



# S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana  
Deemed to be University, Bengaluru, India

## School of Physiotherapy



# Bachelor of Physiotherapy

## Brochure 2023-24



## About S-VYASA University

S-VYASA Category-I deemed to be University was established in 2002 with the envisions to inflate Yoga into a relevant science. S-VYASA is a unique Yoga University translating the visions and teachings of Swami Vivekananda to action through academic higher education programmes. The motive of S-VYASA is to amalgamate the best of the East (Yoga and spiritual lore) with that of the West (Modern scientific research). The institution undertakes extra-mural studies, extension programs and field outreach activities aiming to contribute to Peace, Poise, Harmony, Love, Health and Happiness.

S-VYASA has been recorded as the first ISO certified Yoga University. The institution follows the Gurukula System of Education combined with a modern scientific approach. The institution places great emphasis on practical experience and in-depth research. The Department of AYUSH, Ministry of Health & Family Welfare, Govt of India accorded the institution as a '**Centre of Excellence in Yoga**'. The institute also has an Advanced Centre for Research in Yoga & Naturopathy sponsored by Indian Council of Medical Research.

Offering well-designed Yoga Courses in S-VYASA, we now have 114 PhDs, 51 MScs and over 410 students in various branches. We have so far produced 95 PhDs and 49 MDs from the University, called 'Prashanthi Kutirum', situated 30 kms away from central Bangalore, near Bannerghatta National Park.

## The School of Physiotherapy

S-VYASA University has started the 4 and ½ year Bachelor of Physiotherapy programme from the academic year 2023-24 with a view to impart physiotherapy education of global standards. The students who pass out from this school should be able to independently practice the skills of physiotherapy, with emphasis on recent advances techniques in health care and evidence based practice. Research is part of the curriculum and completion of a project is mandatory to fulfill the degree requirements, giving insight on the application of research principles.

Integrative therapy is the primary focus of education in S-VYASA University, setting the trend of multi-disciplinary approach in patient care, and delivery the best therapeutic services in patient care.

## Vision

- To excel in the field of Physiotherapy by providing a unique way of education and treatment through integrative therapy.
- To mould students with professional ethics and spiritual values.
- To develop skill-based learning to students by providing current and advanced knowledge through research and produce qualified Physiotherapists, conforming to global standards.
- To optimize health and wellness through international standards of Physiotherapy in academics and practice.
- To adopt best practices in patient care, academics and research areas.

Program Offered: **BPT**  
(Bachelor of Physiotherapy)

Course Duration: **4 ½ years**

Eligibility: **10+2 or Equivalent**  
with minimum 50%  
in Physics, Chemistry & Biology

## Bachelor of Physiotherapy Programme

is a four-and-a-half-year programme, consisting of a four-year study followed by six months of internship. Yearly examination pattern is adopted by the School, and it is recognised by the S-VYASA University as an independent paramedical Health Science programme.

## Mission

- **The School of Physiotherapy, S-VYASA** Deemed to be University has a mission to develop international standards of Physiotherapy education, imbuing a high degree of intellect, creativity, character and professionalism in the students.
- It works at excellence in academic, clinical and research areas of Physiotherapy education and practice.
- To provide state of the art teaching and learning facilities, making them proficient in evaluation and management skills.
- To emerge as the best educational institution in the national and international scenario.

## Eligibility

- Students who have passed **12<sup>th</sup> or equivalent** with minimum 50% in Physics, Chemistry and Biology subjects are eligible for admission to B.P.T programme.
- The students must have completed **17 years of age** at the time of admission, or must complete by 31<sup>st</sup> December of the year of admission to the programme.
- **English** is the medium of instruction for the programme, and English proficiency will be conducted during admission.
- **Medical fitness** - every student has to submit a certificate of Medical fitness from an authorized Govt Medical officer before admission to the programme.



## What is Physiotherapy?

### Physiotherapy or Physical Therapy

is a form of therapy given by physical means.

A physiotherapist skillfully is able to -

- assess patients with disorders/ dysfunctions affecting the different systems of the body
- identify problems which require management and/ modifications
- plan and implement goals of physiotherapy in order to rehabilitate- bring back the patient to normal/ near normal state so that he/she is able to perform routine daily activities independently or with minimal assistance.
- Common areas which require the role of Physiotherapy are - Orthopaedics, Sports injuries, Neurological and neuro surgical conditions, Paediatrics, Cardio respiratory and Medical- surgical conditions, OBG conditions apart from problems seen in the Community settings.
- Essential qualities of a good physiotherapist are- good communication, commitment and responsibility towards the patients, and the society at large. He/she should be able to counsel the patients and motivate them to overcome the difficulties they will be undergoing. A good sense of humour enables to develop rapport with the patients, who may have to undergo therapy for quite a long time.





## Course Outline

### First Year

- Human Anatomy
- Human Physiology
- Biochemistry
- Basic Kinesiology
- Psychology
- Yoga therapy

### Second Year

- Biomechanics
- Exercise therapy
- Electrotherapy
- Microbiology
- Pathology
- Sociology

### Third Year

- Clinical Orthopaedics
- Clinical cardio respiratory and general conditions
- Musculo skeletal & Sports physiotherapy
- Cardio Respiratory and General physiotherapy
- General Medicine
- General Surgery
- Pharmacology
- Medical/ Physiotherapy Law and Ethics

### Fourth Year

- Clinical Neurology
- Community Medicine
- Community Physiotherapy
- Physiotherapy in Neurology and Paediatrics
- Clinical reasoning and evidence-based practice
- Biostatistics & research
- Modern diagnostics
- Integrative therapy





## Scope of Physiotherapy

A student who has successfully completed the four and a half B.P.T. programme has enormous opportunity in his/ her career as a Physiotherapist.

1. Can pursue Master's degree in Physiotherapy- M.P.T. (2 years), and further complete PhD in his/ her area of specialization.
2. Enroll for Research projects as a Research Assistant in institutions offering such posts- this enhances the research skills.
3. Work in hospitals/ nursing homes as a Physiotherapist.
4. Work as a fitness trainer in various fitness centers/ fitness clubs. Can also become a fitness manager.
5. Those specialized in Sports physiotherapy can work as physiotherapists/ trainers in clubs/ sports events/ competitions.
6. Open an independent Physiotherapy clinic.
7. Home based physiotherapy services.
8. Govt and NGOs for specific projects, and Special schools, Geriatric centers.
9. Work as ergonomic consultant in industries.
10. Go abroad for higher studies/ job opportunities.



## Clinical Facilities

The campus houses a 250 bedded hospital- **Arogyadhama**, with all the departments functioning. OPD and In-patient services are available for Physiotherapy as well. This apart, there is a MOU with renowned hospitals in the city namely- Narayana Hrudayalaya and Sakra World Hospital for clinical exposure of students in medical conditions.

Since Integration is part of treatment, the University also works in close liaison with the Sushruta Ayurveda Medical College & Hospital, with which campus is shared.

### MoUs for Clinical Exposure



Sushruta Ayurvedic Medical  
College & Hospital



Narayana Hrudayalaya Hospital



Sakra World Hospital

### Integrative Therapy



Kati Basthi - Ayurveda



Cupping Therapy -  
Naturopathy



Interferential Therapy -  
Physiotherapy



Yogasana



## Location

### **The School of Physiotherapy, S-VYASA University**

is located within the Prashanthi Kutiram campus of the University at Giddenahalli, Jigani Anekal Taluk, about 30 kms from Bengaluru city.



*For further details, please contact*  
**School of Physiotherapy**

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