

YOGA INSTRUCTOR COURSE (YIC)

About the course

YIC, a professional yoga instructor training program, consisting knowledge of Holistic living and not merely as yoga posture, S-VYASA has been offering this course over the last 3 decades all over the globe with great benefits. At the end of this course, the students will be able to teach yoga to the general public even having health related complain. The holistic way to prevent diseases, promote positive health and bring harmony and peace in the society.

Objectives

- YIC course has been specially designed so that within one month, a person feels comfortable and sufficiently knowledgeable to be able to teach yoga, in a positive non-harmful manner, which imbibes ancient knowledge of India.
- Furthermore the YIC course is designed in such a way that allow the students to teach the general public straightaway with confidence in a holistic manner, whereby the instructors can provide yogic practices to promote positive health, prevent disease and most importantly introduce the concept of harmony and peace to society once completion of the course.
- The YIC course introduces the concept of right way of living, which can be easily translated, into their lives.
- The YIC course is the flagship course for SVYASA to allow student to progress onto other long term courses.
- The YIC course has been designed to inspire the people from all nations to come and learn, the basis of yoga and its application, so that old ideas, prejudices and barriers are removed. The concept of universal brotherhood is developed with the YIC course.

Core values

Yoga Instructor Course has designed in such a way that students not merely only teaching to the people in holistic manner, it also provides the platform to learn many things. The core values of the YIC are as follows.

Contributing to national development

- Through this program development is achieved (Physical, mental, social and spiritual awareness).

- Awareness of yoga, spiritual and traditional values are created among the public by the students who are trained at S-VYASA in the right way of living.
- Development of skills in various areas, which are multi-applicable to any situations, be it employment or leisure pursuit.

Inculcating a value system among students

- Here every day activity are done which continue to instill traditional values to the students using a variety of methods
- Maitrimilan – Chanting of Slok-Sangraha based on B.Gita and discourse on topics related to Yoga and spirituality
- Karma yoga-Self less service.
- Sattvic food-adjustment to eating a balance, simple, wholesome foods.
- Honesty, sincerity, integrity, punctuality, morality, importance to traditional values, Universal brotherhood (all are called bhaiya's and didi's, spiritual values, value of rising early in the morning.
- Spiritual guidance.
- Overall the lifestyle change.

Quest for excellence

- Self analysis (Working back at the activities and evaluating those activities).
- Constant reviewing the running of the YIC course.
- With daily meetings – reviewing what took place the day before. Ensuring any problems that arise are dealt with quickly, efficiently and effectively so that students are not disturbed un-necessarily.
- Monthly review meeting are done once the course is complete for the analysis of success and failures. The monthly course is dissected with the use of the daily records to ensure, the next month runs even better than previous.
- It is our mission to ensure the student receives the best education, understanding and development within one month. This is done with the use of feedback forms from the students, staff, alumni, parents and management.

Features of the department

- The YIC department has well trained staff, who themselves have done previous courses at S-VYASA both long and short term courses. Therefore the staff members are able to share their experience with new students easily.
- The YIC department provides the opportunity and training that once the student has completed the course, they in turn can become coordinator and in time provide valuable insight to prospective new students.
- The YIC department provided the contribution of all senior faculty members to provide their valuable understanding and input, so that the students truly understand yoga (i.e. that is more than just a physical pursuit)
- The YIC department allows all lecturers, coordinators and helpers to provide one to one interaction with students on a daily basis.
- The YIC department removed the normal barrier between teacher and student, so that all yogic activities are done by one and all. Therefore continuing to improve understanding of selfless duty.
- Due to the efficiency and effectiveness of this course, YIC department has encouraged the people from more than 50 countries throughout the world to come and join the Yoga Instructor Course, giving it a world round reputation.
- Many graduated YIC students have become yoga teachers around the world and so continue to spread the wonderful and ancient teachings of India and Yoga.
- Many graduated YIC students feel that S-VYASA is their second home and come back on a regular basis.

Features of the YIC course

- It is only one month residential course, hence many people can take out time from there busy schedule and join the course to become yoga instructor.
- The course is a nice combination of theory and practice which create good understanding of yoga from physical, mental, social and spiritual prospective.
- Yoga for rehabilitation
- This course has attracted graduates, post graduates and professionals from the different fields. These graduates use this course to remain balance in all situations.

- An hour YOGA per day and keep ailments away’ is the new slogan for all who wanted to be healthy and successful in their work place. They become role model to others of how to live a life in the right way on the right path

Program contents

Sl. No.	Name of the course	Credits	Number of teaching hours	Marks for evaluation
Theory subjects				
1.	Concept, basis and four paths of Yoga	4	60 Hrs.	100
2.	Message and teachings of Contemporary yogis	4	60 Hrs.	100
Practical subjects				
3.	Asana, Pranayama and meditation	2	60 Hrs.	50
4.	Kriya, mudra and bandhas	2	60 Hrs.	50
5.	Report writing	2	60 Hrs.	50
6.	Worksheets	2	60 Hrs.	50
Total				400 marks

Theory subjects

Theory subjects shall be taught for sixty hours including assignment writing and tests. Following the teaching, an examination will be conducted for 100 marks.

