ✓                       | NA                       |
| 9     | YMS 302P    | Advanced Yoga Techniques                       | 3         | 2:1        | YMS 201P, YMS 202P        | -             | ✓                       | ✓                        |
| 10    | YMS 303P    | Yoga Therapy Techniques                        | 3         | 2:1        | YMS 201P, YMS 202P        | -             | ✓                       | ✓                        |
| 11    | YMS 401T    | Masters Research Project                       | 6         | 6:0        | All 1xx, 2xx, 3xx courses | -             | ✓                       | NA                       |
| 12    | YMS 402T    | Independent Study                              | 3         | 3:0        | Instructor Permission     | -             | ✓                       | ✓                        |
| 13    | YMS 403P    | Yoga for Prenatal & Postnatal Care             | 3         | 2:1        | YMS 303P                  | -             | ✓                       | ✓                        |
| 14    | YMS 404P    | Basic Clinical Yoga Therapy                    | 3         | 2:1        | YMS 101T, YMS 104P        | -             | ✓                       | ✓                        |
| 15    | YMS 405P    | Advanced Clinical Yoga Therapy                 | 3         | 2:1        | YMS 404P                  | YMS 406P      | ✓                       | ✓                        |
| 16    | YMS 406P    | Yoga In Medicine: From Theory To Bedside       | 3         | 3:0        | YMS 404P                  | YMS 405P      | ✓                       | ✓                        |
| 17    | YMS 407T    | Principles of Ayurvedic Diet & Lifestyle       | 3         | 3:0        | -                         | -             | ✓                       | ✓                        |
| 18    | YMS 408T    | Narada Bhakti Sutras                           | 3         | 3:0        | -                         | -             | ✓                       | ✓                        |

|    |            |                                                                 |    |      |                             |   |    |    |
|----|------------|-----------------------------------------------------------------|----|------|-----------------------------|---|----|----|
| 19 | YMS 411AP  | C-IAYT Clinical Practicum - Faculty Mentoring with No Residency | 0  | 0    | MS Graduate                 | - | ✓  | NA |
| 20 | YMS 411BP  | C-IAYT Clinical Practicum - Residency@Arogyadhama (2 weeks)     | 0  | 0    | MS Graduate                 | - | ✓  | NA |
| 21 | YMS 411CP  | C-IAYT Clinical Practicum - Residency@Arogyadhama (4 weeks)     | 0  | 0    | MS Graduate                 | - | ✓  | NA |
| 22 | YMS 412T   | Professional Practice for Yoga Therapists                       | 0  | 0    | MS Graduate                 | - | ✓  | NA |
| 23 | YMS 501T   | Yoga: Biomedical Science and Research                           | 3  | 3:0  | YMS 203T                    | - | ✓  | ✓  |
| 24 | YJS 101T   | Jyotish Foundation Course                                       | 3  | 3:0  | -                           | - | ✓  | ✓  |
| 25 | RMA 101T   | Religions of West Asian Origins                                 | 3  | 3:0  | -                           | - | ✓  | ✓  |
| 26 | RMA 102T   | Introduction to Indian Philosophy                               | 3  | 3:0  | -                           | - | ✓  | ✓  |
| 27 | RMA 103T   | Introduction to Buddhism                                        | 3  | 3:0  | -                           | - | ✓  | ✓  |
| 28 | RMA 104T   | Religions of East Asian Origins                                 | 3  | 3:0  | -                           | - | ✓  | ✓  |
| 29 | RMA 105T   | Hinduism                                                        | 3  | 3:0  | -                           | - | ✓  | ✓  |
| 30 | YPH 601T * | Doctoral Thesis *                                               | 16 | 16:0 | 18 Credit Ph.D. course work | - | NA | ✓  |
| 31 | YBC 101P   | Bridge Course for RYT certificate holders                       | 0  | 0    | RYT 200/500 <sup>§</sup>    | - | ✓  | NA |
| 32 | YBC 102P   | Bridge Course for C-IAYT certificate holders                    | 0  | 0    | C-IAYT <sup>€</sup>         | - | ✓  | NA |

\* Ph.D. students can register for a maximum of 6 credits of Research Work in a semester

<sup>§</sup> RYT – [Yoga Alliance](#) 'Registered Yoga Teacher' with 200 hours or 500 hours of training

<sup>€</sup> C-IAYT - IAYT certified therapists ([IAYT](#) - [International Association of Yoga Therapists](#))

### **7.1. YMS 101T - BASIS OF YOGA THERAPY (2 credits)**

This course explores the therapeutic basis of yoga through the study of ancient (The Upanishads, The Bhagavad Gita, and Yoga Vasishtha), Hatha Yoga writings from the Middle Ages (Gheranda Samhita and Hatha Yoga Pradipika), and other systems of Indian Medicine.

### **7.2. YMS 105T - ESSENTIAL SANSKRIT (2 credits)**

The goal of teaching Samskritam to foreign Graduate students is to provide a comprehensive knowledge of Samskritam and basic knowledge of Samskritam in order to be able to study, understand, comprehend, write and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

### **7.3. YMS 103T - ANCIENT YOGA TEXTS-1 (2 credits)**

This course covers yogic writings appearing in ancient Indian scriptural corpus, specifically the Vedas, Upanishads, and the Bhagavadgita. We will study the writings both for their content and in their historical context. Special emphasis is placed on yoga philosophy as described in the Vedanta, and the four streams of Yoga as described in The Gita.

### **7.4. YMS 104P - PREPARATORY PRACTICES, ASANAS, KRIYAS, MUDRAS, PRANAYAMA & MEDITATION (3 credits)**

We will study preparatory practices (breathing and loosening exercises); the five classes of yoga postures (known as asanas) – standing, sitting, prone, supine, and inverted; the six purification techniques – neti, nauli, dhauti, bhasti, trataka and kapalabhati; the five classic mudras – chin, Chinmaya, adi, brahma, and nasika; and the eight core breathing techniques (known as pranayama) – kapalabhati, vibhagiya svasana, Chandra and Surya anuloma-viloma, Nadh shuddhi, and bhramari; and OM meditation.

### **7.5. YMS 201P - YOGA THERAPY FOR COMMON AILMENTS-I (2 credits)**

We intend to give the basic medical knowledge of the disease and its yogic Management to facilitate comprehension of the physiological basis of the following disorders: Respiratory, cardiovascular, endocrinal/metabolic disorders.

### **7.6. YMS 202P - YOGA THERAPY FOR COMMON AILMENTS-II (2 credits)**

We intend to give the basic medical knowledge of the disease and its yogic management to facilitate comprehension of the physiological basis of the following disorders: musculoskeletal, gastrointestinal, renal, and gynecological disorders.

### **7.7. YMS 203T - RESEARCH METHODOLOGY AND BIOSTATISTICAL ANALYSIS (3 credits)**

Research Methodology and Biostatistical Analysis is a 3 credits course. It enables students to understand the basic theoretical concepts of scientific research, write their synopsis, analyze their data, write dissertation and scientific article. This course will impart basic skills required to do research and motivate students to pursue higher research.

### **7.8. YMS 301T - ANCIENT YOGA TEXTS -2 (2 credits)**

This course covers yogic writings appearing in post-vedic Indian scriptural corpus, specifically the Yoga Sutras and medieval Hatha Yogic texts. We will study the writings both for their content and in their historical context. Special emphasis is placed on ashtanga yoga, kriya yoga, the theory of kleshas, yogasanas, bandhas, shat-kriyas, and pranayama.

### **7.9. YMS 302P - ADVANCED YOGA TECHNIQUES (3 credits)**

This course explores the practical yogic techniques that apply to each of the pancha koshas (5 sheaths) of our human form. Using these techniques, the student will be able to integrate and harmonize their subtle forms of manifestation with the physical form, thereby achieving health and healing. A PCP session of 8 hours will be conducted during PCP Week on the VaYU campus. For more details on the PCP, refer to the School Catalog.

### **7.10. YMS 303P - YOGA THERAPY TECHNIQUES (3 credits)**

We intend to give the basic medical knowledge of the disease and its yogic Management to facilitate comprehension of the physiological basis of the following disorders:

- Neurological Disorders, Psychiatric disorders, Pregnancy, Childbirth and Cancer.

### **7.11. YMS 401T - MASTERS RESEARCH THESIS (6 credits)**

Masters Research Thesis requires that the student after discussion with the faculty come up with a topic to complete any research work to the satisfaction of the faculty. A written report is expected in the last week or earlier of the semester with the signatures of the student and Faculty. The report should be sent to the Registrar and the Instructor-on-record.

### **7.12. YMS 402T - INDEPENDENT STUDY (3 credits)**

Independent study requires that the student after discussion with the faculty come up with a topic for the Independent Study, and complete any research work to the satisfaction of the faculty. A written report is expected in the last week or earlier of the semester with the signatures of the student and Faculty.

### **7.13. YMS 403P - YOGA FOR PRENATAL AND POSTNATAL CARE (3 credits)**

The goal of this course is to give the student a basic understanding of the different phases of the female reproductive journey. This program will equip yoga teachers with the information and tools needed to conduct safe and effective yoga sessions for pregnant women that are based on strong research and evidence. These sessions will discuss the relevant phenomenon that relates to anatomy, the physiology of the menstrual cycle, the various phases of pregnancy, the role of the endocrine system, stages of fetal development, and the event of childbirth and labor. The yogic modules are introduced to the student in a manner that is easy to comprehend and thereby further instruct their students. The course would also introduce unique topics like the role of the mind during conception, fetal talk, prenatal samskaras, and music during pregnancy, acupuncture, and attitude towards labor. Basic understanding of high-risk pregnancies and how to modify yoga practices to suit such special situations will also be discussed.

### **7.14. YMS 404P - BASIC CLINICAL YOGA THERAPY (3 credits)**

Yoga therapy has provided significant benefits for several chronic health conditions. In this course, through evidence-based studies and asynchronous lecture presentations, clinician and basic scientist faculty will

- I. Review the anatomy of body systems and basic pathophysiology of cardiovascular, metabolic, and mental health disorders.
- II. Analyze the use of Yoga therapy in supportive management of these health challenges.

### **7.15. YMS 405P - ADVANCE CLINICAL YOGA THERAPY (3 credits)**

The Advance Yoga Therapy course will be a series of online teaching lectures and online interactions with students that will expand the knowledge on the use of yoga in various disease states. The course will adopt a system-wise approach, to the benefits of yoga and explore how various yoga-based tools and practices can help towards alleviating diseases and improving the quality of life.

### **7.16. YMS 406P YOGA IN MEDICINE: FROM THEORY TO BEDSIDE (3 credits)**

Clinical Interpretation of yoga research in yoga therapy practice is a unique course that highlights the latest research in clinical yoga therapy and how the literature is used to model clinical yoga practice. Every year, over a thousand high-quality research papers and book chapters are produced by authors worldwide. This Course is a Ph.D. course that teaches the latest research in the field of clinical yoga therapy but also how to interpret scientific yoga literature and inculcate the research developments into mundane clinical practice to ensure a high-quality science and research-driven clinical yoga therapy. This Course is meant for clinical yoga students who aspire

to be practicing yoga therapists managing common diseases Non-Communicable diseases through Yoga therapy. The Course will include interactive sessions and online clinics.

#### **7.17. YMS 407T - PRINCIPLES OF AYURVEDIC DIET AND LIFESTYLE (3 credits)**

This course explains the Ayurvedic concept of diet and lifestyle. Ayurveda strongly believes that health is the outcome of what we eat and how we live our life. Unlike modern nutrition, Ayurveda uses food's taste, and potency to understand the qualities of food, which helps to construct the diet for balancing dosha in one's physiology. This course also explains the principles of lifestyle and wellness rituals for the foundation in healthy living. It describes daily and seasonal routines and the reasons these elements help us to be in tune with the ecosystem of our environment.

#### **7.18. YMS 408T - NARADA BHAKTI SUTRAS (3 credits)**

All the six schools of philosophy (darsanas) in India are given out in the form of sutras. Narada Bhakti Sutras is an authoritative textbook upon the philosophy of devotion and we read it in the Bhagavata. The course deals with the study of these sutras with their deeper meaning. As the case of all paths of yoga are for self, Bhakti yoga also should be for self-growth from human level to god level which can be achieved with the help of our emotions. and insights that expose the students to the nuances of an enduring relationship of love in its various forms to experience "Godliness" of one's heart, enriching one in the path of Bhakti Yoga.

#### **7.19. YMS 501T - YOGA: BIOMEDICAL SCIENCE & RESEARCH (3 credits)**

This course will examine the modern biomedical science and research on the underlying psychology, physiology, and psychophysiology of yoga. The course will also review the biomedical research on the outcomes of yoga practice on health, well-being, and quality of life on both the general population and in specific populations including workers, students, and patients. Evaluation will be based on student course participation and a written report on a documented and evaluated regular 8-week home yoga practice during the course.

#### **7.20. YJS 101T - JYOTISH FOUNDATION COURSE (3 credits)**

The Jyotish foundation course aims to teach the building blocks of Jyotish Shastra. This course will introduce the basics of Vedic Astrology that forms the starting for students to learn the subject as per the teachings of the Maharishis.

#### **7.21. RMA 101T - RELIGIONS OF WEST ASIAN ORIGINS (3 credits)**

This course starts with a brief description of West Asian Religions from yore to Judaism. We explore the history and primary principles two popular religions Christianity and Islam from their inception to their evolution to their present-day form.

### **7.22. RMA 102T - INTRODUCTION TO INDIAN PHILOSOPHY (3 credits)**

This course will start with Vedic Hindu religion and philosophy, then proceed to look at the philosophies of Jainism and Buddhism. It will look at Buddhism in detail as not only a major alternative to the Vedic tradition but its impressiveness in spreading all over East Asia. Finally, the course will look at the seven systems of post-Buddhistic Classical Hindu philosophy through the six-fold method (epistemology, ontology, theology, cosmology, psychology, and soteriology) of inquiry of each system of Classical Hindu thought. The seven systems are: Nyāya-Vaiśeṣika, Sāṅkhya-Yoga, Prabhākara school of Mīmāṃsā, Kumārila school of Mīmāṃsā, Śaṅkara school of Vedānta, Rāmānuja school of Vedānta and Madhva school of Vedānta.

### **7.23. RMA 103T - INTRODUCTION TO BUDDHISM (3 credits)**

This course focuses on the Buddhist traditions from their inception to their evolution to their present-day form. Doctrine, rituals and mediation are considered from pre-modern to the current day in this living tradition. This course will start with the religious conditions in India at the time of the advent of the Buddha in the 6th century BCE, and after covering the life of the Buddha, it will look at the early history and philosophy of Buddhism in South Asia from 5th century BCE to 1st century CE. It will then look at the spread of Theravāda Buddhism and its institutions in Sri Lanka and continental Southeast Asia. Then, it will look at the emergence of Indian Mahāyāna Buddhism and its two schools in the 2nd century CE, and its spread into China, Korea, Vietnam and Japan. It will look at schools of Chinese and Japanese Buddhism in a compare and contrast style and also look into Buddhism's conflicts with Confucianism in China and Shinto in Japan. Then, it will look at the emergence of Vajrayāna Buddhism in Tibet and the Himalayan region in the 7th century CE, and its spread into Mongolia in the 13th century CE. Finally, the course will conclude with the decline and demise of Buddhism in South Asia starting in the 5th century CE with the emergence of Renaissance Hinduism, and the coming of Islam in the 11th century CE.

### **7.24. RMA 104T - RELIGIONS OF EAST ASIAN ORIGINS (3 credits)**

This course will deal with the histories, doctrines, sects, practices of Daoism, Confucianism & Shinto. To develop an understanding of major living religious groups that originated in East Asia.

### **7.25. RMA 105T - HINDUISM (3 credits)**

This course looks into the origins, Vedic Hinduism, mythologies-Vedic, Epic & Puranic of Hinduism, sacraments, Temple Hinduism, sectarian Hinduism and modern Hindu movements. The course will survey Vedic Hinduism, the 16 sacraments from the Gṛhya Sūtras, the mythologies of the gods Gaṇeśa, Durgā, Śiva, Viṣṇu, Kṛṣṇa, and analyze the two Hindu epics, i.e., the Rāmāyaṇa of Vālmīki and the Mahābhārata of Vyāsa and then look at the institutions of Temple Hinduism, pūjās and vrata.

### **7.26. YPH 601T - DOCTORAL THESIS (16 credits)**

Ph.D. research thesis constitutes the most important contribution to scholarship. A student should, in consultation with their academic advisor/research guide(s), choose a topic in the field of Yoga research. The thesis topic is chosen in such a way as to demonstrate the student's ability to carry out independent research investigation using credentialed resources and to present the results in a clear and systematic form both in a written form and orally. Projects will have to be grounded in a triad: the individual, the university, and society (or community that includes cultural and other diversity).

### **7.27. YBC 101P - Bridge course for students with RYT 200/500 certification (0 credits)**

Students with a RYT200/500 certification from Yoga Alliance can undergo a week-long 40-hour Bridge Course and transfer 3 credits towards YMS 104P course.

### **7.28. YBC 102P - Bridge course for students with C-IAYT certification (0 credits)**

Students with a C-IAYT certification from the International Association of Yoga Therapists (IAYT) can undergo a two-week long 80-hour Bridge Course and transfer 5 credits towards YMS 101T and YMS 104P courses.

### **7.29. YMS 411AP: Clinical Practicum - Faculty mentoring with No Residency (0 Credits)**

Under the mentorship of designated VaYU Faculty, Graduate Yoga therapists independently deliver therapy to clients in their own communities. This course is run via VaYU LMS as any VaYU Course. This course can be optionally taken in the 4<sup>th</sup> Semester of M.S. (Yoga).

Students are expected to do Practicum delivery for a minimum of 180 hours. This is in two portions:

- Deliver a minimum of 150 clinical hours independently as lead Yoga Therapist.
- Complete 30 hours practicum mentorship.

Requirements are below:

- Students find clients on their own.
- Students deliver Yoga Therapy to 4-6 clients, each with different primary ailments.
- Each Student as a lead therapist delivers 120 Yoga Therapy sessions @ 75 minutes per session for a total of 150 hours in either one of the following modes:
  - 4 clients - minimum of 30 sessions per client, **OR**
  - 5 clients - minimum of 24 sessions per client, **OR**
  - 6 clients - minimum of 20 sessions per client
- Client therapy sessions are minimum 3 per week, and a maximum of 5 times per week.
- Yoga therapy sessions are strongly recommended to be done in person.
- 5 hours of report writing is expected for final submission.

