

श्री हनुमते नमः

AN ISO 9001:2008 CERTIFIED

Govt. Of U.P. Regd No.-710/2010-2011

विश्व कल्याण योग संस्थान

(भरत सरकार एवं उच्च शिक्षा विभाग ,मानव संसाधन विकास मंत्रालय द्वारा पंजीकृत)
(All India Education & Information of Yoga and Naturopathy , Varanasi (U.P)
(UNDER BY: HG SSS, AK Education & Welfare society & OSR VKD Seva Trust)



योग शिक्षण संस्थान

INFORMATION MANUAL

QUALITY EDUCATION

We Guarantee it.....



Yoga Teacher Training

योगा टिचर्स ट्रेनिंग

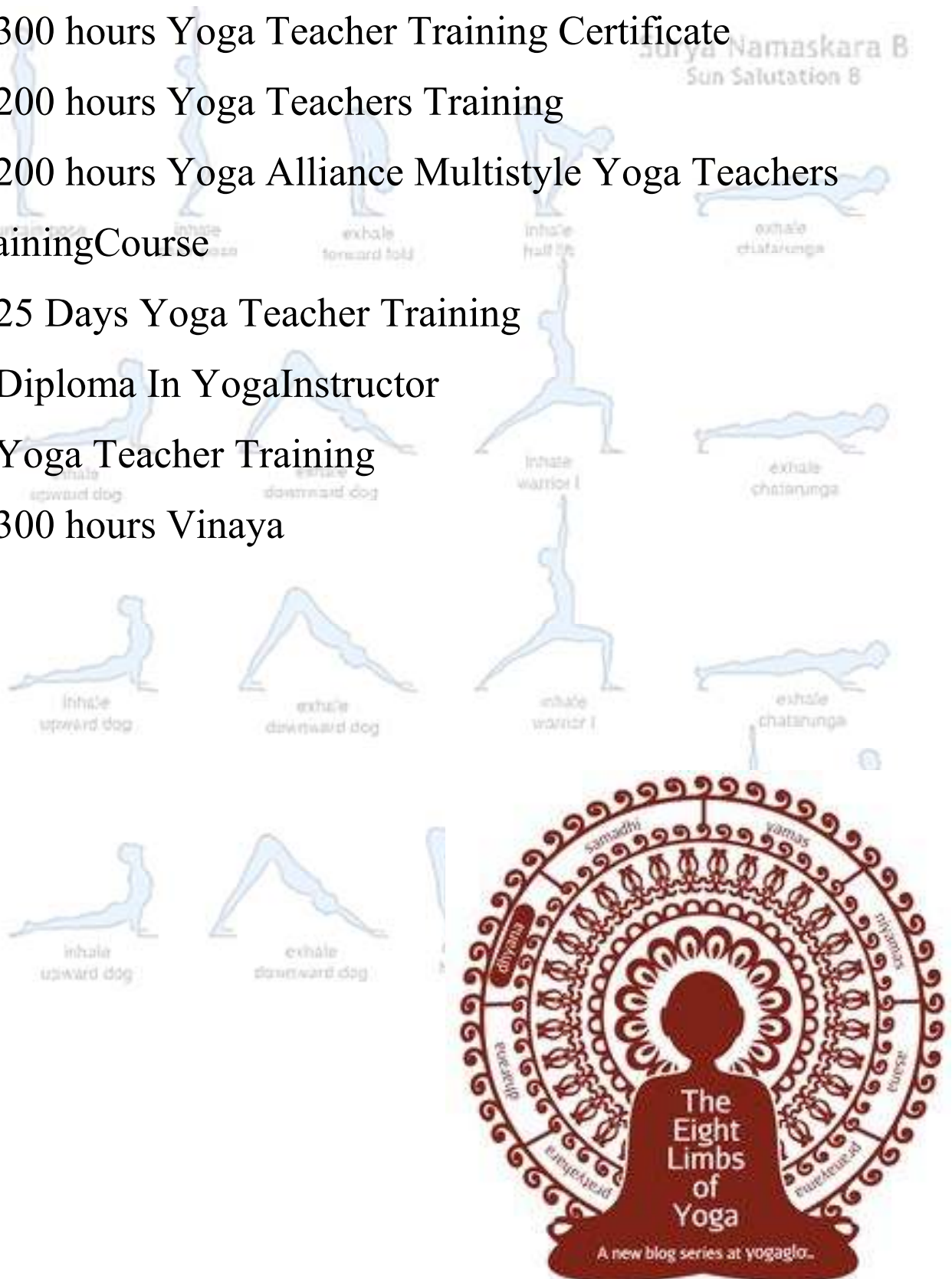
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CONT. NO. 09616141109,9389710157 E-mail-hgcomputrs@gmail.com

