



आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India

Yoga Certification Board

Ministry of Ayush, Govt. of India
Website- www.yogacertificationboard.nic.in



SYLLABUS Yoga Volunteer

Syllabus for Yoga Volunteer (YV)

1. **Name of the Certification:** Yoga Volunteer (YV)
2. **Requirement/ Eligibility:** Open for all. there is no eligibility criteria
3. **Brief Role Description:** For promotion of well being of oneself and society at large; assist in conducting group classes for Yoga Volunteer, Yoga classes in the park, Yoga related IDY programs. Can be part of Fit India Movement. Can conduct Yoga Break protocol in work places.
4. **Age:** No age limit
5. **Duration of course:** Equivalent to not less the 36 hours.
6. **Certification of Yoga Volunteer:** The candidate who has 80% attendance in the class shall be eligible for certification. Certificate to the candidate shall be issued after getting the report from the institution about the attendance of the candidate and the program conducted.

Syllabus

Unit 1. Theory

- 1.1 Meaning, History and Development of Yoga.
- 1.2 Schools of Yoga.
- 1.3 The fundamentals of Yoga.
- 1.4 Yogic Practices for Health and Wellness.
- 1.5 General guidelines for Yogic Practice.
- 1.6 Yogic principles of Food.

Unit 2. Practical

- 2.1 Prayer: Concept and recitation of Pranava and hymns.
- 2.2 Cleansing Practice (Technique, Contraindications and Benefits):
 - Neti
 - Trataka
 - Kapalabhati
- 2.3 Chalana Kriya/Loosening Practice (Technique, Contraindications and Benefits):
 - Neck Movement (Griva Shakti Vikasaka I, II, III, IV)
 - Shoulder Movement
 - Bhujja Valli Shakti Vikasaka
 - PurnaBhujja Shakti Vikasaka
 - Trunk Movement (Kati Shakti Vikasaka I, II, III, IV, V)
 - Knee Movement (Janu Shakti Vikasaka)
- 2.4 Yogasana (Technique, Contraindications and Benefits):
 - Standing Posture- Tadasana, Vrikshasana, ArdhaChakrasana, Padahasthasana, Trikonasana.
 - Sitting Posture-Bhadrhasana, Vajrasana, Ardha-Ushtrasana, Ushtrasana, Shashankasana, Mandukasana, UttanaMandukasana, Vakrasana.
 - Prone Posture-Makarasana, Bhujangasana, Shalabhasana.
 - Supine Posture-Uttanapadasana, ArdhaUshtrasana, Setubandhasana, Markatasana, Pawanamuktasana, Shavasana.
- 2.5 Pranayama (Technique, Contraindications and Benefits):
 - AnulmoaViloma/NadiShodhana
 - Ujjaye (without Kumbhaka)
 - Shitali (without Kumbhaka)
 - Bhramari (without Kumbhaka)
- 2.6 Dhyana (Technique and Benefits):
 - Body Awareness
 - Breath Awareness
 - Yoga Nidra
- 2.7 Classes related to life management and preventive health

Book For Reference

- 1 Ministry of AYUSH : **Common Yoga Protocol**
Ministry of AYUSH, Government of India
AYUSH Bhawan, B-Block, GPO Complex,
INA, New Delhi-110023
- 2 Saraswati Swami Satyananda : **Asana Pranayama Mudra Bandha**
Bihar School of Yoga, Munger, 2006
- 3 Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers**
MDNIY, New Delhi, 2010

Syllabus for Yoga Protocol Instructor

1. **Name of the certification:** Yoga Protocol Instructor
2. **Requirement/ Eligibility:**
 - a. For open candidates there is no eligibility criteria
 - b. For admission in the course it is suggested/ desired that the candidate should have passed 10th standard / secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility
3. **Brief Role Description:** Certified Yoga Professionals (Yoga Protocol Instructor) can teach basics of Yoga / common Yoga protocol developed by the Ministry of AYUSH for International Day of Yoga for prevention of diseases and promotion of health. They can conduct Yoga practice /classes in parks, societies, RWA etc.
4. **Minimum age:** No age limit
5. **Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.
6. **Credit points for certificate :** 12 credits
7. **Duration of course:** Not less than 200 hours or not less than 3 month as part time or not less than 1 month as full time course.
8. **Mark Distribution:**

