



Yoga Instructor's Course(YIC)

1. Title of the Course

The Course shall be called as “Yoga Instructor (YIC)” for health promotion, a part time course of 3 months (200 hrs.) duration.

2. Duration of the Course

This is a part time course of 200 hrs. Extended over a period of 3 months duration. The classes will be conducted for 3 days in a week (Alternate Days) in the Institute for 4 hours duration in a day from 11.00 AM to 3.00 PM. Or **Sunday 10am to 3pm** (only for busy bee) In addition to this, the participants are required to attend the compulsory Month-end workshops.

3. Aims and Objectives of the Course

The aim of the course is to introduce the foundations and applications of Yogasanas with reference to health promotion. This is basically a continuation to the Institute's Foundation Course in Yoga Science for Wellness, which will provide more knowledge of Yogasanas on theoretical and practical aspects.

The objectives are

- a. To impart basic, classical and scientific knowledge about Yogasana, its foundations and applications to the aspirants.
- b. To make the people aware of the fundamentals of Yogasana for wellness in their daily life.
- c. To develop healthy lifestyle of an individual through the practice of Yogasana
- d. To promote positive health and spiritual evolution of individuals by the practice of Yogasanas.
- e. To help for the development of personality of learners at all levels.
- f. To make aware of the utility of Yogasanas in disease prevention and promotion of health.

4. Syllabus

The syllabus is design to fulfill aforesaid objectives containing theory subjects as well as practical in Yoga.

5. Eligibility Conditions

a. Essential:

1. A candidate who has passed at least 10+2 examination from a recognized Board or its equivalent shall be eligible to take admission to the course and
2. Foundation course in Yoga Science for Promotion of Health/ Wellness conducted by VYP OR any basic course on Yoga of minimum 1 month duration, equivalent to the Foundation course in Yoga Science of VYP.

b. Desirable

Familiarity with the concepts, philosophy and practices of Yoga

6. Number of Seats

Intake Capacity: 50

7. Medium of instruction: Hindi / English / Bengali

8. Selection Procedure

Applications are invited from the interested candidates in advance and these applications will be scrutinized by the Institute. The short-listed candidates will be called for counseling/demonstration. Based on the qualifications, basic knowledge of Yoga/ Yoga practices and performance in the counseling/ demonstration, the candidate will be considered for the course subject to the Medical fitness.

In case, any candidates whose name appeared in the selection list and are unable to deposit the requisite admission fee, his/her candidature will be summarily cancelled. Decision of the Director, VYP shall be final in this regard.

9. Fitness Certificate

The applicant must be in good mental and physical health and should be free from any physical defect which is likely to interfere with his/her studies including the practical performance of Yogic practices. Accordingly, all the students shall be required to undergo Medical Examination in the Institute. Only the candidates who medically become fit will be given admission to this course. No person with acute/ chronic/ communicable diseases is allowed to take admission to this course.

10. Dress Code

The dress shall be T-Shirt and trousers or Kurta-pyjama for men and T – Shirt and trousers or Salwar- kameej for women participants. However, the dress code will be decided by the Course Coordinator.

11. Course Timings & Batch Schedule

The tentative course timing for conducting this programme is 11:00 am to 4:00 pm. However, the timings may be changed as per the convenience of the Institute. In addition to, month end workshops will be conducted preferably on last Saturday of every month between 9.30 Am to 2.00 PM.

12. Batch Schedule

- i) January-March
- ii) April-June
- iii) July-September
- iv) October-December

Hours of Teaching

i) Practical Training in Yogasana	120 hrs
ii) Theory lectures	72 hrs
iii) Workshop/s	6 hrs
v) Inauguration and Valedictory functions	02 hrs
Total	200 hrs

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Submission of Application Form

A. Filling up of Application Form

1. Application Form is enclosed as **Appendix : 2** or (<http://www.vedicyogpeeth.com/apply-online/>)
2. The applicants are advised to retain a photocopy of the duly filled-in Application Form before the same is submitted to the VYP.

B. Submission of Application Form

1. The Application Form complete in all respects should be submitted by hand at the VYP Reception Counter or it may be sent by Registered/Speed Post to the Director, **Vedic Yog Peeth, International, 10 Saradapark, Garia, Kolkata, West Bengal, India 700084** so as to reach the office on or before the prescribed date & time.
2. All the essential documents duly attested should be attached with the application Form.
3. Write the complete address by giving your name and PIN CODE carefully and legibly. Please note that this address will be used by the Institute for all the Correspondence in future. Therefore, it should be very clearly written with black ball point pen only. The Institute will not be responsible for any loss in transit or for incorrect address given by the applicant in the Application Form.

