ආයුර්වේද දෙපාර්තමේන්තුව

07 OCT 2025

ඊ ඇමුණුම

දකුණු පළාත ගාලල

විදේශ නිල චාරිකාවෙන් පසු ඉදිරිපත් කරන වාර්තාව

(දිවයිනට ආපසු පැමිණීමෙන් පසු දවස් 07ක් ඇතුළත ඉදිරිපත් කළ යුතුයි)

1. නම :- මල්කා ප්‍රසාද් රත්නායක

2. තනතුර :- ආයුර්වේද වෛද්‍ය හි ලබාරී

3. අමාත්‍යාංශය/ දෙපාර්තමේන්තුව/ සංස්ථාව/ පළාත් සභාව/ පළාත් පාලන ආයතනය :- ආයුර්වේද දෙපාර්තමේන්තුව

4. ශ්‍රී ලංකාවෙන් පිට වූ දිනය :- 2025.08.24

5. සංචාරයේ යෙදුණු රට/ රටවල් (දින සහිතව) :- ඉන්දියාව 2025.08.24 – 2025.09.22 දක්වා.

6. එක් එක් චාරිකාවෙන් රටට සැලසුණු යහපත, මෙරටට ගැලපෙන හා ක්‍රියාත්මක කළ හැකි සංකල්ප, යෝජනා ව්‍යාපෘති ආදිය (වෙනම කඩදාසියක) සඳහන් කරන්න
ඇමුණුම -01 (Attachment 01)

7. රැගෙන ගිය විදේශ විනිමය ප්‍රමාණය :- ඩොලර් 375

(අ) රජයේ වියදමෙන් :- ඩොලර් 375

(ආ) පෞද්ගලික වියදමෙන් :- –

8. පෙරළා මෙරටට පැමිණි දිනය :- 2025.09.23

9. විශේෂයෙන් යමක් සඳහන් කිරීමට තිබේ නම් :-

කාලීනව ඉතිහාස වාදගත් පැයමා ලාභතා සහභාගීවීමට අවස්ථාව ලැබීම ඉතිහාස වාදගත්. ලබාගත් දැනුම වෛද්‍යවරයෙකු වශයෙන් රෝගීන් සුවපත් කාවයට පත්කිරීම සඳහා ආයතනික මට්ටමෙන් ක්‍රියාවට නැංවීම සඳහා බලාපොරොත්තු වෙමි.

දිනය :- 2025.09.30

අත්සන :- [signature]

තනතුර :- වෛද්‍ය හි ලබාරී
දිස්ත්‍රික් ආයුර්වේද රෝහල
අපරිත්ත.

Attachment - 01

ආයුර්වේද දෙපාර්තමේන්තුව
07 OCT 2025

Overseas Training Report

Name of the Officer	Malka Prasadi Rathnayaka
NIC No of the Officer	718293324 V
Training Programme	"Special Training Programme for Yoga Trainers" conducted by Swami Vivekananda Yoga Anusandhana Samsthana.
Duration	25.08.2025 – 21.09.2025
Country	India

Report (Please describe under below mentioned sub sections)

01. Background :

The training course on "special Training programme for Yoga Trainers" was held from 25th August 2025 to 21st september 2025 at S-vyasa university, Bangalore, India, under the ITEC programme. This training course consisted with Theory portion (Introduction to Yoga, and its streams, Life and messages of spiritual Masters, Report writing, and presentation) practical portion (cleansing techniques, Breathing exercises, Loosening exercises, Asana practice, pranayama, Dhyana and meditation) and Teaching techniques. (work sheet writing & presentation) To fulfill above matters from 5:30 a.m to 7:30 p.m practical classes, Lectures, presentations, demonstrations, department vise visits in the university had been arranged.

02. Objectives :

* To obtain knowledge about Yoga Therapy
* Share the above knowledge with the society
* Use of Yoga therapy to prevend the diseases
* To gather informations regarding cultural habits in India.
* To visit historical places of India and get ideas about their culture.

03. Area Covered Brief Summary :

* what is yoga, what are the importance of yoga, how can use yoga for prevent diseases, how can we teach yoga to others.
* How the researches conducted on yoga.
* what are the scientific findings related to yoga.
* Field visit to misoor city and misoor palace.
* Bangalore city tour.
* How can get more knowledge about yoga.

04. Outcomes :

* Gained a better knowledge on yoga.
* How to share this knowledge to the society.
* How can apply this knowledge to prevent diseases in the society.
* Awarded the certificate in "special training programme for yoga trainers".
* Improved knowledge on Indian culture and tradition.

