

YIC SYLLABUS

An Overview

Subject Code	Name of the Subject	Credits	Assessment 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 P 101	Kriyā, Āsana, Prāṇāyāma, Dhyāna – Practice & Presentation	2	100
YIC P 102	Teaching Techniques - Worksheet Writing & Presentation	2	100
YIC P 103	Karma Yoga, Maitri Milana, Kīrtana, Kṛīḍa Yoga & Ānanda Sabhā	2	100
	Total	12	600

THEORY PORTION

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

- a) Concept and definitions of Yoga
- b) Basis of Yoga – Happiness Analysis
- c) Streams of Yoga
 - i. Jñāna Yoga
 - ii. Bhakti Yoga
 - iii. Karma Yoga
 - iv. Rāja Yoga
- d) Unity in Diversity
- e) Haṭha Yoga - Kriyās, Bandhās and Mudrās
- f) Self-Management of Excessive Tension (SMET).
- g) Health, Disease and its Management - IAYT

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

- a) Life and message of Spiritual Masters - Swāmī Vivekānanda, Śrī Rāmakṛṣṇa Paramahansa and Mā Śāradā Devī.
- b) Indian Culture
- c) Concept of Mantras/Prayers
- d) Pañca-Kośa-Viveka (5 layers of Human existence)

YIC T 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
➤ 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

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 Bhagavadgita
Om Meditation	Yoga & Kalaripaittu (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 Alternative 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	Panca 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 All-round Personality Development	Contributions of SVYASA to the Society
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: KRIYĀ, ĀSANA, PRĀṆĀYĀMA, DHYĀNA – PRACTICE & PRESENTATION -
(2 Credits)**

Kriyā/ Cleansing Techniques	Kaphālabhāti		Purifying/Cleansing Breath	
	Trātaka		Eye Exercises, Gazing, Focusing & Defocusing	
	Neti (Jala & Sūtra)		Nasal Passage Cleansing	
	Dhauti (Vamana)		Gastro-Esophageal Track Cleansing	
	Basti (Laghuśnkaprakṣāṇa)		Gastro-Intestinal Track Cleansing	
Āsana/ Physical Posture	Preparatory Practices	Breathing Exercises	<ul style="list-style-type: none"> ➤ 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 	
		Loosening Exercises	<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: Bhūnamanāsanam, Cakki-cālana, Butterfly(Half & Full), Paścimottāna-Halāsana Flow. ➤ Prone: Caduraṅga-Bhujāṅga-Parvatāsana Flow, Dharurāsana Swing (Rock & Roll). ➤ Supine: Pavanamukthāsana Kriyā, Cycling. 	
		Initial Startup	Sūryanamaskāra / Sun Salutation <ul style="list-style-type: none"> ➤ 12 Counts Sūryanamaskāra ➤ 10 Counts Sūryanamaskāra 	
	Standing		Tādāsanaṃ, Ardhaḥaṭīcakraśanaṃ, Ardhaḥakraśanaṃ, Pādahastāsanaṃ, Trikooṅāsanaṃ, Parivṛtatrikooṅāsanaṃ, Pārśvakoṅāsanaṃ, Vṛkṣāsanaṃ, Vīrabhadraśanaṃ	
	Sitting		Daṇḍāsanaṃ, Sukhāsanaṃ, Siddhāsanaṃ, Padmāsanaṃ, Yogamudrā, Śaśāṅkāsanaṃ, Vajrāsanaṃ, Suptavajrāsanaṃ, Vīrāsanaṃ, Supta-Vīrāsanaṃ, Paścimottānāsanaṃ, Uṣṭrāsanaṃ, Vakrāsanaṃ, Ardhamatsyendraśanaṃ, Haṃsāsanaṃ, Mayūrāsanaṃ.	
	Prone		Makarāsanaṃ, Bhujāṅgāsanaṃ, Śalabhāsanaṃ, Dhanurāsanaṃ.	
	Supine		Śavāsanaṃ, Sarvaṅgāsanaṃ, Matsyāsanaṃ, Halāsanaṃ, Viparītakariṇī, Cakraśanaṃ.	
	Inverted / Topsy-Turvy		Ardhaśīrṣāsanaṃ, Śīrṣāsanaṃ.	
	Prāṇāyāma/ Regulation of Breathe	Initial Startup		Bhastrīkā (Bellows breath) / Kaphālabhāti (Purifying/Cleansing Breath)
		Vibhāgīya Prāṇāyāma (Sectional Regulation of Breathe)		Abdominal, Thoracic, Clavicular & Full Yogic Breathing
Cooling Prāṇāyāma		Śītalī Sītkāri Sadanta		
Types of Prāṇāyāma		Nāḍīśuddhi (Balancing), Laya / Bhrāmarī (Bee Breath), Ujjāyī, Nādānusandhāna (A, U, M Chanting & Silence)		
Kumbhaka (Breath Cessation) Mudrās (Gestures) & Bandhās (Locks)		Antaḥ, Bahīḥ, Kevala, Sahaja. Nāsika, Cin, Cinmaya, Ādi, Brahma. Mūla, Uḍḍiyāna, Jalandhara.		
Dhyāna/	Prāṇavopāsanam		Om Meditation	

Meditation	Āvartana-dhyānam	Cyclic Meditation
	Svādhyāya / Ātmāvalokana	Self Study / Contemplations

YIC P 102: 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
➤ <i>Top</i> – Institution & Course Name, Batch #, Month & Year
➤ <i>Centre</i> – Topic Name (ĀSANA WORKSHEET / EIGHT STEP METHOD OF TEACHING TECHNIQUE)
➤ <i>Down</i> – 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: <i>Name, Meaning, Justification, Sthiti (Position), Śithila-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. Key Points.
8. Group Practice.
Standing Posture
Sitting Posture
Prone Posture
Supine Posture
Closing Prayer

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.

ii. MAITRI MILANA

Taking part in Maitri Milana – i.e.

✓ Srimad Bhagavadgīta Chanting (Streams of Yoga) – Refer *Vyāsa-Puṣpāñjali* Book

✓ Grasping Discourse

iii. KĪRTANA

✓ 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.