



# Swan Research Institute

300 Mangrove Creek Rd Mangrove Creek NSW 2250

Tel: (02) 4377 1171 Fax: (02) 4377 1219

email: [sri@swanresearch.net](mailto:sri@swanresearch.net)

## SRI Research Scholarship in Yoga Education Information to Applicants

### About SRI

The Swan Research Institute was formed in 2001 as an independent, incorporated Association to promote quality research in areas related to the causes, prevention or cure of diseases in humans. SRI has Deductible Gift Recipient status from the Australian Tax Office on this basis for this category. Swami Niranjanananda Saraswati is its president.

SRI has decided to focus initially on exploring and developing better understanding of the many practices within the science of yoga and their implications for physical and mental health, healthy lifestyle, mental and spiritual development; particularly in areas of prevention of various modern diseases such as obesity related diseases, diabetes, heart disease, cardiovascular diseases, depression, hypertension, anxiety etc. SRI is also interested in possible treatments in promising areas such as using yoga for asthma, diabetes, cancer, depression and other mental illnesses, anxiety, drug addiction, hypertension, high or low blood pressure and cardiovascular disease, to name a few.

### Information and Application Form

SRI is therefore currently offering a Research Scholarship in Yoga Education. The scholarship will be awarded as a part or full scholarship to those eligible persons who are interested in training to become a yoga teacher through the Satyananda Yoga Academy (SYA). The SRI scholarship is provided for the purposes of allowing research into some aspect of yoga for health and well-being within teaching.

**Note:** This scholarship is intended for those who are unable to attend the academy due to remote distance, financial hardship or for those with some form of physical or other disability or some disadvantage.

### Terms and conditions

You must be an Australian citizen or be a permanent Australian resident and can have prior experience from any yoga tradition. The scholarship/s will be made at the discretion of SRI Directors with input from SYA and can be available for the full 3 year Diploma course at the SYA in Mangrove Mountain, NSW, including the three year residential stay, where applicable OR as a part scholarship to complete previously incomplete studies within the 3 year Diploma course at the SYA in Mangrove Mountain, NSW. A small living allowance may be available if the candidate chooses to live at the yoga centre. Transport costs to and from the SYA may also be available to the successful applicant, dependent on costs and available funds. Unsuccessful applicants may reapply in subsequent years. If in any year, no award is made due to lack of suitable applications, further scholarships may be offered the following year.

### Payment conditions

Payment for each module and residential stays will be paid directly to SYA.  
Living expenses will be paid directly to the successful applicant.

### **Requirements for the Research Scholarship**

To qualify for the SRI Research Scholarship in Yoga Education, the applicant must complete the appropriate SRI application form and ALL applicants must comply with both SYA's and to SRI's selection criteria. You must read and understand the SYA Course Handbook found online at [www.satyananda.net/Training/index.php](http://www.satyananda.net/Training/index.php) and accept the criteria in the application form at the end of that document, which will need to be filled in separately when enrolling in the SYA course. (DO NOT attach that SYA form with the SRI application form.)

### **Eligibility and Minimum Academic Requirements**

The scholarship is for those who are interested in Yoga Research and Yoga Teaching and who also fit the following criteria.

The applicant must have completed year 10 or equivalent. Previous yoga experience is highly desirable. Applicants should have received some formal training in yoga, rather than being beginners or simply attending some general classes. If the applicant is already part way through a Yogic Studies course, application may be made at any stage of that course.

It is also desirable that the candidate in the application can show how their local community will benefit from their education and research.

The proposed research component of the Yogic Studies course may be in any aspect of Yoga, from any tradition or lineage, as long as it fits with SRI's main research aims and objectives. The candidate will be required to meet regularly with a mentor / supervisor nominated by SRI, who will provide extra training in research skills within the standard yoga teaching curriculum and so the applicant must be willing to allow ½ day per week for those research skills both at home and during any residential components of the Diploma Course. If the student fails to perform to a suitable standard, SRI reserves the right to cancel or suspend further funding until satisfactory progress can be shown.

On completion of the Diploma, the candidate will be required to write a report to SRI and, if their research is of a suitable standard, they will be encouraged to publish their outcomes in a relevant journal or other publication. An appropriate recognition of SRI should be included in any published documents. On completion of the research, the applicant will be invited to present their findings at a SRI research conference or other such suitable conference.

### **Application Form and Supporting Evidence (to be no more than 2000 words)**

A summary proposal should be attached to the application form, including . . .

- Professional qualifications, if applicable;
- Any relevant additional qualifications and any previous research experience;
- Professional affiliation/s, if applicable;
- Yoga qualifications and or prior yogic experience;
- Two written references (professional and personal) should be chosen from people who can confirm the applicant's eligibility and suitably to meet the requirements of the Scholarship.
- Details of any other funding, already received and/or applied for;

**email copies of the application to:** [sri@swanresearch.net](mailto:sri@swanresearch.net)

### **Hard copy of all applications should be mailed to:**

SRI Research Scholarship in Yoga Education - Application  
Swan Research Institute (Attention: YogaPrabha)  
300 Mangrove Creek Rd  
MANGROVE CREEK NSW 2250

## **Selection**

A panel of at least three members of the SRI Committee will select the successful applicant.

Short listing and interview/s of applicant/s will occur in September of each year.

The decision of the SRI panel will be final.

The successful applicant will be advised by end of October each year in writing.

