

SCHEME AND SYLLABUS
(With effect from January 2016)

Yoga Instructor Course
(YIC)

VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA
(VYASA)

19, Eknath Bhavan, Gavipuram Circle,
K. G. Nagar, Bengaluru - 560 019.
Ph: 91 080 – 2661 2669, 91 080 – 78-25385,
website: www.vyasa.org



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Dear Students,

Hearty Welcome to one and all.

WELCOME TO VYASA, an ideal 'Place' to lead the "YOGA WAY OF LIFE".

We congratulate you on having been selected to pursue the noblest path of Yoga. The course is designed for you not only to learn the holistic approach of YOGA but also to LIVE it and prepare yourself to propagate it for health, peace and harmony, which is the need of the hour.

It is an adventure to enquire the deepest layer of man's identity in the quest of Truth. It is also very unique to tread the path of Yoga which is our ancient tradition

The objectives of the course are to bring all round personality development of the students at all levels and train them to enter the Yoga therapy field.

The duration of the course is 3 months. This is the foundation course for all other courses in VYASA and S-VYASA and you can takeup higher courses.

After the completion of the course, the students can teach Yoga to the general public the holistic way to prevent diseases, promote positive health and bring harmony and peace in the society.

We sincerely hope that all students at VYASA will uphold the moral values and etiquettes enumerated in the Yogic Texts and follow the noble path of virtue expounded in the Vedas.

We are confident that you will not only enjoy this course but also be highly benefited. The condition for the same is that YOU SHOULD BE TOTALLY OPEN TO ALL THAT IS OFFERED, WITHOUT PREJUDICE. Please accept the routine and participate in all the programs without fail both physically and mentally.

We wish you good luck

(Dr. H R Nagendra)
President



STANDARD INTERNATIONAL TRANSLITERATION CODE FOR SANSKRIT WORDS

a = अ	ña = ण	pa = प
ā = आ	ca = च	pha = फ
i = इ	cha = छ	ba = ब
ī = ई	ja = ज	bha = भ
u = उ	jha = झ	ma = म
ū = ऊ	ñ = ञ	ya = य
e = ए	ṭa = ट	ra = र
ai = ऐ	ṭha = ठ	la = ल
o = ओ	ḍa = ढ	va = व
au = औ	ḍha = ढ	śa = श
m = अं	ṇa = ण	ṣa = ष
ḥ = अः	ta = त	ha = ह
ka = क	tha = थ	kṣa = क्ष
kha = ख	da = द	tra = त्र
ga = ग	dha = ध	jña = ज्ञ
gha = ङ	na = न	



I REGULATIONS GOVERNING YIC COURSE

- OM 1 ADMISSIONS AND ELIGIBILITY
- OM 2 ATTENDANCE REQUIREMENT
- OM 3 INTERNAL ASSESSMENT MARKS
- OM 4 CRITERIA FOR PASSING

II SCHEME OF TEACHING and EXAMINATION REGULATIONS

OM 1 ADMISSIONS AND ELIGIBILITY

- OM 1.1 To be eligible for admission to the course, the candidates shall have passed 10th standard or 2nd PUC or +12 or 12 years of education with normal health. In case of mild diseases, recommendation by the medical doctor is necessary.

OM 2 ATTENDANCE REQUIREMENT

- OM 2.1 The candidate has to put in a minimum attendance of 90% in each subject with a provision of condonation of 10% of the attendance by the competent authority on the specific recommendation of the Coordinator under special conditions.

OM 3 INTERNAL ASSESSMENT MARKS

- OM 3.1 There will be two internal tests at the beginning of the 2nd & 3rd month and final examination (both theory & practice) before the completion of the course.

OM 4 ELIGIBILITY FOR PASSING

- OM 4.1 For a pass in a theory subject, a candidate shall secure minimum of 50% of the maximum marks both in tests and examination as prescribed for the subject.
- OM 4.1 (a) For a pass in practical/field training, a candidate shall secure a minimum of 50% of the maximum marks



prescribed in the relevant practical/field training.

OM 4.2 The candidates who do not satisfy the condition of OM 4.1 shall be deemed to have failed in that subject and they must subsequently clear it by fresh registration and attending the classes in the subject in the same course before being eligible for the award of the certificate.

OM 4.3 The successful candidates will be issued certificate at the end of the course.

SYLLABUS

Subject Code	Name of the Subject	Credits	Exam
YIC T 101	Introduction to Yoga, its streams and applications	2*	100
YIC T 102	Life and Message of Spiritual masters & SMET	2	100
YIC P 101	Yoga Practice - I	2†	100
YIC P 102	Yoga Practice – II	2	100
YIC P 103	Yoga Practice – III	2	100
YIC P 104	Teaching Techniques & Report	2	200
	Total	12	700

*15 hours per credit † 30 hours per credit (Total hours - 300)



SYLLABUS:

YIC T 101 INTRODUCTION TO YOGA, ITS STREAMS AND APPLICATIONS

- a) Concept and definitions of Yoga.
- b) Basis of Yoga – Happiness Analysis.
- c) Unity in Diversity.
- d) Streams of Yoga –
 - a. Raja Yoga. (Patañjala Yoga – path of will power)
 - b. Jñāna Yoga (Path of intellect – Philosophy)
 - c. Karma Yoga (Secret of action)
 - d. Bhakti Yoga (Science of Emotion Culture)
- e) Haṭha Yoga, Kriyās, Bandhās and Mudrās
- f) Pañca Kośa Viveka (5 layers of Human existence).
- g) Health, Diseases and its management by IAYT (Integrated Approach of Yoga Therapy).
- h) Application of Yoga in education and other fields.