Practical subjects

For all the practical subjects, same number of hours shall be devoted and examination will be conducted for 50 marks.

Report writing

A candidate has to choose a topic of yoga and write the report and the same will be presented by the candidate before a group of examiners. He/she will be examined for 50 marks.

Work sheets

As part of worksheets, candidate will prepare a practical note based on the instructions of the course teacher. A candidate shall be examined for worksheets and the amount of practical knowledge he/she has acquired during the program.

List of Faculty for Foreign YIC Programme

Sl. No.	Name	Designation	Qualification	DOB
1	Dr. Nagendra. H R	Chancellor	ME, Ph.D	02.01.1943
2	Prof. Ramachandra G. Bhat	Vice Chancellor	BA, B.Ed, MA, Ph.D (Sanskrit)	15.02.1949
3	Dr. Nagaratna.R	Director	MBBS, MD, MRCP	23.12.1944
4	Dr. Manjunatha Sharma	Director	BNYS, Ph.D	07.07.1972
5	Dr. Ramakrishna B R	Vice Chancellor	BSAM, BAMS,MD, M.Sc, Ph.D	06.01.1954
6	Prof. M K Sridhar	Registrar	MA (Sans), MA (Eng), PhD	10.02.1956
7	Dr. Karuna Nagarajan	Associate Professor	MBA, M.Sc, Ph.D (Yoga)	10.07.1967
8	Dr. Padmini Tekur	Associate Professor	MBBS, PhD (Yoga)	09.03.1968
9	Dr. Amit Kumar Singh	Associate Professor	BAMS, YTOT, MD	30.12.1980
10	Dr. Satya Prakash Purohit	Assistant professor	M.Sc, Ph.D (Yoga)	28.12.1974
11	Dr. Soubhagyalaxmi M	Assistant professor	M.Sc, Ph.D (Yoga)	03.10.1983
12	Dr. Vikas Rawat	Associate Professor	M.Sc, Ph.D (Yoga)	11.06.1979
13	Mr. Krishna	JRF	M.Sc (Yoga), [PhD]	25.09.1993
14	Mr. Sailesh Pradhan	Assistant Professor	M.Sc (Yoga)	01.06.1982

1. Month-wise Schedule of Proposed **Special Training Programme for Yoga Trainers Under ITEC Courses**

Provisional Time Table for Special Training Programme for Yoga Trainers Under ITEC Courses

Time				
5am to 7am	7am to 8am	10am to 11am	11am to 12pm	12pm to 1pm
Inauguration at 4pm to 5pm at Tapas				
YIC P 101	YIC P 103	Intro to Yoga	SMET-1	YIC P 104
YIC P 101	YIC P 103	Raj Yoga/PSY	CM	YIC P 104
YIC P 101	YIC P 103	Raj Yoga/PSY	SMET-2	YIC P 104
YIC P 101	YIC P 103	Raj Yoga/PSY	CM	YIC P 104
YIC P 101	YIC P 103	Raj Yoga/PSY	SMET-3	YIC P 104
YIC P 101	YIC P 103	Raj Yoga/PSY	CM	YIC P 104
Sat Kriyas	Sat Kriyas	Jnana Yoga	CM	YIC P 104
YIC P 101	YIC P 103	Jnana Yoga	Pranayama T	YIC P 104
YIC P 101	YIC P 103	Bhakti Yoga	Pranayama	YIC P 104
YIC P 101	YIC P 103	Bhakti Yoga	Pranayama	YIC P 104
YIC P 101	YIC P 103	Karma Yoga	Pranayama	YIC P 104
YIC P 101	YIC P 103	Karma Yoga	Pranayama	YIC P 104
YIC P 101	YIC P 103	Mid Test	Prayer Test	Prayer Test
YIC P 101	YIC P 103	History of Yoga	Pranayama	YIC P 104
YIC P 101	Trip to BLR	Trip to BLR	Trip to BLR	Trip to BLR
YIC P 101	YIC P 103	Anatomy	Hatha Yoga	Asana
Sat Kriyas	YIC P 103	Anatomy	Hatha Yoga	Asana
YIC P 101	YIC P 103	Anatomy	Hatha Yoga	Asana
YIC P 101	YIC P 103	Anatomy	Hatha Yoga	Asana
YIC P 101	YIC P 103	Intro to NATURO	IN-Culture	Asana
YIC P 101	YIC P 103	Intro to Ayur	MSV	Asana
YIC P 101	YIC P 103	Study Time	MSV	Asana
YIDM	YIC P 103	YIDM	YIDM	YIDM
Sat Kriyas T	YIC P 103	Pranayama T	YIC P 104	YIC P 104
YIC P 101	YIC P 103	Final Test	Final Test	Final Test
Trip to Myso	Trip to Myso	Trip to Myso	Trip to Myso	Trip to Myso
Trip to Myso	Trip to Myso	Trip to Myso	Trip to Myso	Trip to Myso
YIC P 101	YIC P 103	Valedictory	Valedictory	Valedictory

