

“An ISO 9001-2015 Certified”

BHARTIYA YOG EVAM PRAKRITIK CHIKITSA PARISHAD

Ministry of HRD Govt. of India (Department of Secondary & Higher Education)

E-mail: byapcp@gmail.com

Lucknow - 226010

Information Brochure



*Yoga Means Addition – Addition Of Energy, Strength
&*

Beauty To Body, Mind And Soul.”

www.byapcp.com

Call : 7007712087, 8765386428, 8881062460 | Email : byapcp@gmail.com

Chairman's Message...

Dear Students,

Bhartiya Yog evam Prakartik Chikitsa Parishad is a Registered Yoga Kendra (Yoga Teacher/Instructor, Diploma in Yoga Science). BYAPCP is the non-profit organization is located in the Lucknow Uttar Pradesh

BYAPCP organize Institutional, residential, Yoga Teacher Training Courses for students from all over the India. As a leading Yoga Teacher Training Institution in India, BYAPCP offers Yoga Teacher Training Programs such as the 200 Hour Yoga Teacher Training , 300 Hour Yoga Teacher Training in Pan India and 500 Hour Yoga Teacher Training in Uttar Pradesh and all over India. Becoming the part of BYAPCP does not only introduce the Skillful path of yoga, it also helps you to begin the discovery of yourself, healing and spiritual growth. India, as the Origin of yoga, is also known as the country of spirituality and Culture. Open yourself to the numberless possibilities that BYAPCP offers for you:

- Always Stay fit ,be happy
- Balance Your Body and mind
- Develop your own Yoga Career
- Discover, you're a new soul
- Learn all about atsana, pranayama, meditation & Yogic philosophy
- Experience your transformation.





**ORGANISATIONAL
MEMBERSHIP CERTIFICATE**

This is to certify that:

Bharatiya Yog Evam Prakritik Chikitsa Parishad

has been admitted as a Organisational Member of Quality Council of India under the Category of **All** in accordance with the Membership Rules of the Council. This, however, doesnot indicate membership in any of the board of QCI.

Member No: CORP/NGO/6434/2019-20

Valid Upto: June 25, 2020

C K Biswas, CEO
National Board for Quality Promotion

Quality Council of India
2nd floor, Institute of Engineers Building
Bahadur Shah Zafar Marg, New Delhi 110002, India
Tel: 91-11-23379321, 23379260
Fax: 91-11-23379621, Web: www.qcin.org





*This is to Certify that the
Quality Management System
of*

BHARTIYA YOG EVAM PRAKRITIK CHIKITSA PARISHAD

**D-423, SAHARA PLAZA, PATRAKARPURAM, GOMTI NAGAR,
LUCKNOW-226010 (U.P.) (INDIA)**

**has been independently assessed and is compliant
with the requirements of**

ISO 9001:2015

This Certificate is applicable to the following product or service ranges:

**PROVISION OF YOGA & NATUROPATHY EDUCATION & TRAINING , SKILL
DEVELOPMENT PROGRAMME, VOCATIONL TRAINING PROGRAMME,
PROFESSIONAL COURSES & OTHER HIGHER EDICATION PROGRAMME**

::Certificate No:: IN11960A

Date of initial registration	25 June 2019
Date of this certificate	25 June 2019
Surveillance audit on or before	24 June 2020
Recertification Due/ Certification expiry	24 June 2022

Validity of this Certificate is subject to completion of surveillance audit on or before of due date in case surveillance audit not allowed to be conducted this Certificate shall be suspended / withdrawals. This certificate is property of ICL Certifications and shall be returned immediately when demanded.

Accreditation



ICL/FM-001/REV06



Power
Director

For verification and updated information concerning the present certificate visit to www.iclcert.com

This Certificate is the property of Integral Certification Private Limited and shall be returned immediately when demanded.

Integral Certification (P) Ltd.
U-60 (3rd Floor), Shakar Pur, Laxmi Nagar, Delhi-110092
E-mail: info@iclcert.com Website : www.iclcert.com
Contact No. : +91-11-33257055



OUR VISION

Bhartiya Yog evam Prakartik Chikitsa Parishad is a non-profit organization dedicated to awareness and promoting the knowledge and practice of yoga and other activities related to physical and spiritual well-being in India by offering education and training in an atmosphere of encouragement and inspiration.



AIM & OBJECTIVE

Bhartiya Yog evam Prakartik Chikitsa Parishad welcoming to all Yoga Studios and Yoga School to provide best quality Yoga Teacher's Training. BYAPCP dedicated to promoting knowledge of Yoga and other Spiritual activities related to physical and spiritual knowledge.