05. Conclusions, Lessons learned and Recommendations :

* A very important course in a period like this where the number of non-communicable diseases are increasing.
* Specific yoga asanas can be used to prevent many diseases.
* This course can improve mental concentration.
* It has an ability to maintain and improve the health.

06. Follow up actions :

* Constantly engaging in practical activities and practicing.
* Providing training to a selected group at the institutional level.
* Placing a selected group of patients in special asanas for a selected period of time and thereby monitoring the progress of the disease.
* Is there anything we can gain from Indian culture? Let's try to adapt to it.

Signature : ..... Date : 30. 09. 2025

विदेश मंत्रालय
MINISTRY OF
EXTERNAL AFFAIRS

ITEC

S-VYASA

INDIAN TECHNICAL AND ECONOMIC COOPERATION

Government of India

Mr./Mrs. **MALKA PRASADI RATHNAYAKA**

is hereby awarded the certificate in recognition of successful completion/participation

Special Training Program for Yoga Trainers

(25th August - 20th September 2025)
organized by

Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru

under the auspices of the
ITEC Programme, Development Partnership Administration,
Ministry of External Affairs, Government of India.

C. Dhananjaya
Course Coordinator
Swami Vivekananda Yoga
Anusandhana Samsthana, Bengaluru

Prof. Sony Kumari
Registrar
Swami Vivekananda Yoga
Anusandhana Samsthana,Bengaluru

ITEC Certificate no **2025LI A000752** .The genuineness of this certificate may be verified at www.itecgoi.in using this certificate number

YIC SYLLABUS
An Overview

Subject Code	Name of the Subject	Credits	Assessment Marks
YIC T 101	Introduction to Yoga and its Streams	2	50
YIC T 102	Life and Message of Spiritual Masters & Indian Culture	2	50
YIC T 103	Report Writing & Presentation	2	50
YIC P 101	Kriyā, Āsana, Prāṇāyāma, Dhyāna – Practice & Presentation	2	50
YIC P 102	Teaching Techniques - Worksheet Writing & Presentation	2	50
YIC P 103	Karma Yoga, Maitri Milana, Kīrtana, Krīḍa Yoga & Ānanda Sabhā	2	50
	Total	12	300

THEORY PORTION

YIC T 101: INTRODUCTION TO YOGA AND ITS STREAMS (2 Credits)

a) Concept and definitions of Yoga
b) Basis of Yoga – Happiness Analysis
c) Streams of Yoga
   i. Jñāna Yoga
   ii. Bhakti Yoga
   iii. Karma Yoga
   iv. Rāja Yoga
d) Unity in Diversity
e) Haṭha Yoga - Kriyās, Bandhās and Mudrās
f) Self-Management of Excessive Tension (SMET).
g) Health, Disease and its Management - IAYT

YIC T 102: LIFE AND MESSAGES OF SPIRITUAL MASTERS (2 Credits)

a) Life and message of Spiritual Masters - Swāmī Vivekānanda, Śrī Rāmakṛṣṇa Paramahaṁsa and Mā Śāradā Devī.
b) Indian Culture
c) Concept of Mantras/Prayers
d) Pañca-Kośa-Viveka (5 layers of Human existance)

YIC T 103: REPORT WRITING & PRESENTATION (2 Credits)

Student has to select and write about a topic (given below in the Table-2), and the same has to be presented (both written format and Viva). Assistance of related books, concerned faculty and online resources is encouraged. The Standard format for writing is given below in the Table-1.
NOTE: Topic and Writing Format can be changed only with prior permission of the concerned authority.

Table-1 – Report Format

Cover Page ➢ Top – Institution & Course Name, Batch #, Month & Year ➢ Centre – Topic Name ➢ Down – Student's Name, Registration/Roll #, Group Name
Acknowlegement
Contents/Index
Introduction
Body of the Subject Matter is framed based on the Topic
Summary/Conclusion
Bibliography

