

**MaharshiDayanandSaraswatiUniversity
Ajmer 305001 Rajasthan**

SYLLABUS

**SCHEME OF EXAMINATION AND COURSES OF
STUDY**

FACULTY OF YOGA

YICC(Yoga Instructor Certificate Course)

2018-19



0.209F Yoga Instructor Certificate Course (YICC)

1. A Candidate who after passing in the Senior Secondary examination (10+2) from Board of Secondary Education, Rajasthan, Ajmer of an examination recognized by this University as equivalent examination there to has attended a regular course of the study in the University / affiliated College for three months shall be eligible for appearing at the examination for Yoga Instructor Certificate Course (YICC).

Note :- Provision of 0.168-A shall not apply in the case of above candidates.

2. The Examination shall consist of (I) Theory Paper (II) Practicals including Project report and (III)Personality Assessment.
3. The result of the examination shall be worked out on the basis of minimum 40% of the marks obtained in the theory and practical separately. 40% minimum passing marks are required.
4. The division of the successful candidates shall be worked out on the basis of the aggregate marks obtained in the Theory papers, Practicals and personality Assessment and project report / presentation taken together as follows:
First Division - 60% and above
Second Division - 50% and above but less than 60%
All the rest i.e. - 40% and above but less than 50% will be declared to have passed the examination.
5. A candidate who fails to take Yoga classes for general public as part of Practical experience on the scheduled date, his/her result will be withheld. However, his/her result will be declared if he/ she takes such classes and get evaluated by the Yoga teacher before the next session.
5. 80% attendance is compulsory for examination.
6. Common Uniform for Practical classes.

YICC (Yoga Instructor Certificate Course)

1. The admission to YICC will be on merit basis, minimum requirement is 10+2 from any recognized Board.
2. The Examination shall consist of(1) Theory papers (2) Practical (3) Project report (4) Personality assessment.
3. The Result of the Examination shall be worked out on the basis of minimum 40% of marks obtained in theory and practical separately.

Paper No.	Name	Maximum Marks	<u>Minimum</u> Marks
I (Th)	Foundation of Yoga.	100	40
II (Th)	Theory of Yoga Practice.	100	40
III (Th)	Application of Yoga.	100	40
	Practical		
I Paper	Basic Set of Yogasana, Kriyas & Pranayama.	100	40
II Paper	OmkarMeditation,IRT, QRT,DRT.	100	40
III Paper	Teaching Technique & Project Work.	100	40
IV Paper	Practical Experience. Yoga Classes For General Public	100	40
V Paper	Personality Assessment(internal)	100	40

YICC (Yoga Instructor Certificate Course)

Part - I (Theory)

TH-I FOUADATION OF YOGA.

- Unit –I Yoga - the need of the hour.
- Unit –II Concept of yoga and its definitions.
- Unit – III Yoga for the individual and the society.
- Unit –IV Streams of Yoga(Gyana, Bhakti, Raj, Karma).
- Unit –V The science of happiness, the basis of yoga.

TH - II THEORY OF YOGA PRACTICES.

- Unit –I Principles of Yoga Asana
- Unit – II Pranayama.
- Unit –III ShatKriyas.
- Unit –IV Organization of Yoga Classes.
- Unit –V Teaching Techniques.

TH - III APPLICATION OF YOGA.

- Unit –I Yoga as a Therapy.
- Unit –II Yoga for Stress and health.
- Unit –III Yoga for emotion culture.
- Unit –IV Yoga in Education, Yoga and Personality.
- Unit –V Difference between Yogasana and physical exercise.

Part - II (Practical)

- Paper –I Basic Set of Yogasana(ref.Positive health- Dr.H.R.Nagendra,
Kriyas(Jalneti,sutraneti,dhouti)&
Pranayama(nadishudhi,layapranayama,cooling pranayama).
Paper-II Omkaar Meditation, IRT, QRT, DRT .
Paper-III Teaching Technique & Project Work.
Paper-IV Practical Experience.
 Yoga Classes For General Public.

Books for References:-

- 1.Integrated approach of Yoga therapy for Positive health.Dr.
R.Nagratana&Dr.H.R.Nagendra,SVYPBanglore.

PART III (Personality Assessment)

There will be a Personality Assessment of the students on the basis of their:

1. General behavior.
2. Regularity and punctuality in the class.
3. Emotional stability / maturity.
4. Healthy habits and transformation.
5. Character.

Books for References:

1. Yoga KaAdharAurUskePryog- Dr. H.R. Nagendar.
2. Light on Yoga- B.K.S. Iyengar- Harper Collins Publisher- India Pvt. Ltd.
3. Yoga: Its basis and applications. – Dr.H.R.Nagendra, SVYP, Bangalore.
4. Essence of Yoga- Swami Sivananda, The Divine life Society.
5. Yoga Sadhana(Hindi&English),Swami Anandananda,YogSadhna Ashram, Bapu Nagar, Jaipur(Raj.)
6. Pranayama-KalaAurVigyan(Hindi), Dr.H.R.Nagendra, SVYP, Bangalore
7. New Perspective in Stress Management- Dr.H.R.Nagendra, SVYP, Bangalore.
8. A Glimpse of Human Body-Dr. Shirley Telles.
9. Yoga for CommanAlliments- Dr.H.R.Nagendra, R.Nagrathan& Robin Monoro, SVYP, Bangalore.

