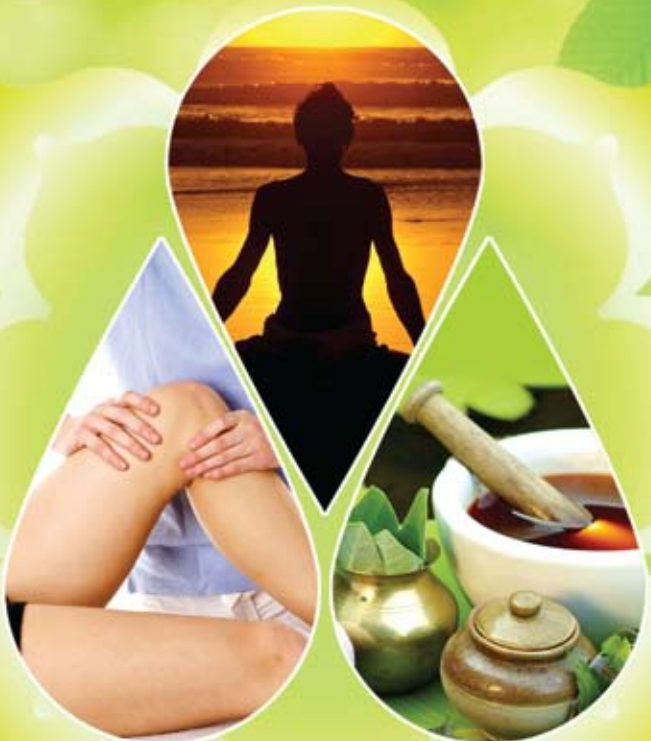


VYASA's

**Dr. Umashankar
Neuro-Rehab Center**



**Holistic
Research Center
for Neuro-Rehabilitation**

www.svyasa.edu.in

Background

Vivekananda Yoga Anusandhana Samsthana (VYASA): A Premier Yoga Research Institution in the world with more than 250 Research Papers in leading peer reviewed National and International Journals on health, education, management and other fields.

VYASA's

Dr. Umashankar Neuro-Rehab Center (VUNRC)

This Holistic Service Center caters to all levels of Neuro Rehabilitative Needs. Care is provided to individuals with temporary, progressive, or permanent neurological illness or injury such as:

- a. Stroke, Cerebral Palsy
- b. Traumatic Brain Injury, Spinal Injuries.
- c. Multiple Sclerosis.
- d. Movement Disorders e.g. Parkinson's disease, Ataxias,
- e. Motor Neuron Disease
- f. Memory Disorders, e.g. early stages of Alzheimer's
- g. Rehab of Guillian-Barre Syndrome
- h. Epilepsy, Vertigo
- i. Balance Disorders.

Dr. Umashankar... A Very Special Being

Dr. Umashankar, born on 5th January 1955, an alumni of Bangalore Medical College had his higher studies in London, UK. He became wheel chair bound as a quadriplegic as he survived a car accident in UK on 23rd September 1981. By his perseverance, persistence, courage, cheerfulness and deep inner strength, he lived alone and was actively functional and became the president of a renowned organization, the 'Mobility India'. All along, his passion was to help people who were affected by neurological disorders. Hence, part of his savings is donated to initiate Holistic Neuro-Rehab Center at S-VYASA by his family through their well wisher Dr. Thimmappa Hegde.

Features of VUNRC

This inpatient Rehabilitation Unit offers customized multidisciplinary program. Initial planning of therapy and ongoing assessments are done by a team consisting of doctors who are post graduates in physiotherapy, modern medicine, yoga, ayurveda naturopathy. Occupational therapy, speech-language therapy and psychological counseling based on traditional knowledge also form a part of the Holistic Therapy. The daily routine is spread out from 5.30^{am} to 9^{pm} with hour to hour schedule planned by the medical team on the admission day. The therapies include:

- Integrated customized yoga special techniques, pranayama, meditation, and notional correction to offer deep rest to mind body complex.
- Advanced meditative practices (CM, MSRT, PET, MIRT etc) to unfold the inner healing potential.
- Components of Raja Yoga, Karma Yoga, Jnana Yoga and Bhakti Yoga for rehabilitation at physical, mental, emotional and spiritual level.



Ayurveda and Naturopathy

- Detoxification of the cellular toxins through diet (juice therapy where necessary), panchakarma and kriyas to clear the subtle energy channels.
- Herbal medication to balance the subtle doshas.

Physiotherapy

- Electrotherapy procedures to decrease the pain
- **Exercises to increase:** muscle strength, joint mobility, balance & co-ordination and ambulation



Admission Procedure

Registrations are done after assessment for feasibility of admission by phone calls or e-mails. Please send the details of the medical reports by e-mail attachment before speaking to the expert doctors involved in admission.

Transport Details

Departure of Bus from City Office (Eknath Bhawan)
will be at 11.30^{am}, every Friday for the New Admissions.

Materials to be Brought: Clothing as per Weather Conditions, medicines, torch, umbrella, medical reports, suitable underwear for massage.

Weather: Temperature from Mar to Oct 25 - 35°C
from Nov to Feb 14 - 24°C

Campus

Prashanti Kutiram
Giddenahalli, Jigani
Hobli, Anekal Taluk
Bangaluru - 560 106
ph: 91-80-2263 9963
cell: 91-93410 77633

City Office

'Eknath Bhavan'
19, Gavipuram Circle
Kempe Gowda Nagar
Bangaluru - 560 019
ph: 91-80-2661 2669
telefax: 91-80-2660 8645

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our TEAM

Dr. Nagaraja Rao

MBBS, FACA, DAC, D.PMR (USA)
Consultant Physiotherapist

Dr. Vijay Kumar

BAMS, MD (Y&R), MSc (PSY)
Resident Medical Officer

Dr. R Nagarathna

MBBS, MD (Gen. Medicine), FRCP (UK)
Medical Director, Arogyadhama

Dr. Apar DYS, BNYS

Naturopathy Consultant

Dr. Satish Kumar Anumula

BPT, MSc (UK), MIAP
Chief Physiotherapist

Dr. B Chaitanya BPT, MIAP

Physiotherapist