Students will be mentored by VaYU course faculty for 30 hours during the whole process.

- This would start from client intake, review of the protocol/assessments, necessary guidance for

course corrections, interim review/monitoring during live sessions, speaking with clients, review of the final report and overall assessment.

- A formal plan should be submitted by the student to the VaYU Faculty with timeline, start / end dates. VaYU Faculty signs off on the plan before the student begins the therapy sessions.
- This course will be run via VaYU LMS as any VaYU Course with deadlines.

**Note:** Only one of the YMS 411XP courses is required to be taken by M.S. (Yoga) graduates interested in acquiring [Certificate of International Association of Yoga Therapist \(C-IAYT\)](#).

### **7.30. YMS 411BP: C-IAYT Clinical Practicum - Residency@Arogyadhama (2 Weeks) (0 Credits)**

Arogyadhama is a world-renowned Integrative medicine hospital that provides care for its patients by using Yoga therapy as the primary modality led by Dr. Nagarathna, VaYU faculty and pioneer in the field of Yoga Therapy. Students learn hands-on Yoga Therapy techniques, while observing Integrative Medicine practice under the tutelage of Dr. Nagarathna and her team. Spend 2-weeks at Arogyadhama as a Yoga Therapist. Covers **80 hours of clinical delivery** at Arogyadhama. Students will do an additional **20 hours Practicum Mentorship on their own.**

#### **General Guidelines**

1. A formal plan should be submitted by the student to the VaYU Faculty with timeline, start / end dates. VaYU Faculty signs off on the plan before the student begins the therapy sessions.
2. Spend 2-weeks at Arogyadhama as a Yoga Therapist. This covers 80 hours of clinical delivery at Arogyadhama and 20 hours of Practicum Mentorship with designated VaYU faculty.
3. Upon returning back to home country, Students work with 3 Yoga Therapy patients for a total of 70 hours under the mentorship of VaYU faculty.
4. Students will be mentored by VaYU course faculty for a total of 30 hours during the whole period. This would start from client intake, review of the protocol/assessments, necessary guidance for course corrections, interim review/monitoring during live sessions, speaking with clients, review of the final report and overall assessment.

**Note:** Only one of the YMS 411XP courses is required to be taken by M.S. (Yoga) graduates interested in acquiring [Certificate of International Association of Yoga Therapist \(C-IAYT\)](#).

### **7.31. YMS 411CP: C-IAYT Clinical Practicum - Residency@Arogyadhama (4 Weeks) (0 Credits)**

Arogyadhama is a world renowned Integrative medicine hospital that provides care for its patients by using Yoga therapy as the primary modality led by Dr. Nagarathna, VaYU faculty and pioneer in the field of Yoga Therapy. Students learn hands-on Yoga Therapy techniques, while observing Integrative Medicine practice under the tutelage of Dr. Nagarathna and her team. Spend 4-weeks at Arogyadhama as a Yoga Therapy intern. Covers **150 hours of clinical delivery at Arogyadhama and 30 hours Practicum Mentorship.** Students need not do any additional practicum hours.

**Note:** Only one of the YMS 411XP courses is required to be taken by M.S. (Yoga) graduates interested in acquiring [Certificate of International Association of Yoga Therapist \(C-IAYT\)](#).

### 7.32. YMS 412T: Professional Practice for Yoga Therapists (0 Credits)

This self-paced course can be done in asynchronous online mode and will have the below four modules

Module 1 - Ethical Principles.

Module 2 - Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy.

Module 3 - Relationships with Peers, Mentors, Clinicians, and Organizations.

Module 4 - Personal and Professional Development and Continuing Education.

**Note:** Only one of the YMS 411XP courses is required to be taken by M.S. (Yoga) graduates interested in acquiring [Certificate of International Association of Yoga Therapist \(C-IAYT\)](#).

## 8. Master of Science (Yoga) Program

### 8.1. Notice to Prospective Degree Program Students

This institution is provisionally approved by the Bureau for Private Postsecondary Education to offer the degree program. To continue to offer this degree program, this institution must meet the following requirements:

- Become institutionally accredited by an accrediting agency recognized by the United States Department of Education, with the scope of the accreditation covering at least one degree program.
- Achieve accreditation candidacy or pre-accreditation, as defined in regulations, or full accreditation by the extended deadline of August 4, 2027.

If this institution stops pursuing accreditation, it must:

- Stop all enrollment in its degree programs, and
- Provide a teach-out to finish the educational program or provide a refund.

An institution that fails to comply with accreditation requirements by the required dates shall have its approval to offer degree programs automatically suspended.

### 8.2. Course Requirements

Online M.S. (Yoga) can be completed by anyone with a four-year Bachelor's degree from an accredited university in the US regardless of the field of study of their undergraduate degree, and with a minimum 3.0 cumulative GPA in their undergraduate. Students with International degrees considered for admission would require a Bachelor's degree in any field from a university abroad that is accredited.

In the event that a student has graduated with a three-year international degree (as is the practice in many Commonwealth countries), then the student has to demonstrate that they have either an additional year of study in another accredited university, or have three years of work experience in a profit or nonprofit entity, paid or volunteering.

### 8.3. Credit Requirements

The program has a total of 30 credits including transfer credits if any. A maximum of 6 credits of transfer is allowed. Over three semesters, enrolled students' study 10 mandatory online core courses totaling 24 credits. See Figure 1. Students can specialize in either of the three streams in the fourth semester: Yoga Research, Yoga Therapy, or Yoga Philosophy.

### 8.4. Online Master of Science (Yoga) Program of Study

The Online Master of Science (Yoga) is in general, a cohort<sup>3</sup> based 4-Semester program, The cohort-based sequencing is the recommended mode. Cohort based programs build camaraderie and program coherence among the student body. However, part-time students are allowed for flexibility.

The Program of Study is as shown in Table 1 under Section 7. This lists all courses offered for the M.S. (Yoga) program. A short description of each of the courses is also available under Section 7. However, not all course will be offered in all semesters. The courses offered for each semester will be announced by the Registrar based on the availability of Faculty and recommendation of the Academic Committee.

VaYU M.S. (Yoga) Program students are eligible to get Yoga Instructors certificate (YIC) from SVYASA University after completion of their first two semesters.

For the M.S. Online (Yoga) the ten (10) CORE courses are mandatory for students of all the three specializations.

- For specialization in 'Yoga Philosophy', together with the specialization courses offered, RMA Courses fill up OPTIONAL courses. Each 'Yoga Philosophy' student takes the OPTIONAL courses as they deem fit. Students can reach out to the Registrar anytime for Academic Counseling as appropriate.
- YMS 501T is optional for 'Yoga Therapy' and 'Yoga Philosophy' specialization.
  - It is a required course for 'Yoga Research' specialization IF offered in that semester, unless the student has a scheduling conflict to take that course.
  - If a 'Yoga Research' specialization student takes YMS 501T the Research Thesis credits of YMS 401T in the 4th Semester are reduced from '6 (six)' to '5 (five)'.
- YJS 101T can be counted either for 'Yoga Therapy' or 'Yoga Philosophy' specialization.
- Students can opt to register for more than one specialization.
- YMS 501T is required for 'Yoga Research' specialization if offered in that semester. If the student has a scheduling conflict in that semester with YMS 501T, student is expected to take YMS 301T.
- If a 'Yoga Research' specialization student takes YMS 501T the Research Thesis credits in the 4th Semester are reduced from '6 (six)' to '5 (five)'.

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<sup>3</sup> In a cohort system, all students enrolled in a "Fall Semester Start" will take the same courses and move on together as a class to future semesters as a group. Semester I thus represent the first semester the cohort starts and Semester IV the last.

Figure 1 represents the Prerequisites map for the M.S. (Yoga) program.

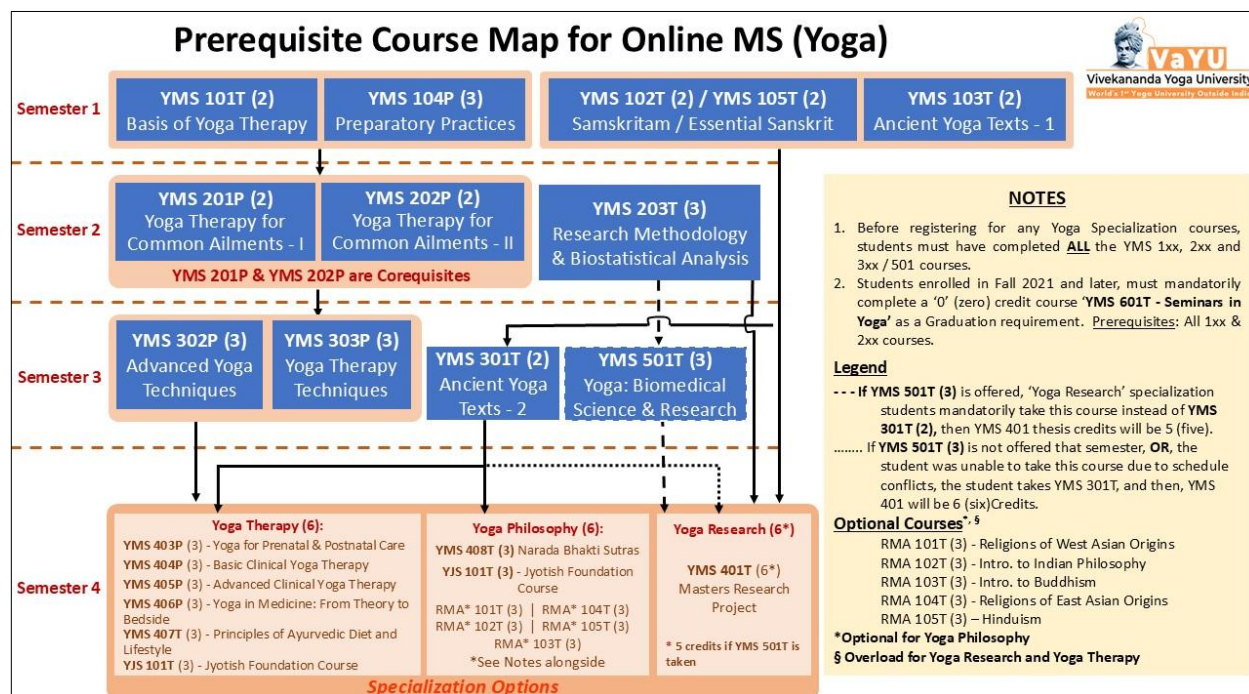


Figure 1: Online M.S. (Yoga) prerequisite course path. Course Credit Hours are in parentheses.

## 8.5. Personal Contact Program

For the Master in Science (Yoga), the Personal Contact Program (PCP) for students consists of 28 to 40 hours of hands-on training of yoga poses (*asanas*), hand gestures (*mudras*), breathing control techniques (*pranayama*), therapeutic training, etc. in Semesters I and III, respectively. PCP training is required for course numbers marked with a "P" (PCP) instead of a "T" (Theory). The PCP training is conducted in the 13th week of the semester where the student is 'in Residence' at VaYU Campus in Cerritos, CA with classes being conducted Monday thru Friday during that week. Students will make their own boarding, lodging and travel arrangements during this week.

## 8.6. Method of Instruction and Evaluation

### 8.6.1. Instruction

Instruction shall be a combination of the following modalities:

- Flipped Classroom Approach
  - Asynchronous online learning through texts, notes, PowerPoints, streaming videos, and audio.
  - Personal Contact Program of 1 week for odd semesters (Semester I and III).
- Lab work on Research Methodology and Psychology.

- Lab instruction on Yoga practices, advanced pranayama techniques. Primarily a cohort-based program<sup>4</sup>.
  - New cohorts start every semester – Fall (August) and Spring (January) of every year.

### 8.6.2. Evaluation

Evaluation of student work in a course will be done by Instructor on Record and/or Co-Teachers. By default, all exams are cumulative (tests, mid-terms, and finals. For instance, an assignment in Week 10, all course material released in LMS from the beginning of the semester till and including course material release on the Monday of Week 10, will be included.)

All student work submitted for specific assignments will be corrected within 5 business days except for the Final Exam. The Final Exam need to be corrected and the course grade provided within 7 calendar days of the Final Exam. The Final Exam dates are determined by the Registrar in advance, published and is available for the student at the beginning of each semester.

### 8.6.3. Probation Based on Academic Performance

A student of M.S. (Yoga) program who receives a grade point average (GPA) below 2.0 in any semester or cumulative will be placed on probation. A student on probation must obtain at least a 3.0 average in the subsequent semester in order to be removed from probation. Since probationary status may have financial aid implications, students on probation are directed to contact the financial aid office upon determination of probationary status.

## 8.7. Graduation Requirements

To graduate, a student enrolled to the M.S. (Yoga) degree program must complete 30 credits of course work and achieve an overall G.P.A. of at least 3.0 on a 4.0 scale. Students in certain specialties are required to submit a written dissertation report and successfully defend the dissertation in an oral exam conducted by Committee of senior faculty and/or external educational experts in Yoga as required.

## 8.8. Employment on Graduation

VaYU's Master in Science (Yoga) degree program is unaccredited. Thus, a degree from an unaccredited institution is not recognized for some employment positions, including, but not limited to, positions with the State of California.

After successful completion of this program, graduates can get employed under the below occupations.

- 25-1071 Health Specialties Teachers, Postsecondary
- 31-2011 Occupational Therapy Assistants
- 31-2012 Occupational Therapy Aides
- 31-2021 Physical Therapist Assistants
- 31-2022 Physical Therapist Aides
- 31-9099 Healthcare Support Workers, All Other

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<sup>4</sup> Students will move from one semester to the next in a group.

For the complete list of United States Department of Labor's Standard Occupational Classification codes, see [https://www.bls.gov/oes/current/oes\\_stru.htm](https://www.bls.gov/oes/current/oes_stru.htm).

Institutional jobs are available in Health Clubs; Yoga Studios; Recreation Centers; Senior Centers; Occupational Therapy; Hospitality industry; Teaching and Research; Educational Institutions; personal training; and Healthcare (medium to large therapeutical clinics, Sports medicine, Hospitals, clinical research, and large Insurance companies). Full-time and Part-time employment is possible.

In addition, freelance and self-employment (private Yoga studio) is a choice. After successful completion of this program:

- Students can run their own Yoga Centers and Yoga-based healing centers
- Students can train Yoga Instructors
- Students can pursue PhD and/or work at major Universities in academic research.

Note that if a student takes the route of self-employment or freelancing:

- This type of work may not be consistent.
- The period of employment can range from one day to weeks to several months.
- Hours worked per day may vary than a traditional 8-hour workday or 40-hour work week.
- The student can expect to spend unpaid time expanding networks, advertising, promoting one's services, or honing skills.
- Once graduates begin to work freelance or are self-employed, they will be asked to provide documentation that they are employed as such so that they may be counted as placed for our job placement records.

## **8.9. Procedure for VaYU M.S. (Yoga) Graduates to acquire C-IAYT**

### **8.9.1. Introduction**

VaYU M.S. (Yoga) Program with Yoga Therapy specialization is an [International Association of Yoga Therapists](#) (IAYT) accredited training program<sup>5</sup>. Graduates optionally can get Certificate from IAYT (or C-IAYT).

### **8.9.2. Pathway for IAYT Certification (C-IAYT) - VaYU Graduates Eligibility for C-IAYT**

VaYU Master of Science Yoga or M.S. (Yoga) program with Yoga Therapy specialization lays down an excellent theoretical and therapeutical foundation for a student interested in pursuing C-IAYT, hence no extra coursework is necessary for these students. VaYU M.S.(Yoga) Graduates with Yoga Philosophy or Yoga Research specializations need to take additional two approved Yoga Therapy courses to qualify for C-IAYT.

### **8.9.3. Eligible VaYU Graduates Requirement for C-IAYT**

However, according to IAYT Certification requirements to get C-IAYT, interested eligible VaYU graduates need to complete additional requirement laid down in **PART 1** and **PART 2** below:

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<sup>5</sup> VaYU M.S. (Yoga) program is accredited since May 31<sup>st</sup>, 2023.

**PART 1:** This Clinical Practicum and Professional practice part is fulfilled by completing VaYU courses YMS 411X and YMS 412T (see Sections 7.30-7.32).

- a) Practicum delivery of minimum **180** hours. This is in two portions:
  - i. Deliver a minimum of **150** clinical hours independently as lead Yoga Therapist.
  - ii. Complete **30** hours practicum mentorship.
- b) Professional practice course for Yoga therapists.

**PART 2:** Pass the “**IAYT Certificate exam.**” Per [IAYT website](#). VaYU students who started their programs at VaYU prior to and including Spring 2023 Semester, are exempt from “IAYT Certificate exam.”

#### 8.9.4. Steps towards C-IAYT for VaYU Graduates

VaYU lays out four steps below towards C-IAYT to satisfy PART 1. Graduates can do Steps I and Step II in parallel.

**STEP I.** Complete any one of the VaYU courses<sup>6</sup> below to satisfy practicum delivery of 180 hours:

- ☐ YMS 411AP C-IAYT Clinical Practicum- Faculty Mentoring with No Residency (0 Credits).
- ☐ YMS 411BP C-IAYT Clinical Practicum- Residency@Arogyadhama (2 Weeks) (0 Credits)<sup>7</sup>.
- ☐ YMS 411CP C-IAYT Clinical Practicum - Residency@Arogyadhama (4 Weeks) (0 Credits)<sup>5</sup>.

Courses are offered in Fall, Spring, and Summer Semesters in any year.

**STEP II.** Complete a professional practice course for Yoga therapists by completing VaYU course:

- ☐ YMS 412T Professional Practice (0 Credits). See Sections 7.30-7.32. Offered all semesters.

**STEP III.** Once PART 1 is satisfied, VaYU Registrar will send the list of those students who passed both YMS 411X and YMS 412T courses, to IAYT with updated transcripts at the end of the Semester. Applicants missing the deadline will be included in the following semester list.

**STEP VI.** C-IAYT Applicants will deal directly with IAYT directly from this step onwards, and VaYU is not involved. Checklist to apply for the C-IAYT can be found here. After your application has been reviewed by IAYT, the applicants will get a link for C-IAYT registration including signing up and taking the ‘IAYT Certification Exam’ as appropriate. IAYT may charge registration and annual fees for this step separately that the student will deal directly with IAYT.

## 9. Ph.D. (Yoga) Program

### 9.1. Notice to Prospective Degree Program Students

This institution is provisionally approved by the Bureau for Private Postsecondary Education to offer the degree program. To continue to offer this degree program, this institution must meet the following requirements:

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<sup>6</sup> ‘VaYU Alumni Association’ members get a discount for YMS 411X. Membership is at no cost but requires [registration](#).

