

Yoga Instructors' Course (YIC)

Preamble

When the entire world is admiring India for contributing yoga as a global cultural icon, it is paradoxical that our educational institutions need to be reminded about its immense potentials in moral and value education. This situation needs to be urgently corrected by affirmative action.

The word "Yoga" is derived from the Sanskrit root meaning "to join", "to yoke" or "to unite". Yuj. According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with Universal Consciousness. Yoga is becoming popular day by day. A wave of yoga is sweeping across the globe.

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about mere exercise, but to discover the sense of oneness with the World, the Nature, and our own Selves. It is an art and science for healthy living.

Yoga is the treasure house of health, wealth, strength and wisdom of mankind. Blessed are Indians to have inherited it from the great masters of yoga from times immemorial. Yoga is the sure panacea to all the ills and evils, both at the individual level and global level. There is nothing impossible for yoga to achieve. Yoga is available for practice and perfection at physical, emotional, intellectual, moral, ethical, social, national, global and spiritual levels.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Deemed to be University, Bengaluru, a Deemed to be University established under Section 3 of the UGC Act, 1956, and is the premier yoga university which has significantly contributed to the field of Yoga education, research and therapy. NAAC has accredited S-VYASA with A + grade. Also, S-VYASA is accredited by Indian Council of Medical Research, Govt. of India, as the Centre for Advanced Research in Yoga & Neurophysiology. The Department of AYUSH, under the Union Ministry of Health and Family Welfare has recognized S-VYASA as "Centre of Excellence in Yoga".

The education at S-VYASA combines best of the East (Yoga and Spirituality) with the best of West (Modern Scientific Research). Thus, promoting Yoga to the academic higher education level, a revolution has been created in molding the students as divine human beings.

1. The proposed programme should provide concrete examples of Indian success stories.

A Word to Students "Arise, Awake, and stop not till the goal is reached" is an inspirational foundation laid down by our University with reverence to the teachings of Swami Vivekananda. Every student is encouraged to learn update and enhance his/ her skill sets required, walk with freedom towards their destined future. At S-VYASA we believe that every challenge can be converted into an opportunity which infuses a positive attitude towards life and society. In the curriculum we have included the Life and Message of Swami Vivekananda, who got standing ovation, for his speech in the Parliament of Religions in Chicago of 1893. Also included the Life and Message of Sri Ramakrishna- the spiritual master of Swami Vivekananda, who inspired him to spread the Vedic wisdom across the globe.

We also bring in the concepts propagated by Other *Yoga Gurus* including *Kāñëamürti* and *Maharñi Maheça Yogi*. *Kāñëamürti* regarding *Jiäna-Yoga* and *Transcendental Meditation (TM)* respectively; *Svamé Çivananda's*, founder of the *International Çivananda Yoga Vedänta Centers* work based on modified *Five Principles of Yoga*; *Çré Kāñëamätsarya's*, *Vini Yoga Haöha Yoga*; *Çré Çré Ravi Çaikara*, whose centers naming 'Art of Living' propagating *SudarçanaKriyä*, powerful *Yoga* technique; *Swamé RämadevJi*, the founder of *Pataijali Yogapéöha*, who is awakening people to realize the significance of *Yoga* in modern stress prone times.

2. It must showcase our strength in government and private sectors.

The SMET course included in YIC programme enable students to analyze the local and regional needs and provide solutions based on their knowledge about *Yoga* texts and their applications in education, health care in urban and rural areas, Stress management, etc. At the same time, this opportunity gives the students a real-life experience. The SMET (Stress Management of Excessive Tension) of the University has extended to many corporate and government sectors like that of ONGC, HAL, NAL, ISRO, IIM, GAIL etc.

3. It must also provide exposure to Indian policy and Governmental setup.

The guiding principle of the National Education Policy (NEP), 2020 is to conserve and promote the rich heritage of ancient Indian Knowledge and practices (section 0.7). YIC is Course is Relevant in this context.

The Program gives a basic understanding of yoga to integrate with healthcare education such as allopathic, AYUSH, community medicine and paramedical systems (section 17.4). It has been a time-tested healthy practice to embed curricula of core subjects in the overall curricular matrix of Yoga to ensure holistic personality development of students. Yoga also imbibe the students with a global outlook associated with sensitivity to Indian ethos, ethics, values, heritage and culture.

