

MAHARSHI DAYANAND SARASWATI UNIVERSITY,
AJMER

पाठ्यक्रम

SYLLABUS

SCHEME OF EXAMINATION AND
COURSES OF STUDY

FACULTY OF SCIENCE

FACULTY OF YOGA

YICC (Yoga Instructor Certificate Course)

(w.e.f. 2017-18)



ALKA PUBLICATIONS

Purani Mandi, Ajmer

NOTICE

1. Change in Statutes/Ordinances/Rules/Regulations Syllabus and Books may, from time to time, be made by amendment or remaking, and a candidate shall, except in so far as the University determines otherwise comply with any change that applies to years he has not completed at the time of change. **The decision taken by the Academic Council shall be final.**

सूचना

1. समय-समय पर संशोधन या पुनः निर्माण कर परिणियमों/अध्यादेशों/नियमों / विनियमों / पाठ्यक्रमों व पुस्तकों में परिवर्तन किया जा सकता है, तथा किसी भी परिवर्तन को छात्र को मानना होगा बशर्ते कि विश्वविद्यालय ने अन्यथा प्रकार से उनको छूट न दी हो और छात्र ने उस परिवर्तन के पूर्व वर्ष पाठ्यक्रम को पूरा न किया हो। विद्या परिषद द्वारा लिये गये निर्णय अन्तिम होंगे।

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for Maharshi Dayanand Saraswati University, Ajmer

YICC(Yoga Instructor Certificate Course) / 3

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	Minimum Marks
I (Th)	Foundation of Yoga.	100	40
II (Th)	Theory of Yoga Practice.	100	40
III (Th)	Application of Yoga.	100	40
I Paper	Practical Basic Set of Yogasana, Kriyas & Pranayama.	100	40
II Paper	Omkar Meditation, 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

Unit -I

FOUDATION OF YOGA.

Yoga - the need of the hour.

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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, SVYP Bangalore.

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 Ka Adhar Aur Uske Pryog- 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, Yog Sadhna Ashram, Bapu Nagar, Jaipur (Raj.)
6. Pranayama-Kala Aur Vigyan (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 Common Alliments- Dr.H.R.Nagendra, R.Nagrathan & Robin Monoro, SVYP, Bangalore.