3

Counseling/Admission

1. Admission will be made through counselling/demonstration to be conducted by the Institute as per the procedure prescribed in subsequent paragraphs, strictly on the basis of inter-se-merit of the qualified candidates..

2. VENUE OF COUNSELLING

Vedic Yog Peeth, International 10, Saradapark, Garia, Kolkata, West Bengal, India 700084

3. SCHEDULE OF COUNSELLING/ ADMISSION SESSION

The schedule of counseling will be displayed on Notice Board as well as website of the Institute (www.vedicyogpeeth.com).

4. PROCEDURE FOR ADMISSION THROUGH COUNSELLING

- a. Detailed schedule of Counseling/ admissions indicating the number of qualified candidates to be called for counseling will be displayed on the Institute's Website (www.vedicyogpeeth.com) and the Notice Board of the Institute as per schedule.
- b. The candidates should report at the notified venue, date and time for counseling/ admission in-person along with the documents. On reaching the venue, the candidates must mark the Attendance. Allotment of seats to the candidates will be made only when he/she attends the

counseling session in person.

- c. Firstly, the candidates will be called in order of merit and shall have to produce the original documents required for verification.
- d. Admission Officer will give a duly signed Admission Slip after the deposition of the full fee by the candidate. No candidate should leave the venue of counseling without receiving the Admission Slip.
- e. A candidate who is allotted a seat will be required to pay full fee as mentioned in **Chapter 4** immediately on the spot at the time of counseling/ admission. If a candidate fails to pay the fee, as mentioned above immediately after the seat is offered to him/her, the offer will be withdrawn on the spot and the seat will be allotted to the next candidate in the merit list. Part payment or payment through cheque will not be accepted under any circumstances.

4 Fee Structure

The fee structure of the course is as under:

S. No.	Details of Fee	Total Fee (Rs.)
1.	Course Fee	8,000/-
2.	Workshop charges	3,00/-
	Total	8,300/-

Note:

- To avail **Library facility**, candidates are required to deposit Rs 500/- as Security Deposit (One-time payment at the time of admission-Refundable). *Conditions apply.

The above fee shall be deposited in the form of cash or demand draft drawn in favour of Vedic Yog Peeth payable at Kolkata. Cheque will not be accepted. **Fees, once deposited shall not be refunded under any circumstances.**

5 Admission Rules

An advertisement of the notification for calling applications for admission to Certificate in Yoga Therapy for Health Promotion will be given in the Newspapers or in the website of the Institute.

The guidelines for the admission to the course are as under:

1. Application should be made on the prescribed form attached with the prospectus on payment of prescribed fees as mentioned in the admission notification.
2. Application form duly filled in all respect, supported by attested photo copies of all necessary documents should be enclosed.
3. The application should be submitted on or before the prescribed last date only by hand or post. Application through fax/email or application received after due date shall not be considered. The

Institute is not responsible for any postal delay.

4. The candidates shall ensure the receipt of application by the Institute.
5. The provisional selection list will be displayed on the Notice Board and also on the website of the Institute. The applicants should contact the office or the Institute's website for information about their selection. No postal/ individual communication will be entertained in this regard.
6. Any ambiguity/ erasures/ unattested/ cutting/ false information/ concealment of information detected in the requisite certificate, will summarily result in the cancellation of the candidature of the candidate at any stage of selection and/ or during the course of study.
7. Director's decision shall be final in all the matters related to admission.

Requirement for completion of the course

1. The candidate has to secure minimum 80% attendance in Yoga practical and in theory.
2. The participation in the workshop/s is compulsory.
3. **Only a participation certificate will be issued on completion of the course.**
4. Those candidates who are irregular, performance is not up to the mark and have below 80% attendance will not be given participation certificate.



Rules & Regulations

- a. Every student of the course should maintain the discipline during the course and not to disturb peace, tranquility of any other participants, teachers and the environment in the Institute.
- b. Irregular attendance, habitual idleness, disobedience or unbecoming conduct in the premises will render a student liable not to continue the course and his/her name shall be removed from the roll. In that case the fee deposited will not be refunded.
- c. The student/s concerned shall compensate any damage caused to the property of the Institute.
- d. Students are responsible for the loss or damage of books, equipment, tools and instruments used by them.
- e. Students should keep in mind that they are here not merely to study the ancient discipline of Yoga, but also apply the same discipline and lifestyle to themselves.
- f. Candidates must attend practical classes daily with empty stomach or light stomach or as advised by the Yogaexperts.
- g. Following are strictly forbidden/ prohibited within the Institute.
 1. Possession or use of alcoholic drinks/ beverages.
 2. Possession or use of addictive or Hallucinogenic drugs or Psychotropic drugs.
 3. Possession of fire arms and any lethal weapon
 4. Smoking & chewing tobacco/ Gutka Pouch/ Chewing gum etc.
 5. Gambling/ Playing cards or games involving money or other valuables or other articles.