Advance Yoga Courses

P.G. Diploma in Yoga Therapy

Duration: 1 Year

Eligibility: Graduation or equivalent



P.G. Diploma in Yoga

Duration: 1 Year

Eligibility: Graduation or equivalent



Diploma Yoga Courses

Diploma in Yoga Education

Duration: 1 or 2 Year

Eligibility: 12th Pass or Equivalent



Diploma in Yoga Teacher /Instructor

Duration: 1 & 2 Year

Eligibility: 12th Pass or Equivalent



Certificate Yoga Courses

Certificate in Naturopathy

Duration: 6 Month

Eligibility: 10th Pass or Equivalent



Certificate Course in Yoga

Duration: 6 Month

Eligibility: 10th Pass or Equivalent



Guidelines & Syllabus For P.G. Diploma in Yoga Therapy

One Year

Theory Examination

Sr. No	Subject	Theory marks	Internal Marks	Total marks
Paper-I	Foundation of Yoga	70	30	100
Paper-II	Practical of Professional Ethics	70	30	100
Paper-III	Psychology of Health	70	30	100
Paper-IV	Yoga Therapy	70	30	100
		280	120	400

Practical

Sr. No	Subject	Practical Marks	Internal Marks	Total marks
Paper-V	Yoga Practical			
Paper-VI	Project Work, Dissertation & Viva- Voce	170	30	200



Certificate in Naturopathy Syllabus

1. Introduction of yoga – meaning and definition of yoga. Objective of yoga.

2. Types of yoga, Reverence of yoga in modern age.

Types of yoga :-its brief introduction

* Hatha yoga

* Bhakti yoga

* Raj yoga

* Karma yoga

* Ashtanga yoga

3. Yoga in different texts – Veda,Sankhya,upnishad ,Geeta

4. Life sketch of ancient contemporary yogis and yoginies of india

* Swami Vivekananda

* Sri Aurobindo

* Swami Shivananda

5. MESSAGE THERAPY: - History of message – meaning & definition of message. Objective &types of message. Step of message.

6. TEXTS BOOK

* Meaning of Hatha yoga : Step of Hatha yoga ,Objective of Hatha yoga 'with reference of Hatha yogic Gheranda samhita &Hath pradipika

* Special reference to Gheranda samhita &Patanjali Yog sutra: meaning of Prana, types of prana importance and place of prana in Human body.

7. Introduction of chakra: - meaning of chakra, location of chakra in Human body, types of chakra. Meaning of Kundalini

8. Diet : types of type ,Balance Diet

9. History of acupressure : meaning of acupressure , location in human body point , principle of acupressure

10. Meaning and history of therapy: Hydrotherapy (general principle of hydrotherapy,) Sun therapy, mud therapy.

11. Concept of Health: Yoga Therapy in a common problem. naturopathy treatment in common problem (common cold, cough, digestive disorder)



P.G Diploma in Yoga therapy Syllabus

- I. Foundations of Yoga: - Orientation to Patanjali Yoga Sutra, Orientation to Hatha Yoga Pradeepika, Orientation to Gheranda Samhita, Orientation to Shiva Yoga.
- II. Basics relevant to Yoga Therapy: - Basics of Sanskrit, Principles of Ayurveda, Principles of Naturopathy, Principal of Astrology.
- III. Human Biology: - Anatomy & Physiology, Yogic Diet, Nutrition & related Biochemistry, Yoga & Psychology, Research Methodology.
- IV. Basics of Integral Approach to Yoga Therapy: - Sankhya and Yoga, Bhagvadgeeta, Upanishads, Link between man and the Master.
- V. Yoga Therapy in Practice: - A comprehensive study of the definition, pathophysiology, aetiology, clinical features, assessment and yoga therapy for ailments of the followings systems: Nervous System, Endocrine, Respiratory, Cardio-vascular, Digestive, Muscular Skeletal, Reproductive Systems and Neurosis, Pregnancy and Eye Problem.
- VI. Practical-I: - Asana, Pranayama, Mudra band.
- VII. Practical-II: - Selected Kriyas, Meditation, Yoga Therapy special techniques.
- VIII. Project Work: - Dissertation (select any topic for dissertation).



OUR YOGA RETREAT

200 Hour Yoga Teacher Training Course

The syllabus of YTT-200 Yoga comprises of theory and practical method of teaching. The students are also imparted training making them competent to take up the job of an instructor in future. Students are imparted with the fundamentals and principles of Yoga, are given practical training in performing varied asanas and their uses on both mental and physical health

- »Yoga Philosophy
- »Yoga - Introduction
- »Origin of yoga
- »Different paths of yoga -Karma, Bhakti, and Jnana
- »Consciousness and awareness
- »Evolution of awareness
- »Evolution of elements (according to Sankhya darshan)
- »Pancha kosha (five covering or sheaths over consciousness)
- »Annamaya Kosha (physical sheath) - Gross body - Conscious state
- »Pancha-tattva (Five-elements), Sapta-dhatu (Seven-tissues)
- »Pranamaya Kosha (energy sheath) - Subtle body - Subconscious state
- »Pancha-prana (five vital airs)
- »Karmendriya (five organs of action)
- »Nadi (subtle energy channels), Tri-shakti (tried energy)
- »Shat-Chakra (six centers of energy-transformation)
- »Kundalini and Granthis
- »Manomaya Kosha (mental sheath) - Subtle body - Subconscious state
- »Manas (mind), Buddhi (lower intellect), Chitta (memory), Ahamkara (ego)
- »Jnanendriyas (five senses)
- »Jnanamaya kosha (intuitive sheath) - Subtle body - Subconscious state
- »Buddhi (higher intellect)
- »Anandamaya kosha (bliss sheath) - Causal body - Unconscious state
- »Turiya - Pure consciousness
- » Four-sutra (preface of Patanjali's Yoga sutra)
- » Pancha-klesha (five causes of pain and miseries)
- » Raja yoga and hatha yoga
- » Yama, Niyama (social and personal rules and regulations))
- » Dharna (concentration), Dhyana (meditation), Samadhi (self-realization)
- » Asana/Pranayama/Shatkarma/Bandha