YIC T 102 LIFE AND MESSAGES OF SPIRITUAL MASTERS AND SMET

- a) Life and message of Spiritual Masters - Swāmī Vivekānanda, Śrī Rāmākṛṣṇa Paramahansa and Mā Śāradā Devī.
- b) Indian Culture
- c) Concept and significance of Mantras, Prayers and Bhajans.
- d) Self-Management of Excessive Tension (SMET) – Theory and practice including introduction of yoga research.



YIC P 101 YOGA PRACTICE I
(KRIYĀS, ĀSANAS, PRĀṆĀYĀMA, DHYĀNA – PRACTICE & PRESENTATION)

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 (Laghuśīkaprakṣāḷana)	Gastro-Intestinal Track Cleansing.
Āsana (Physical Posture)	Preparatory Practices	Loosening practices (Dynamic Āsanas)
		<ul style="list-style-type: none"> ➤ Standing: Jogging (Spot, forward, backward, sideward), Mukhadhauti (single blast breath), Bending (front & back, sideways), Twisting, Situps (Full & Sideways), Half-squats. ➤ Sitting: Bhūnamanāsanam, Cakki-cālana, Butterfly (Half & Full), Paścimatāsanana - 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



	Tāḍāsanam, Ardhakaṭīcakraśanam, Ardhacakraśanam, Pādahastāsanam, Trikoṅāśana, Parivṛtatrikoṅāśanam, Pārsvakoṅāśanam, Vṛkṣāsanam, Virabhadraśanam
Standing	Daṇḍāsanam, Sukhāsanam, Siddhāsanam, Padmāsanam, Yogamudrā, Śaśāṅkāśanam, Vajrāsanam, Suptavajrāśanam, Virāsanam, Supta-Virāsanam, Paścimottāśanam, Uṣṭrāsanam, Vakraśanam, Ardhamaṭsyendrasāsanam, Hamsāsanam, Mayūrāsanam.
Sitting	
Prone	Makarāsanam, Bhujjaṅgāsanam, Śalabhāsanam, Dhanurāsanam.
Supine	Śavāsanam, Sarvāṅgāsanam, Matsyāsanam, Halāsanam, Vīparītakariṇī, Cakraśanam.
Inverted / Topsy-Turvy	Ardhaśīrṣāsanam, Śīrṣāsanam.



YIC P 102 YOGA PRACTICE II

	Initial startup - Breathing Exercises	<ul style="list-style-type: none"> ➤ Standing: Hands In & Out, Hands Stretch, Ankle Stretch. ➤ Sitting: Tiger, Dog, Rabbit breathing ➤ Prone: Bhujāṅgāsana and Śalabhāsana Nāvāsana Breathing <p>Supine: Straight leg raising (single & both), Setubandhāsana, Naukāsana Breathing etc.</p>
Prāṇāyāma (Regulation of Breathing)	Preparation - Vibhāgiya Śvasan - (Sectional breathing)	Abdominal, Thoracic, Clavicular & Full Yogic Breathing
	Types of Prāṇāyāma	
	Mudras & Bandhas	<ul style="list-style-type: none"> • Mudrās (Gestures) – Nāsika, Cin, Cinmaya, Ādi, Brahma. • Bandhās (Locks) – Mūla, Uḍḍyāna, Jalandhara. • Kumbhaka (Breath Cessation) – Antaḥ, Bahiḥ, Kevala, Sahaja.
		<ul style="list-style-type: none"> • Bhastrikā (Bellows) - cleansing Prāṇāyāma • Sarala Prāṇāyāma (simplest slow breathing Prāṇāyāma) a. Suya Anuloma Viloma Prāṇāyāma b. Chandra Anuloma Viloma Prāṇāyāma c. Nāḍisuddhi (Balancing), d. Ujjāyī (Sensitizing Prāṇāyāma)



	Prāṇāyāma Techniques	e. Śītalī, Sītākāri and Sadanta (Cooling Prāṇāyāmas) f. Bhrāmārī (Resonating Prāṇāyāma) g. Nādānusandhāna (A, U, M Chanting) h. Laya – Silence
Dhyāna (Meditation)	Praṇavopāsanam	Om Meditation
	Āvartana-dhyānam	Cyclic Meditation
	Svādhyāya / Ātmāvalokana	Self-Study and practice / Contemplations

YIC P 103 YOGA PRACTICE III

CHAPTER 1 - KARMA YOGA

Self-less service and learning the art of stress free action.