<sup>7</sup> Special arrangement with Arogyadhama - the Integrative medicine hospital at SVYASA, Bengaluru, India.

- Become institutionally accredited by an accrediting agency recognized by the United States Department of Education, with the scope of the accreditation covering at least one degree program.
- Achieve accreditation candidacy or pre-accreditation, as defined in regulations, or full accreditation by the extended deadline of August 4, 2027.

If this institution stops pursuing accreditation, it must:

- Stop all enrollment in its degree programs, and
- Provide a teach-out to finish the educational program or provide a refund.

An institution that fails to comply with accreditation requirements by the required dates shall have its approval to offer degree programs automatically suspended.

## 9.2. Course Requirements

Ph.D. (Yoga) requires a candidate to have a Master's degree in Yoga from VaYU or any other university, and with a minimum 3.5 cumulative GPA on a 4.0 scale. Students with International degrees considered for admission would require a Master's degree in Yoga from a university abroad that is accredited.

The Applications will be screened through a thorough rigorous process by a Graduate Admissions Committee consisting of two VaYU Faculty and an Administration Staff. Applicants will be called for a personal interview over Zoom by the Committee. The Committee will provide its decision to the Registrar's Office who will inform the applicant of the decision.

## 9.3. Credit Requirements

Students admitted to the Ph.D. (Yoga) program must complete a total of 66-credits beyond Bachelor's Degree to earn their Ph.D. degree. The 66-credit requirement would include the requirements of a Master's Degree of 30 credits, 20 credits of Ph.D. coursework, and 16 credits of doctoral thesis.

## 9.4. Online Ph.D. (Yoga) Program of Study

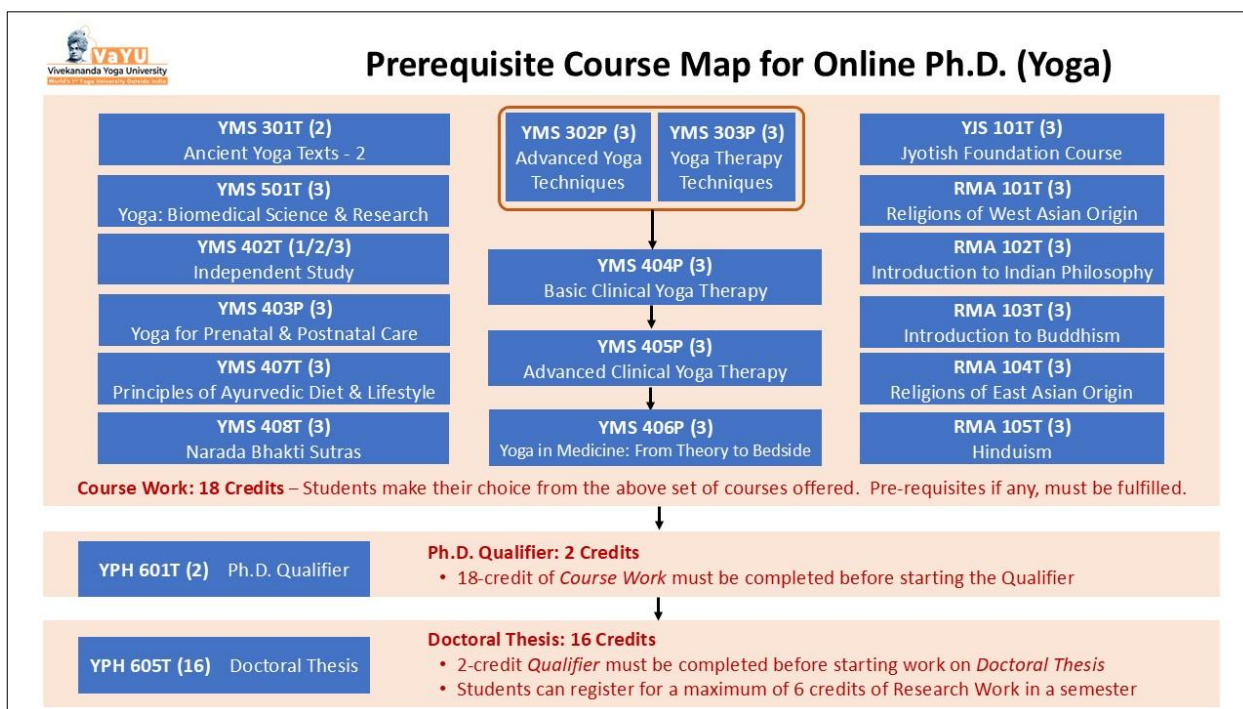
The Online Ph.D. (Yoga) is in general cohort based. The cohort based sequencing is the recommended mode. Cohort based programs build camaraderie and program coherence among the student body. However, part-time students are allowed flexibility.

The Program of Study is as shown in Table 1. This lists all courses offered that students of the Ph.D. (Yoga) program can register for as part of the Course work. Not all courses will be offered in all semesters. The courses offered for each semester will be announced by the Registrar based on the availability of Faculty and recommendation of the Academic Committee.

Students admitted to the Ph.D. (Yoga) program must complete a total of 66-credits beyond Bachelor's Degree to earn their Ph.D. degree. The 66-credit requirement would include the requirements of a Master's Degree of 30 credits, 20 credits (18 credits of course work and 2 credits of Ph.D. qualifier) of Ph.D. course work, and 16 credits of doctoral thesis.

Table 1 under Section 7 lists the courses that may be taken towards the 20 credit coursework requirements. A short description of each of the courses is also available under Section 7.

Figure 2 represents the required Prerequisites map for the Ph.D. (Yoga) program. Catalog Course description is in Section 10.



**Figure 2:** Online Ph.D. (Yoga) prerequisite course path. Course Credit Hours are in parentheses.

## 9.5. Personal Contact Program

For the Ph.D. (Yoga) program, students opting for the corequisite courses YMS 302P and YMS 303P will have Personal Contact Program (PCP) consisting of 32 hours of hands-on training of yoga poses (*asanas*), hand gestures (*mudras*), breathing control techniques (*pranayama*), and therapeutic training. The PCP training is conducted in the 13<sup>th</sup> week of the semester where the student is 'in Residence' at VaYU Campus in Cerritos, CA with classes being conducted Monday thru Thursday during that week and will have a practical evaluation at the end of the PCP. Students will make their own boarding, lodging and travel arrangements during this week.

## 9.6. Method of Instruction and Evaluation

### 9.6.1. Instruction

Instruction for coursework shall be a combination of the following modalities:

- Flipped Classroom Approach

- Asynchronous online learning, through texts, streaming videos, and audio. Some courses could have synchronous method of learning.
- Weekly face to face '90 min' Faculty-Student Q&A for asynchronous courses.
- Personal Contact Program where applicable for specific courses - either as part of weekly Office Hours or held separately.
- Lab work on Research Methodology.
- Remote or face-to-face in person Lab instruction on advanced Yoga practices and techniques.

Research Thesis work could be done Online but not exclusively. Based on the specific Research topic chosen, the Research Advisor may require the student to work from an identified lab at another institution or location for experimental design, data collection, collation, analysis, and to carry out related Research activity. This could be up to 25% of the total course hours for the applicable course.

### 9.6.2. Evaluation

Evaluation of student work in a course will be done by the Instructor on Record and/or Co-Teachers. By default, all exams (tests, mid-terms, and finals) are cumulative. For instance, an assignment in Week 10, all course material released in LMS from the beginning of the semester till and including course material release on the Monday of Week 10, will be included.

All student work submitted for specific assignments will be corrected within 5 business days except for the Final Exam. The Final Exam dates are determined by the Registrar in advance, published and is available for the student at the beginning of each semester.

There are three formal evaluations of the student on their quest for Ph.D.:

- i. **Qualifier Exam:** Qualifier exam by the student's Doctoral Research Committee composed of a minimum of three approved faculty members constituted by the Research Advisor (Chairman of the Committee) to test fundamental knowledge and research ability of the student. This has written and oral part. The student has two chances to complete the Qualifier. The passing of this exam moves the student to the status of a "Candidate for Ph.D." *This exam verifies the student's knowledge, skills, and conceptual framework, for undertaking rigorous inquiry into the student's designated field.*
- ii. **Research Proposal Exam:** Student Candidate's Research Proposal Exam by the student's Doctoral Research Committee. This has written and oral part. The completion of this exam will move the student to the status of "All But Dissertation" or ABD. *This exam verifies that the student's ability to develop a 'Research Question' worthy of a Ph.D. dissertation under the direction of the Research Advisor and the Research Committee.*
- iii. **Research Dissertation Exam:** An ABD Student will complete a Research Dissertation based on the proposed research in 'B' above and submit it to the student's Doctoral Research Committee. This has written and oral part. With a formal approval of the Research Dissertation by student's Doctoral Research Committee, the Committee will recommend the student for award of a Ph.D. Degree. This evaluation covers design procedures and products of a formal original inquiry proposed and completed by the student.

### 9.6.3. Probation Based on Academic Performance

A student who receives a grade point average (GPA) below 3.0 in any semester or cumulative will be placed on probation. A student on probation must obtain at least a 3.5 average in the subsequent semester in order to be removed from probation. Two continuous semesters with CGPA or GPA less than 3.0, could result in suspension from the program or even dismissal. Since probationary status may have financial aid implications, students on probation are directed to contact the financial aid office upon determination of probationary status. A student in the Ph.D. program must maintain a cumulative GPA of 3.5 on a 4.0 scale at any point in their Program to be in good standing.

## 9.7. Ph.D. Program Steps

### 9.7.1. Academic Guide and Research Advisor

Upon admission, a student is assigned an 'Academic Guide' who will advise the student on courses and navigate in finding a 'Research Advisor' in the area of the student's developing research interest within two semesters after joining the Ph.D. Program. It is the responsibility of student to find a Research Advisor by familiarizing themselves with the various research interests of the faculty and Students work under the direction of a Research Advisor to complete the research thesis.

### 9.7.2. Qualifier Exam

**Pre-Requisite:** Students should have completed 20 credits of coursework in the Ph.D. portion with a cumulative G.P.A. of at least 3.5 on a 4.0 scale.

After completing the course work, a Qualifier Exam - written and oral - will be given to the student to complete in 30 days duration, on a research problem by the Research Advisor and a Research Doctoral Committee. Students without a 'Research Advisor' will not be allowed to take the Qualifier Exam. Only two attempts are allowed. By passing the Qualifier Exam, the student is considered to be advanced to 'Ph.D. Candidacy,' and is referred to as a "Ph.D. Candidate," colloquially called "ABD (All Bt Dissertation)."

**Qualifier Exam Timeline:** Should be taken within 3 semesters from the start of the student's Ph.D. portion.

### 9.7.3. Dissertation Thesis

This consists of an initial proposal followed by the actual research work.

**Thesis:** Only Students who pass the Qualifier Exam will be allowed to register for Ph.D. Thesis credits.

### 9.7.4. Thesis Proposal

This will involve a proposal on the research topic the student is planning to pursue to be cleared and approved by the Research Doctoral Committee before proceeding with writing the thesis. Student prepares a research proposal, submits the written proposal to the Research Committee, schedules an oral defense of the proposal with the Research Committee and passes the exam.

**Thesis Proposal Timeline:** Should be completed within two semesters of passing the Qualifying Exam.

### 9.7.5. Research Thesis - Dissertation

Students finish the dissertation with a detailed thesis/dissertation after the Qualifier. The student should demonstrate that they can independently solve a research problem not previously solved by anyone on a Yoga and Yoga related discipline/topic (therapy, philosophy, Clinical/ sociological research, Ayurveda, etc.) which has been approved by the Research Doctoral Committee.

**Research Thesis Dissertation Timeline:** Usually 2 - 4 years (including Thesis Proposal).

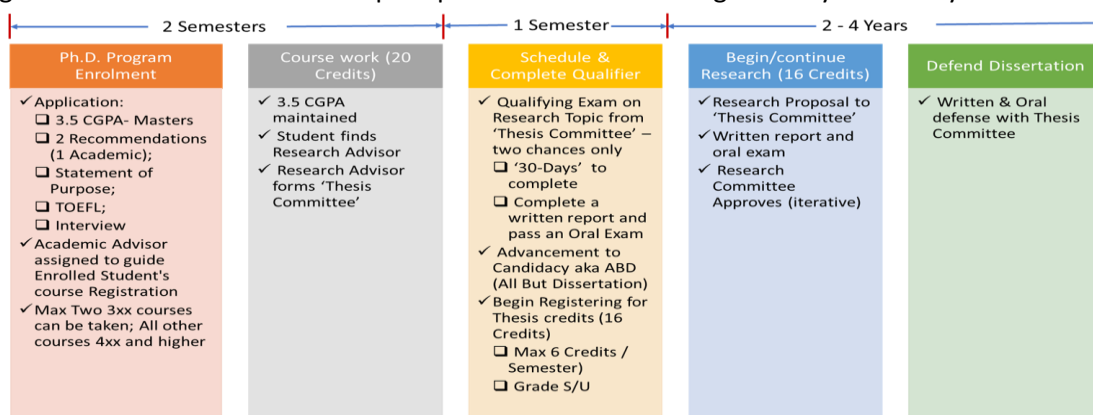
### 9.7.6. Thesis Defense Exam

A thesis defense exam - written dissertation and oral exam - is required by the Research Doctoral Committee to recommend the Ph.D. Candidate for the degree.

**Timing:** Thesis committee upon satisfactory completion of any recommended corrections forwards its recommendation to the Provost's Office. The student will then be conferred the degree in the next graduation cycle.

### 9.7.7. Summary of Ph.D. Program Timeline

Figure 3 indicates the various steps explained above. The Program may take 3-5 years. Exactly how long



**Figure 3:** VaYU Ph.D. (Yoga) program timeline for an enrollee with a Master's in Yoga or appropriate discipline.

is difficult to say as multiple non-exhaustive considerations come into play such as: the student's motivation and time commitment, difficulty of the Ph.D. Problem, Research Advisor interaction and IRB approval (if human or animal subjects are involved).

### 9.8. Graduation Requirements

To graduate, a Ph.D. student must complete 36 credits (20 credits of course work and 16 credit Doctoral Thesis), successfully defend their thesis and must achieve an overall G.P.A. of at least 3.5 on a 4.0 scale.

### 9.9. Employment on Graduation

VaYU's Ph.D. (Yoga) degree program is unaccredited. Thus, a degree from an unaccredited institution is not recognized for some employment positions, including, but not limited to, positions with the State of California.

After successful completion of this program, graduates can get employed under any of the below occupations.

- 25-1071 Health Specialties Teachers, Postsecondary
- 31-2011 Occupational Therapy Assistants
- 31-2012 Occupational Therapy Aides
- 31-2021 Physical Therapist Assistants
- 31-2022 Physical Therapist Aides
- 31-9099 Healthcare Support Workers, All Other

For the complete list of United States Department of Labor's Standard Occupational Classification codes, see [Link](#).

Institutional jobs are available in Health Clubs; Yoga Studios; Recreation Centers; Senior Centers; Occupational Therapy; Hospitality industry; Teaching and Research; Educational Institutions; personal training; and Healthcare (medium to large therapeutical clinics, Sports medicine, Hospitals, clinical research, and large Insurance companies). Full-time and Part-time employment is possible.

In addition, freelance and self-employment (private Yoga studio) is a choice. After successful completion of this program:

- Students can run their own Yoga Centers and Yoga-based healing centers
- Students can train Yoga Instructors
- Students can pursue Post Doctoral research work and/or work at major Universities in academic research.

Note that if a student takes the route of self-employment or freelancing:

- This type of work may not be consistent.
- The period of employment can range from one day to weeks to several months.
- Hours worked per day may vary than a traditional 8-hour workday or 40-hour work week.
- The student can expect to spend unpaid time expanding networks, advertising, promoting one's services, or honing skills.

Once graduates begin to work freelance or are self-employed, they will be asked to provide documentation that they are employed as such so that they may be counted as placed for our job placement records.

## 10. Academic Calendar and Semester Duration

The Four-Year Academic Calendar is drafted according to a formula reviewed and approved by the Faculty Senate and Board of Trustees. Each year, during the Spring semester, five academic years of future event dates that are based on this formula are presented by the University Registrar to the Faculty Senate for approval.

### 10.1. Calendar Construction Rules (for the Fall and Spring semesters)

Here are the major rules of Calendar Construction:

- 16-Week Semester (Fall and Spring)

- 6 (including MLK day) Vacation/holidays
- 7 Final Exam Days
- Fall semester will begin on a Monday between August 23 and August 29, inclusive.
- Spring semester: start date is determined by backward calculation from commencement date.
- Spring commencement: 3rd Sunday of May; Occurs 8 days after final grades are due
- Fall holidays (5 days) consist of: Labor Day, Fall Break (Monday and Tuesday of 9th week), Thanksgiving (Thursday and Friday)
- Spring holidays (5 or 6 days) consist of: 9th week of the semester as Spring Break, Martin Luther King Jr. day (if it falls within the semester) celebrated Monday of the week in which it falls.

## 10.2. Academic Calendar Dates

The current Academic Calendar given in Table 2, lists Fall, Spring and Summer semesters for the years from 2025 - 2028. VaYU will be following only Fall and Spring Semesters unless, the University in the future can consider offering courses in Summer semesters.

The calendar provides dates for when a student enrollment for an upcoming semester; withdrawal and Add/Drop dates, University holidays (MLK, Labor Day, Thanksgiving,); Fall, Spring and Summer breaks; Final Exam dates; grade deadlines, mid-semester evaluations; and degree awarding dates.

Table 2 below details the Academic Calendar as of 07/14/2025.