The NEP 2020 provides an excellent opportunity to revisit school and higher education curricula, including professional education, to accomplish the above objectives through Yoga.

4. It must provide some industry connect so as to open avenues for mutually beneficial commercial or policy level engagement.

YIC programme includes, SMET (Self-Management of Excessive Tension) which is beneficial for stress management in corporate sector. It also has helped to take Yoga to the benefits of patients and society at large. To adopt innovative ways to convey the healthcare benefits of yoga in boosting immunity of the human body, especially at the testing times of pandemic lockdown. They will also be trained to spread awareness about Yoga and take preliminary practical sessions during International Day of Yoga (IDY)

5. Training should not be only of the academic nature but should be demonstrative of India's capacity in more practical and holistic way.

Yoga could transform India into an "Incredible India". All of India is looking at the educational institutions to make this aspiration come true.

In YIC programme, practical sessions about traditional Yogic principles are interwoven across the program such as Asana, Kriya, Pranayama, and Meditation for enhancing holistic Personality Development - physical stamina, cognitive abilities such as memory, concentration, creativity, IQ, etc.,

The signs of a healthy physique are flexibility, fitness, agility, stamina, and endurance, which are brought out by the above practices. As a part of the Yoga curriculum, the physical wellbeing of the students is naturally taken care.

The whole purpose of Yoga is the inculcation of core universal values catering to social, cultural, economic, and environmental aspects. This programme also has a subject Indian Cultural basis - both material and mind culture.

The Programme fosters humane values and social responsibility among the students through activities based assignments such as Serving in Old Age Home, Swachha Bhart Abhiyan, Plantation, Medical camps, etc.

Create opportunities to take the benefits of yoga beyond the classrooms, to involve the stakeholders in issues relating to extension work such as school complex (cluster) management

6. Course should preferably not be of academic and generic in nature but should have sectoral focus.

The YIC course aim to enhance the students' technical and entrepreneurship skills, in sync with the National Skill Sector Council, National Yoga Sports Federation, and Yoga Certification Board.

7. Title of the course should be indicative of the course contents.

Yoga Instructors' Course, which indicates taking Yoga theory and practical to various sectors of Life spreading Wellness through Yoga.

8. The proposal should include course synopsis, target audience, expected outcome, etc.

Course Synopsis

- Yoga Instructors' Course (YIC) is designed not only to learn the holistic approach of YOGA but also LIVE it and prepare ourselves to propagate it for health, peace and harmony, which is the need of the hour. It is an adventure to inquire 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 introduce Yoga for wellness to the common people.

Target audience

- Those who have completed 12 years of education and physical fit to perform Yoga practices

Expected outcome

- After completing the YIC, they will be able to introduce basic wellness principles and practices of Yoga to common people.
- The YIC course is a prerequisite and mandatory Course for all other advanced Yoga Courses in S-VYASA University.
- We train and facilitate Voluntary certification of Yoga Professionals' scheme supported by the Ministry of AYUSH and managed by MDNIY (Morarji Desai National Institute of Yoga) under Board for certification for Yoga Instructor level - 1.

9. For each course proposed, full details of the course, justifications/ rationale, aims, objectives of the course, expected outcome of the course, profile/ CV of the faculty, eligibility conditions of the participants, etc. should be sufficiently elaborated in the proposal.

- Crafting a value education package comprising yoga and its benefits is urgently called for to promote holistic personality development, healthy lifestyle and at a different platitude, promote 'Indianness' and social leadership.

a) Title of the Programme: The programme shall be called "**Yoga Instructor's Course**" (YIC)

b) Aim of the Programme: The aim of the programme is to spread "**Wellness through Yoga**"

c) Objectives of the programme

- To introduce basic wellness principles and practices of Yoga to common people
- To bring awareness of the fundamentals of Yoga for wellness in their daily lives
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- Become eligible for the certification process from Ministry of AYUSH, Government of India and make yoga your profession

d) Duration

- The Yoga Instructors Course is 300 Hours training spread over 30 Days.
- More teaching hours for practical as compared to theory teaching.

e) **Eligibility:** The candidate should have completed 12th Standard from a recognized board or equivalent.

