

# Training Information, Syllabus, Fees & Job Opportunities after this Training

## Online Yoga Scientist Training

- ✓ *Enhance your medical science & yoga science understanding and accordingly correct your yoga practices & yoga teaching skills*
- ✓ *Enhance your knowledge about various diseases and how Yoga practices can be useful in these diseases*
- ✓ *Learn how scientific research is carried out in medical science & Yoga, and how results are published in scientific journals*
- ✓ *Learn reading and writing scientific articles*
- ✓ *Learn article writing for scientific journals, magazines, newspapers or books.*
- ✓ *Publish your first article under guidance of our teachers and continue writing more and more articles*
- ✓ *Total 8 weeks weekend based online training, only once in a week session.*
- ✓ *Online Training and Online Assessment*
- ✓ *Training Certification as Trained “Yoga Scientist” from Scientific Yoga Team*
- ✓ *Continue to be Scientific Yoga team and enhance your research skills and knowledge in yoga after training completion*
- ✓ *Become International Yoga Scientist*



# Introduction

This is first-of-its kind unique training which will enable the “Yoga Professional” to transform to complete “Yoga Scientist”.

- ✓ Science refers to any systematic knowledge-base or prescriptive practice that is capable of resulting in a prediction or predictable outcome. Science is also a continuing effort to discover and increase human knowledge and understanding through disciplined research.
- ✓ Scientific research is one of the best way to evolve the science, and outcome of scientific research is published in scientific journals as research or review articles.
- ✓ Authorship of scientific article or book is an achievement for any professional person including Yoga Professional. It increases confidence and trust of your yoga students on your teaching and guidance. It also increases your visibility and publicity among the Yoga community.
- ✓ Writing scientific article or book is an art, and requires in-depth knowledge of the subject domain as well as strong reading and analytical thinking skills.
- ✓ This training is focused on enhancing your reading skills for developing in-depth knowledge of the subject domain, analysis of published information and writing your article on the topic of your interest and expertise for publication in scientific journals, magazines etc.
- ✓ This training will enhance your understanding of various types of published literature and difference between them like peer reviewed scientific articles, registered books, magazine articles, non-peer reviewed articles / content of websites, newspaper articles etc.

**Writing article in Yoga field and publishing them contributes to enhancing yoga science and educating public for start believing in yoga practices, which eventually enhances participation in your yoga batches. It is great way of educating the society for the topic of your domain expertise. Your articles greatly enhances your publicity and your status amongst your domain of expertise.**



# Your Teacher for the Training

- The training will be conducted by Dr.Jignesh Patel based at Ahmedabad.
- Following is his profile.



## **Dr.Jignesh Patel:**

He is yoga practitioner, teacher and pharmaceutical / medical researcher with having more than 17 years of experience in yoga and pharmaceutical / medical research. **He has more than 25 years of experience of yoga practice and more than 10 years of experience in conducting yoga teaching.** Currently he is working as Research Director at one of the Medicine Research Company and also associated with many multinational pharmaceutical and medicine research companies of the world.

He has done his **Yoga Teacher Training and Yoga Therapy Training courses from Yoga Vidya Gurukul**. He is basically scientist, **PhD in Pharmacology** and has done **clinical pharmacology research courses (after PhD / post-doctoral) from National Institute of Health (NIH) USA**. He has worked as University Assistant Professor for about 4 years and many of his students are now teachers. He had published **more than 30 scientific articles in various scientific journals**. He has received many **national and international awards / prizes / research grants for his research work and scientific publications**.

He is also **invited Faculty** for Various Scientific Lectures & **University Examiner** for M.Pharm., PhD, MBBS, MD, DM & DNB medical courses as well as co-guide / thesis reviewer. He is scientific article manuscript reviewer at Elsevier, Ingenta Connect, Springer Journals. For more information about him, please, visit his profile at, <https://in.linkedin.com/in/dr-jignesh-patel-5a4b8419>

He is conducting yoga sessions for public since 2010 on no-name, no-fame, no-fees basis. He has influenced many participants to be yoga teachers and had guided more than 100 people to become certified yoga teacher from various yoga institutes and yoga certification board, Govt. of India.

He has in-depth knowledge of various **yoga practices for health benefits** and he has excellent teaching skills. He has excellent research skills and one of the objective of this training is to **enhance interest of students for research in yoga science, and for the same, he will continue to guide the students even after completing the training.**

**World's first systematic scientific article on COVID19 and Beneficial Effects of Yoga describing various scientific mechanisms of beneficial effects of various Yoga Practices has been written by Dr. Jignesh Patel. This article was published in International Scientific Journal on fast-track basis.**

**The article has been indexed in many international scientific article databases and helped many experts to use yoga practices in COVID19**




# Published Article Details

Covid19, Mucociliary Clearance

irjay.com/irjay/index.php/irjay/article/view/485

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Journal of Ayurveda & Yoga  
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Covid19, Mucociliary Clearance And Mechanisms of Beneficial Effects of Various Yoga Practices

DOI: <https://doi.org/10.47223/IRJAY.2021.4414>

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Gandhar Mandlik

Director: International Courses, Yoga Vidya Gurukul "Vishwa Yoga Darshan"



(PDF) Covid19, Mucociliary Clearance

researchgate.net/publication/351344320\_COVID19\_Mucociliary\_Clearance\_and\_Mechanisms\_of\_Benefi

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COVID19, Mucociliary Clearance and Mechanisms of Beneficial Effects of Various Yoga Practices

April 2021  
DOI:10.47223/IRJAY.2021.4414  
Project: [Yogic Way of Life, Prevention & Treatment of various diseases including COVID19](#)


Authors:



Jignesh Patel  
CBCC Global Research



Vishwas Mandlik



Gandhar Mandlik

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Abstract

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International Research Journal of Ayurveda and Yoga (IRJAY)

Source ID:00000208  
Volume 4, Issue 4, April 2021, Pages 97-108, Page Count - 12

COVID19, MUCOCILIARY CLEARANCE AND MECHANISMS OF BENEFICIAL EFFECTS OF VARIOUS YOGA PRACTICES


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<sup>(3)</sup> Director: International Courses: Vishwa Yoga Darshan, Yoga Vidya Gurukul, Talwade, Taluka - Trimbak, Nasik, Maharashtra, India.