For the latest updated calendar see <https://vayuusa.org/academics/university-calendar/>

**Table 2: Four Year Academic Calendar (2025-2028) [last revision 07/14/2025].**

| Fall                                                                                                | 2025-26    | 2026-27    | 2027-28    | 2028-29    |
|-----------------------------------------------------------------------------------------------------|------------|------------|------------|------------|
| <b>Classes Begin</b>                                                                                | Aug-25     | Aug-24     | Aug-23     | Aug-28     |
| <b>Late Registration Begins</b> (Fee \$25)                                                          | Aug-26     | Aug-25     | Aug-24     | Aug-29     |
| <b>Late Registration Ends</b> (and Drop/Add)                                                        | Aug-31     | Aug-30     | Aug-29     | Sep-03     |
| <b>Labor Day Holiday</b>                                                                            | Sep-01     | Sep-07     | Sep-06     | Sep-04     |
| <b>Fall Break</b> (No Office Hours. Course Material will be released. Assignments to be submitted.) | Oct 18, 19 | Oct 17, 18 | Oct 16, 17 | Oct 21, 22 |
| <b>Deadline, prior term I-grade removal</b>                                                         | Nov-08     | Nov-07     | Nov-05     | Nov-10     |
| <b>Deadline for Class Withdrawal and P/NP</b>                                                       | Nov-08     | Nov-07     | Nov-05     | Nov-10     |
| <b>Personal Contact Program</b> (Locations announced after Semester start)                          |            |            |            |            |
| <b>Week 12 (YMS 104P, YBC 101P)</b>                                                                 | Nov 10-16  | Nov 09-15  | Nov 08-14  | Nov 13-19  |
| <b>Week 13 (YMS 302P, YMS 303P)</b>                                                                 | Nov 17-23  | Nov 16-22  | Nov 15-21  | Nov 20-26  |
| <b>Thanksgiving Holidays</b>                                                                        | Nov 27-30  | Nov 26-29  | Nov 25-28  | Nov 23-26  |
| <b>Last Day of Class</b>                                                                            | Dec-07     | Dec-06     | Dec-05     | Dec-10     |
| <b>Final Exams Begin</b> (12:00 am Pacific)                                                         | Dec-08     | Dec-07     | Dec-06     | Dec-11     |
| <b>Final Exams End</b> (11:59 pm Pacific)                                                           | Dec-14     | Dec-13     | Dec-12     | Dec-17     |
| <b>Final Grades Due</b> (11:00 am Pacific)                                                          | Dec-21     | Dec-20     | Dec-19     | Dec-24     |

| Spring                                                                              | 2025-26      | 2026-27      | 2027-28      | 2028-29   |
|-------------------------------------------------------------------------------------|--------------|--------------|--------------|-----------|
| <b>Martin Luther King Jr. Holiday</b>                                               | Jan-19       | Jan-18       | Jan-17       | Jan-15    |
| <b>Classes Begin</b>                                                                | Jan-12       | Jan-11       | Jan-10       | Jan-08    |
| <b>Late Registration Begins</b> (Fee \$25)                                          | Jan-13       | Jan-12       | Jan-11       | Jan-09    |
| <b>Late Registration Ends</b> (and Drop/Add)                                        | Jan-18       | Jan-17       | Jan-16       | Jan-14    |
| <b>Spring Break</b> ( <i>Locations announced after Semester start</i> )             | Mar 2-8      | Mar 1-7      | Feb 29-Mar 6 | Mar 5-11  |
| <b>Deadline, prior term I-grade removal</b>                                         | Mar-20       | Mar-19       | Mar-18       | Mar-16    |
| <b>Deadline for Class Withdrawal and P/NP</b>                                       | Mar-20       | Mar-19       | Mar-18       | Mar-16    |
| <b>Personal Contact Program</b> ( <i>Locations announced after Semester start</i> ) |              |              |              |           |
| <b>Week 12 (YMS 104P, YBC 101P)</b>                                                 | Mar 30-Apr 5 | Mar 29-Apr 4 | Mar 28-Apr 3 | Apr 3-9   |
| <b>Week 13 (YMS 302P, YMS 303P)</b>                                                 | Apr 6-12     | Apr 5-11     | Apr 4-10     | Apr 10-16 |
| <b>Deadline for Class Withdrawal</b>                                                | Apr-20       | Apr-19       | Apr-18       | Apr-16    |
| <b>Last Day of Class</b>                                                            | Apr-26       | Apr-25       | Apr-24       | Apr-22    |
| <b>Final Exams Begin</b> (12:00 am Pacific)                                         | Apr-27       | Apr-26       | Apr-25       | Apr-23    |
| <b>Final Exams End</b> (11:59 PM Pacific)                                           | May-03       | May-02       | May-01       | Apr-29    |
| <b>Final Grades Due</b> (11:00 am Pacific)                                          | May-10       | May-09       | May-08       | May-06    |
|                                                                                     |              |              |              |           |
| Summer                                                                              | 2025-26      | 2026-27      | 2027-28      | 2028-29   |
| <b>Classes Begin</b>                                                                | May-12       | May-11       | May-10       | May-08    |
| <b>Independence Day Holiday</b>                                                     | Jul-04       | Jul-03       | Jul-05       | Jul-04    |
| <b>Classes End</b>                                                                  | Aug-03       | Aug-02       | Aug-01       | Jul-30    |
| <b>Final Exams Begin</b> (12:00 am Pacific)                                         | Aug-04       | Aug-03       | Aug-02       | Jul-31    |
| <b>Final Exams End</b> (11:59 pm Pacific)                                           | Aug-10       | Aug-09       | Aug-08       | Aug-06    |
| <b>Final Grades Due</b> (11:00 am Pacific)                                          | Aug-17       | Aug-16       | Aug-15       | Aug-13    |

### 10.3. Semester Duration

The beginning of the Academic Year (AY) is the Fall semester that usually starts in August, followed by the Spring Semester that begins in mid-January, when VaYU will offer all courses. Semesters during AY are 16 weeks including all evaluation such as mid-term and final exams.

VaYU may offer courses for the Summer Semester opportunistically.

### 10.4. Religious Holidays

#### 10.4.1. Policies

Any student who is unable to view classes or participate in any examination, study, or work requirement on a particular day because of his or her religious beliefs is excused from any such activity. Students should give notice to Instructors early in the semester about missing class because of a religious observance. The student will be given the opportunity to make up the examination or work that is missed, provided that the make-up work does not create any unreasonable burden upon the University.

### 10.4.2. Planning

To assist faculty and students in the planning of courses, assignments, and other activities, we provide the following links to information about the dates of religious holidays:

“Interfaith Calendar” at [interfaith-calendar.org](http://interfaith-calendar.org) “Calendar of Religious Holidays and Observance” from the [University of Washington](http://University of Washington).

## 11. Admissions Policy and Criteria for Admissions

### 11.1. Admissions Office

The Admissions Office is located at 15311 Pioneer Blvd. Los Angeles, CA 90650, Phone: (747) 228-2987.

### 11.2. Admissions Criteria

#### 11.2.1. MS (Yoga) Admissions Criteria

For the Master of Science (Yoga) program, VaYU presently admits anyone with a four-year Bachelor’s degree from an accredited university in the US regardless of the field of study of their undergraduate degree with a minimum 3.0 cumulative GPA.

US students with international degrees to be considered for admission would require either of the following:

- i. A four-year Bachelor’s degree in any field from a university abroad that is accredited in that country.
- ii. A three-year Bachelor’s degree in any field from a university abroad that is accredited in that country and any one of the following:
  - a. at least three years of paid or unpaid work experience, or
  - b. at least three years of experience in volunteering at a nonprofit.

#### 11.2.2. Ph.D. (Yoga) Admissions Criteria

For the Ph.D. (Yoga) program, admission can be in either of the two ways:

- i. A M.S. (Yoga) degree holder with a CGPA of at least 3.5 on a 4.0 scale, can apply for the Ph.D. program. This degree could be from VaYU or any other recognized institution of higher learning.
  - a. Under exceptional circumstances, for applicants who fail to meet this criterion but show promise, the Admissions Committee may decide to offer a “Conditional Admission” for such Applicants to demonstrate their abilities obtaining CGPA 3.5 or above in coursework credits taken at VaYU for a set number of credits, for e.g., an applicant may need to have ‘CGPA 3.5 or above in the first 18 credits taken at VaYU.’ If the student fulfills such a condition, then the “Conditional Admission” will be converted to “Regular Admission” and the Student is allowed to continue in the Ph.D. Program. If the student fails to meet such a condition, then the Student will be removed from the program.

- ii. A candidate with a 4-year Bachelor's degree in any discipline can apply for the Ph.D. Program, but will have to first complete all the requirements for a [M.S. \(Yoga\)](#) program at VaYU before being formally admitted to the Ph.D. program, provided they are in good academic standing at the time of completing this requirement.

All students will have to submit the following documentation as a part of the Application:

- Duly filled VaYU application form.
- Resume
- Statement of personal purpose and research interests.
- Two letters of recommendations, with at least one from an Academic source sent directly to VaYU.
- Official transcripts for all conferred academic degrees sent directly by the respective institutions to VaYU.
- GRE Scores (optional)

The Applications will be screened through a thorough rigorous process by a Graduate Admissions Committee consisting of two VaYU Faculty and an Administration Staff. Applicants will be called for a personal interview over Zoom by the Committee. The Committee will provide its decision to the Registrar's Office who will inform the applicant of the decision.

### **11.2.3. Students with undergraduate degree from a foreign university**

If a student applicant is a permanent resident, a naturalized citizen or a citizen of the US, but graduated from a foreign university, VaYU will consider an application for admission to VaYU programs.

Transcripts or degree certifications in languages other than English, must be accompanied by an English translation. If accepted, VaYU will need official copies of both the English and original language version submitted, not just the English version. Scanned copies sent by email or PDF are not considered official; official copies must be in a sealed envelope from the university or come via encrypted email directly from the university.

All transcripts, degree certifications and translations will become the property of VaYU. The potential student need not send official transcripts until formally accepted.

All applicants from North American universities (U.S. and Canada) are required to have their degree certificates and transcripts from the universities that they have degree(s) from, to submit official copies of their transcripts mailed directly to VaYU (via electronically as most universities do or by hardcopy, to VaYU mailing address). See flowcharts in Sections 11.3 and 11.4. In case, VaYU is unable to receive these transcripts in time for the semester start, VaYU accepts unofficial copies from the student and provides "Provisional admission" with the proviso that official transcripts from their institutions be received within 30 days of semester start or the admission is revoked.

Students with degrees from international universities have the challenge of getting their degree certificates and transcripts sent directly from their universities to VaYU via electronically or in hard copy as many of the legacy records are not digitized. If these universities and recommenders are known to the VaYU Admissions Committee, then e-copies from the students are accepted electronically. If the VaYU Admissions Committee is not familiar with the universities, the Committee has the option of requiring the

documents to be sent for credentialing to a NACES or AICE Evaluation member in the U.S. to determine the “U.S. equivalency of academic credentials earned in another country,” before Application evaluation.

#### 11.2.4. WES Evaluations

On occasion, applicants may need to have their transcripts evaluated and we suggest using [World Education Services \(WES\)](#). Common reasons to have one’s transcripts evaluated include degree or GPA equivalency, English translation or authentication of the documents. Their Course-by-Course Evaluation costs around \$160. Their highly trained experts will work with the student to create an evaluation that one can later submit to jobs or colleges.

#### 11.2.5. Language Scores (TOEFL, IELTS and PTE)

US resident students who studied their Bachelor’s degree in a medium other than English or have a Bachelor’s degree in another language from abroad, or those whose native language is not English have to demonstrate English proficiency<sup>8</sup>. English proficiency can be demonstrated by taking TOEFL, IELTS or PTE exams which are offered by an organization unrelated to VaYU.

VaYU does not offer admission without official language scores meeting the minimum requirements outlined below.

**Note:** VaYU does not provide any English language services. All instruction is delivered in English, and students are expected to demonstrate English proficiency prior to enrollment.

Minimum scores (all these scores are valid for 2 years from the date of testing):

- i. [Test of English as a Foreign Language \(TOEFL\) internet-based: 909](#)
- ii. [Test of English as a Foreign Language \(TOEFL\) paper-based: 577](#)
- iii. [International English Language Testing System \(IELTS\): 7.0](#)
- iv. [Pearson Test of English \(PTE-Academic\): 61](#)

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<sup>8</sup> The language test requirement could be waived if the student have completed a Bachelors or Master’s degree from an institution where English is the primary language of instruction.

<sup>9</sup> VaYU does not accept the TOEFL MyBest Scores. Applicants must achieve a minimum of 90 on one exam date; exams will not be superscored.

### 11.3. Admissions Process – MS (Yoga)

11.4. The Admission process to the Online Master of Science (Yoga) program is depicted in the flow diagram in Figure 4, which is self-explanatory. [Admissions Process –](#)

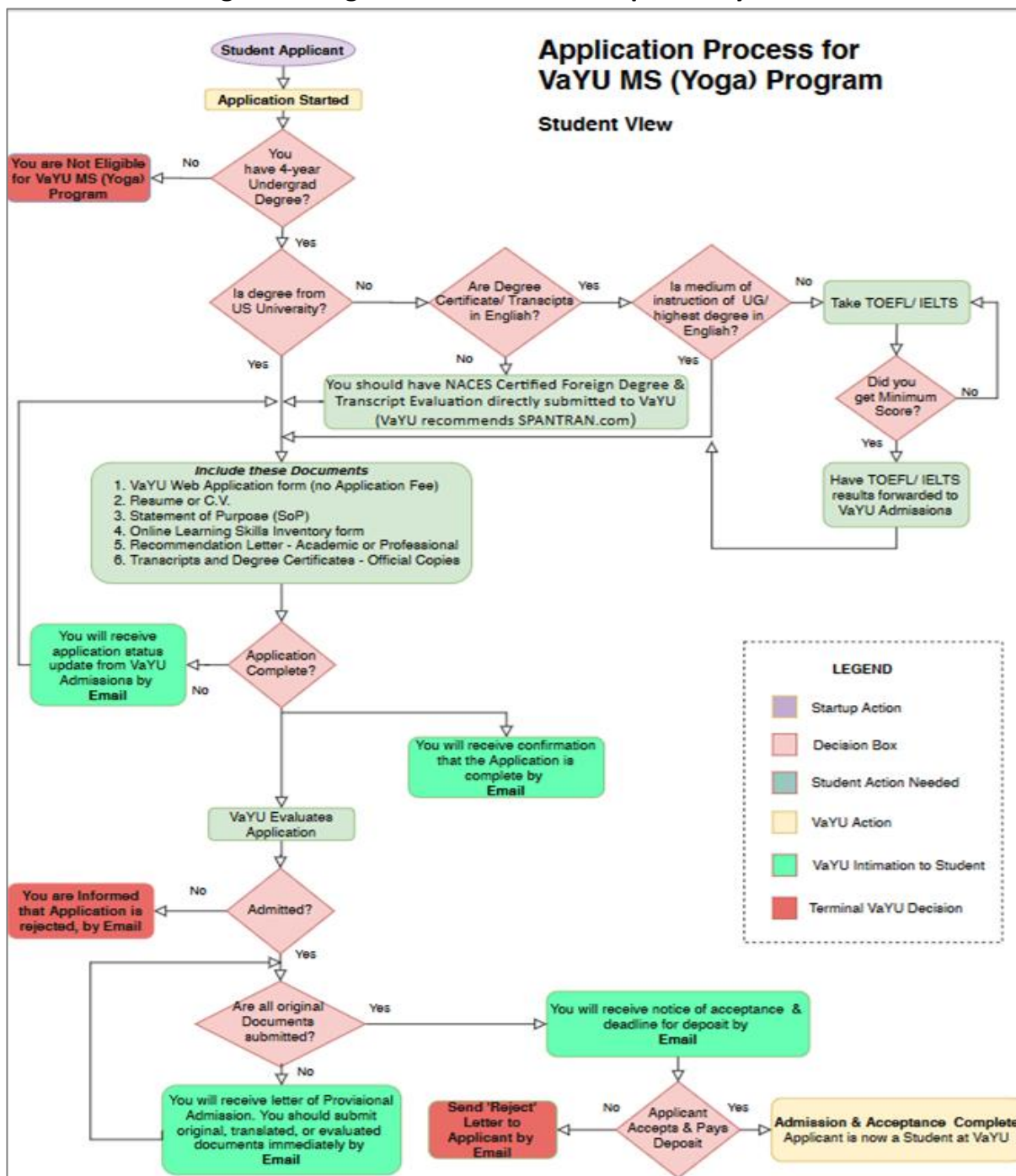


Figure 4: M.S. (Yoga) Admission Process Flow diagram.

### Ph.D. (Yoga)

The Admissions process to the Online Ph.D. (Yoga) program is depicted in the flow diagram in Figure 5, which is self-explanatory.

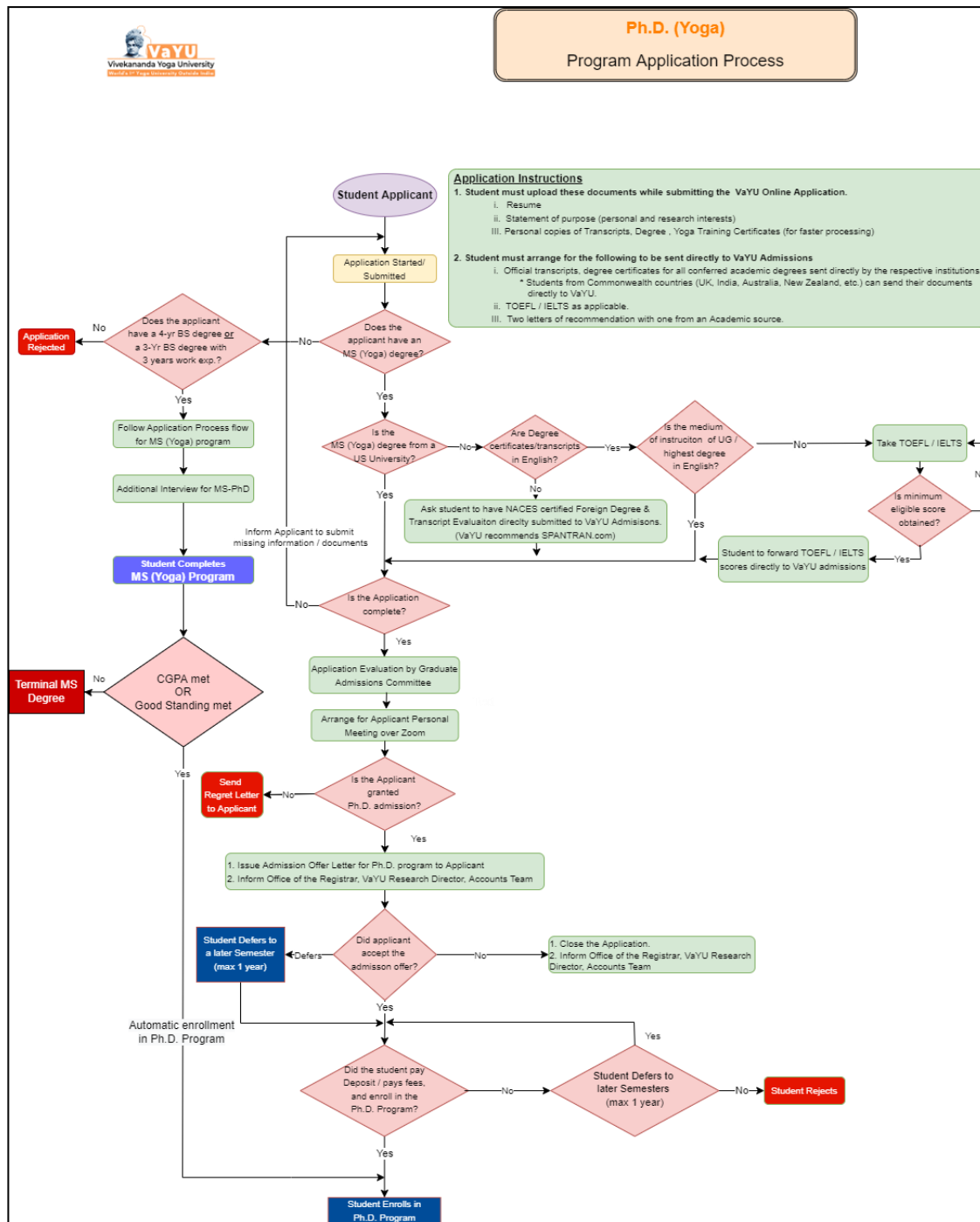


Figure 5: Ph.D. (Yoga) Admission Process Flow diagram.