CHAPTER 2 - ĀNANDA MILAN (Happy Assembly)

Taking part in Moral/Value based presentations (Drama/Play, Dance, Other extracurricular activities) which enhances personality development

CHAPTER 3 - KRĪḌA YOGA

Involvement in Krīḍa Yoga (Yogic Games)

CHAPTER 4 - MAITRI MILAN

- Srimad Bhagavadgīta Chanting – Grasping the meaning through discourses.

CHAPTER 5 - BHAJANS

- Singing Kīrtanas (Bhajans), Nāmāvalis, Patriotic Songs, Chanting of Stotras/Ślokas (Prayers)

Refer Books

1. Vyāsa - Puṣpānjali
2. Mastering Emotion Techniques - different levels.
3. Krīḍa Yoga - Different Levels.
4. Suryanamaskara - Kannada & English



YIC P 104 TEACHING TECHNIQUES AND REPORT

1. TEACHING TECHNIQUES - WORKSHEET WRITING

Student should present worksheet (Āsana) based on eight step method of teaching technique (both written format and Viva).

The Standard format for writing Āsanas is given below:

Cover Page
<ul style="list-style-type: none"> ➤ Top – Institution & Course Name, Batch #, Month & Year ➤ Centre – Topic Name (WORKSHEET) ➤ Down – Student’s Name, Registration/Roll #, Group Name
Contents/Index
Introduction
Starting Prayer
Classroom Arrangement
<p>Eight Step Method of Teaching Āsana</p> <ol style="list-style-type: none"> 1. Introduction of the Āsana: Name, Meaning, Justification, Sthiti (Position), Śithila-Sthiti (Relaxation), Type, Category, Counts & Complementary. 2. Demonstrations. Silent Demonstration, Demonstration with counts & 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



2. REPORT WRITING: FORMAT

Student has to select and write about a topic (given below in the Table-1), and the same has to be presented (both written format and Viva). Assistance of related books, concerned faculty and online resources is encouraged.

Standard format for writing is given below. The student can also prepare and present good Power Point Presentations. Best power point presentations will be awarded with a prize. NOTE: Topic and writing format can be changed only with prior permission of the concerned authority.

Cover Page
➤ Top – Institution & Course Name, Batch #, Month & Year
➤ Centre – Topic Name
➤ Down – Student’s Name, Registration/Roll #, Group Name
Acknowledgement
Contents/Index
Introduction
Body of the Subject Matter is framed based on the Topic
Summary/Conclusion - The summary of the report has to be published by the student in any “newspaper” or “magazines” and attached to the final report. The best article will be published in our monthly magazine “Yoga Sudha” each month.
Bibliography

**Table-1 – TYPICAL TOPICS FOR THE 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.
Rāja Yoga	Yoga for Memory Development
Haṭha Yoga	Yoga for arresting the process of aging
Patañjali Yoga	Yoga and Value Based Education
Prāṇās and Nāḍis	Yoga for man making and nation building
Mudrās & Bandhās	Yoga for Children
Bandhās	Yoga for Corporate World
Śat Kriyas	Yoga for Development of Mental Faculty (Concentration, Memory etc.)
Cyclic Meditation	Yoga in Bhagavadgīta
Om Meditation	Yoga & Kalaripaittu (other Martial Arts)
Meditation (Vipaśyana/ Transcendental/ Others)	Yoga & Universal Brotherhood
Surya Namaskāra	Yoga & other Religions
Yama	Yogic way of living
Niyama	Yoga Therapy and other Alternative Medicines
Āsana	Yoga for present Society
Breathing and Loosening exercises	Guru- Śiṣya relationship
Śithilakaraṇa and Sūkṣavyāyama	Guru - a Spiritual Guide
Prāṇāyāma	Pañca Kośa
Pratyāhāra	Guṇās (Triguṇās)
Dhāraṇa	Navavidha Bhakti
Dhayāna	Pañca Bhāvas



Samādhi	Japa & Other modes of Spiritual Practices
Chakrās & Kuñḍalini Yoga	Yogic Diet & Fasting
Yoga for Psycho-somatic disorders	Indian Culture
Yoga for Anger Management	Be and Make
Yoga for Greed Management	Rāmakṛṣṇa Paramahansa and Mā Śāradadevi
Yoga for IQ Development	Rāmakṛṣṇa Paramahansa his life and mission
Yoga for Eye sight development	Devi Śārada Mā - The spiritual companion of Rāmakṛṣṇa Paramahansa
Yoga for Ego Management	Rāmakṛṣṇa Paramahansa and His Sadhāna
Yoga for Jail Prisoners	Swāmi Vivekānanda - His childhood, youthful days and his message.
Yoga for Ideal Politics	Swāmi Vivekānanda - His meeting with Ramakrishna Paramahansa
Yoga for Managing Childhood Obesity	Swāmi Vivekānanda on Yoga
Yoga for Working Women	Swāmi Vivekānanda 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 S-VYASA / VYASA to the Society
Yoga for Sports	Foundation Stones of S-VYASA / VYASA
Yoga for Stress Management	Comparative study of Yoga With Āyurveda / Naturopathy / Allopathy / Homeopathy etc.,

Apart from the above topics the students are free to choose their own topic after getting permission from the coordinator.