f) **Medium of Instruction:** English

g) **Uniqueness**

Students undergo Life Training and Character Building Education with Yoga as a Science of Holistic living. We follow ancient Gurukula way of Education combined with modern scientific approach. The emphasis is given to Hands-on practical experience and in-depth research. We nurture the Guru-Shishya parampara which emphasis on interactions with the faculties. This helps in monitoring the all-round personality development of the student.

h) **Syllabus**

Subject Code	Name of the Subject	Credits	Assess-ment Marks
YIC T 101	Introduction to Yoga and Yogic practices, Introduction to Four Streams of Yoga, Indian Culture Introduction to Patanjali Introduction to Hatha Yoga	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	2	100
YIC P 101	Yoga Practice -1 Kriyā(Cleaning), Āsana (Poster), Prāṇāyāma (Breathing), Dhyāna (Meditation)- Practice & Presentation	2	100
YIC P 102	Yoga Practice - 2 Prāṇāyāma (Breathing), Dhyāna (Meditation)	2	100
YIC P 103	Yoga Practice - 3 Karma Yoga, Maitri Milana (Friendship Meet), Kīrtana (Emotion Culture), Krīḍa 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

Theory - 1 Credit = 15 hours of Class, Practical -1 Credit = 30 hours of Practice.

i) Details of Curriculum

YIC T 101 THEORY 1

Unit - 1: Introduction to Yoga and Yogic practices

- o Etymology of Yoga, Definitions of Yoga in different Classical Yoga texts (Yoga Vasistha (YV), Patanjali Yoga Sutra (PYS), Bhagavadgita (BG) and the underlying concept; Prasthanas Trayee: Bhagavadgita, Upanishads, Brahmasutra);
- o Brief introduction to origin of Yoga (Saraswati Valley Civilization); Psychological (Tapatrayas) History and development of Yoga the Vedic Period or Vedic Age, Pre-classical Yoga, Classical Yoga, Post-classical Yoga;
- o Indian Culture : Mind and Material
- o Aims, Objectives: Yoga a way of life: Physical and mental cleanliness, Unity of body, mind soul; Self transformation and Self-realization.; Misconceptions about Yoga; Basis of Yoga - Sukha Prapti, Dukha Nivritti); Brief on Happiness Analysis.
- o General Introduction to **Shad-darshanas**; Yoga based on Sankhya philosophy; Purusha (Pure Consciousness); Prakriti/Primordial energy; Three Gunas; Evolution of 24 Principles: Mahat, Ahankara, Manas, 5 Jnana Indriyas, 5 Karmendriyas; Tanmatras; Panchamahabhutas.
- o Concept of Body - Pancha Kosha: Annamaya Kosha, Pranamaya Kosha (Pancha Pranas, Upa Pranas, Shadchakras); Manomaya Kosha, Vignanamaya Kosha and Ananadamaya Kosha

Unit - 2: Introduction to four paths of Yoga

- o Raja Yoga / Ashtanga Yoga / Patanjali Yoga
- o Jnana Yoga (Shravana, Manana, Nidhidhyasana)
- o Karma yoga (Satwa, Rajas, Tamas) Four rules of Karma Yoga; four-fold conscious development Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth.
- o Bhakti Yoga: (Kama, Prema, Sharanagathi) Nava vidha Bhakti, Five Bhavas; Ishta Devatha or Role Model.
- o Principles of Yoga and Yogic Practices Three Cardinal Principles of Yoga (Relax the body, slow down the breath, Calm down your mind).
- o Distinction between Yoga Asana and Non-Yogic physical practices
- o Guidelines Before During and After Practice.

Unit - 3: Introduction to Hatha Yoga

- o Meaning of Hatha Yoga
- o Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita
- o Concept of Diet according to Hatha Yoga texts
- o Causes of Success (**Sadhaka Tattwa**) and Causes of Failure (**Badhaka Tattwa**) in Hatha Yoga **Sadhana**
- o Concept of **Ghata** and **Ghata Shudhhi** in Hatha Yoga
- o Purpose and utility of **Shat-kriya** Hatha Yoga
- o Purpose and utility of Asana in Hatha Yoga
- o Purpose and importance of **Pranayama** in Hatha Yoga