## 11.5. Skills Requirements for Online Classes

We require every student who will register for a course with VaYU to be able to communicate in writing that they have the skills listed below in this section as the VaYU curriculum is delivered completely online. To assess a student's ability for success in VaYU online program prior to admission we have developed a form in order to determine whether each student has the skills and competencies to succeed in a online learning environment<sup>10</sup> (see Appendix A Computer Literacy).

Students will need to have a basic knowledge of computer and Internet skills to be successful in an online course at VaYU. Specifically, the student should have the knowledge of:

- Terminology: E.g.: *browser, application*, etc.
- Basic computer hardware and software such as ability to perform computer operations:
  - Usage of keyboard and mouse
  - Managing files and folders
    - Open, Name, Rename, Move, Save, Delete, Copy, Backup, Check Properties
    - Knowledge of copying and pasting, spell-check, saving files in multiple formats.
  - Basic Application Software Installation
  - Security and virus protection
  - Regularly use MS Office applications such as Word, PowerPoint, and Excel
- Use one or more Internet Browsers such as Chrome, Safari, etc.
  - Conduct online research using various search engines and library databases. Visit VaYU library recourses online for more information.
  - Regularly use Browser Email Application such as Gmail, or MS Outlook
    - Create, Send, Receive, Reply, and Print
    - Saving, Attaching, Sending and Downloading attachments
- Ability to use online communication tools, such as discussion boards (read, search, post, reply, follow threads), chats, and messengers.

### 11.5.1. Strong Reading and Writing Communication Skills

Students should have strong reading skills and be ability to communicate effectively through writing. Most of the material in the online environment will come from textbooks and written lectures, therefore strong reading and critical thinking skills are very important for success in an online course. Online students communicate through such text-based tools, as emails, discussion forums, chats and instant messaging. The potential student needs to feel comfortable expressing oneself in writing.

### 11.5.2. Self-Driven and Independent Learner

Online courses offer more flexibility in scheduling, but they require more self-discipline and independence than on-campus courses. Some students have difficulty adjusting to it and may not be appropriate for

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<sup>10</sup> The skills listed are based on the from Minnesota State University Mankato: "University Extended Education: Skills Requirements," <https://www.mnsu.edu/ext/online/skills.html>, accessed 8/18/2019.

their learning style. They could miss face-to-face interaction with an Instructor and fellow students, that may help to keep them on track. In the online environment, the student has to self-driven, self-disciplined and work on tasks independently, to meet deadlines and follow the class schedule.

### **11.5.3. Time Commitment**

Online classes take as much time as standard on-campus classes if not slightly more as reported by some students. A student should schedule sufficient study time. The thumb rule is for every 'academic credit' (or "50 minutes of traditional class time") the student is expected to spend 4-5 times of the time working independently per week. For a 3-credit course, the student is expected to spend 12 hours a week studying independently working on assignments and studying as one would with a traditional course.

### **11.5.4. Time Management**

Online classes are asynchronous and provide flexibility when a student 'has to be in class.' But the student still has to follow the course schedule as provided by the instructor on a weekly or sometimes on a daily basis. The student is expected to 'show up' online via 'frequent logins' and is expected to participate actively as the online courses are not independent study courses. The courses will change and develop when the student may not be online. The student is expected to login and participate multiple times and days a week to be current with the content flow, complete assignments, follow discussions and communicate with other classmates and the instructor(s).

Students are expected to develop a pace and avoid a last-minute rush to finish assignments. Students who attempt the assignments in the last-minute experience running out of time causing frustration or being late. Procrastination is the enemy of the online student often preventing one from passing the class as work accumulates and overwhelms the student. The student should plan on setting specific times aside during each week for course work and study time.

### **11.5.5. Active learning**

One strategy the student should pursue and cultivate is that of an active learner. Active learners are self-motivated and do not hesitate to ask questions in case of any doubts. The student should bring any concerns immediately and clearly to the instructor without expecting other course-mates to do so via communication channels such as: email, discussion forums, messaging, etc. Student could post in the active discussion forum regularly, as often and immediately as this could elicit answers from other course-mates as well as the instructor. The student should seek help immediately and contact the instructor right away if schedules or assignment deadlines cannot be met to make arrangements. This way the student can be in control of one's learning rather than the instructor.

## **12. Tuition Fee, Tuition Obligations, Financial Aid**

### **12.1. Tuition Fee**

The cost of the M.S. (Yoga) and Ph.D. (Yoga) programs are computed with an educational inflation each successive Academic Year (successive Fall + Spring semester). See Appendix B for the Tuition fees for the

current Academic year (also available in <https://vayuusa.org/academics-2/tuition-and-aid/>). Tuition fee for each Academic Year will be confirmed in Spring semester of the previous Academic Year. Students who are residents of California state pay additional fee towards STRF Assessment<sup>11</sup> as mandated by the Bureau for Private Postsecondary Education (BPPE). This is collected from the student in the first payment after enrollment.

## **12.2. Total Cost of Program for the Student**

All students pay only the Tuition fee for the number of credits (or subjects) taken in that semester plus the Registration fee. The estimates below assume no scholarships or discounts offered by VaYU. Cost of Textbooks, computers, internet, and Travel costs to PCP (Air travel, transportation, boarding, and lodging) are extra, and not included. If student is unable to finish M.S. (Yoga) in 4 semesters, or Ph.D. (Yoga) in 8 semesters then the student will incur additional: (a) Registration fees for the extra semesters, plus (b) Tuition fees for the number of credits registered at the prevailing credit cost in the semester they register.

### **12.2.1. Total cost for M.S. (Yoga) Program**

Assuming that the students follow the VaYU recommended cohort pathway of completing their program in 4 semesters for the M.S. (Yoga) Program, students admitted in the 2025-26 Academic Year will pay an estimated \$31,400 for Tuition and Registration Fees.

### **12.2.2. Total cost for Ph.D. (Yoga) Program**

Assuming that the student follows the VaYU recommended pathway of completing their program in 8 semesters for the Ph.D. (Yoga) Program, students admitted in the 2025-26 Academic Year will pay an estimated \$39,400 for Tuition and Registration Fees.

### **12.2.3. Late Charges and Fees**

A \$25 late fee will be charged for each line-item payment not received by the due dates specified in monthly reminder emails. Late fees apply to all outstanding line-item balances, including but not limited to tuition fees, registration fees, book fees, and graduation fees. All late fees are nonrefundable and will continue to accrue until the balance is cleared in full.

## **12.3. Financial Aid**

VaYU does not participate in Federal and state financial aid programs or provide financial aid. If the student has received Federal student financial aid funds, the student is entitled to a refund of the monies not paid from Federal student financial aid program funds. If a student obtains a loan to pay for an

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<sup>11</sup> Effective April 1, 2024, the Student Tuition Recovery Fund (STRF) assessment rate will change from two dollars and fifty cents (\$2.50) per one thousand dollars (\$1,000) of institutional charges to zero dollar (\$0.00) per one thousand dollars (\$1,000) of institutional charges. (5, CCR section 76120). Institutions will still be required to complete and submit all STRF Assessment Reporting Forms on a quarterly basis and maintain specified student information for STRF-eligible students. [Click here](#) for details & FAQ.

educational program, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student receives Federal student financial aid funds, the student is entitled to a refund of the monies not paid from Federal financial aid funds.

### 13. State of California Student Tuition Recovery Fund (STRF)

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident or are not enrolled in a residency program.

It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 North Market Blvd., Suite 225, Sacramento, California, 95834, (916) 574-8900 or (888) 370-7589. To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a Federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans. To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of no collection may, at any time,

file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

## 14. Prospective Student Disclosures Regulatory Notes

1. VaYU is a private institution and that it is provisionally approved to operate by the Bureau for Private Postsecondary Education of the State of California (see Table 3). BPPE has provisionally approved two programs to be offered by VaYU: MS (Yoga) and Ph.D. (Yoga)

This does not imply that:

1. VaYU or its educational programs are endorsed or recommended by the state or by the bureau.
2. The approval to operate indicates that the institution exceeds minimum state standards as set forth in this chapter.

**Table 3:** BPPE Provisional Approval disclosure.

This institution is provisionally approved by the Bureau for Private Postsecondary Education to offer the degree program. To continue to offer this degree program, this institution must meet the following requirements:

- Become institutionally accredited by an accrediting agency recognized by the United States Department of Education, with the scope of the accreditation covering at least one degree program.
- Achieve accreditation candidacy or pre-accreditation, as defined in regulations, or full accreditation by the extended deadline of August 4, 2027.

If this institution stops pursuing accreditation, it must:

- Stop all enrollment in its degree programs, and
- Provide a teach-out to finish the educational program or provide a refund.

An institution that fails to comply with accreditation requirements by the required dates shall have its approval to offer degree programs automatically suspended.

Institutional Representative Initials: \_\_\_\_\_ Student Initials: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_

2. VaYU does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).
3. This catalog is available in a printed form from Admissions Office, 15311 Pioneer Blvd. Los Angeles, CA 90650. A prospective student can call the Admissions office to obtain a copy by mail Phone:

(747) 228-2987. This catalog will be updated annually. The latest version of the catalog can also be found on the website [www.vayuusa.org](http://www.vayuusa.org).

4. The prospective student is encouraged to review the catalog, prior to signing an enrolment agreement. You are also encouraged to review and the School Performance Fact Sheet (SPFS <https://vayuusa.org/wp-content/uploads/2025/02/VaYU-SPFS-2023.pdf>) which must be provided to the student, before completing and signing an enrollment agreement.
5. Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, P.O. Box 980818, West Sacramento, CA 95798-0818. Website [www.bppe.ca.gov](http://www.bppe.ca.gov) Telephone (916) 574-8900 Toll Free: (888) 370-7589 Fax: (916) 263-1897.
6. A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling Toll-free telephone#: (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's internet Web site [www.bppe.ca.gov](http://www.bppe.ca.gov).
7. NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT VaYU: The transferability of credits a student earns at VaYU is at the complete discretion of an institution to which the student may seek to transfer. Acceptance of degrees Master of Science (Yoga) and Ph.D. (Yoga) from VaYU is also at the complete discretion of the institution to which the student may seek to transfer. If the degree that the student earn at VaYU is not accepted at the institution to which the student seek to transfer, the student may be required to repeat some or all of the coursework at that institution. For this reason, the student should make certain that that the student's attendance at this institution will meet the student's educational goals. This may include contacting an institution to which the student may seek to transfer after attending VaYU to determine if the student's credits in the degree attended at VaYU will be transferred.
8. VaYU has not entered into an articulation or transfer agreement with any other college or university.
9. VaYU does not accept transfer credit through challenge examinations and achievement tests, or requirements for ability-to-benefit students, nor provide any credit for experiential learning.
10. VaYU admits foreign students for its Online Programs M.S. (Yoga) and Ph.D. (Yoga). Some courses have a low residency requirement in the United States for the Personal Contact Program (PCP) which range from two days to a week. VaYU will provide a letter of support to the consulate in the country where the student is applying for a visa. VaYU does not have any associated charges to provide the letter.
11. VaYU will not deny admittance because of race, color, religion, ancestry, national origin, age, non-disqualifying disability, gender, sexual orientation, marital status, or veteran status.

12. VaYU has the right, at its discretion, to make reasonable changes in program content, materials, schedules, sequences of courses in programs, or locations in the interest of improving the student's education, or where deemed necessary due to industry changes, academic scheduling or professional requirements.
13. VaYU does not provide health services for students. In the event of a student medical emergency, a staff member will notify emergency medical services by contacting 911. Students requiring nonemergency medical care will be given information about medical services or agencies that they may contact. Any costs incurred for medical services will be the student's responsibility.
14. Student agrees that the School may use their photograph and name without compensation for the School catalogs, employment purposes, news items, and School publicity, and may release information in their file for employment purposes.
15. VaYU does not offer job placement assistance for its students upon graduation. VaYU students if they are on F-1 Visas and are not eligible for employment. No guarantee of job placement, level of anticipated income, or wage rate is made or implied.
16. Significant parts of the instruction that VaYU offers is via online learning, where the instruction is not offered in real time. VaYU shall transmit the first lesson and any materials to any student within seven days after the institution accepts the student for admission or the beginning of the new semester, whichever occurs later.
17. VaYU offers a significant part of the instruction as a online learning program where the instruction is not offered in real time.
  - i. VaYU shall transmit all lessons and materials to the student if the student has fully paid for the educational program and, after having received the first lesson and initial materials, requests in writing that all of the material be sent.
  - ii. If VaYU transmits the balance of the material as the student requests, the institution shall remain obligated to provide the other educational services it agreed to provide, but shall not be obligated to pay any refund after all of the lessons and material are transmitted.
18. If the student is eligible for a loan guaranteed by the Federal or state government and the student defaults on the loan, both of the following may occur:
  - i. The Federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
  - ii. The student may not be eligible for any other Federal student financial aid at another institution or other government assistance until the loan is repaid.
19. Notice to Prospective Degree Program Students (Also mentioned in Enrollment Agreement).

This institution is provisionally approved by the Bureau for Private Postsecondary Education to offer degree programs. To continue to offer this degree program, this institution must meet the following requirements:

- Become institutionally accredited by an accrediting agency recognized by the United States Department of Education, with the scope of the accreditation covering at least one degree program.
- Achieve accreditation candidacy or pre-accreditation, as defined in regulations, or full accreditation by the extended deadline of August 4, 2027.

If this institution stops pursuing accreditation, it must:

- Stop all enrollment in its degree programs, and
- Provide a teach-out to finish the educational program or provide a refund.

An institution that fails to comply with accreditation requirements by the required dates shall have its approval to offer degree programs automatically suspended.

## 15. Student Right to Cancel and Withdraw/Refund Policy

### 15.1. 'Withdraw' from the Program

A student wishing to cancel or withdraw from the school and receive a refund should send their notice of cancellation or withdrawal in writing to the Registrar's office. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after, whichever is later.

If the student has received Federal student financial aid funds, the student is entitled to a refund of moneys not paid from Federal student financial aid program funds.

A notice of cancellation shall be in writing and can be sent by mail or email. A withdrawal may be effectuated by the student's written notice or by the student's conduct, including, but not necessarily limited to, a student's lack of attendance or violation of Federal or state law.

VaYU shall refund 100 percent of the amount paid for institutional charges, less a reasonable deposit or application fee not to exceed two hundred fifty dollars (\$250), if notice of cancellation is made through attendance at the first class session, or the seventh class day after enrollment, whichever is later.

A student may appeal his/her withdraw/termination in writing within three business days of the notice of withdraw to the physical or email address provided by the institution in the enrollment agreement.

Such appeals will be answered to the same physical or email address within three business days of receipt of the student's written appeal.

The refund policy for VaYU students who have completed 60 percent or less of the period of attendance shall be a pro rata refund. Students who have completed greater than 60 percent of the contracted period of enrollment as indicated on the student application, shall receive no refund of tuition or of institutional charges incurred. Prepaid institutional charges, such as homestay or airport pickup/returns, that have not been incurred by the institution at the time of termination shall be refunded in full.

VaYU offers instruction via an online learning approach, and it is not offered in real time. The student shall have the right to cancel the enrollment agreement and receive a full refund before the first lesson and

materials are received by the student. Cancellation is effective on the date written notice of cancellation is sent. VaYU shall make the refund pursuant to section 71750 of the Regulations.

California BPPE requirements for refund policies and calculations as stated in this addendum will be followed. It should be noted, however, that both refund policies shall be applied in the calculation of a student refund and that the refund calculation that results in the greatest refund for the student shall be applied. **All refunds will be made within 45 days of a student's cancellation or withdrawal.** Contact the VaYU Administration Office, 15311 Pioneer Blvd. Los Angeles, CA 90650, Phone: +1 (747) 228-2987

VaYU is a private institution that is provisionally approved to operate by the California Bureau for Private Postsecondary Education (BPPE). Any question a student may have regarding the school brochure/catalog that have not been satisfactorily answered by the institution may be directed to the BPPE at the following addresses:

**Mailing Address:** Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, P.O. Box 980818, West Sacramento, CA 95798- 0818, Phone: (916) 574-8900 Toll Free: (888) 370-7589.

**Website:** [www.bppe.ca.gov](http://www.bppe.ca.gov) **E-mail:** [bppe@dca.ca.gov](mailto:bppe@dca.ca.gov)

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet Website: [www.bppe.ca.gov](http://www.bppe.ca.gov).

The prospective student, is encouraged to review the VaYU catalog/brochure prior to signing an enrollment/application agreement. These documents contain important policies and performance data for this institution. This institution is required to have the student sign and date the information relating to completion rates, placement rates, license examination passage rates, salaries or wages, and the most recent three-year cohort default rate, included in the School Performance Fact Sheet prior to signing this agreement.

Completion of a program is defined as having completed the highest level of the enrolled program with an overall GPA of 3.0 or greater for the M.S. (Yoga) program or an overall GPA of 3.5 or greater for the Ph.D. (Yoga) program, together with a minimum attendance of 80% for courses with a practicum and/or practical component. Under these conditions, a completion certificate or a degree, whichever is applicable to the specific program, is awarded upon graduation. A certificate of attendance, listing the period of enrollment, is awarded if a student does not complete the highest level of a certificate of completion program or a degree, but meets all other satisfactory academic progress requirements.