ASTHANGE YOGA (YAM , NIYAM , ASAN , PRANAYAM , PRATAHAR , DHAYAN ,DHRANA ,SAMADHI)



300 Hour Yoga Teacher Training Course

The syllabus of YTT-300 Yoga comprises of theory and practical method of teaching. The students are also imparted training making them competent to take up the job of an instructor in future. Students are imparted with the fundamentals and principles of Yoga, are given practical training in performing varied asanas and their uses on both mental and physical health.

1.Yoga Philosophy

2.Patanjali yoga sutra:

Yoga text

3.Upanishad

4.Yoga and anatomy

5.Teaching methodology

6.MANTRA RECITATION

7.ASANA : pranayama .mudra &bandha ,shart karm ,Dhayan Dharna Samadhi

ASTHANGE YOGA (YAM , NIYAM, ASAN , PRANAYAM , PRATAHAR, DHAYAN ,DHRANA , SAMADHI)

500 Hour Yoga Teacher Training Course

The syllabus of YTT-500 Yoga comprises of theory and practical method of teaching. The students are also imparted training making them competent to take up the job of an instructor in future. Students are imparted with the fundamentals and principles of Yoga, are given practical training in performing varied asanas and their uses on both mental and physical health.

A.Foundation of Yoga: History, Evolution OF Yoga & school

B.Basic yoga texts: principle Upanishads Bhagwat gita, yoga Vasistha

C.Patanjali yoga sutra

D.Hatha yoga texts

E.Allied science: Anatomy &physiology, diet & Nutration,General Psychology &Counseling

F.Yoga & health

G.Practice of yoga asana: asana, pranayama, Dhyan Dharana, Bandh, Mudra, Shat kriya

H.Method of teaching

I.Application of yoga

ASTHANGE YOGA (YAM , NIYAM, ASAN , PRANAYAM , PRATAHAR, DHAYAN ,DHRANA , SAMADHI)



For More Info Visit
www.jyotiyogaretreat.com



Application No.

Session

Affix recent
Passport Size
Photograph



BHARTIYA YOG EVAM PRAKRITIK CHIKITSA PARISHAD

Application Form for Admission

(All the information required to fill in capital letters only)

D-423, Sahara Plaza Patrakarpuram, Gomti Nagar, Lucknow-226010

Admission Details

Name of Student : _____

(in CAPITAL LETTERS As appear in HSSC)

Father Name : _____

Mother Name : _____

Admission Date: _____ Admission to Course : _____

Date of Birth : _____ Place of Birth: _____

Admission Category: _____

(SC, ST, OBC, General, etc.)

Religion : _____ Nationality : _____

Mother tongue: _____ Blood Group : _____

E-mail ID : _____

Father Occupation : _____

Mother Occupation : _____

Sex : **Male / Female** Married : **Yes / No**

Academic details: (12th Std. Details)

Board of Exam. : _____

Name of School: _____

Total Marks Obtained: _____ Maximum Marks: _____

Passing Month : _____ Year: _____ Percentage Marks Scored: _____ Grade: _____

(Note: Attach attested Photocopy of 10th/12th std marks card)

Address Details:

Address : _____

City : _____ Pin : _____ Dist. : _____ State : _____

Parent's Landline phone No.: _____ Parent's Mobile No.: _____

Candidate's Mobile No: _____ E-mail Id: _____

Nearest Bus Station: _____ Railway Station : _____

I hereby declare that the particulars furnished above are true, complete, and correct to the best of my knowledge and belief.

Date:

Place:

Instructions:

Signature of Student

1. 10th std and 12th std attested photocopy of marks sheet to be attached with this form.
2. The photocopy of admit card to be attached with this registration form
3. Affix passport size colour photograph at the space provided in the form
4. Additional sheet can be attached to provide diploma/degree level exam details
5. Candidate changing branches/courses/ in the subsequent admission round are require to compulsorily submit this form along with REGISTRATION SSLIP issued by the college during the first time registration
6. Candidates cancelling admissions should compulsorily submit letter of intimation to college failing which the fees and certificates will be withheld till the clearance from the admission authority
7. Candidate should submit notarized copy of Annexure I (affidavit by the student) and Annexure II (affidavit by parent/guardian) at the time of registration at college.



Our Certificate Partners



Call For Membership: +91-7007712087, +91-9839367976

D-423, Sahara Plaza, Patrakarpuram, Gomti Nagar, Lucknow-226010

E-mail : byapcp@gmail.com | Website : www.byapcp.com