Unit - 4: Introduction to Patanjali

- Definition, nature and aim of Yoga according to Patanjali; The difference between Hatha Yoga school and Patanjali School
- Concept of Chitta the three components (Manas, Buddhi and ahankara)
- Chitta Vrittis (5 modifications of mind - Pramana, Viparyaya, Vikalpa, Nidra Smriti)
- Chitta Bhumis (5 states of mind Kshiptha, Moodha, Vikshipta, Ekagra, Niruddha)
- Chitta-vrittinirodhopaya (Abhyasa and Vairagya) (Pls quote 1.13 to 1.15)
- Chitta Vikshepas (Antarayas) - Vyadhi, Styana, Smashaya, Pramada, Avirati, Bhranti darshana, Alabdabhumikatva, Anavasthitatva
- Pancha Kleshas which causes pain or agony - Avidya, Asmita, Raga, Dvesha, Abhinivesha
- Concept of Chitta Prasadana
- Kriya Yoga - Tapas, Swadhyaya, and Ishwara Pranidhana
- illustrate the purpose, significance and effects of Ashtanga Yoga

YIC T 102 THEORY 2

Familiarity with the following

Unit - 1: Introduction to human systems, Yoga and Health

- The nine systems of human body
- Functions of different systems of human body
- Introduction to Sensory Organs
- Neuromuscular co-ordination of Sensory Organs
- Basic understanding of Exercise Physiology -
- **Flexors** (demonstration of Trunk Flexion, Shoulder Flexion, Neck Flexion, Elbow Flexion, Hip Flexion, Knee Flexion and Planter Flexion;
- **Extensors:** Trunk Extension, Neck Extension, Shoulder Extension, Hip Extension, Elbow Extension, Knee Extension;
- **Abductors:** Shoulder and Hip Abduction;
- **Rotators:** Hip rotation; Hip Flexion and Abduction and Medial Rotation;

Unit - 2: Yoga for wellness- prevention and promotion of positive health

- Health, its meaning and definitions (According WHO and the meaning of Swasthya)
- Features of Physical wellbeing; Mental Well-being; Emotional Wellbeing and Spiritual Wellbeing;
- Yogic conceptions of health and diseases The concept of Adhi (Disturbance in Manomaya Kosha; Going against the Cosmic Law; Pranic imbalance; Ajirnatvam, Kujirnatvam Atijirnatvam at Annamaya kosha level; Adhija Vyadhi ; Anadhija Vyadhi;
- Development of disease in four phases 1. Psychic Phase 2. Psychosomatic phase; 3. Somatic phase. 4. Organic phase (Vyadhi); Avidya or Ignorance as the main cause for Psyhic or mental diseases;

Unit - 3: Yoga Practices the Koshas - an Integrated Approach

- Integration of Pancha Kosha and the Ashtanga Yoga practices
- Interdependency of physical (Prakriti) and psychological (Triguna) components according to Ayurveda
- Concept of Panchamahabhutas
- Yogic principles of Healthy-Living Achara Vichara (Yoga Vasistha) Development of Satvaguna (Yoga Vasistha)
- Introduction to yogic diet and nutrition; Satvic, Rajasic and Tamasic diet according to Bhagavadgitha; Also, please speak about diet (constitution of the body) according to Ayurveda; Ahara Vihara - Key is moderation; (BG 6.17)
- A brief on Metabolism; Respiratory system during Pranayama;
- Homeostasis
- The benefits of various asana on different parts of the human body
- The limitations and contra-indications of specific Yoga practices

Unit - 4: Yoga and Stress Management

- Human Psyche: Yogic (four aspects of mind Manas, Buddhi Chitta and Ahankara) and modern concepts, Behavior (Triguna and its dimensions; Human mind mixture of Trigunas).
- Frustration, Conflicts, and Psychosomatic disorders (BG 2.62, 2.63, 2.64); Abhyasa and Vairagya (PYS and BG).
- Relationship between Mind and Body: Adhija Vyadhi from Yoga Vasistha
- Mental Hygiene and Roll of Yoga in Mental Hygiene (Pratipaksha Bhavana, Anitya Bhavana and Sakshi Bhavana)
- Mental health: A Yogic perspective: Purification through development of Satva Guna (Yoga Vasistha)
- Prayer and meditation for mental health
- Psycho-social environment and its importance for mental health (Yama, and Niyama); Concept of Stress according to modern science and Yoga
- Role of Yoga in Stress management: Ahara (Yogic Diet), Vihara (Moderation), Achara: Yama and Niyama; (the four aims of life - Dharma artha kama moksha) Vichara: (Maitra Karuna Mudita Upeksha PYS 1.33) Vyavahara (Tapas, Svadhyaya and Ishwara Pranidhana)
- Role of Life Management: The four rules of Karma Yoga (18.23)