If the student has received Federal student financial aid funds, the student is entitled to a refund of moneys not paid from Federal student financial aid program funds.

**VaYU does not offer any financial aid to any student.** The faculty at VaYU all meet the minimum educational requirements set forth by the California BPPE.

## 15.2. 'Withdraw' from a Course

A student wishing to cancel or withdraw from a course after having registered for it, should send their notice of withdrawal in writing to the 'Office of the Registrar' ([registrar@vayuusa.org](mailto:registrar@vayuusa.org)). The following rules apply for withdraw of a course.

- i. Before or during the Add/Drop period
  - The course will not appear on the student's Transcript and a full refund is issued within 45 days after the drop was initiated.
- ii. After the Add/Drop period and before the 'Withdraw' deadline:
  - The student Transcript will say a 'W' but the course will not be counted for the CGPA.
  - The tuition refund is prorated by the number of days that the student attended up to 60 days.
    - For example, if the student withdraws 23 days after the first day of classes, the student will be refunded  $[1-(23/60)]$  times the cost of the course tuition.
    - If the student withdraws 61 days after the first day of classes, the student will not get any tuition refund.
- iii. After the deadline for Class Withdrawal
  - The student will receive a grade based on submitted Assignment material till that day. Usually this may be an 'F Grade' that will get the student zero points bringing down the CGPA significantly as most times the Final Exams will have significant weightage.

## 16. Academic Freedom

Free exchange of ideas is essential for a modern research university as we envision VaYU to be. It also means those religious, political, and ideological beliefs of administration, politicians or the public cannot be enforced upon the faculty and students. For unhindered intellectual discourse, censoring, and retaliation is anathema, and faculty and students should essentially expect to operate without any external forcing or interference in decision-making<sup>12</sup>:

- i. Teaching (program curriculum, course content, and student evaluation), and
- ii. Research activities (e.g. scholarly inquiry)

Such Academic Freedom will ensure that VaYU will be a haven allowing Students and Faculty to question any conventional wisdom without repercussions<sup>13</sup>. Any Student or faculty should be able to report their grievance on violation of such Academic Freedom and expect a redress via due process with fair treatment with a committee that has a representation of their peers with the principle 'innocent until proven guilty.'

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<sup>12</sup> "Academic Freedom," Position Paper, American Federation of Teachers, <https://www.aft.org/position/academic-freedom>, accessed March 8, 2021.

<sup>13</sup> Nelson, C., "No University Is an Island: Saving Academic Freedom," NYU Press, 2010.

## 17. Academic Integrity

### 17.1. Academic Regulations

VaYU Students should conduct themselves in a mature, professional, and ethical manner. Students may be terminated or disqualified from their program of study for any of the following reasons:

- Inability or failure to demonstrate reasonable and successful academic progress. Students completing coursework must complete a minimum of three courses per semester for two years. Master's students completing a thesis demonstrate and submit evidence of progress in writing every semester. A waiver may be requested by writing to the Chief Academic Officer stating the reason for the request and the specific time when progress will resume.
- Plagiarism, cheating, deceit, fraudulence, unethical or disruptive behavior, forgery or vandalism.
- Falsification of records, transcripts, or coursework documents submitted for review or credit.
- Failure to submit work according to the standards specified in the manuals and instructions provided by the University and its Instructors.
- Failure to maintain the tuition payment agreement.

### 17.2. Request for Reinstatement

If a student is placed on hold from his/her program for failure to meet financial or academic requirements and wishes to be reinstated to an active status, the student will be assessed a \$100 non-refundable fee, plus any tuition increases that may have occurred since their original enrollment. Students will be required to meet the current academic requirements and standards established by VaYU. Students seeking reinstatement will need to write to VaYU and request an reinstatement in writing. VaYU reserves the right to refuse admission or continuation to any student.

## 18. Award of Credits, Transfer Credits & Transfer Students, Exemption

The following policy defines credits, award of credits and clarifies Transferring a Course (Waiver) or being Exempt from a Course. Students should consult with the Academic Advisor, get advise, but until official word from the "VaYU Academic Committee" headed by the Provost or the VP of Curricular Development, the Student should not make any academic plans on Registration.

Based on the Standard Operating Practice (SOP) in North American Universities and the rules of BPPE, State of California, Students wanting Waiver or Exemption for a Course fall under the two categories.

### 18.1. Credit Definition

VaYU offers only Online programs currently. In an online format, faculty are in charge of academic engagement through video lectures, interactive tutorials and managing discussion boards for individual and collective interaction with the students. Student time is spent on online faculty tutorials, online chats,

faculty moderated group discussions, online study or group projects, online assignments and peer interactions<sup>14</sup>.

For VaYU courses in an online lecture format, “one credit hour” represents the subject content that can be delivered in one academic hour of contact time each week for the full duration of one academic semester, which is typically fourteen weeks along with a week for two midterms combined, and, a final examination week. For graduate courses, 3-4 hours of ‘outside classwork’ is expected for each academic hour of contact time. For courses taught in other than lecture format such as Personal Contact Program (PCP) or research project, one credit-hour represents an amount of content and/or student effort that in aggregate is no less than that described before – typically 28 hours per semester or 2 hours/week/credit.

VaYU courses for the Master in Science (Yoga) can vary from 2 or 3 credit hours each, with the Master’s Research project taking 6 credit hours for a total of 30 credit hours for the program (see Table 1). PCP is 28 to 40 hours or 1 credit each in Semester I and Semester III, respectively.

VaYU courses for the Ph.D. (Yoga) program can vary from 2 or 3 credit hours each, with the *Doctoral Thesis* taking 16 credit hours for a total of 36 credit hours beyond the Master’s program (see Table 1).

## 18.2. Transfer Of Credits from other institutions To VaYU

A Course Transfer permits the student to not take the course, thus saving on the tuition, and effort of not taking the equivalent VaYU course. A Course Transfer has the following requirements:

- i. Should be from an accredited institution in the US or from a well-recognized institution. A minimum grade of ‘B’ should have been attained.
- ii. Should not have been used towards any degree in the institution that was taken.
- iii. The total transfer credits to VaYU cannot exceed 6 (six) credits.
- iv. Should map completely or substantially to a VaYU course for which it is substituting.
- v. Should be a core course offered by VaYU.
- vi. Student should provide documented evidence of the following:
  - Course Description, Syllabus, Certificate (if any), and, Transcript (directly submitted from the original institution).

### 18.2.1. Process

Refer to the “*Course Transfer or Course Exemption Policy*” on the [Policies and Procedures](#) page of the VaYU website for further details. A student can apply for a transfer of a maximum of six credits using the form “*Application for Course Transfer or Course Exemption*” on the [Policies and Procedures](#) page of the VaYU website.

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<sup>14</sup> Adapted from “Credit hour definition,” Wilkes University, <https://www.wilkes.edu/academics/office-of-the-registrar-recorder/credit-hour-definitions.aspx>, accessed Aug 24, 2019.

### 18.2.2. Credit Transfer for Yoga Teachers and Yoga Therapists

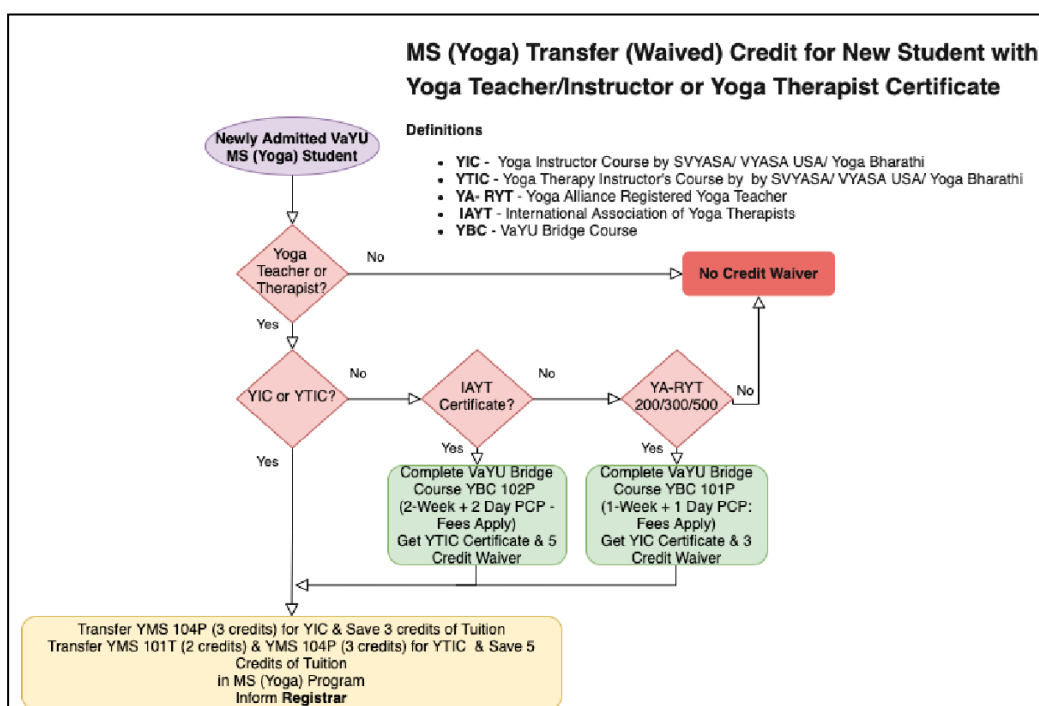
A special case of Transfer or waiver of Credits is described in the Figure 6 for incoming students with Yoga Instructor<sup>15</sup> certificate or Yoga Therapist certificate<sup>16</sup>. Students with YA-RYT and C-IAYT will be waived or Transferred credits after taking a Yoga Bridge Course (YBC101P and YBC 102P respectively).

See the “[Course Transfer or Course Exemption Policy](#)” for details and apply for transfer of credits using the form “[Application for Course Transfer or Course Exemption](#).”

See Table 4 below.

**Table 4:** Transfer Credits for Certificate holders of Yoga Teacher & Yoga Therapy qualifications.

| Sl # | Certificate          | Bridge Course                     | Transferred (Waived Credits)          |
|------|----------------------|-----------------------------------|---------------------------------------|
| 1.   | YIC                  | None                              | YMS 104P                              |
| 2.   | RYT 200/500/800      | YBC 101P Bridge Course for RYT    | YMS 104P                              |
| 3.   | PGDYT or YTT or YTIC | None                              | YMS 104P (3) & YMS 101T (2) – Total 5 |
| 4.   | C-IAYT               | YBC 102P Bridge Course for C-IAYT | YMS 104P (3) & YMS 101T (2) – Total 5 |



**Figure 6:** Credit Transfer determination at VaYU for Yoga Teachers & Yoga Therapists.

<sup>15</sup> Yoga Instructor: SVYASA’s Yoga instructor Certificate (YIC); and Yoga Alliance’s Registered Yoga Teacher Certificate (RYT).

<sup>16</sup> Yoga Therapist: SVYASA’s Post Graduate Diploma in Yoga Therapy (PDGYT), or Yoga Therapist’s Instructor Certificate (YTIC); and International Association of Yoga Therapist (C-IAYT).

### 18.3. Transferring VaYU Credit and Credentials to Other Institutions

VaYU courses may qualify for academic credit at other higher education institutions. The institution the students are desirous to transfer VaYU courses to, solely determines the validity of such transfers. The institution may require from students a syllabus, catalog and detailed course description, learning outcomes, and Transcript grades to make that decision.

#### 18.3.1. Notice Concerning Transferability of Credits and Credentials Earned at VaYU

The transferability of credits you earn at VaYU is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the degree specified in Section 6 of this document you earn at VaYU is also at the complete discretion of the institution to which you may seek to transfer. If the degree that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending VaYU to determine if your credits in the degree specified in Section 6 of this document will transfer.

### 18.4. Exemption from a Course

‘Exemption’ from a course is granted when the student can demonstrate independent knowledge of the course material. This demonstrable knowledge may have been acquired through (a) self-study, or, (b) if the student has taken the course at another institution but is unable to produce documentation, or (c) that course has been already used towards a degree or diploma. The Student ‘Exempt’ from a course will not save any tuition, as the Student will have to take another course with equivalent credits at VaYU. ‘Exemption’ is limited only to the core courses offered by VaYU.

#### 18.4.1. Process

Refer “[Procedure for Course Transfer or Course Exemption](#)” for further details. A student can apply for a exemption of a maximum of six credits using the form “[Application for Course Transfer or Course Exemption](#)”.

### 18.5. Transfer Student from Another Institution

Transfer from another peer university or institution is treated as a special case of the ‘Transfer of Credit’ policy. The courses to be transferred has to map onto courses offered at VaYU to be considered for transfer. The credits considered for transfer should be Graduate level courses and not have been previously applied to another degree at another institution. The Provost’s office will be the Official who will determine eligibility. The Candidate has the option of appealing this decision, but once this appeal is considered, the decision is final. The Official upon their discretion may recommend additional conditions such as a ‘Test Out’ option for certain courses.

The document “Procedure for Course Transfer or Course Exemption” details the procedure from claiming transfer of credits. A student can apply for a transfer of a maximum of six credits using the form “Application for Course Transfer or Course Exemption”. Check with the Office of Registrar for details.

## 18.6. Transfer Credit Judgement

The Provost's office makes such transfer credit judgment decisions. Refer to the document "[Transfer Credit Official](#)."

## 19. 'Auditing' a course and 'Observer' status for a course

### 19.1. 'Auditing' a course

Students may choose to Audit a course. Auditing is a safe way to learn the course material for knowledge in a structured manner when you do not need to bother about the grades. The policy for auditing a YMS Course is as follows:

- Students
  - Have the same privilege as a Credit Student
  - Have the option of completing the assessments for the course and expect the Faculty to correct them and have a grade assigned.
  - Transcripts will indicate the course taken as an "Audit" and no grade will be displayed nor used to compute the GPA or CGPA.
  - Will pay the entire Tuition fee for the course.
- Faculty
  - Will treat the Audit Students the same as Credit Students - same effort is expended by the Faculty irrespective of Audit or Credit student status.

### 19.2. 'Observer' status

The 'Observer' Status was invented by VaYU as students in the first semester may come from heterogeneous training, backgrounds, and skills.

- i. A student qualifies for an 'Observer' Status for any course if the following criteria are met.
  - a. Transferred a course from another institution, or,
  - b. Exempted from a course - Student has demonstrable knowledge of the course material but cannot avail of Transfer of a course since either they had used the course for a previous degree or cannot produce a certificate, or,
  - c. Students would like to refresh the material for a course previously taken at VaYU.
- ii. A student taking the course for Credit or Audit has priority in asking questions during a Zoom Q&A Session, over a Student in 'Observer' Status.
- iii. No fees are charged as this is considered a service to those students who may have this 'body of knowledge.'

Students wishing observer status for a course and satisfying any of the above pre-requisites may send a request to the Registrar ([registrar@vayuusa.org](mailto:registrar@vayuusa.org)) together with supporting documents.

## 20. Attendance and Academic Policies

### 20.1. Attendance

VaYU uses the online learning classroom pedagogy wherein a significant portion of the course material and training is delivered over the Internet using Learning Management Systems (LMS) and other web tools.

The Instructors on Record for any course will have course specific attendance policies for face-to-face Zoom sessions. Student should check the syllabus at the beginning of the course for the appropriate policy. Generally, courses with the 'P' designation at the end of the course number will have attendance requirements (e.g., YMS 201P). Courses that have 'synchronous delivery' may also have this requirement.

VaYU requires students to attend the Personal Contact Program (PCP) on campus. Absence at the PCP is automatically grounds for failing the course.

In addition, the Instructor on Record for other courses may require the student to attend course lectures, practicum part of the courses that includes laboratory experience, and, yoga studio training. In the other instances, the Instructor may couple attendance with the grades.

If the student has to be absent due to unavoidable circumstance or an emergency, the student should make every effort to inform and take permission from the Instructor on Record to make arrangements to complete missed work, even if it post-facto. Students should provide official documentation to corroborate their reason for missing work in the first place by emailing the Registrar and informing the Instructor.

Generally, an unexcused absence of each week of classes on the web automatically reduces the Grade in the course by a letter grade for courses requiring attendance. If a student has an unexcused absence and is absent for more than 4 weeks, the student automatically fails the course.

### 20.2. Grade Assignment

Instructors will assign numerical grades to assignments. Assignments typically consist of homework, quizzes and tests, presentations, class participation, projects, and discussions. At the end of the semester, final course grades will be calculated according to the specified weighting, from the various grades for assignments. A typical grading matrix is as below in Table 5.

**Table 5:** Grade and Numerical Percentages.

| GRADE | PERCENTAGE (P)     |
|-------|--------------------|
| A     | $\geq 90\%$        |
| B     | $90 > P \geq 80\%$ |
| C     | $80 > P \geq 70\%$ |
| D     | $70 > P \geq 60\%$ |
| F     | $P < 60\%$         |

### 20.3. Letter Grades and Quality Points

VaYU follows a 4.0 Grade point system. Students completing a course in VaYU Programs get a letter grade as a measure of their course performance. Each course is assigned a certain number of credits. Course instructors assign “Letter Grades” which are converted to “Quality Points” as in Table 6.