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COURSES IN YOGA

1. 200 hours Ashtang Yoga, Yoga Alliance TTC
2. 15 Days Yoga Meditation Course
3. 300 hours Yoga Teacher Training Certificate
4. 200 hours Yoga Teachers Training
5. 200 hours Yoga Alliance Multistyle Yoga Teachers Training Course
6. 25 Days Yoga Teacher Training
7. Diploma In Yoga Instructor
8. Yoga Teacher Training
9. 300 hours Vinaya



YOGA TEACHER TRAINING

(YTT)

Minimum Qualification: Intermediate or Equivalent

Duration: 1 year

Objective:

It is ideal for those who have always wanted to have an in-depth understanding of Yoga but have been unable to take a long time off. It covers textual psycho-physiological, and practical aspects of Yoga, as well as, teaching method in yoga.

Eligibility:

Qualification: Intermediate/Pre University level degree for international students.

Medical Test:

Candidate should be medically fit and sound. Selection is subject to clearing the medical examination conducted by the institute.

Syllabus:

Paper-1 : Traditional Yoga- mark 100

Paper-2 : Yoga & Mental Health- Mark 100

Paper-3 : Structure & Function of Human Body & Effect of Yoga Practices on it.

Paper-4 : Yoga, Health & Education – Mark 100





Paper-5 : Practice Teaching in Yoga- Mark 100

Viva- voice : Marks 100


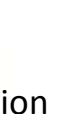

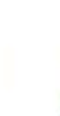






Practical Yoga : Marks 100



PAPER – 1
TRADITION YOGA
(NUMBER OF LECTURES – 12)








UNIT	TOPICS	SUB –TOPICS	HRS
 Introduction to Yoga & Yogic Texts   	Introduction to Yoga	Traditional Understanding: Etymology of Yoga, Definition of Yoga in different Classical Yoga Texts	3
		Origin, History and Development of Yoga	
		Brief Introduction to the Schools of Yoga	
	Introduction to hatha Yogic Concepts	Introduction to important Hatha Yoga Texts with special reference to Hathapradipika and Gheranda Samhita	9
		Concept of Yogic Diet	
		Concept of Sadhaka and Bandhaka Tattwa (Conductive and Non- Conductive Factors) in Hatha Yoga	
		Concept of Ghata and Ghata Shuddhi in Gherenda Samhita	
		Purpose and utility of Shat-kriyas in Hatha Yoga	
		Difference between Yoga Asana and Vyayama (exercise)	
		Nature, Purpose and importance of Pranayama in Hatha Yoga	
		Nature, Purpose and importance of Bandha & Mudra	
		Concept of Prana , Nadi & Chakra	
Total			12

PAPER – 2
YOGA AND MENTAL HEALTH
(NUMBER OF LECTURES - 12)

UNIT	TOPICS	SUB- TOPICS	HRS	
     <p>Introduction to Yoga & Mental Health</p>	Yoga & Mental Health	Define Mental Health, Holistic Health, Medical & Yogic Perspective. Definition of Yoga in relation to Mental Health	4	
	     <p>Yoga & Stress Management</p>	Human Psyche: Yogic and modern concepts, Behaviour and Consciousness	Frustration, Conflicts, and Psychosomatic disorders Relationship between mind and body Mental Hygiene and Roll of Yoga in Mental Hygiene Mental Health : a Yogic perspective Purpose and utility of Asana in Hatha Yoga Psycho-social environment and its importance for mental health (Yama and Niyama) Concepts of stress according to modern science and Yoga Role of Yoga in Stress Management Role of Yoga in life management	8
	Total			12