YIC P 101 PRACTICAL

YIC P 101: Kriyā, Āsana, Prānāyāma, Dhyāna - Practice & Presentation - (2 Credits)

Unit 1: 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 (Laghuśīkaprakṣāla)	Gastro-Intestinal Track Cleansing
Unit 2: Breathing Exercises: Preparatory Practices	
Breathing Exercises	
➤ Standing: Hands In & Out, Hands Stretch, Ankle Stretch.	
➤ Sitting: Tiger, Dog, Rabbit breathing	
➤ Prone: Bhujāṅgāsana & Śalabhāsana breathing, Nāvāsana Breathing	
➤ Supine: Straight Leg raising (single & both), Setubandhāsana, Naukāsana Breathing	

Unit 3: Loosening Exercises Preparatory Practices
<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: Bhūnamanāsana, Cakki-cālana, Butterfly (Half & Full), Paścimottāna-Halāsana Flow. ➤ Prone: Caduraᅅga-Bhujaᅅga-Parvatāsana Flow, Dharurāsana Swing (Rock & Roll). ➤ Supine: Pavanamukthāsana Kriyā, Cycling.
Unit 4: Āsana / Physical Posture Preparatory Practices: Initial Startup
Sūryanamaskāra / Sun Salutation
<ul style="list-style-type: none"> ➤ 12 Counts Sūryanamaskāra ➤ 10 Counts Sūryanamaskāra
Āsana / Physical Posture: Standing
Tāᅇāsana, Ardhaᅇatikakrāsana, Ardhaᅇakrāsana, Pādahastāsana, Trikooᅅāsana, Parivᅇatatrikooᅅāsana, Pārśvakoᅅāsana, Vᅇkᅇāsana, Vīrabhadrāsana
Āsana / Physical Posture: Sitting
Daᅇᅇāsana, Sukhāsana, Siddhāsana, Padmāsana, Yogamudrā, Śaśāᅅkāsana, Vajrāsana, Suptavajrāsana, Vīrāsana, Supta-Vīrāsana, Paścimottānāsana, Uᅇᅇrāsana, Vakraᅇāsana, Ardhamatsyendrāsana, Haᅅsāsana, Mayūrāsana
Āsana / Physical Posture: Prone
Makarāsana, Bhujaᅅgāsana, Śalabhāsana, Dhanurāsana
Āsana / Physical Posture: Supine
Śavāsana, Sarvāᅅgāsana, Matsyāsana, Halāsana, Viparītakariᅅī, Cakrāsana
Āsana / Physical Posture Inverted / Topsy-Turvy
Kakasana, Ardhaśīrᅇāsana, Śīrᅇāsana

YIC P 102: Breathing, Prāṇāyāma, Dhyāna (Meditation)

Unit 1: Prāṇāyāma / Regulation of Breath

Initial Startup	Bhastrikā (Bellows breath) / Kaphālabhāti (Purifying/Cleansing Breath)
Vibhāgiya Prāṇāyāma (Sectional Regulation of Breath)	Abdominal, Thoracic, Clavicular & Full Yogic Breathing
Cooling Prāṇāyāma	Śītalī Sītkāri Sadanta
Types of Prāṇāyāma	Nāḍisuddhi (Balancing), Laya / Bhrāmarī (Bee Breath), Ujjāyī, Nādānusandhāna (A, U, M Chanting & Silence)
Kumbhaka (Breath Cessation) Mudrās (Gestures) & Bandhās (Locks)	Antaḥ, Bahiḥ, Kevala, Sahaja. Nāsika, Cin, Cinmaya, Ādi, Brahma. Mūla, Uḍḍiyāna, Jalandhara.
Unit 2: Dhyāna / Meditation	
Praṇavopāsanam	Om Meditation
Āvartana-dhyānam	Cyclic Meditation
Svādhyāya / Ātmāvalokana	Self-Study / Contemplations

YIC P 103: Karma Yoga, Maitri Milana, Kīrtana, Krīda Yoga & Ānanda Sabhā - (2 Credits)

i. Karma Yoga:

- ✓ Team-work oriented i.e. involvement in Selfless Service with Group Dynamics in the areas of Class room Development (cleanliness and Aesthetics); Campus Development (Planting the trees, Cleanliness of Playground, roads etc.) Working in Goshala); Food Court (cleanliness and Aesthetics)

ii. Maitri Milana Taking part in Maitri Milana - i.e.