Total Marks: 200 (Theory: 60 + Practical: 140)

Theory

Unit No.	Unit name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yoga Texts	20
3	Yoga for Health Promotion	20
	Total	60

Practical

S No.	Practical Work	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field Experience	10
	Total	140

S. No. Name of the Unit

- 1 **Introduction to Yoga and Yogic Practices**
 - 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
 - 1.2 Yoga : Its origin, history and development.
 - 1.3 Guiding principles to be followed by Yoga practitioners.
 - 1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
 - 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
 - 1.6 Introduction to Yoga practices for health and well being.
 - 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
 - 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
 - 1.9 Introduction to Yogasana: meaning, principles, and their health benefits.
 - 1.10 Introduction to Pranayama and Dhyana and their health benefits.

- 2 **Introduction to Yoga Texts**
 - 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
 - 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
 - 2.3 Introduction and study of Hathpradipika.
 - 2.4 General Introduction to Prasthanatrayee.
 - 2.5 Concepts and principles of Aahara (Diet) in Hathpradipika and Bhagawadgita (Mitahara and Yuktahara).
 - 2.6 Significance of Hatha Yoga practices in health and well being.
 - 2.7 Concept of mental wellbeing according to Patanjala Yoga.
 - 2.8 Yogic practices of Patanjala Yoga: Bhiranga and Antaranga Yoga.
 - 2.9 Concepts of healthy living in Bhagwad Gita.
 - 2.10 Importance of subjective experience in daily Yoga practice.

- 3 **Yoga for Health Promotion**
 - 3.1 Brief introduction to human body.
 - 3.2 Meaning and Means of health promotion and role of Yoga in health promotion.
 - 3.3 Yogic positive attitudes (Maîtri, Karuna, Mudita, Upeksha).
 - 3.4 Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.
 - 3.5 Dincharya and Ritucharya with respect to Yogic life style.
 - 3.6 Holistic approach of Yoga towards health and diseases.
 - 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
 - 3.8 Yogic management of stress and its consequences.
 - 3.9 Yoga in prevention of metabolic and respiratory disorders.
 - 3.10 Yoga for personality development.

Practical

A. Demonstration Skills

4.1 Prayer: Concept and recitation of Pranava and hymns.

4.2 Yoga Cleansing Techniques

Knowledge of Dhauti, Neti and practice of Kapalabhati.

4.3 Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro Circulation Practices)

- Neck Movement
Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement
Bhuja Valli Shakti Vikasaka
Purna Bhuja Shakti Vikasaka
- Trunk Movement
Kati Shakti Vikasaka (I, II, III, IV, V)
- Knee Movement
Jangha Shakti Vikasaka (II-A&B)
Janu Shakti Vikasaka
- Ankle movement
Pada-mula shakti Vikasaka – A&B
Gulpha-pada-pristha-pada-tala shakti Vikasaka

b. Yogic Sthula Vyayama (Macro Circulation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine Daud)

4.4 Yogic Surya Namaskara

4.5 Yogasana

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Kati Chakrasana, Trikonasana
- Dandasana, Sukhasana, Padmasana, Vajrasana,
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- Paschimottanasana, Purvottanasana
- Vakrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Makarasana
- Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
- Vipareetakarani, Saral Matsyasana, Shavasana,

4.6 Preparatory Breathing Practices

- Sectional breathing (abdominal, thoracic and clavicular)
- Yogic deep breathing

4.7 Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Anulmoa Viloma/Nadi Shodhana
- Sheetalee (without Kumbhaka)
- Bhramari (without Kumbhaka)

4.8 Understanding of Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

4.9 Understanding of Mudra

- Hasta Mudras (chin, Chinmaya, Brahma, adi, jnana, Dhyana and Nasika)

4.10 Practices leading to Meditation and Dhyana Sadhana

- Recitation of Pranava & Soham
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas
- Body and breath awareness
- Yoga Nidra