PAPER – 4

YOGA AND VALUE EDUCATION (NUMBER OF LECTURES – 12)

UNIT	TOPICS	SUB-TOPICS	HRS
 Yoga Philosophy  	Introduction to Patanjali  	General Introduction to Shadarshanas with special reference to Samkhya and Yoga	10
		Yoga according to Patanjali – Definition, nature and aim.	
		Concept of Chitta and Chitta Bhumis, Chitta- crittis and Nirodhopaya (Abhyasa and Vairagya)	
		Concept of Ishwara and Ishwara Pranidhana	
		Chitta Vikshepas (Antarayas) and their associates (Sahabhuva)	
		Concept of Chitta Prasadana and their relevance in mental well – being	
		Kriya Yoga	
		Kleshas and their signification in Yoga	
	Introduction to Patanjali 	Concept of Value – Nature, Role and classification	2
		Relation of Value Education	
		Aims and Objectives of Value Education	
		Yoga as a Method of Value Education	
TOTAL			12

PAPER – 5
TEACHING METHODS OF YOGA PRACTICES
(NUMBER OF LECTURES – 09)

UNIT	TOPICS	SUB-TOPICS	HRS
Introduction	Teaching and Learning	Define Teaching Methods Concept of Teaching Concept of Learning	1
Principles of Teaching (yoga)	Source of Teaching Methods	Yogic Principles 1. Principle of Asana 2. Principle of Pranayama 3. Principle of Shuddhikriya, Mudra & Bandha	2
		Anatomico-Physiological Principle	
		Psychological Principles	
		Education Principles	
		Sociological Principles	
	Class Management	Discipline – Beginners, Advanced, Mixed, Small/Large, Patients/Special Groups	2
		Class Arrangement	
		Seating Arrangement	
		Types of Teaching Aids	
		Principle of Selecting Teaching Aids	
	Teaching Methods	Factors Influencing Method	1
		Different Methods used in Yoga Teaching	
Teaching	Lesson Plan	Need of Lesson Plan	3
		Guidelines for preparing a Yogic Lesson Plan	
		Model Lesson Plan	
TOTAL			12

YOGAPRACTICAL

Asanas

Shavasana
Ardhahalasana (one leg/both leg)
Uttanpadasan
Pawanmuktasana (ardha/purna)
Naukasana (Supine/prone)
Viparitarani
Sarvangasana
Matsyasana
Halasana
Bhujangasana
Ardhashalabhasana
Shalabhasana
Dhanurasana
Makarasana
Vakrasana
Ardhamatsyendrasana
Janushirasana/Paschimotanasana
Padahastanasana
Kakasana
Trikonasana
Vajrasana
Ustrasana
Yoga Mudra
Parvatasana
Akarnadhanurasana
Chakrasana(lateral)
Vrikshasana
Tadasana

Mantra recitation

Pranavajapa
Swasti Mantra
Om Stavan

Meditative Asana

Ardhapadmasana
Padmasana
Swastikasana

Other Practices

Simha Asana
Brahma Mudra
Uddiyana Bandha
Jalandhra Bandha
Moolabandha

Pranayama

Anuloma Viloma
Ujjayi
Sheetali
Sheetakari
Bhramari

Kriyas

Kapalabhati
Jala Neti
Rubber Neti
Vamana Dhauti
Agnisaara
Trataka



Our Institutions

HG Educational Institute of 'Computer Education'

HG Educational Institute of 'Yoga'

HG Educational Institute of 'Art & Craft'

HG Educational Institute of 'Food Processing'

HG Educational Institute of 'Teacher's Training'

SR Educational Institute of 'Computer Education'