Table-2 – List of the Topics for Report

Concept & Basis of Yoga	Yoga for Spiritual Development
Applications of Yoga	Yoga for Ideal Social Order
Unity In Diversity - Streams of Yoga	Yoga for Modern Ailments
Bhakti Yoga	Yoga for Religious Harmony
Karma Yoga	Yoga for Building up an International Relationship
Jnana Yoga	Yoga for Leading a normal peaceful Life.
Raja Yoga	Yoga for Memory Development
Hatha Yoga	Yoga for Arresting the Process of Aging
Patanjali Yoga	Yoga and Value Based Education
Pranas & Nadis	Yoga for Man Making and Nation Building
Mudras & Bandhas	Yoga for Children
Bandhas	Yoga for Corporate World
Shat Kriyas	Yoga for Development of Mental Faculty (Concentration, Memory etc.)
Cyclic Meditation	Yoga in Bhagavadgita
Om Meditation	Yoga & Kalaripaittu (Other Martial Arts)
Meditation (Vipassana/Transcendental/Others)	Yoga & Universal Brotherhood
Surya Namaskara	Yoga & Other Religions
Yama	Yogic way of living
Niyama	Yoga Therapy and Other Alternative Medicines
Asana	Yoga for Present Society
Breathing and Loosening exercises	Guru-Shishya Relationship
Shithilikarana, Shitalikarana & Sukshma Vyayamas	Guru - a Spiritual Guide
Pranayama	Pancha Koshas
Pratyahara	Gunas (Trigunas)
Dharana	Navavidha Bhakti
Dhayana	Panca Bhavas
Samadhi	Japa & Other modes of Spiritual Practices
Chakras & Kundalini Yoga	Yogic Diet & Fasting
Yoga for Psycho-somatic Disorders	Indian Culture
Yoga for Anger Management	Be and Make
Yoga for Greed Management	Ramakrishna Paramahamsa and Ma Sharada Devi
Yoga for IQ Development	Ramakrishna Paramahansa, his life and mission
Yoga for Eye sight development	Devi Sarada Maa - The spiritual companion of Ramakrishna Paramahansa
Yoga for Ego Management	Ramakrisha Paramhansa and His Sadhana
Yoga for Jail Prisoners	Swami Vivekananda - His Childhood, youthful days and his message.
Yoga for Ideal Politics	Swami Vivekananda - His meeting with Ramakrishna Paramahamsa
Yoga for Managing Childhood Obesity	Swami Vivekananda on Yoga
Yoga for Working Women	Swami Vivekananda on Education
Yoga for Good Governance	Swami Vivekananda on Concept Of Organization
Yoga for Memory development	Contemporary Yogic/Spiritual Leaders of India
Yoga for Concentration development	Spiritual Grandeur of India
Yoga for All-round Personality Development	Contributions of SVYASA to the Society
Yoga for Sports	Foundation Stones of SVYASA
Yoga for Stress Management	Comparative Study of Yoga with Ayurveda / Naturopathy / Allopathy / Homeopathy / etc.

PRACTICAL PORTION

YIC P 101: KRIYĀ, ĀSANA, PRĀNĀYĀMA, DHYĀNA – PRACTICE & PRESENTATION - (2 Credits)