**Table 6:** Letter Grade, Quality Points, and their meaning in a '4.0' Grading System for VaYU Courses.

| Letter Grade | Meaning                     | Quality Points | Notes                                                                                                                                                         |
|--------------|-----------------------------|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A</b>     | Excellent                   | 4              |                                                                                                                                                               |
| <b>B</b>     | Good                        | 3              |                                                                                                                                                               |
| <b>C</b>     | Fair                        | 2              |                                                                                                                                                               |
| <b>D</b>     | Passing                     | 1              |                                                                                                                                                               |
| <b>F</b>     | Failure                     | 0              |                                                                                                                                                               |
| <b>AD</b>    | Audit                       | 0              | Not Included for GPA computation                                                                                                                              |
| <b>I</b>     | Incomplete                  | 0              |                                                                                                                                                               |
| <b>S</b>     | Satisfactory                | 0              | Bridge Course/Certificate program courses/Audit courses/ Master's Theses/ Ph.D. Qualifier, Research Proposal, and Thesis are not Included in GPA computation. |
| <b>T</b>     | Transfer                    | 0              |                                                                                                                                                               |
| <b>U</b>     | Unsatisfactory              | 0              | Master's/doctoral theses                                                                                                                                      |
| <b>W</b>     | Withdrawal from the class   | 0              |                                                                                                                                                               |
| <b>WD</b>    | Withdrawal from all classes | 0              |                                                                                                                                                               |

#### Notes:

- i. 'T' grade indicates a transfer of credits.
  - The credits are considered towards fulfilment of the 30-credits requirement for the award of the degree.
  - Points considered is '0' (zero).
  - The course is not considered for computing the semester GPA or CGPA.
- ii. 'X' grade indicates exemption from taking the said course.
  - Another course of equivalent credits must be taken to fulfil the 30-credit requirement for the award of the degree.
  - Credits and Points considered are '0' (zero).
  - The course is not considered for computing the semester GPA or CGPA.
- iii. 'S' grade indicates Satisfactory.
  - Awarded for Bridge Courses, Seminars, and Master's Thesis.
  - Relevant credits if any is considered towards fulfilment of the 30-credit requirement for the award of the degree.
  - Points considered is '0' zero.
  - The course is not considered for computing the semester GPA or CGPA.
- iv. 'I' grade indicates that the course is Incomplete and has to be completed in the subsequent semester

- Credits and Points considered are '0' zero.
  - The course is not considered for computing the semester GPA or CGPA so long as the grade is 'I'.
  - Student needs to successfully complete the course by the following mid-semester break. Else a 'F' grade will be awarded.
- v. 'AD' grade indicates that the course is Audited.
- Credits and Points considered are '0' zero.
  - The course is not considered for computing the semester GPA or CGPA.

## 20.4. GPA and CGPA Computation

To compute Grade Point Average (GPA) and Cumulative Grade Point Average (CGPA) we use the following formulae.

Let *Total Quality Points* (TQP) be defined as below in semester 'Sem':

$$TQP_{Sem} = \sum_{\text{All courses attempted in that Semester}} (Quality\ Points \times Course\ Credits)_{per\ Course}$$

where 'Sem' is Semester I, II, or III, for Master in Science (Yoga) program.

Grade Point Average in a semester for a student is computed based on the following formula:

$$GPA_{Sem} = \frac{TQP_{Sem}}{\text{Total number of Credits attempted during Semester 'Sem'}}$$

Let *Cumulative Quality Points* (CQP) be defined as below:

$$CQP = \sum_{\text{All courses taken to date at VAYU}} (Quality\ Points \times Course\ Credits)_{per\ Course}$$

Then *Cumulative Grade Point Average* (CGPA) is computed based on the formula:

$$CGPA = \frac{CQP}{\text{Total number of Credits of all courses to date at VAYU}}$$

## 20.5. Plagiarism

Plagiarism, whether from printed, unprinted, or digital sources, is a serious violation of ethical conduct, and will be dealt with severely. Be clear that plagiarism is not only misrepresentation, it can also be a form of theft; in addition, it robs the plagiarist of an important opportunity to develop his or her mind, character, and skills. For a quick review, visit <http://www.plagiarism.org>. These matters will be further discussed in the information literacy module, and in class if the instructor decides to put additional stricter constraints as appropriate but never in violation of the above policy.

To uphold academic integrity, all assignments and student work submitted to VaYU's Learning Management System (LMS) will pass through [Turnitin](#), a tool integrated into the LMS that will check plagiarism and ensure originality of student work. Students can check their submitted work and get a 'similarity score' along with sources where this similarity occurs. There will be an opportunity for Students to correct their work and resubmit their changed assignment as the Faculty will grade the latest submissions. This will help in developing original thinking skills in the student.

All incoming VaYU students in all programs are required to pass the 'Plagiarism Primer and Self-paced Study' course at VaYU and also submit a 'digital badge' indicating successful completion of '[How to recognize Plagiarism: Tutorials and Tests](#)' certification course from Indiana University, Bloomington. Only upon such evidence of completion, the newly enrolled students will be provided access to the Learning Management System (LMS) ensuring 100% compliance.

## 20.6. Dismissal Based on Academic Performance

A student will not be permitted to continue in the program if he or she receives:

- A second grade of F in the program, or
- A grade point average (GPA) of 2.0 or below in any one semester or cumulative, or
- A grade point average (GPA) less than 2.0 entering the final semester, or
- If a student is admitted on academic probation and does not earn a 2.0 GPA in the first semester, he or she will be academically dismissed.

STUDENTS COMPLETING WORK BEYOND THE END OF A SEMESTER may be subject to academic actions at any point within the next semester. Students will be academically withdrawn from their courses and their records updated based on academic decision.

Student will be fully responsible for all financial obligations up to the date of academic action. VaYU requires letters of academic standing indicating probation or dismissal be sent to the student at the address on file. Letters of dismissal are sent certified mail. Letters of probation are sent regular first-class mail delivery.

## 20.7. Incompletes In Academic Courses

A grade of Incomplete is given at the end of the semester only when a student has discussed the matter with his/her Instructor and there are extenuating circumstances that clearly justify an extension beyond the requirements established for the other students in the class.

The student and the Instructor must agree on a due date for fulfilling the requirements for the Incomplete. A signed “Request for an Incomplete Grade” (by both the Instructor and student) must then be submitted to the Registrar by the Instructor. **The extension may not go beyond the of the subsequent term break (Fall or Spring break).** The petition must be specific in what assignment(s) are due and the date(s) by which assignment(s) must be submitted. For administrative purposes, Instructors must submit final grades for Incompletes as soon as coursework is submitted and graded.

If a student fails to remove the incomplete within the specified time, he or she forfeits the privilege of completing the course for credit and the Instructor must give a grade of F. For exceptional situations in which there are extenuating circumstances, the student and advisor may request, in writing, an extension beyond one semester from the Assistant or Associate Dean for Academic Affairs, with the Instructor’s approval.

If a student accumulates three or more grades of “Incomplete,” he/she may not enroll in the subsequent course or term and will be considered to be “on probationary leave” from the program. These students will be required to clear all but one grade of “Incomplete” on their records before they will be allowed to re-enroll in School.

## 20.8. Leave of Absence from the University

A request for leave of absence from VaYU must not exceed two consecutive academic semesters. In exceptional circumstances, a leave can be extended for another two semesters. Students must fill the **Student Status Change Request** (SSCR) form before going on leave and submit to the Registrar. Similarly, the student must submit the [SSCR form](#) after returning from leave.

The maximum amount of leave permitted per graduate program is four semesters. A leave of absence does not extend the maximum time permitted for the completion of degree requirements, and a leave cannot be taken while students are on extension of the five-year time limit.

Maternity, paternity or military obligations do not count toward the five-year time limit for degree completion. The length of the extension caused by maternity, paternity or military leave of absence may not exceed two years. If requesting a medical leave of absence, the student should provide additional documentation from a health care provider. A Student should petition the Registrar for a leave of absence at [registrar@vayuusa.org](mailto:registrar@vayuusa.org).

## 20.9. Class Attendance and Leave of Absence in a Course

A student can request for a leave of absence for a specified time during a semester not exceeding 2 weeks during a course by contacting the ‘Instructor on Record’ in writing stating the cause.

Requests will be considered on a individual basis and can be applied from a previous date to cover medical emergencies and bereavement. Else, such absence will be considered unexcused. Unexcused absence of more than 3 weeks in a course for a student registered for a course will automatically result in an ‘F’ grade. Unexcused absence over a semester could result in Probation and could lead to ultimate dismissal from VaYU.

## 20.10. Incompletes in Personal Contact Program (PCP) Based Courses

Some courses may have a Personal Contact Program (PCP) component to them. Incompletes for PCP should be treated in the same manner as Incompletes in academic courses. Incompletes are only appropriate when insufficient hours were spent in placement, or assignments were not finished for reasons of illness or other excused absences such as death in family. Student should provide official documentation to corroborate.

Incompletes must be removed before entering the subsequent semester of dissertation.

## 20.11. Late Assignments

Assignments are due on the date assigned. Exceptions must be cleared in advance with the Instructor. In the absence of a mutual agreement by the student and Instructor, the Instructor is not obligated to accept papers and a grade of “F” can be entered for the assignment. If the Instructor determines justifiable circumstances, additional time may be granted.

## 20.12. Course Repeat Policy

Students may repeat a maximum of two courses during their degree program in order to improve their performance. A course can only be repeated once. When a course is repeated the first and second course grades appear on the transcript, and the two grades are included in the calculation of the cumulative grade point average and the grade point average for the semester in which it was earned, regardless of whether the new grade is higher or lower than the first grade.

The course repetition may be exercised according to the following conditions:

- i. The course repeat option can only be used on courses in which a C or lower was earned.
- ii. A student may only use the repeat option on the same course.
- iii. The course repeat option may not be exercised after a degree has been awarded.
- iv. Approval of the academic adviser and the Provost is needed.
- v. An academic action including but not limited to dismissal or probation that occurred
- vi. under the earlier grade is neither reversed nor removed from the record as a result of a change in the semester or cumulative averages that result from the repetition of one or two courses.
- vii. The tuition and associated fees for a repeated course is the responsibility of the student.

Students who want to repeat a course must send their request over email to [registrar@vayuusa.org](mailto:registrar@vayuusa.org) with details of the course to be repeated. On approval by the Office of the Registrar, VaYU Accounts team will raise an invoice for the applicable tuition fee and the registration fee at the prevailing rates.

## 20.13. Readmission To Candidacy

**A student who leaves VaYU in good standing without completing requirements** for the degree may re-enter within a three-year period and receive credit for previous work. Any former student who wishes to complete degree requirements and who has been out of school for three years or more must reapply for admission. All information regularly required for an admission application must be updated. The application will be reviewed in light of the then current admission policies.

Upon acceptance for readmission, the specific courses and field work required for completion of the student's program will be determined in accordance with current degree requirements. Credit hours will not be granted for work completed more than five years before readmission.

**If a student is terminated due to inadequate academic performance**, he or she may request reinstatement although this will not be considered until two semesters after termination. A written petition must be forwarded by the student to the Provost who will present the petition for possible review by a full Academic Committee at the next scheduled meeting. The Committee meets quarterly in the second week of January, May, August, and December. In all cases, the student must remain separated from VaYU for a minimum of two semesters (Fall and Spring are considered semesters, but not Summer).

The petition must include the following:

- a. the student's reason for requesting the reinstatement,
- b. an identification of the circumstances that led to the termination, and evidence of personal, educational, or professional activities or accomplishments that would demonstrate the student's readiness to return to school and successfully complete the degree program.

The Committee will meet with the student, if desired, and thereafter recommend to the Provost one of three possible responses: 1) readmit, 2) readmit with condition, or 3) do not readmit.

## 21. Student Affairs and Services

The department of the Division of Student Affairs & Services in the Provost's office meet the academic and co-curricular needs of VaYU students and the university. The office, under the Provost provides leadership in the development of services and programs that enrich student life, extend and enhance the academic experience, and contribute to an environment that encourages personal growth and development. responsible for crisis intervention and management and work with students, parents, faculty and staff to provide the support necessary for students experiencing a variety of difficulties. The office will work with students to enhance personal growth, development, and success.

### 21.1. Placement Services

VaYU currently does not provide any placement service.

### 21.2. Student Code of Conduct Policy

VaYU inculcates ethical and behavioral values in its students. All Students are required to be well conversant with the [Student Code of Conduct](#) that every student will be educated on and needs to follow.

### 21.3. Retention and Safekeeping of Student Records

Academic records will be maintained independently of financial records. Custodian of Records working for the Registrar shall ensure the security and privacy of student files and all information contained therein. Herewith are the procedures for ensuring this:

- All student related records will be as well electronically protected.
- All electronic records coming thru the website and other mails will be archived in a secured cloud-based server, with Service Level Agreements (SLAs) guaranteeing at an up-time of at least “three nines” (99.9% uptime), and HIPPA compliant.
- All other records pertaining to Trustee meetings, internal academic discussions, student-faculty mails and all and every electronic mail will be secured in electronic archive by the VaYU administrator in a password protected electronic storage device.
- A Custodian of Records is identified.
- VaYU will retain data necessary to identify the student after six years, and to confirm the registration or enrollment dates the student studied at the University, study lists, tuition adjustments, the degree and classification the student was awarded and a transcript of students grade sheet. All other personal student data record will be disposed of in a secure manner after six years.
- Student transcripts will be retained permanently.
- Students at VaYU have the right to review their educational records. The information is available to the student only, for review while enrolled or anytime thereafter they are available at VaYU. The Federal Family Educational Rights and Privacy Act (FERPA) guarantees this right.

**Physical Address and Contact numbers for location of records storage:** VaYU Campus, 15311 Pioneer Blvd., Los Angeles, CA 90650, Phone number +1 (747) 228-2928.

## 21.4. Housing Facilities

VaYU does not have any dormitory facilities. VaYU does not assist students in finding housing. During the Personal Contact Program period of any semester, students are expected to arrange for lodging on their own. Per the Renter’s Guide on [www.zillow.com](http://www.zillow.com), the online real estate resource, there are many apartments available for rent in the zip code Cerritos CA 90450 where VaYU is located. The rents range from \$1,175 - \$2,635 per month.

## 22. Facilities and Equipment

### 22.1. Campus Location Classrooms and Facilities

Vivekananda Yoga University (VaYU) will use the facilities of the Sanatana Dharma Temple and Cultural Center, located at 15311 Pioneer Blvd., Los Angeles, CA 90650.

Sanatana Dharma Temple and Cultural Center is a large Church facility about 17,000 Sq. ft. area in the city of Los Angeles (a suburb of Los Angeles) operating for more than 25 years with all the permits, zoning from the city. HMPS foundation has been operating there for the past 18 years as a Spiritual Center in the name of Sanatan Dharma Temple. The facility has:

- A large multi-purpose room (approx. 2150 sq. ft) and a cultural hall (approx. 2400 sq. ft, with seating for 210 people), both of which will be used for face-to-face instruction and as a gathering place for student groups to watch videos
- Two Yoga rooms (approx. 1425 sq ft and 448 sq ft) for instruction and practice
- Library with books, journals, and computers with enable access to online resources

- iv. Kitchen and food storage areas
- v. 4 bathrooms (2 men and 2 women)

VaYU has taken additional insurance to cover such activities.

## 22.2. Yoga Supplies Required

During Personal Contact Program module of certain courses, students will be expected to practice Yoga postures, breathing techniques, and meditation techniques. Students are expected to bring a standard yoga mat for practicing Yoga postures.

## 22.3. Yoga Supplies Provided

There will be a stock of extra yoga mats for students to borrow in case they forget to bring their own. There will also be a stock of blankets, yoga straps, and foam pads for use as props should they be necessary.

# 23. Network and Computer Equipment

VaYU campus will have high-speed Wi-Fi for students to access the LMS, Library, and other online resources. Students are expected to bring their own laptop and/or tablets (12" LCD Screen, 16 Gb RAM, 256 Gb Hard drive storage; Operating system (Windows/MacOS/Chrome). Few replacement computers may be available temporarily for students to borrow. These replacement computers shall be laptops with at least 12" LCD screen, 16 GB RAM, 256 GB Hard drive storage, with Windows/MacOS/Chrome operating system.

## 23.1. VaYU Website

VaYU website can be found here: <http://www.vayuusa.org>. This is a temporary URL. Once we get approval to operate, VaYU website will be moved to <http://www.vayu.edu> ('.edu' URL's are only for approved educational institutions).

## 23.2. Learning Management System (LMS)

VaYU is using Canvas LMS for implementing our online platform. (<http://www.canvaslms.com>).

VaYU's implementation of Canvas can be viewed at: <http://vyu.instructure.com>. WASC Login access will be provided upon request. This is a temporary URL. Once we receive approval to operate, LMS will be accessed under the URL: <http://www.vayu.edu>.

## 23.3. Servers

VaYU's Canvas implementation will be hosted by Instructure Inc. (<http://www.instructure.com>). Instructure will provide all the servers and software for the LMS. They will also provide server management, high availability, global mirroring, data backup and recovery, and other services expected

from a cloud deployment. We are in the process of discussing licensing fees and service level agreements (SLA).

## 24. Library Resources

VaYU has a diverse range of resources to support the academic and research needs of its students, faculty, and staff. We list below the sources, resource types, and resource discoverability and usage.

### 24.1. Sources

- a. VaYU has partnered with [Gale](#), a global provider of research and learning resources.
- b. Our librarian has curated e-books, full text journal articles, research reports, and Ph.D. theses that are specific to Yogic sciences, therapy, and scripture.
- c. We have also curated reputed sources on the Internet which are of particular interest to Yoga and related disciplines.

### 24.2. Resource Types and Quantities

The following types of resources are available.

#### 24.2.1. Journals and Periodicals

- General STEM: 30,000 journals and periodicals, of which over 7000 are available in full-text; the rest have abstracts and (potentially) limited texts.
- Specific to Yogic sciences and therapy: 483 full text journal articles.

#### 24.2.2. eBooks, Monographs and Reports

- General STEM: Students have access to over 7000 books, monographs, reports, and newspaper archives, of which over 3000 are available in full text; the rest have limited texts.
- Specific to Yogic sciences and therapy: 75 eBooks.

### 24.3. Ph.D. Theses

- Over 1000 PhD dissertations and Masters reports in the area of Yoga.

### 24.4. Curation of Reputed Sources on the Internet

Following is a sample of curated Internet sources that are available to students:

- Pubmed, a biomedical research database.
- Medline, a bibliographic database, the primary component of Pubmed.
- Shodhganga, a repository of thesis and research reports across all Universities in India.
- Sanskritdocuments.org, a repository of ancient Sanskrit documents, including all key sources of Yoga.

- Archive.org, an authoritative source for rare and out of print books and manuscripts that are no longer subject to copyright.
- Google scholar, an index of scholarly literature across an array of publishing formats and disciplines.

## 24.5. Literature Sources

Scriptural and philosophical studies require a specialized resources that go beyond the text of a book: e.g., literary analyses, criticism, reviews, and biographical information. Through [Gale](#) Literature Resource Center, VaYU students and faculty have access to more than 1,100,000 full-text articles, critical essays, and reviews from over 450 scholarly journals and literary magazines, over 85,000 selected full-text critical essays and reviews across 130,000 writers from around the world.

## 24.6. Resource Discoverability and citation Facilities

VaYU library resources are integrated into the LMS.

- [Gale](#) database search portal is integrated into the LMS, enabling students to search from within the system.
- Researches are able to generate citations automatically for any resource that they've found using Gale search.
- One of VaYU's required courses trains students on Mendeley citation manager.
- Curated e-books, theses, reports, and internet resources are available within the LMS in the common resources area.