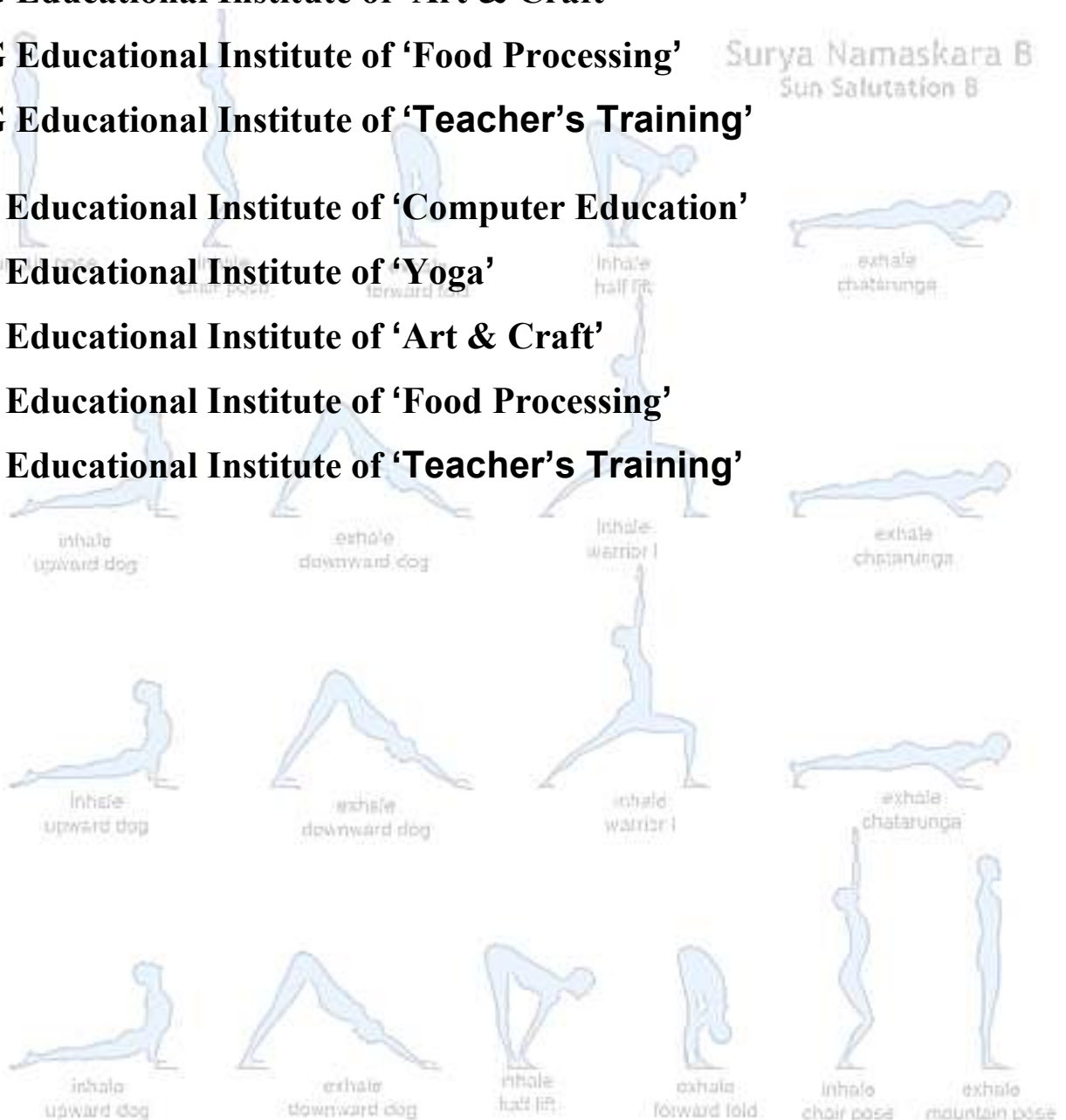
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Surya Namaskara B
Sun Salutation B



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