Kriyā/ Cleansing Techniques	Kaphālabhāti		Purifying/Cleansing Breath
	Trāṭaka		Eye Exercises, Gazing, Focusing & Defocusing
	Neti (Jala & Sūtra)		Nasal Passage Cleansing
	Dhauti (Vamana)		Gastro-Esophageal Track Cleansing
	Basti (Laghuśṅkaprakṣālana)		Gastro-Intestinal Track Cleansing
Āsana/ Physical Posture	Preparatory Practices	Breathing Exercises	➢ Standing: Hands In & Out, Hands Stretch, Ankle Stretch. ➢ Sitting: Tiger, Dog, Rabbit breathing ➢ Prone: Bhujaṅgāsana & Śalabhāsana breathing, Nāvāsana Breathing ➢ Supine: Straight Leg raising (single & both), Setubandhāsana, Naukāsana Breathing
		Loosening Exercises	➢ Standing: Jogging (Spot, forward, backward, sideward), Mukhadhauti (single blast breath), Bending (front & back, sidewards), Twisting, Situps (Full & Sidewards), Half-squats. ➢ Sitting: Bhūnamanāsanam, Cakki-cālana, Butterfly(Half & Full), Paścimottāna-Halāsana Flow. ➢ Prone: Caduraṅga-Bhujaṅga-Parvatāsana Flow, Dharurāsana Swing (Rock & Roll). ➢ Supine: Pavanamukthāsana Kriyā, Cycling.
		Initial Startup	Sūryanamaskāra / Sun Salutation ➢ 12 Counts Sūryanamaskāra ➢ 10 Counts Sūryanamaskāra
	Standing		Tāḍāsanam, Ardhakaṭicakrāsanam, Ardhacakrāsanam, Pādahastāsanam, Trikooṇāsansam, Parivṛtatrikoṇāsanam, Pārśvakoṇāsanam, Vṛkṣāsanam, Vīrabhadrāsanam
	Sitting		Daṇḍāsanam, Sukhāsanam, Siddhāsanam, Padmāsanam, Yogamudrā, Śaśāṅkāsanam, Vajrāsanam, Suptavajrāsanam, Vīrāsanam, Supta-Vīrāsanam, Paścimottānāsanam, Uṣṭrāsanam, Vakrāsanam, Ardhamatsyendrāsanam, Haṁsāsanam, Mayūrāsanam.
	Prone		Makarāsanam, Bhujaṅgāsanam, Śalabhāsanam, Dhanurāsanam.
	Supine		Śavāsanam, Sarvāṅgāsanam, Matsyāsanam, Halāsanam, Viparītakariṇī, Cakrāsanam.
	Inverted / Topsy-Turvy		Ardhaśīrṣāsanam, Śīrṣāsanam.
Prāṇāyāma/ Regulation of Breathe	Initial Startup		Bhastrikā (Bellows breath) / Kaphālabhāti (Purifying/Cleansing Breath)
	Vibhāgīya Prāṇāyāma (Sectional Regulation of Breathe)		Abdominal, Thoracic, Clavicular & Full Yogic Breathing
	Cooling Prāṇāyāma		Śītalī Sītkāri Sadanta
	Types of Prāṇāyāma		Nāḍiśuddhi (Balancing), Laya / Bhrāmarī (Bee Breath), Ujjāyī, Nādānusandhāna (A, U, M Chanting &Silence)
	Kumbhaka (Breath Cessation) Mudrās (Gestures) & Bandhās (Locks)		Antaḥ, Bahiḥ, Kevala, Sahaja. Nāsika, Cin, Cinmaya, Ādi, Brahma. Mūla, Uḍḍiyāna, Jalandhara.
Dhyāna/ Meditation	Praṇavopāsanam		Om Meditation
	Āvartana-dhyānam		Cyclic Meditation
	Svādhyāya / Ātmāvalokana		Self Study / Contemplations

YIC P 102: TEACHING TECHNIQUES - WORKSHEET WRITING & PRESENTATION - (2 Credits)

Student should present Worksheet (Asana) based on *Eight Step Method of Teaching Technique* (both written format and Viva). The Standard format for writing is given below:

Cover Page ➢ *Top* – Institution & Course Name, Batch #, Month & Year ➢ *Centre* – Topic Name (ĀSANA WORKSHEET / EIGHT STEP METHOD OF TEACHING TECHNIQUE) ➢ *Down* – Student's Name, Registration/Roll #, Group Name
Contents/Index
Introduction
Starting Prayer
Classroom Arrangement
Eight Step Method of Teaching Technique - Āsana 1. Introduction of the asana: *Name, Meaning, Justification, Sthiti (Position), Śithila-Sthiti (Relaxation), Type, Category, Counts & Complementary.* 2. Demonstrations. *Silent Demonstration, Demonstration with count & Demonstration with counts, breathing and explanation.* 3. Benefits and Limitations/Contra-indications. 4. Individual Practice. 5. Practice in Pair. 6. Questions and Answers. 7. Key Points. 8. Group Practice.
Standing Posture
Sitting Posture
Prone Posture
Supine Posture
Closing Prayer

YIC P 103: KARMA YOGA, MAITRI MILANA, KĪRTANA, KRĪDA YOGA & ĀNANDA SABHĀ - (2 Credits)

i. ***KARMA YOGA:***

✓ , Team-work oriented i.e. involvement in Selfless Service with Group.

ii. ***MAITRI MILANA***

Taking part in Maitri Milana – i.e.

✓ Srimad Bhagavadgīta Chanting (Streams of Yoga) – Refer *Vyāsa-Puṣpāñjali* Book

✓ Grasping Discourse

iii. ***KĪRTANA***

✓ Singing Kīrtanas (Bhajans), Nāmāvalis, Patriotic Songs, Chanting of Stotras/Ślokas (Prayers) – Refer *Vyāsa-Puṣpāñjali* Book.

iv. ***KRĪDA YOGA***

✓ Involvement in Krīḍa Yoga (Yogic Games) - Refer *Krida Yoga* Book

v. ***ĀNANDA SABHĀ***

✓ Happy Assembly: Taking part in Moral/Value based presentations (Drama/Play, Dance, Other extracurricular activities), which enhances Fivefold Personality Development.