



KRISHNAMACHARYA YOGA MANDIRAM

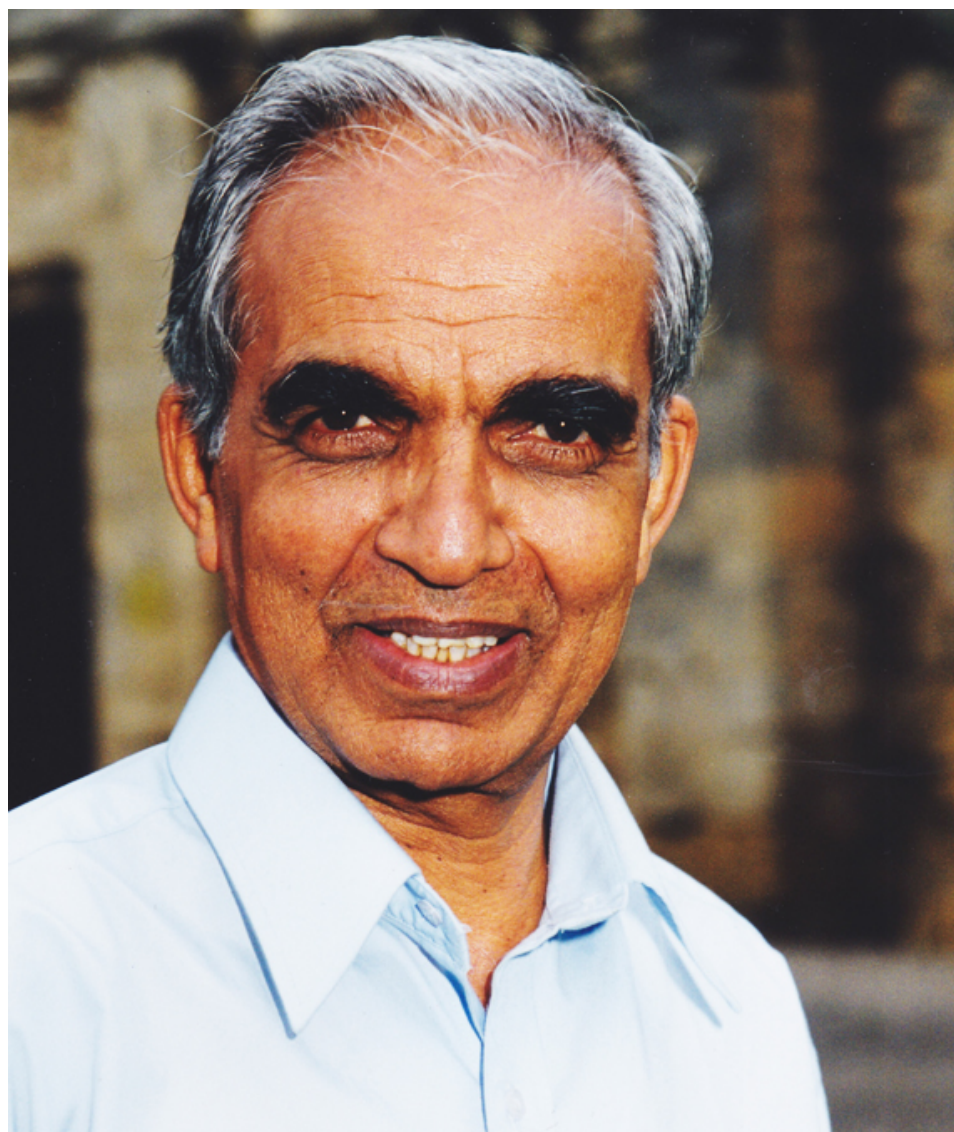
TEACHER TRAINING PROGRAMME IN HEALING CHANTS 2020-2021
(FOR INDIANS)

PROSPECTUS

HEALING CHANTS DEPARTMENT | A UNIT OF KRISHNAMACHARYA YOGA MANDIRAM



(estd. in 1976)



INTRODUCTION

The ancient tradition of Vedic chanting is gaining recognition all over the world, not just because it collectively represents the fount of ancient Indian wisdom, but also because the practice of chanting has multiple benefits such as enhancing health, improving memory and promoting healing.

Chanting has been an integral part of KYM's work for over 40 years. It is with the intention of systematically providing the knowledge of Vedic Chanting for healing purposes, the Healing Chants Department, a unit of KYM, is offering an intensive healing chants Teacher-Training Programme.

OBJECTIVES

This Training Programme in healing chants is designed to give participants an orientation to the ancient tradition of chanting and to equip them to teach and apply the chants. While introducing the history and significance of the Vedic tradition, the course will also train the students intensively in Vedic pedagogy. Participants will be taught selected chants from the Vedic and Smrti traditions.

