



## INDIAN INSTITUTE OF YOGIC SCIENCE & RESEARCH (IIYSAR)

### YOGA INSTRUCTOR COURSES (YIC)

**Duration:** 11 Days (21st to 31st May, 21st to 31st Dec.)

**Number of Seats :** 64 (Sixty Four)

**Eligibility :** 10th Pass

**Age Limit :** No age limit

**Selection Procedure:** Interview and Medical Fitness

**Entire Course Fee :** Rs 5000/- (including Examination fees & Study Materials)

**Syllabus:**

Paper	Subjects	Marks
Paper-I	Basic Foundation of Yoga	100
Paper-II	Theory and Application of Yoga	100
Paper-III	Practical-I (Asana, Pranayam, Mudra, Bandha & Kriya)	100
Paper-IV	Practical-II (Meditation & Yoga Nidra)	100
	Total (Marks)	400

**Examination:** From 29th to 30th May (for the course in the month of May)

From 29th to 30th December (for the Course in the month of December)

**Distribution of Certificates:** 31st May (for the Course in the month of May)

31st December (for the Course in the month of December)

**Hostel Fee:** Rs. 4000/- [For Accommodation (Share) & Food (Breakfast and 2 veg. meal)]. Single Room accommodation can be avail as per availability with additional charges depending upon the facilities provided in that room. (Non-AC, AC)

**Application Form for Admission:** Application Form and information bulletin will be available in IIYSAR counter on payment of Rs.300/-. Forms are available between 9am to 4pm. Last date of receipt of application is 15th March (for the course in the month of May), 15th September (for the course in the month of December)

If form has been download from the website, then attached DD/Online transfer/e-wallet receipt of Rs.300/- in favour of Indian Institute of Yogic Science & Research, payable at Angul. A/C Number:1160104000002066, IDBI Bank, Angul Branch, IFSC Code: IBKL0000775.

**Admission Procedure:** Please send the application by registered post with all attachments as for the check list sufficiently ahead so to reach the Principal, Indian Institute of Yogic Science & Research (IIYSAR) before the last date of submission of application or deposit in the Box kept in IIYSAR office.

\* The Rules and Regulations of IIYSAR are subject to change from time to time.

***For more information, please contact:***

The Principal,

**Indian Institute of Yogic Science & Research (IIYSAR)**

Plot No. - 2276, Tulsi Kutir, Near Post Office

Jarasingha, Angul-759143, Odisha, India

Phone: 06764-230500

Mob. : 09438181217, 07978262825

Email: [iiysar.office@gmail.com](mailto:iiysar.office@gmail.com)

[iiysar.principal@gmail.com](mailto:iiysar.principal@gmail.com)

Website: [www.iiysar.co.in](http://www.iiysar.co.in)

