

Kumaun University Nainital

Syllabus for Yoga Instructor Course



Department of Yogic Science

Kumaun University Nainital

Subject prerequisites:

- No prerequisites required, open to all.
- Students should be medically fit.

COURSE INTRODUCTION

Yoga Instructor Certificate course has been designed for individuals who are willing to attain holistic health. It will help to equip oneself with basic knowledge about one's personality and develop a discriminative mind capable of facing the dualities of life with equanimity. During this course the individuals will be taught various yoga practices which will help them to adopt a healthy lifestyle along with improved personality. At the end of the course one will find that these yoga practices have improved one's personal attitude, have developed better stamina, heightened awareness and balanced approach for every professional and social activity they have been engaged in.

Objectives:

- To enable the individuals to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To attain higher level of consciousness.
- To acquire skills of a counselor for the problems an individual faces at the physical, psychological and spiritual level.

Duration of the course: One Year**Numbers of Seats: 40 seats****Fees: Rs. 10,000/-**

Subject Code	Name of Subject	Credits	Assignment marks
YIC T 101	Introduction to Yoga and its Streams	2	100
YIC T 102	Life and Message of Spiritual Masters & Indian Culture	2	100
YIC T 103	Report Writing & Presentation	2	100
YIC T 101	Kriya, Asana, Pranayama, Dhayana-Practice & Presentation	2	100
YIC T 102	Teaching Techniques- Worksheet Writing & Presentation	2	100
YIC T 103	Karma Yoga, Maitri Milana, Kirtana, Krīda Yoga & Ananda Sabhā	2	100
	Total	12	600

YIC T 101: INTRODUCTION TO YOGA AND ITS STREAMS (2Credits)

- a) Concept and definitions of Yoga
- b) Basis of Yoga- Happiness Analysis
- c) Streams of Yoga
 - I. Jnana Yoga
 - II. Bhakti Yoga
 - III. Karma Yoga
 - IV. iv. Raja Yoga
- d) Unity in Diversity
- e) Hatha Yoga - Kriyas, Bandhas and Mudras
- f) Self Management of Excessive Tension (SMET)
- g) Health, Disease and its Management – IAYT

YICT 102: LIFE AND MESSAGES OF SPIRITUAL MASTERS (2 Credits)

- a) Life and message of Spiritual Masters- Swami Vivekananda and Sri Ramakrishna Paramahansa.
- b) Indian Culture
- c) Concept of Mantras/Prayers
- d) Pancha-Kosha-Viveka (5 layers of Human existence)

YICT 103: REPORT WRITING & PRESENTATION (2 Credits)

Student has to select and write about a topic (given below in the Table-2), and the same has to be presented (both written format and Viva). Assistance of related books, concerned faculty and online resources is encouraged. The Standard format for writing is given below in the Table-1.

NOTE: *Topic and Writing Format can be changed only with prior permission of the concerned authority.*

Table-1-Report Format

Cover Page <ul style="list-style-type: none">➤ Top- Institution & Course Name, Batch #, Month & Year➤ Centre- Topic Name➤ Down- Student's Name, Registration/Roll #, Group Name
Acknowledgement
Contents/Index
Body of the Subject Matter is framed based on the Topic
Summary/Conclusion
Bibliography

Table-2-List of the Topics for 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
Raja Yoga	Yoga for Memory Development
Hatha Yoga	Yoga for Arresting the Process of Aging
Patanjali Yoga	Yoga and Value Based Education
Pranas & Nadis	Yoga for Man Making and Nation Building
Mudras & Bandhas	Yoga for Children
Bandhas	Yoga for Corporate World
Shat Kriyas	Yoga for Development of Mental Faculty (Concentration, Memory, etc.)

Cyclic Meditation	Yoga in Bhagavad-Gita
Om Meditation	Yoga & Kalaripattu (Other Martial Arts)
Meditation (Vipassana/Transcendental/Others)	Yoga & Universal Brotherhood
Surya Namaskara	Yoga & Other Religions
Yama	Yogic way of living
Niyama	Yoga Therapy and Other Alterative Medicines
Asana	Yoga for Present Society
Breathing and Loosening exercises	Guru-Shishya Relationship
Shithilikarana, Shitalikarana & Sukshma Vyayamas	Guru- a Spiritual Guide
Pranayama	Pancha Koshas
Pratyahara	Gunas (Trigunas)
Dharana	Navavidha Bhakti
Dhayana	Pancha Bhavas
Samadhi	Japa & Other modes of Spiritual Practices
Chakras & Kundalini Yoga	Yogic Diet & Fasting
Yoga for Psycho-somatic Disorders	Indian Culture
Yoga for Anger Management	Be and Make
Yoga for Greed Management	Ramakrishna Paramahansa and Ma Sharada Devi
Yoga for IQ Development	Ramakrishna Paramahansa, his life and mission.
Yoga for Eye sight development	Devi Sarada Maa- The spiritual companion of Ramakrishna Paramahansa
Yoga for Ego Management	Ramakrishna Paramahansa and His Sadhana
Yoga for Jail Prisoners	Swami Vivekananda - His Childhood, youthful days and his message
Yoga for Ideal Politics	Swami Vivekananda - His meeting with Ramakrishna Paramahansa
Yoga for Managing Childhood Obesity	Swami Vivekananda on Yoga
Yoga for Working Women	Swami Vivekananda 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 Sports	Foundation Stones of SVYASA
Yoga for Stress Management	Comparative Study of Yoga with Ayurveda / Naturopathy/ Allopathy /Homeopathy/etc.