Time				
3pm to 4pm	4pm to 5pm	6to 6:45pm	7pm to 7:45pm	8:30 to 9:30pm
Inauguration at 4pm to 5pm at Tapas/ Bhajan / Information / Happy Assembly				
History of Yoga	Asana	Bhajan	Peace Chant	HA
Report	Asana	Bhajan	Peace Chant	HA
Report	Asana	Bhajan	Peace Chant	HA
Report	Asana	Bhajan	Peace Chant	HA
Report	Asana	Bhajan	Peace Chant	HA
Report	Asana	Bhajan	Trataka	HA
Worksheet	Asana	Bhajan	Trataka	HA
Worksheet	Asana	Bhajan	Trataka	HA
Worksheet	Asana	Bhajan	Trataka	HA
Worksheet	Asana	Bhajan	Trataka	HA
Worksheet	Asana	Bhajan	Trataka	HA
Worksheet	Asana	Bhajan	Trataka	HA
Unity & Diver	Asana	Bhajan	Trataka	HA
History of Yoga	Asana	Bhajan	Trataka	HA
Trip to BLR	Trip to BLR	Trip to BLR	Trip to BLR	Trip to BLR
Mind Culture	Asana	Bhajan	Meditation	HA
Mind Culture	Asana	Bhajan	Meditation	HA
Material Culture	Asana	Bhajan	Meditation	HA
Material Culture	Asana	Bhajan	Meditation AD	Ha - Preparation
Panchang	Asana	Bhajan	Meditation AD	Ha - Preparation
IAYT	Asana	Bhajan	Meditation AD	Ha - Preparation
Diet	Yoga Rese	Bhajan	Ha - Preparation	Ha - Preparation
YIDM	YIDM	YIDM	YIDM	YIDM
YIC P 104	YIC P 104	Bhajan	Study Time	Study Time
YIC P 103	YIC P 103	YIC P 103	Information	Information
Trip to Mysore				
Trip to Mysore				
Departure				

Theory Topic

YIC T 101 – Introduction to Yoga/Raja Yoga/PSY by **Dr. Rajesh Nair**

YIC T 101- Jnana Yoga by **Dr. M K Shridhar Ji**

YIC T 101- Bhakti Yoga by **Dr. Sobhagyalakshmi Mohanty**

YIC T 101- Krmayaoga by **MS. Padmashree G**

YIC T 101- Unity in diversity by **Dr. HR Nagendra Ji (Guru ji)**

YIC T 101- History Yoga by **Dr. M K Shreedhar**

YIC T 101 – Hatha Yoga by **Smt. Gangotri Panda**

YIC T 102 – Indian Culture, MSV by **KS Subramaniam ji**

YIC T 102 – Mind and Material Culture by **Mr. Naveen C**

YIC T 102 - Anatomy by **Dr. Manjunath G**

YIC T 102 – SMET by **Dr. Sony Kumary Ji/ Smt. Gangotri Panda**

YIC T 102 - IAYT by **Dr. Amit Singh**

YIC T 102 – Yoga and Naturopathy by **Dr. Apar Saoji**

YIC T 102 – Introduction to Ayurveda by **Dr. B R Ramakrishna ji**

YIC T 102 – Yoga Research by **Dr. N K Manjunath Ji**

YIC T 102- Diet by **Dr. Reshma Aundekar**

Practice

YIC P – 101 Morning Asana – by **Smt. Rashmirekha G /Manoj N and Mr. Sailesh Pradhan**

YIC P – 102 CM/ Pranayama by **Dr. Apar Saoji and Mr. Sailesh Pradhan**

YIC P – 103 Peace Chant by **Mr. Naveen C and Mr. Mayur B M**

YIC P – 104 Report and Worksheet by **Mr. Dharanesh and Mr. Sailesh Pradhan**

Subject Code	Name of the Subject	Credits	Assessment Marks
YIC T 101	Introduction to Yoga and its Streams, Hatha Yoga, Patanjali Yoga Sutra,	2	100
YIC T 102	Life and Message of Spiritual Masters & Indian Culture, Anatomy, IAYT, SMET, Diet	2	100
YIC P 101	Yoga Practice -1 Kriyā, Āsana, Prāṇāyāma, Dhyāna – Practice & Presentation	2	100
YIC P 102	Yoga Practice -2 Prāṇāyāma, Dhyāna (Meditation)	2	100
YIC P 103	Yoga Practice -3 Karma Yoga, Maitri Milana, Kīrtana, Krīḍa Yoga & Ānanda Sabhā	2	100
YIC P 104	Yoga Practice -4 Teaching Techniques - Worksheet Writing & Report Writing	2	100
	Total	12	600