ELIGIBILITY

- This course is open to beginners as well as those who have had some exposure to healing chants but wish to understand its pedagogy in greater detail. A background in Yoga and/ or Yoga studies, though not essential, would be helpful, as a significant priority has been given to the integration of chanting within the framework of the multiple tools of Yoga. While not a must, knowledge of any system of music will be an added advantage in learning and practicing chanting. Knowledge of Sanskrit is not essential as all participants will be given handouts with Roman transliteration.
- The course is open only for residents of Chennai. It would be preferable if the applicant were a graduate (i.e., possess a University Degree) in any discipline.
- The applicant must also apply with a **letter of reference** from two people (not related by birth or marriage) who have known them for at least two years. The reference letter must include thoughts/ comments on the communication skills of the applicant, other strengths and weaknesses of the applicant and whether in the referrer's opinion the applicant is mentally and emotionally stable.
- KYM requires all students to be free from Drugs and substance abuse of all kinds. KYM does not impose any restrictions to acceptance, based the grounds of race, creed, colour, occupation, religious or political affiliation, age or gender. KYM supports equal opportunity policies, as long as the student fulfils all the requirements mentioned above and shows commitment to the learning requirements of the course.

AN OVERVIEW OF THE TEACHER- TRAINING PROGRAMME IN HEALING CHANTS

The participants in the Healing Chant Teacher Training Programme will undergo an intensive course of study that includes classroom lectures, group chanting sessions and practice sessions. Medium of instruction will be in English.

The training programme will commence from **July 2, 2020 (Morning Batch)** and **July 6, 2020 (Evening batch)**, comprising of three modules of 80 hours duration each. Each module will comprise the minimum recommended:

- Forty hours of chanting practice
- Twenty hours of lectures
- Twenty hours of Asana/ Pranayama

Select chants on health and healing will be taught over the three modules, along with basic rules of chanting, meaning of chants taught, an introduction to Sanskrit and the application of these chants in healing.

PROGRAMME CURRICULUM

Total Number Of Hours - 240

Subject	Contents	Hours
Introduction to Vedic heritage and pedagogy of Vedic chanting	Origin and evolution of Veda-s, classification of Veda-s, Vyasa's contribution, components of the Veda-s (Vedanga), branches of Veda-s (Upaveda), and schools of concepts presented in the Veda-s	20
	Definitions, types and components of Mantra-s, initiation of Mantra, stages in the practice of Mantra, benefits of chanting, role and significance of non-Vedic chants, teacher-student relationship	
Introduction to Sanskrit	Introduction to Sanskrit script, learning to read the script.	20
Chanting	Origin of the Sanskrit alphabets, how has the Vedic tradition been preserved, rules of Vedic chanting - Varna (pronunciation), Svara (notation), Mantra (duration), Balam (force), Sama (linking of notes) and Santana (continuation and punctuation), pitch and pace, intricacies with respect to pronunciation, notation and grammar in chanting	140
Meaning of chants taught	What is chanting (adhyayam)? How should Chanting be done? Steps involved in chanting, benefits, disciplines that aid in Chanting practice, introduction of sounds and notations using letters and words, practice of Chants ranging from simple to complex in keeping with traditional pedagogy, Smriti-s and Yoga Sutra-s	40
	Global meanings of Chants practiced, study of their significance, scope and relevance	
Theory Behind The Application of Mantra-s in Asana, Pranayama & Dhyanam	Why use sound in Asana, Pranayama and Dhyanam? How to incorporate sound in Asana and Pranayama practice? Effects produced by varying sounds/ pitch/ volume, techniques of Samantraka Pranayama (Pranayama done with sound). How to incorporate Mantras in Dhyanam	20

All chants will be taught using the aid of texts. Study material will be provided. The following chants will be covered:

- **Ayurmantrah**
- **Laghunyasah**
- **Mantrapuspam**
- **Gayatrimantrah (Samhita, Krama, Jata, Ghana)**
- **Candranamaskrtyamantrah (Samhita, Krama, Jata, Ghana)**
- **Medhasuktam**
- **Sraddhasuktam**
- **Arogyamantrah (Pranapana)**
- **Selected portions from the Mahanarayana Upanisat, Taittiriya Upanisat and Dasa Santi**
- **Gurvastakam**
- **Excerpts from Bhagavad Gita**
- **Sri T Krishnamacharya's Yoganjalisaram and**
- **Yoga Sutra**