PRACTICAL PORTION

YIC P 101: KRIYA, ASANA, PRANAYAMA, DHYANA- PRACTICE & PRESENTATION-

KRIYA/ Cleaning Techniques	Kaphalabhati	Purifying /Cleansing Breath
	Trataka	Eye Exercises, Gazing. Focusing & Defocusing
	Neti(Jala &Sutra)	Nasal Passage Cleansing
	Dhauti(Vamana)	Gastro-Esophageal Track Cleansing
	Basti (Laghusnkapraksalana)	Gastro-Intestinal Track Cleansing
Asana/Physical Posture	Breathing Exercises	<ul style="list-style-type: none"> ➤ Standing: Hands In & Out, Hands Stretch, Ankle Stretch ➤ Sitting: Tiger, Dog, Rabbit breathing ➤ Prone: Bhujangasana & Salabhasana breathing, Shavaasana breathing ➤ Spine: Straight Leg raising (single & both) Setubandhasana, Naukasana, Breathing
	Loosening Exercises	<ul style="list-style-type: none"> ➤ Standing: Jogging (Spot, forward ,backward,sideward), Mukhadhauti (single blast breath), Bending (front & back, sideward's), Twisting, Sit-ups (Full & Sidewards), Half-squats. ➤ Sitting: Bhunamanāsanam, Butterfly (Half & Full), Paschimottana- Halasana Flow. ➤ Prone:,Bhujanga- Parvatasana Flow, Dharurasana Swing (Rock &Roll) ➤ Supine: Pavanamukthasana Kriya, Cycling.
	Initial Startup	Sūryanamaskara/Sun Salutation <ul style="list-style-type: none"> ➤ 12 Counts Sūryanamaskara
	Standing	Tāḍāsanam, Ardhaḥaṭīchakrāsanam, Ardhaḥachakrāsanam, Pādahastāsanam, Trikooṇāsansam, Parivṛtatrikooṇāsanaṁ, Pārsvakoṇāsanaṁ,Vṛkṣāsanam, Virabhadrasanaṁ
	Sitting	Padmasanaṁ,Yogamudra,Śaśāṅkāsanam, Vajrasanaṁ, Suptavajrāsanam, Vīrāsanam, Supta-Vīrāsanam, Paścimottanasanaṁ, Uṣṭrāsanam, Vakrāsanam,Ardhamatsyendrasanaṁ, Hamsasanaṁ, Mayūrāsanam.
	Prone	Makarāsanam,Bhujangasanaṁ, Salabhāsanam,Dhanurasanaṁ.
	Spine	Savāsanam, Sarvangasanaṁ, Matsyāsanam, Halāsanam, Viparītakarīṇī, Cakrāsanam.
	Inverted /Topsy-Turvy	Ardhaśīrṣāsanam, Śīrṣāsanam.

PRANAYAMA/ Regulation of Breath	Initial Startup	Bhastrikā (Bellows breath)/ Kaphalabhāti(Purifying/Cleansing Breath)
	Vibhāgiya Pranayama(Selection Regulation of Breath)	Abdominal, Thoracic, Clavicular & Full Yogic Breathing
	Cooling Pranayama	Siitali Sitkāri
	Types of Pranayama	Nādisuddhi (Balancing), Laya/ Bhramari (Bee Breath), Ujjayi, Nāḍānusandhana (A, U, M Chanting& Silence)
	Kumbhaka (Breath Cessation) Mudris (Gestures) & Bandhas (Locks)	Antah, Bahiḥ, Kevala, Sahaja. Nāsika, Cin, Cinmaya, Adi, Brahma. Mūla, Uddiyana, Jalandhara.
Dhyana/Meditation	Pranavopisanam Avartana-dhyānam Svadyāya/Atmavalokana	Om Meditation Cyclic Meditation Self Study/Contemplations

YICP 102: TEACHING TECHNIQUES-WORKSHEET WRITING & PRESENTATION-((2Credits)

Student should present Worksheet (Asana) based on Eight Step Method of Teaching Technique (both written format and Viva). The Standard format for writing is given below

Cover Page <ul style="list-style-type: none">○ Top-Institution & Course Name, Batch #, Month & Year Centre-Topic Name (ASANA WORKSHEET/EIGHT STEP○ METHOD OF TEACHING TECHNIQUE)➤ Down-Student's Name, Registration/Roll #, Group Name
Contents/Index
Introduction
Starting Prayer
Classroom Arrangement
Eight Step Method of Teaching Technique-Asana <ol style="list-style-type: none">1. Introduction of the asana: <i>Name, Meaning, Justification, Sthiti (Position), Sithila-Sthiti (Relaxation), Type, Category, Counts & Complementary.</i>2. Demonstrations. <i>Silent Demonstration, Demonstration with count & Demonstration with counts, breathing and explanation</i>3. Benefits and Limitations/Contra-indications.4. Individual Practice.5. Practice in Pair.6. Questions and Answers.7. Points.8. Key Group Practice.
Standing Posture
Sitting Posture
Prone Posture
Spine Posture
Closing Prayer

YIC P 103: KARMA YOGA, MAITRI MILANA, KIRTANA, KRIDA YOGA & SABHA- (2 Credits)

I. KARMA YOGA

Team-work oriented i.e. involvement in Selfless Service with Group.

II. MAITRI MILANA

Taking part in Maitri Milana - i.e.

Srimad Bhagavad-Gita Chanting (Streams of Yoga) - Refer Vyasa-Puspanjali Book Grasping Discourse

III. KIRTANA

Singing Kirtanas (Bhajans), Nāmāvalis, Patriotic Songs, Chanting of Stotras/Slokas (Prayers)- Refer Vyasa-Puspanjali Book.

IV. KRIDA YOGA

Involvement in Krida Yoga (Yogic Games) - Refer Krida Yoga Book

V. ANANDA SABHA

Happy Assembly: Taking part in Moral/Value based presentations (Drama/Play, Dance, Other extracurricular activities), which enhances Fivefold Personality Development.