- h. VYP shall observe all the Gazetted Holidays.
- i. All valuables/ money shall be properly secured by the students.
- j. The fee once deposited will not be refunded under any circumstances.**
- k. Any unidentifiable objects in and around the Institute's should not be touched but immediately report to the available officers/officials for remedial action.
- l. VYP reserves the right to change, delete, alter and add any of the rules and regulations as and when necessary, without prior notice.
- m. Director is having every right to reserve the admission of a particular candidate for the course.
- n. The Director's decision will be final in all matters related to discipline and smooth conduct of the course.
- o. Any dispute in regard to any matter referred to herein will be subject to the jurisdiction of Kolkata High Courts only.

Course Details

1. Relevance of the course

Yoga is one of the six orthodox systems of Indian philosophy and is essentially spiritual. Over a period the secret and sacred knowledge of Yoga has come down to the use of a common man and today Yoga has become a house-hold name. The practices prescribed in the Yoga system are having immense potentiality in health promotion, disease prevention and management. The physiological effects and the health benefits of Yoga on different systems of the body and in different disease conditions is very well documented now. The holistic approach of Yoga brings harmony in all walks of life and also influences our day-to-day living. It brings about suitable changes in the behavioral pattern and attitude of a person thereby helps to improve the inter- personal relationship at home and also in the society. Today, Yoga has become popular not only because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

The present day is characterized by scientific development and technological advancement aimed at making life comfortable. However, faulty life style, pollution, modern work culture have made the life miserable and created several health problems of all dimensions of life (physical, mental, intellectual, emotional, social and spiritual). There is a great need of a system that could help to promote well being at all levels. With this Yoga has gradually gained its importance and popularized as well.

With the growing demand for the systems of Yoga world-wide, there is a demand for the proper training of the different techniques/ practices of Yoga on traditional/ classical way. To fulfill this objective the Institute has proposed to start Course in Yoga on different popular techniques of Yoga. Yogasanas have become a synonym for the Yoga in the modern times. All over the world, many sadhaks practice only Yogasanas in the name of Yoga. Though, they seems to be only physical but they are actually psycho-physical in nature, having effect on both body and mind. Yogasanas alone can bring about many changes in the mind-body complex of a person. Many of the Yoga professionals who have trained in basic aspects of Yoga are looking towards having more intensive knowledge on different aspects of Yoga, especially Yogasanas and they find no place for the same except one or two Yoga Institutes in the country. Therefore, the Institute finds it relevant to start a Certificate in Yoga Therapy for Health Promotion.

2 Syllabus of the course

S. No	Topic	Total hours of Instructions
1	Introduction to Yoga and Yogic Practices	24 Hours
2	Introduction to Yoga Texts	24 Hours
3	Yoga for Health Promotion	2 4Hours
4	Practical Training in Yogasanas	120 Hours

Part-I THEORY

I: Introduction to Yoga and Yogic Practices (24 hours)

1. Yoga : Etymology, definitions, aim, objectives and misconceptions.
2. Yoga : Its origin, history and development.
3. Guiding principles to be followed by Yoga practitioners.
4. Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
5. Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
6. Introduction to Yoga practices for health and well being.
7. Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
8. Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
9. Introduction to Yogasana: meaning, principles, and their health benefits.
10. Introduction to Pranayama and Dhyana and their health benefits.

II: Introduction to Yoga Texts (24 hours)

1. Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
2. Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
3. Introduction and study of Hathpradipika.
4. General Introduction to Prasthanatrayee.
5. Concepts and principles of Aahara (Diet) in Hathpradipika and Bhagawadgita (Mitahara and Yuktahara).
6. Significance of Hatha Yoga practices in health and well being.
7. Concept of mental wellbeing according to Patanjala Yoga.
8. Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.
9. Concepts of healthy living in Bhagwad Gita.

10. Importance of subjective experience in daily Yoga practice.

III: Yoga for Health Promotion

(24 hours)

1. Brief introduction to human body.
2. Meaning and Means of health promotion and role of Yoga in health promotion.
3. Yogic positive attitudes (Maîtri, Karuna, Mudita, Upeksha).
4. Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.
5. Dincharya and Ritucharya with respect to Yogic life style.
6. Holistic approach of Yoga towards health and diseases.
7. Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
8. Yogic management of stress and its consequences.
9. Yoga in prevention of metabolic and respiratory disorders.
10. Yoga for personality development.

Part-II PRACTICALS PRACTICAL TRAINING IN YOGASANAS

Total: 120 hrs.

Practice of the following Yogasanas with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each practice:

A. Demonstration Skills

Prayer: Concept and recitation of Pranava and hymns.