The following details will be included in the letter of offer:

- contact details of the SRI Research Advisor, to whom the half yearly report is to be sent;
- the value of the award, the duration and the commencement date.
- Two copies of the Conditions of the SRI Scholarship. The candidate will be expected to return one signed copy of the Conditions of Scholarship.

## **Notification of Applicants**

Notification to unsuccessful applicants will be issued as soon as practicable.

## **Other sources of income that may be suitable as well as or instead of this SRI scholarship**

### **Government Assistance for Australian Students**

As the Diploma of Satyananda Yoga Teaching is a nationally recognised training course, Australian citizens, or those with permanent resident status, may be eligible for financial assistance from the Government for undertaking this course. Providing you fit the criteria for assistance, this assistance is available for both full residential and distance options.

**PLEASE NOTE:** New Zealand citizens arriving in Australia after 26 May 2001 are now required to become Australian citizens or obtain permanent resident status and fulfill a two year waiting period to qualify for Centrelink benefits.

Please be aware that the Academy is required to report to Centrelink regarding student participation levels from time to time. For reporting purposes, each module ends as of the Module Completion Date listed in Section 9. Students who submit work, or who have yet to complete assessment tasks, beyond the Module Completion Date are not considered to be enrolled for Centrelink reporting purposes. Our Centrelink reference number is 2P653. The following benefits may be available:

#### **1 Austudy**

Austudy payment provides assistance for full time students aged 25 years and older who are undertaking an approved course of education. You are considered independent so there is no Parental Means Test, but you must meet a personal (and partner) income and assets test. If you are in receipt of Austudy, please note that, unless you are enrolled in the subsequent module, your enrolment and therefore your Austudy payment ceases at the end of the final assessment, not the alternative assessment date.

For further details: <http://www.centrelink.gov.au/internet/internet.nsf/payments/austudy.htm>

#### **2 Youth Allowance**

Youth Allowance provides assistance for students under the age of 25 years. Youth Allowance is based on the parents' financial situation unless the student is classified as belonging to one of the Youth Allowance 'independent' categories. If you are considered 'independent' under Youth Allowance, your parents' income does not affect your rate of pay.

Youth Allowance recipients may also be eligible for an advance payment of their benefit to help meet course enrolment costs.

For further details: [http://www.centrelink.gov.au/internet/internet.nsf/payments/youth\\_allow.htm](http://www.centrelink.gov.au/internet/internet.nsf/payments/youth_allow.htm)

### **3 Abstudy**

Abstudy is available for Indigenous students. It consists of a fortnightly living allowance as well as additional components to help with the costs associated with attending school. Payment amounts depend on the nature of the course, your age, whether you need to live away from home, whether Abstudy considers you to be dependent or independent, and how much you and your partner or your parents guardians earn. There is an income and assets test for this assistance. Rent Assistance may also apply.

For further details: <http://www.centrelink.gov.au/internet/internet.nsf/payments/abstudy.htm>

### **4 Pension Education Supplement**

Students who are receiving a Disability Support Pension or the Parent Payment are eligible for a Pension Education Supplement. The supplement is paid fortnightly and the amount of the supplement depends on your study load. If you were previously receiving Pensioner Education Supplement immediately prior to 1st July 2006, are continuing the same course and are now receiving Newstart Allowance or Youth Allowance, under certain circumstances you may continue to receive the Pensioner Education Supplement, which is a non-taxable payment and does not have an income or assets tests.

For further details: <http://www.centrelink.gov.au/internet/internet.nsf/payments/pes.htm>

### **5 Newstart Allowance**

If you are unemployed, Newstart Allowance helps you while you are looking for work and allows you to participate in activities designed to increase your chances of finding work. You may get Newstart Allowance if you are aged 21 or over and under Age Pension age, are unemployed (which may include part time work), are willing to undertake suitable paid employment and are prepared to enter into, comply or vary an existing Activity Agreement to fulfill the activity test. One of the activities that may be contained in an agreement is vocational education or training. Students may also be eligible for assistance with course fees. Rent Assistance may also be available.

For further details: <http://www.centrelink.gov.au/internet/internet.nsf/payments/newstart.htm>

### **6 Rent Assistance**

If you are studying full time and are eligible for one of the above benefits (other than Austudy), and are resident at an ashram, two thirds of the residential fee payment is considered to be rent and therefore entitles you to a further benefit from the government in the form of rent assistance.

For further details: [http://www.centrelink.gov.au/internet/internet.nsf/payments/rent\\_assistance.htm](http://www.centrelink.gov.au/internet/internet.nsf/payments/rent_assistance.htm)

### **Suspension or Termination of the Scholarship**

Where a recipient of a SRI scholarship does not complete any required reports or shows unsatisfactory progress, SRI may choose to suspend issuing further instalments of the scholarship until such progress has been achieved or terminate the scholarship entirely. No refunds or repayments of any monies already received by the candidate will be sought by SRI, however no further grant/s or scholarship/s will be awarded until and unless satisfactory progress has been achieved.

### **Right of appeal**

Where it has been determined that a scholarship should be suspended, or terminated, due to unsatisfactory progress or unacceptable conduct, the candidate shall have the right of appeal to the SRI committee. The appeal is to be submitted to SRI in writing within 2 weeks of receiving notice of the suspension or termination.

For any queries please email [sri@swanresearch.net](mailto:sri@swanresearch.net) or call the SRI Public Officer, YogaPrabha (Margaret Thomas) on (02) 4374 1828 All applications will be treated in strictest confidence.