



YIC Brochure

S-VYASA

Yoga Instructors' Course is the monthly course conducted by SVYASA, Prashanti Kuttiram, Bangaluru. It's environmental potential at SVYASA influences that help individual to shape the personality. The primary objective of the course is to transform the knowledge to be able to teach yoga with confidence in a holistic manner. Follow the instructions given in this brochure for comfortable stay and successful completion of the course.

ADMISSIONS

02-Apr-17

Yoga Instructor Course

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Introduction:

YIC, The course is combination of two theory and Practical Subjects like Breathing techniques, Asana, Sat Kriyas, Pranayama, Meditation technique. Yogic Games which improves Concentration, Memory, Dexterity, Stamina, Awareness and Happy Assembly program which makes one to being tune with true nature, happiness and Bliss. On the completion 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.

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.
- The YIC course uses the ancient teachings of India to help students to understand the strength of India to make her 'Jagad Guru' again.

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.

PROMOTING THE USE OF TECHNOLOGY:

Yoga may be considered an ancient scientist but it is dynamic and makes use of new technologies

- Teaching
- Learning (student centered learning techniques)
- Teaching methodology (computers, LCD, Power point)
- Streamlined computer process to maintain students records and Governance (for administration)

FOSTERING GLOBAL COMPETENCIES AMONG STUDENTS:

- Yoga may be considered an ancient scientist but it is dynamic and makes use of new technologies

Admissions:

Steps in admission process –

Notification:

1. YIC is a residential programme. It is conducted every month except April.
2. Notification for admission will be issued on website. Last date of application is 25th of each month. Applications are processed from 90 days in advance.
3. Apply online by submitting the online application.
4. Send the scanned copies of original documents required.
5. After scrutiny of documents your application will be verified for information you provide. (Applications without sufficient documents or half filled applications will be rejected without any communication. Hence please ensure you send all documents and fill in the form carefully).

Application

6. Acceptance for application will be communicated through email.
7. Payment of fees either by DD or online payment. (Instructions for the payment and account details will be sent after acceptance of application.)
8. Please have the payment transaction receipt or note the transaction id and date of payment for the future reference.
9. YIC Admission will be confirmed and seats will be blocked only after payment.

Reporting

10. Reporting to the University to Reception/Admission cell. (Please refer to Travel plans and modes of transport available.)
11. Selected Candidates will be offered the admission for the Programme.
12. Payment of the fees as prescribed in fee structure.
13. Submit the copies of fees receipt from accounts along with acceptance of offer.
14. Collect University prospectus and academic calendar. Please fill in the consent form to abide to Gurukula way of life and University rules and regulations.

Registration

15. Registration for the programme in office by submitting the fee receipt.
16. Collect the registration number. Use this number in all future communications and reference.
17. Accommodation arrangement and hostel room allotment.
18. Student's Id cards will be issued for all registered students.
19. Induction of all new students with inauguration session. Timetable for the classes can be collected from respective programme coordinators.
20. Commencement of the Academic sessions. Communicate with Programme coordinators for all your further clarifications.

Application:

Apply online and submit the scanned copies of all required original documents to admissions@svyasa.org.

DOCUMENTS REQUIRED:

- 2 Passport size Photos (Pl bring in hard copy also)
- Certificate of 10th and + 2/PUC, both are mandatory
- Medical Fitness Certificate
- Aadhaar Card/Passport/Voter Id.
- Passport and Visa for foreign students.

ELIGIBILITY:

To be eligible for admission into the course, the students should have passed 12th std (IInd PUC/ +2/12 years of education) with basic knowledge of English language. (Course will be in English medium only)

Duration: It is one month residential course, will start on 1st of every month and end on 30th of every month.

DRESS CODE AND DISCIPLINE:

During practice session,

- Uniform is Blue colour track suit, White T-shirt.
- Apart from practical session general decent dress code can be used.
- The daily program starts at 4.30 am and continues till 7.30 pm All Programs are compulsory. Including Vedic prayer (Ancient Indian Yogic) in Sanskrit and in Hindi in the morning and evening.
- Library facility is available for reference.
- Food will be strictly vegetarian and Satvik diet will be given.

ATTENDANCE REQUIREMENT:

- Each month is considered as a unit and the candidate has to put in a minimum attendance of 90% in each subject.
- The student shall be informed about their attendance position periodically so that the students shall be cautioned to make up the shortage.

Course fee structure:

- The Yoga Instructors course fee for Indians is **Rs. 30,000** (Indian Rupees) and for foreigners **\$ 1500** US Dollars. (Fee includes simple food, accommodation and course materials.)
- To join the course need to submit two passport size photographs, photo copy of 12th std (IInd PUC/+2/12 years of board certificate or higher education) along with ONLINE application form.
- For foreigners need to submit valid Passport and Visa photo copy.
- Please report 1st date of the course by 9 am at S-VYASA YIC Course office to complete the Registration.
- Accommodation is provided in general Dormitory.
- Rooms will be given if available at extra cost.

Payment Mode:

Payment can be made by following methods –

- by online banking transfer or
- by direct deposit of fees in University bank account or
- by Demand Draft or
- by cash or card after visiting the campus (in case of emergency only with prior permission).

Articles to be brought:

- Bedding should essentially include thick bed sheet, carpet, blanket and Mosquito repellent.
- Toilet requirement.
- Writing material consists of a note book, foolscap papers ruled and each one dozen and a pen.
- Yoga Uniform, Yoga mat and studies material will be provided by S-VYASA on payment.
- Please bring 1. Water Bottle 2. Torch, 3. Umbrella, 4. Sweater during winter and other requirements.