Manuscript ID:- 00000-74494  
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Covid19, Mucociliary Clearance

semanticscholar.org/paper/Covid19%2C-Mucociliary-Clearance-And-Mechanisms-of-of-Patel-Mandlik/f1fd9fc053a046ae0046705879d106

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Covid19, Mucociliary Clearance And Mechanisms of Beneficial Effects of Various Yoga Practices

Jignesh Patel, Vishwas Mandlik, Gandhar Mandlik • Published 2021 • Medicine

The Coronavirus Disease 2019 (COVID19) outbreak is one of the biggest pandemics reported in the history. Widespread prevalence of COVID19 have not only caused the respiratory consequences, but also psychological effects because of its fear. Severe acute respiratory syndrome coronavirus 2 (SARSCoV-2) is the virus responsible for COVID19 and have been reported to cause impairment in mucociliary clearance (MCC) as a result of damage to the ciliary layer of respiratory epithelium. Because MCC is...

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**Similarly, if you search on web (Google), you will find many scientific research articles written by your teacher in the field of medical research including Yoga science.**



# Eligibility Criteria for Enrollment in the Training

Following are the eligibility criteria for enrollment into the training.

- 1) Healthy individuals (physically + mentally) with no or minimum experience of yoga.
- 2) Yoga practitioners or Yoga teachers who have been doing yoga and want to become yoga scientist.
- 3) Minimum age is 18 years. For applicant over the age of 60, a fitness certificate is necessary.
- 4) Have serious commitments for understanding the Yoga Science.
- 5) The candidate should be able to read, write and understand English instructions and should be able to interact in English language.
- 6) The candidate shall have enrolled for any university Yoga Teacher Training course + have Bachelor Degree in Science OR is enrolled in any Bachelor Science Degree course.
- 7) The candidate shall have valid photo identity proof.

## Requirements for the Training

Following are the requirement of facility the candidate should have for the training and assessment.

- 1) Device (e.g. mobile phone, notepad or computer) with good internet connection
- 2) Device supporting e-meetings software like MS Team meetings, Google Drive, Google Meet, Zoom, Internet browsing, WhatsApp.
- 3) E-mail account regularly operated by the student
- 4) Availability for weekend day for 1.5 hrs online classes
- 5) Availability for timely submission of weekly assignment submission
- 6) Availability for essay writing, submission and presentation

## Training Topics

- ✓ Why and how various lifestyle diseases occurs and how Yoga practices are beneficial in the various diseases.
- ✓ How to do scientific literature search to gather knowledge in order to write scientific articles and publish them in scientific journals.
- ✓ How to do research in Yoga science.
- ✓ How to design clinical study protocol for yoga research.
- ✓ What are the legal and ethical requirements for conducting clinical studies in yoga research and how to comply with them.
- ✓ How to conduct clinical study in yoga research.
- ✓ How to write articles and how to publish them in newspapers.
- ✓ What is the importance of newspaper article and scientific journal articles on participant flow for your yoga batch.
- ✓ How to interpret results of yoga clinical study and how to publish them in scientific journals.
- ✓ How to start yoga batches and how to do marketing / publicity for getting participants for yoga batch.
- ✓ How to collaborate with other yoga teachers / studio to increase public participation.
- ✓ How to keep the participant motivated and attached to continue yoga practice.

# Fees of the Training

For the selected participant, the total Rs.11500 is the fees. Following is the distribution of various fees components

Sr. No.	Fees Head	Amount (Rs.)
1	Registration Fee (will be a part of Training fee)	Rs.2500
2	Balance Tuition Fee (Training fee for Theory & Practical Teaching)	Rs.6500
3	Exam and Training Certification Fee	Rs.2500
	TOTAL	Rs.11500

For students outside India, please, feel free to write to [scientificyoga.india@gmail.com](mailto:scientificyoga.india@gmail.com) to know fees in your currency.

# Certification

All successful participants will receive certificate from Scientific Yoga for the Yoga Scientist training.



## Job or Work Opportunities after the Training

**Our is a team of medical doctors and para-medicos who realized that there is a great demand of scientific yoga writers and Yoga Scientists. There is tremendous opportunities for yoga professionals for following areas.**

- 1) Yoga, Ayurvedic Product Industry R & D Centres
- 2) Fitness Product Design and R & D Centres
- 3) Journal and magazine publisher companies
- 4) Academic institutes
- 5) Hospitals, Clinics & Public health centres
- 6) Fitness centres & Gyms
- 7) Stadium & Sport centres
- 8) Clubs and retreat centres
- 9) Ayurvedic and Yoga Research Institutes

If the student wish to go abroad, then, already there are lots of opportunity and demand of Yoga writers and Yoga Scientists in USA, UK, Europe, Australia etc.

# Contact Information

## Website

[www.scientificyoga.org](http://www.scientificyoga.org)

Dr. Jignesh Patel, the lead teacher of the training:

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