TRAINING MODULE | SCHEDULE

Batch - <i>Prātaḥ</i> 11 AM to 1 PM Tuesdays & Thursdays			
Details	Module - I	Module - II	Module - III
Dates	July 2, 2020	November 24, 2020	May 25, 2021
Course Fee	INR 12,000 per semester payable before the commencement of each semester		
Refund/ Cancellation Policy	All fees, once paid will not be refunded		

Batch - <i>Sāyam</i> 6 PM to 8 PM Mondays & Wednesdays			
Details	Module - I	Module - II	Module - III
Dates	July 6, 2020	December 7, 2020	May 24, 2021
Course Fee	INR 12,000 per semester payable before the commencement of each semester		
Refund/ Cancellation Policy	All fees, once paid will not be refunded		

There might be minor changes in the date of completion/ commencement of a module subject to unexpected holidays declared for any contingencies.

ADMISSION AND SELECTION PROCEDURE

Prospective applicants will be screened for selection through an interview and selected participants will be duly notified. The decision of the selection panel of the Department of Healing Chants will be final.

EVALUATION

Students will be evaluated and their progress assessed on the following factors:

- Ability of the students to Chant with attention to Vedic pedagogy.
- Performance and participation of the student in the classroom sessions.
- Written and oral examinations
- Feedback from respective teachers across each module

ASSESSMENT

- Students will be graded continuously based on class performance and performance in all assessments. Those who do not secure the necessary minimum grades will be required to take improvement exams. Improvement examinations will be conducted at the start of the 2nd module (for papers not cleared in Module 1), at the start of the 3rd Module (for papers not cleared in Module 2). In case a student does not secure the minimum pass percentage in any subject in the final module, he/ she will be given one opportunity to appear for necessary papers before the declaration of results. However, if the necessary minimum marks are not obtained even then, the student would have to take that exam along with the subsequent batch and will not be eligible for certification with the current batch. Attendance of 80% in all subjects is mandatory to be eligible for certification.

Since chanting is a practical skill, students will be assessed continuously for perfection of rendition, with specific emphasis on adherence to Vedic chant pedagogy. Only those students who are deemed by the panel of evaluators to have mastered the nuances of pronunciation, pitch and notation and also demonstrate an understanding of the general meaning of the chant and are capable of instructing others in chanting will be certified as a teacher of healing chants in the KYM tradition. In the event of a student not meeting with the necessary criteria for certification, he/she will be asked to undergo further one-on-one training, as required, with a senior faculty member in the department of healing chants, and will have to appear before the evaluation panel again, for certification. Two such attempts will be given. The certificate will be valid for a period of five years from date of issue.

CERTIFICATE VALIDITY & CONTINUOUS EDUCATION

In order to maintain high standards of teaching, all programme graduates are encouraged to continue learning through teaching and through their own personal Chanting practice, and by participating in Continuing Education Units (CEU's) offered by the Department Of Healing Chants, KYM.

Graduates are expected to interact regularly with their respective chanting instructors. To be eligible for re-certification, the graduates from the HCTTP must complete a minimum of 50-hours of Continuing Education (via Skype/ individual in-person classes or group classes or any seminar/short-term intensive at KYM) in the five year period.

DATES TO REMEMBER

- **Last date for Submission of application:** April 20, 2020
- **Personal Interviews:** Individual personal interviews with the selection panel will be scheduled on May 4, 5 and 6, 2020. Timing will be informed to individual candidates (Will be scheduled via Email based on the convenience of both the panel and the applicant)
- **Class Commencement Date:** July 2, 2020 (*Prātaḥ*/ Morning batch) and July 6, 2020 (*Sāyam*/ Evening batch).

FOR FURTHER DETAILS AND QUERIES, PLEASE CONTACT:

Director,

Department Of Healing Chants

Krishnamacharya Yoga Mandiram,

No,31, 4th Cross Street, RK Nagar, Chennai - 600 028, India

Phone: 044-24952900

**Recognised by the Health and Family Welfare Department,
Government Of Tamil Nadu**

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ISO 9001:2015 Organisation

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**Recognised as a Leading Yoga Institute in India by Yoga Certification
Board (YCB), under the aegis of Ministry of AYUSH**

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Accredited Member Institute, Indian Yoga Association (IYA)

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**Recognised as a Scientific and Industrial Research Organisation (SIRO)
by Department of Scientific and Industrial Research (DSIR),
Government Of India**

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KYM Mandaveli | No. 13, 4th Cross Street, RK Nagar, Chennai 600 028

**KYM Kilpauk | No. 25, Thiru Narayanan Avenue, Off New Avadi Road,
Chennai - 10**

Phone | 044-24937998/24933092/24952900

Website | www.kym.org