Curriculum:

The Yoga Instructor course consists of the following the subjects which transforms the students could able to learn yoga and provides the platform to teach the yoga individually.

THEORY:

1. Introduction to yoga and its' streams (2 credits)
2. Life and Message of Spiritual Masters and Applications of Yoga (2 credits)

PRACTICAL:

1. Asanas & Kriyas (2 credits)
2. Pranayama & Meditations (2 credits)
3. Teaching techniques & Karma yoga (2 credits)
4. Yogic games / Happy assembly and report (2 credits)

PERSONALITY DEVELOPMENT:

Yoga Instructors' Course environmental potential at S-VYASA influences that help individual to shape their personality. An individual's personality is the complex of mental characteristics that makes them unique from other people. It includes all of the patterns of thought and emotions that cause us to do and say things in particular ways. At a basic level, personality is expressed through our temperament or emotions. The YIC at S-VYASA provides the platform to build up the personality.

Teaching methodology:

1. Power point presentation
2. Learning and applying eight steps method to teach
3. Demonstration
4. Group discussion
5. Group Practice
6. Library facility to all
7. Report & Worksheet writing and presentation of it
8. One to one discussion
9. Lectures
10. Review classes

TOPICS for REPORT WRITING:

Write a Report on any one Topic and it should be within 10 Pages.

At least 1 page of Summary of the Report should be submitted at the Time of Admissions.

Content of Syllabus for YIC:

Subject Code	Name of the Subject	Credits	Assessment Marks
YIC T 101	Introduction to Yoga and Yogic practices, Introduction to Fore Streams of Yoga Introduction to Hatha Yoga Introduction to Patanjali	2	100
YIC T 102	Introduction to human systems, yoga and health, Yoga for wellness- prevention and promotion of positive health, Yoga and stress management Life and Message of Spiritual Masters & Indian Culture,	2	100
YIC P 101	Yoga Practice -1 Kriyā(Cleansing), Āsana (Poster), Prāṇ āyāma (Breathing), Dhyāna (Medditation)- Practice & Presentation	2	100
YIC P 102	Yoga Practice -2 Prāṇ āyāma (Breating), Dhyāna (Meditation)	2	100
YIC P 103	Yoga Practice -3 Karma Yoga, Maitri Milana (Friendship Meet), Kīrtana (emotion culture), Kṛīḍ a Yoga (Games) & Ānanda Sabhā (Happy Asembly)	2	100
YIC P 104	Yoga Practice -4 Teaching Techniques - Worksheet Writing & Report Writing	2	100
	Total	12	600

Time Table

Students who do the Yoga Instructors' Course have to follow the following schedule and attend the all the classes without fail. (Time table may change based on circumstances and batch)

Sl.No.	Period of Time	Class
1.	04.30 A.M.	Usha svasti (Wake Up)
2.	05.00A.M. - 07.00 A.M.	Pratah Smaran , Yogasana Abhyasa & Om kar Dhayana
3.	07.15A.M. - 08.00 A.M.	Maitri Milan - At Prarthana Mandir
4.	08.00A.M. - 08.45 A.M.	Upaahaara (Break Fast)
5.	08.45 A.M. - 9.25A.M.	Karma Yoga
6.	09.30 - 10.25 A.M.	Snan & Shouch (Bath & Wash)
7.	10.30 - 11.30 A.M.	Upanyaasa (Lecture)
8.	11.30 A.M. - 12. 55 PM	8 step Teaching Technique (Yogasanas)
9.	01.00 PM	Bhojan (Lunch)
10.	1.30PM - 2.55PM	Rest and Library
11.	03.00 - 04.00 PM	Lecture/worksheet, Report writing
12.	05.00 - 6.00 PM	Milk/Malt Break & Tune with Nature
13.	06.00 - 6.45 PM	Bhajana Sandhya (Devotional Session)
14.	6.45 - 07.30 PM	Trataka/Lecture On Vivekananda
15.	07.30 PM	Raatri Bhojan (Dinner)
16.	08.15 - 09.15 PM	Happy Assembly/Report Writing
17.	09.15 - 09.45 PM	Self study
18.	10.00 PM	Nishaa Svasti (Good Night)

Evaluation:

There will be continuous evaluation and final examination.

Theory and practical assessment will be done at the end of the course.

About Transportation:

You may directly come to Prashanti Kutiram campus (35 kms from Bangalore), or report to Bangalore City Office.

Transportation for YIC students will be arranged from the City Office to reach the campus. You have to report previous evening **before 06.00 pm** of day of commencement of the course. It is advisable to report a day before to settle comfortably in campus. In case of emergency you may report to city office the next day i.e 1st date of month early morning, before **7.00 am**. Bus will **leave for campus at sharp 7.00 am**.

International Students may hire a prepaid taxi and directly get to Prashanti Kutiram Campus if they are coming from airport.

Contact us:

Contact details for YIC Course information:

Office Land Line No. **080 2263 9964**, Mobile No.: **+919632753030**

- It is a residential programme. Schedule is from 4.00 am to 10.00 pm.
- Accommodation is dormitory and room will be given only on availability, with extra charges.

Address:

City Office address: Ekanath Bhavan, Gavipuram Circle, Kempe Gowda Nagar, and Bengaluru- 560019. **(Ph: 080-26612669)**.

University Campus: Prashanti Kutiram, Vivekananda Road, Kalluballu Post, Jigani, Bengaluru – 560105. **(Ph. 080-22639968)**.