- ✓ Srimad Bhagavadgīta Chanting (Streams of Yoga) - Refer *Vyāsa-Puṣpāñjali* Book
- ✓ 1st Week Chanting of Karma Yoga 18 Shloka SangraH; Discourse on Karma Yoga - Explanation of 3 verses of Karma Yoga every day in a sequential order
- ✓ 2nd Week Chanting of Bhakti Yoga 18 Shloka SangraH; Discourse on Bhakti Yoga - Explanation of 3 verses of Bhakti Yoga every day in a sequential order

- ✓ 3rd Week Chanting of Jnana Yoga 18 Shloka SangraH; Discourse on Jnana Yoga - Explanation of 3 verses of Jnana Yoga every day in a sequential order
- ✓ 4th Week Chanting of Raja Yoga 18 Shloka SangraH; Discourse on Raja Yoga - Explanation of 3 verses of Raja Yoga every day in a sequential order

iii. Kīrtana (Bhajan)

- ✓ Singing Kīrtanas (Bhajans), Nāmāvalis, Patriotic Songs, Chanting of Stotras/Ślokas (Prayers) - Refer *Vyāsa-Puṣpāñjali* Book.

iv. Krīda Yoga

- ✓ Involvement in Krīda Yoga (Yogic Games) - Refer *Krida Yoga* Book

v. Ānanda Sabhā

- ✓ Happy Assembly: Taking part in Moral/Value based presentations (Drama/Play, Dance, Other extracurricular activities), which enhances Fivefold Personality Development and Four-fold Consciousness - Civic Sense, Patriotic Urge, Service zeal and Spiritual Urge.

YIC P 104: A. Teaching Techniques - Worksheet Writing & Presentation - (2 Credits)

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
➤ Top - Institution & Course Name, Batch #, Month & Year
➤ Centre - Topic Name (ĀSANA 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 - Āsana
1. Introduction of the asana:
a. Name, Meaning, Justification, Sthiti (Position), Śithila-Sthiti (Relaxation), Type, Category, Counts & Complementary.
2. Demonstrations.
3. Silent Demonstration, Demonstration with count & Demonstration with counts, breathing and explanation.

4. Benefits and Limitations/Contra-indications.
5. Individual Practice.
6. Practice in Pair.
7. Questions and Answers.
8. Key Points.
9. Group Practice.
Standing Posture
Sitting Posture
Prone Posture
Supine Posture
Closing Prayer

B. Report Writing & Presentation

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
➤ 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
Bibliography

Assessment

Internal Assessment Marks

There will be two internal assessments at the end of 11th day, 22nd day and one final examination before the completion of the course.

Subject / Credit	Marks		Percentage
Attendance & Participation (All sessions)	100		20%
Asana Presentation (Presentation of Asana Teaching Technique) / Pranayama / OM Meditation	100		20%
Kriya Exams	Theory	Practices	5%
	10	20	
Theory Exams	Theory	IA	15%
	200	80	
Viva Voce	10		2.5%
Personality Development (This is based on your Personality Inventories)	50		2.5%
Work Sheet Writing (Writing Work sheets for your Asanas)	50		5%
Assignments	Written	Group Discussion	5%
	20	60	
Report Presentation (Group evaluation for SKIT presentation)	50		5%
Faculty Assessment	50		10%
Total	600		100%

Individually, each Subject or Credit has a pass mark of 50%!

Contents of Curriculum

- i. The proposal may be submitted online on the ITEC portal. Complete User Manual (from creating proposal to settlement of final bill) is available at 'Help' menu on the institute's page. The Institute may go through the manual before submitting the proposal. A copy of ITEC terms and conditions is also attached. This may also be referred to while designing proposed courses.