Yoga Cleansing Techniques

Knowledge of Dhauti, Neti and practice of Kapalabhati.

Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro Circulation Practices)

- Neck Movement
Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement
Bhuja Valli Shakti Vikasaka Purna Bhuja Shakti Vikasaka
- Trunk Movement
Kati Shakti Vikasaka (I, II, III, IV, V)
- Knee Movement
Jangha Shakti Vikasaka (II-A&B) Janu Shakti Vikasaka
- Ankle movement
Pada-mula shakti Vikasaka – A&B
Gulpha-pada-pristha-pada-tala shakti Vikasaka

b. Yogic Sthula Vyayama (Macro Circulation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine Daud)

Yogic Surya Namaskara

Yogasana

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Kati Chakrasana, Trikonasana
- Dandasana, Sukhasana, Padmasana, Vajrasana,
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- Paschimottanasana, Purvottanasana
- Vakrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Makarasana
- Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
- Vipareetakarani, Saral Matsyasana, Shavasana,

Preparatory Breathing Practices

- Sectional breathing (abdominal, thoracic and clavicular)
- Yogic deep breathing

Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Anulmoa Viloma/Nadi Shodhana
- Sheetalee (without Kumbhaka)
- Bhramari (without Kumbhaka)

Understanding of Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

Understanding of Mudra

- Hasta Mudras (chin, Chinmaya, Brahma, adi, jnana, Dhyana and Nasika)

Practices leading to Meditation and Dhyana Sadhana

- Recitation of Pranava & Soham
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas
- Body and breath awareness
- Yoga Nidra

B. Teaching Skills (Methods of Teaching Yoga)

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans

MEDICAL CERTIFICATE**

I certify that I have carefully examined Shri / Km /
Smt.* _____

son/ daughter/ wife of Shri/Smt.* _____

whose signature is given below. Based on the examination, I certify that he/she is in good mental and physical health and is free from any physical defects which may interfere with his/her studies including the performance of different Yogic practices required of a professional.

Visible Mark of Identification _____

Signature of the Candidate _____

Place :

Date :

Name & Signature of the
Medical Officer with Seal
and Registration Number

*Strike whichever is not applicable.

** To be signed by a Registered Medical Practitioner holding a Medical degree.

VEDIC YOG PEETH, INTERNATIONAL

(An Autonomous Organization under the Govt. of India)
10, Saradapark, Garia, Kolkata, West Bengal, India 700084

APPLICATION FORM

Sr. No.....

For Admission to
Yoga Instructor's Course
(A part time course of 3 months (200 Hrs.) duration)

Affix attested
Recent passport
Size photograph

Name (in capital letters) :

Father's/ Husband's Name :

Mother's Name :

Date of Birth :

Age as on 1st month of start of Course :Yrs. Months Day

Sex (M/F) :

Nationality :

Marital Status :

Blood Group :

Complete Correspondence Address :

(along with postal pin code)

Permanent Address :

Tel.No./ Mobile No./ Fax /e-mail :

Details of Educational Qualification:

(From High School /10th class onwards)

Name of the Passed Exam	Board / Univ.	Year of Passing	Division & % of marks	Subjects

Yoga Courses /Foundation Course, if any :

(Enclosed Copy)

Why do you wish to undertake :

this course? :

CERTIFICATE

This is certified that the information furnished above is true to the best of my knowledge and belief and that nothing has been concealed or misrepresented.

Date:

Signature of the Candidate

Place:

INSTRUCTIONS

1. Photo copies of certificates of date of birth, all mark-sheets of qualifying degree/s and certificate etc. duly attested, must be enclosed with the application form.
2. Application should reach the office of the Director, 10, Saradapark, Garia, Kolkata, West Bengal, India 700084 on or before the last date specified in the Notification.
3. Candidate will have to abide by the rules and regulations of the Institute while undertaking the Course.
4. Mere applying for the course shall not confer any right upon the candidate to be selected.

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(FOR OFFICE USE ONLY)

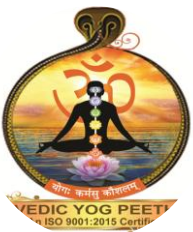
Registration No.

Date:

Seal and Signature of the Co-ordinator



For further information please contact:



Vedic Yog Peeth, International

(An autonomous organization Registered under Govt. of India)



10, Saradapark, Garia, Kolkata, West Bengal, India 700084

Ph. : 9933415587, 6290479692

E-mail: info@vedicyogpeeth.com, Website : www.vedicyogpeeth.com

PLEASE ENSURE TO COLLECT SEPARATE APPLICATION FORM

Price: ` 250/- (Inclusive of Application Form)