## 25. Faculty and Qualifications

The 30-member team at VaYU comprises cutting-edge Research Leaders and world-renowned Teaching Faculty. Each faculty at VaYU is a recognized expert in his or her field, with a vast amount of teaching and research experience. [Click here](#) to see the complete Faculty list. Currently, five full time faculty are at VaYU. A minimum Teacher-Student Ratio of 1:5 at VaYU ensures that students get quality interaction time with faculty. As we scale and the enrollment grows VaYU expects to keep this ratio not to exceed 1:7.

- 27 out of 30 VaYU faculty have a Ph.D. or are Physicians.
- 27+ years of average teaching experience.
- Fourteen of the faculty for whom data is available, have directed 111 Doctoral theses, 753 Master's theses, and, trained over 95,450 yoga students.

## 26. Non-discrimination Policy

Vivekananda Yoga University (VaYU) is committed to a work environment in which all individuals are treated with respect and dignity. Each individual has the right to study and work in a professional atmosphere that promotes study and employment opportunities; and prohibits unlawful discriminatory practices, including harassment. Therefore, VaYU expects that all relationships among persons in the university will be business-like and free of explicit bias, prejudice and harassment.

Refer to the “[Non-discrimination and Anti-Harassment Policy](#)” for more information.

## 27. Anti-Harassment Policy

Vivekananda Yoga University (VaYU) is committed to a work environment in which all individuals are treated with respect and dignity. Each individual has the right to study and work in a professional atmosphere that promotes study and employment opportunities; and prohibits unlawful discriminatory practices, including harassment. Therefore, VaYU expects that all relationships among persons in the university will be business-like and free of explicit bias, prejudice and harassment.

Refer to the “[Non-discrimination and Anti-Harassment Policy](#)” for more information.

## 28. Student Grievance and Complaint Policy

VaYU has outlined a Grievance and Complaint policy to help address individual’s concerns in a constructive and fair manner. The policy has defined processes and guidelines for filing a formal complaint regarding a workplace, job, and/or coworker dispute or issue.

Refer to the “[Student Grievance and Complaint Policy](#)” for more information.

## 29. Anti-Sexual Harassment Policy

Vivekananda Yoga University (VaYU) is committed to providing a safe environment for all its employees free from discrimination on any ground and from harassment at work including sexual harassment. VaYU will operate a zero-tolerance policy for any form of sexual harassment in the workplace, treat all incidents seriously and promptly investigate all allegations of sexual harassment. Any person found to have sexually harassed another will face disciplinary action, up to and including dismissal from employment.

Refer to the “[Anti-Sexual Harassment Policy](#)” for more information.

## 30. Diversity Policy

The Diversity Policy aims to ensure that everyone in the university is treated equally irrespective of their protected characteristics and to give equal opportunity to its Students, Faculty, and staff in all dimensions. The University will monitor, assess and review the effectiveness of the Equality, Diversity, and Inclusion of this Policy, periodically.

Refer to the “[Diversity Policy](#)” for more information.

## 31. Anti-Hazing and Cyberbullying Policy

VaYU prohibits hazing and cyberbullying, and the support thereof, by all persons as defined in this policy and investigates and responds to all reports of hazing and cyberbullying. Students, student organizations, and other student groups, including other individuals associated with those organizations, Staff, Faculty, Consultants, and Alumni, are prohibited from hazing and cyberbullying, and failing to report the same.

Refer to the “[Anti-Hazing and Cyberbullying Policy](#)” available on the VaYU website.

## 32. Disability Accommodation Policy

Vivekananda Yoga University (VaYU) welcomes participants of all backgrounds and abilities. The university will accommodate by making adjustments and modifications that provide participants with disabilities equal access to courses and programs.

Refer to the “[Disability Accommodation Policy](#)” for more information .

## 33. Student Code of Conduct Policy

VaYU is committed to maintaining a safe and healthy living and learning environment for all members of the campus community: students, faculty, staff, and alumni. Each member of the campus community should choose behaviors that contribute toward this end. Students are expected to be good citizens and to engage in responsible behaviors that reflect well upon their university, to be civil to one another and to others in the campus community, and contribute positively to student and university life.

Refer to the “[Student Code of Conduct Policy](#)” for more information.

## 34. Whistleblower Policy

A whistleblower as defined by this policy is a Student, Faculty, or Staff of VaYU, who reports an activity considered illegal or dishonest to one or more of the parties specified in this policy. The whistleblower is not responsible for investigating the activity or for determining fault or corrective measures, just report them; appropriate management officials are charged with these responsibilities.

Refer to the “[Student Code of Conduct Policy](#)” for more information.

## 35. VaYU Office Directory

**Table 7:** VaYU Office Directory 2025.

| SI # | Questions        | Email to                                                         | Person                    | Functions                                               |
|------|------------------|------------------------------------------------------------------|---------------------------|---------------------------------------------------------|
| 1    | LMS              | <a href="mailto:lms@vayuusa.org">lms@vayuusa.org</a>             | Arun Kumar                | Access. Corrections to collaterals (video, PPTs, Notes) |
| 2    | Faculty          | Inbox in LMS                                                     | Primary/Secondary Faculty | Course questions to Faculty                             |
| 3    | Question Tracker | LMS link                                                         | Primary/Secondary Faculty | Zoom Questions priority during Q&A                      |
| 4    | Accounts         | <a href="mailto:accounts@vayuusa.org">accounts@vayuusa.org</a>   | Hemal Parikh              | Fee Payment                                             |
| 5    | Administration   | <a href="mailto:registrar@vayuusa.org">registrar@vayuusa.org</a> | RangaVittala S R          | Admin Procedures                                        |
| 6    | Admission        | <a href="mailto:apply@vayuusa.org">apply@vayuusa.org</a>         | Kusuma Swaroop            | Refer a Potential Student                               |
| 7    | Financial Aid    | <a href="mailto:registrar@vayuusa.org">registrar@vayuusa.org</a> | RangaVittala S R          | Admin Procedures                                        |

## Appendix A: Online Learning Skills Inventory for Potential Students

Online Learning Skills Inventory Form for Applicants to VaYU Master in Science (Yoga) Programs

**Table 8:** Minimum Computer Literacy Needed.

| COMPUTER LITERACY ITEM                                                                                                                  | Y/N |
|-----------------------------------------------------------------------------------------------------------------------------------------|-----|
| • Terminology: E.g.: CPU, RAM, Hardware, Software, browser, application, etc                                                            | •   |
| • Basic computer hardware and software ability to perform computer operations:                                                          |     |
| ○ Usage of keyboard and mouse                                                                                                           | •   |
| ○ Managing files and folders                                                                                                            | •   |
| ▪ Open, Name, Rename, Move, Save, Delete, Copy, Backup, Check Properties                                                                | •   |
| ▪ Knowledge of copying and pasting, spell-check, saving files in multiple formats.                                                      | •   |
| ○ Basic Application Software Installation                                                                                               | •   |
| ○ Security and virus protection                                                                                                         | •   |
| ○ Regularly use MS Office applications (Word, PowerPoint, and Excel)                                                                    | •   |
| • Use one or more Internet Browsers such as Chrome, Safari, etc.                                                                        | •   |
| ○ Conduct online research using various search engines and library databases. Visit VaYU library resources online for more information. | •   |
| ○ Regularly use Browser Email Application such as Gmail, or MS Outlook                                                                  | •   |

|                                                                                                                                                   |   |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---|
| ▪ Create, Send, Receive, Reply, and Print                                                                                                         | • |
| ▪ Saving, Attaching, Sending and Downloading attachments                                                                                          | • |
| • Ability to use online communication tools, such as discussion boards (read, search, post, reply, follow threads), email, chats, and messengers. | • |

## A.1 Soft Skills Needed

I recognize that to be successful as a student in the VaYU Online Master in Science (Yoga) program I need to have or develop the following skills:

### A.1.1 Strong Reading and Writing Communication Skills

Students should have strong reading skills and be able to communicate effectively through writing. Most of the material in the online environment will come from textbooks and written lectures, therefore strong reading and critical thinking skills are very important for success in an online course. Online students communicate through such text-based tools, as emails, discussion forums, chats, and instant messaging. The potential student needs to feel comfortable expressing oneself in writing.

### A.1.2 Be a Self-Driven and Independent Learner

Online courses offer more flexibility in scheduling, but they require more self-discipline and independence than on-campus courses. Some students have difficulty adjusting to it and may not be appropriate for their learning style. They could miss face-to-face interaction with an Instructor and fellow students, which may help to keep them on track. In the online environment, the student has to be self-driven, self-disciplined, and work on tasks independently, to meet deadlines and follow the class schedule.

### A.1.3 Have Time Commitment

Online classes take as much time as standard on-campus classes if not slightly more as reported by some students. A student should schedule sufficient study time. The thumb rule is for every 'academic credit' (or "50 minutes of traditional class time,") the student is expected to spend 4-5 times of the time working independently per week. For a 3-credit course, the student is expected to spend 12 hours a week studying independently working on assignments and studying as one would with a traditional course.

### A.1.4 Commit to Time Management

Online classes are asynchronous and provide flexibility when a student 'has to be in class.' But the student still has to follow the course schedule as provided by the Instructor on a weekly or sometimes on a daily basis. The student is expected to 'show up' online via 'frequent logins' and is expected to participate actively as the online courses are not independent study courses. The courses will change and develop when the student may not be online. The student is expected to login and participate multiple times and days a week to be current with the content flow, complete assignments, follow discussions and communicate with other classmates and the Instructor(s).

Students are expected to develop a pace and avoid a last-minute rush to finish assignments. Students who attempt the assignments in the last-minute experience running out of time causing frustration or being late. Procrastination is the enemy of the online student often preventing one from passing the class as work accumulates and overwhelms the student. The student should plan on setting specific times aside during each week for course work and study time.

### A.1.5 Be an Active Learner

One strategy the student should pursue and cultivate is that of an active learner. Active learners are self-motivated and do not hesitate to ask questions in case of any doubts. The student should bring any concerns immediately and clearly to the Instructor without expecting other course-mates to do so via communication channels such as: email, discussion forums, messaging, etc. Student could post in the active discussion forum regularly, as often and immediately as this could elicit answers from other course-mates as well as the Instructor. The student should seek help immediately and contact the Instructor right away if schedules or assignment deadlines cannot be met to make arrangements. This way the student can be in control of one's learning rather than the Instructor.

## Appendix B: Tuition Fee for VaYU Programs

The cost of VaYU programs is computed with educational inflation increase each successive Academic Year (Fall + Spring semester) 2025-2026 AY.

### B.0.I Total Cost of VaYU Programs

| Degree                | Total Credits                    | Program Duration | Cost per Credit Hour | Registration cost/ sem. | Total Program Cost (est.) |
|-----------------------|----------------------------------|------------------|----------------------|-------------------------|---------------------------|
| M.S. * (Yoga)         | 30 Credits                       | 21 months        | \$1,000 - \$1,100    | \$200                   | \$32,200                  |
| Ph.D.* (Yoga)         | 36 Credits<br>(After Master's)   | 3-5 years        | \$1,000 - \$1,200    | \$200                   | \$40,000                  |
| M.S./Ph.D.*<br>(Yoga) | 66 Credits<br>(After Bachelor's) | 5-7 years        | \$1,000 - \$1,400    | \$200                   | \$79,400                  |

*\* All students pay only the Tuition fee for the number of credits (or subjects) taken in that semester plus the Registration fee. Cost of Textbooks, computers, internet, and Travel costs to PCP (Air travel, transportation, boarding, and lodging) are extra, and not included.*

If student is unable to finish M.S. (Yoga) in 4 semesters, or Ph.D. (Yoga) in 8 semesters then the student will incur additional (a) Registration fees for the extra semesters, plus (b) Tuition fees for the number of credits registered at the prevailing credit cost in the semester they register.

## B.1 PROGRAM TUITION COST ESTIMATE PER SEMESTER

### B.1.I M.S. (YOGA)

| Semester                         | # Credits | Cost per Credit Hour | Tuition Fee     | Registration | Total Fee                 |
|----------------------------------|-----------|----------------------|-----------------|--------------|---------------------------|
| Cohort Semester I (Fall 2025)    | 9         | \$1,000              | \$9,000         | \$200        | \$9,200                   |
| Cohort Semester II (Spring 2026) | 7         | \$1,000              | \$7,000         | \$200        | \$7,200                   |
| Cohort Semester III (Fall 2026)  | 8         | \$1,100 <sup>#</sup> | \$8,000         | \$200        | \$9,000                   |
| Cohort Semester IV (Spring 2027) | 6         | \$1,100 <sup>#</sup> | \$6,600         | \$200        | \$6,800                   |
| <b>Total</b>                     | <b>30</b> | <b>-</b>             | <b>\$30,600</b> | <b>\$800</b> | <b>32,200<sup>¥</sup></b> |

# The Academic year 2026-2027 (Fall & Spring) Tuition fees are estimates.

### B.1.II Ph.D. (YOGA)

| Semester                                                   | # Credits | Cost per Credit Hour                       | Tuition Fee      | Registration   | Total Fee                   |
|------------------------------------------------------------|-----------|--------------------------------------------|------------------|----------------|-----------------------------|
| Semester I (Fall 2025)                                     | 9         | \$1,000                                    | \$9,000          | \$200          | \$9,200                     |
| Semester II (Spring 2026)                                  | 9         | \$1,000                                    | \$9,000          | \$200          | \$9,200                     |
| Semester III (Fall 2026)                                   | 2         | \$1,100 <sup>#</sup>                       | \$2,200          | \$200          | \$ 2,400                    |
| Semester IV-VI <sup>^</sup><br>(Spring 2027 – Spring 2028) | 16        | \$1,100 <sup>#</sup> -\$1,200 <sup>#</sup> | \$18,600         | \$600          | \$18,600                    |
| <b>Total</b>                                               | <b>36</b> |                                            | <b>\$ 38,800</b> | <b>\$1,200</b> | <b>\$40,000<sup>¥</sup></b> |

<sup>^</sup> Each semester Tuition fees will be approximately  $\$18,000 / 3 = \$6,000$  for Semester IV, Semester V, and Semester VI respectively. For each semester that the student extends their studies due to non-completion of their thesis, the student will be charged 'one credit' plus Registration fees.

# Academic years beyond 2026-2027 (Fall & Spring) Tuition fees are estimates. To be confirmed in Spring each year.

¥ Students who are residents of California state and those students who attend any VaYU residency program pay an additional fee towards Student Tuition Recovery Fund (STRF) Assessment as mandated by the California Bureau for Private Postsecondary Education (BPPE). This is collected from the student in the first payment after enrollment.

Effective **April 1, 2024**, the Student Tuition Recovery Fund (STRF) assessment rate will change from two dollars and fifty cents (\$2.50) per one thousand dollars (\$1,000) of institutional charges to zero dollar (\$0.00) per one thousand dollars (\$1,000) of institutional charges. (5, CCR section 76120). Institutions will still be required to complete and submit all STRF Assessment Reporting Forms on a quarterly basis and maintain specified student information for STRF-eligible students.

See <https://www.bppe.ca.gov/lawsregs/strf.shtml> for FAQ regarding STRF.

For details on fee change, see the Regulations section under <https://www.bppe.ca.gov/lawsregs/>

The cost of Textbooks, Graduation Fees, and Travel costs to PCP (Air travel, transportation, boarding, and lodging) is extra, and not included.

### B.1.III M.S./Ph.D. (YOGA)

| Semester                                                | # Credits | Cost per Credit Hour                        | Tuition Fee     | Registration   | Total Fee                   |
|---------------------------------------------------------|-----------|---------------------------------------------|-----------------|----------------|-----------------------------|
| <b>M.S. (Yoga)</b>                                      |           |                                             |                 |                |                             |
| Cohort Semester I (Fall 2025)                           | 9         | \$1,000                                     | \$9,000         | \$200          | \$9,200                     |
| Cohort Semester II (Spring 2026)                        | 7         | \$1,000                                     | \$7,000         | \$200          | \$7,200                     |
| Cohort Semester III (Fall 2026)                         | 8         | \$1,100 <sup>#</sup>                        | \$8,800         | \$200          | \$9,000                     |
| Cohort Semester IV (Spring 2027)                        | 6         | \$1,100 <sup>#</sup>                        | \$6,600         | \$200          | \$6,800                     |
| <b>Ph.D. (Yoga)</b>                                     |           |                                             |                 |                |                             |
| Semester I (Fall 2027)                                  | 9         | \$1,200 <sup>#</sup>                        | \$ 10,800       | \$200          | \$11,000                    |
| Semester II (Spring 2028)                               | 9         | \$1,200 <sup>#</sup>                        | \$10,800        | \$200          | \$11,000                    |
| Semester III (Fall 2028)                                | 2         | \$1,300 <sup>#</sup>                        | \$2,600         | \$200          | \$2,800                     |
| Semester IV-VI <sup>§</sup> (Spring 2029 - Spring 2030) | 16        | \$1,300 <sup>#</sup> - \$1,400 <sup>#</sup> | \$21,800        | \$600          | \$21,800                    |
| <b>Total</b>                                            | <b>66</b> | <b>-</b>                                    | <b>\$77,400</b> | <b>\$2,000</b> | <b>\$79,400<sup>¥</sup></b> |

§ Each semester Tuition fees will be approximately \$21,200 /3 = \$7,067 for Semester IV, Semester V, and Semester VI respectively. For each semester that the student extends their studies due to non-completion of their thesis, the student will be charged 'one credit' plus Registration fees.

# Academic years beyond 2026-2027 (Fall & Spring) Tuition fees are estimates. To be confirmed in Spring each year.

¥ Students who are residents of California state pay an additional fee towards Student Tuition Recovery Fund (STRF) Assessment as mandated by the Bureau for Private Postsecondary Education (BPPE). This is collected from the student in the first payment after enrollment.

Effective **April 1, 2024**, the Student Tuition Recovery Fund (STRF) assessment rate will change from two dollars and fifty cents (\$2.50) per one thousand dollars (\$1,000) of institutional charges to zero dollar (\$0.00) per one thousand dollars (\$1,000) of institutional charges. (5, CCR section 76120). Institutions will still be required to complete and submit all STRF Assessment Reporting Forms on a quarterly basis and maintain specified student information for STRF-eligible students.

See <https://www.bppe.ca.gov/lawsregs/strf.shtml> for FAQ regarding STRF.

For details on fee change, see the Regulations section under <https://www.bppe.ca.gov/lawsregs>.

The cost of Textbooks, Graduation Fees, and Travel costs to PCP (Air travel, transportation, boarding, and lodging) is extra, and not included.