B. Teaching Skills (Methods of Teaching Yoga)

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans

Book for reference for Theory

- 1 Goyandka, Harikrishandass : **Yoga Darshan**
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga**
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 3 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 4 Gita press Gorakhpur : **Shreemad Bhagvadgita**
Gita press Gorakhpur, Samvat 2073
- 5 Kotecha, Vaidya Rajesh : **A Beginner's Guide to Ayurveda**
Chakrapani Publications, Jaipur 2016
- 6 Quality Council of India (QCI) : **Yoga professionals Official Guidebook for Level 1**
Excel Books, New Delhi 2016
- 7 Brahmachari Swami Dharendra : **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi, 1986
- 8 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 9 Kalayan : **Upanishads (23rd year Special)**
Geeta Press, Gorakhpur
- 10 Gore M. M. : **Anatomy and Physiology of Yogic Practices,**
Kanchana Prakashana, Lonavala, 2004
- 11 Swami Karmananda : **Management of Common Diseases,**
Bihar Yoga Publication Trust, 2006, Munger
- 12 Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers,**
MDNIY, New Delhi, 2010

Books for Reference for Practicum

1. Brahmachari Swami Dharendra : **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dharendra : **Yogasana Vijnana,**
Dheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : **Light on Yoga,**
Harper Collins Publisher, New Delhi, 2005
4. Saraswati, Swami Satyananda : **Asana, Pranayama, Mudra, Bandha**
Bihar School of Yoga, Munger, 2006
5. Basavaraddi, I.V. : **A Monograph on Yogic Suksma Vyayama,** MDNIY,
New Delhi, 2016
6. Basavaraddi, I.V. : **A Monograph on Shatakarma,**
MDNIY, New Delhi, 2016
7. Basavaraddi, I.V. : **A Monograph on Yogasana,**
MDNIY, New Delhi, 2016
8. Basavaraddi, I.V. : **A Monograph on Pranayama,**
MDNIY, New Delhi, 2016
9. Tiwari O.P. : **Asana Why & How ?**
Kaivalyadhama, SMYM Samiti, Lonavla
10. Saraswati, Swami Satyananda : **Suryanamashkara**
Bihar School of Yoga, Munger, 2006
11. Quality Council of India (QCI) : **Yoga professionals Official Guidebook for Level 1**
Excel Books, New Delhi 2016
15. Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers,**
MDNIY, New Delhi, 2010
16. Gharote, M.L. : **Teaching Methods for Yogic practices,**
Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S : **Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial**
Yoga, Institute, Pune YOG, Mumbai
18. Ramdev, Swami : **Pranayama Rahasya**

Syllabus Yoga Wellness Instructor

1. **Name of the Certification:** Yoga Wellness Instructor
2. **Requirement/ Eligibility:**
 - a. For open candidates there is no eligibility criteria
 - b. For admission in the course it is suggested that the candidate should have passed 12th standard/ higher secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility
3. **Brief Role Description:** Certified Yoga Professionals (Yoga Wellness Instructor) to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places, Yoga wellness centres/ Primary Health care centres etc
4. **Minimum age:** No age limit
5. **Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.
6. **Credit points for certificate :** 24 credits
7. **Duration of course:** Not less than 400 hours or not less than 6 month as part time or not less than 3 month as full time course.
8. **Mark Distribution:**
Total Marks: 200 (Theory: 60+Practical – 140)

Theory

Unit No.	Unit name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yoga Texts	20
3	Yoga for wellness	20
	Total	60

Practical

S No.	Practical Work	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field Experience	10
	Total	140

Unit 1- Introduction to Yoga and Yogic Practices

- 1.1 Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives and misconceptions.
- 1.2 Yoga: Its origin, history and development.
- 1.3 Brief Introduction to Samkhya and Yoga Darshana.
- 1.4 Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).
- 1.5 Principles of Yoga and practices of healthy living.
- 1.6 Principles and Practices of Jnana Yoga.
- 1.7 Principles and Practices of Bhakti Yoga.
- 1.8 Principles and Practices of Karma Yoga.
- 1.9 Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- 1.10 Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.11 Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.12 Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.13 Introduction to Tri Bandha and their health benefits.
- 1.14 Dhyana and its significance in health and well being.
- 1.15 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

Unit -2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
- 2.2 Yoga in Kathopnishad, Prashanopanisha, Tattiriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita in day to day life.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Study of Patanjala Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 - 51, III- 1 to 4).
- 2.7 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.
- 2.8 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- 2.9 Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
- 2.10 Concept of mental well being according to Patanjala Yoga.
- 2.11 Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.
- 2.12 Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner.

- 2.13 Concept of Matha, Mitahara, Pathya & Apathya.
- 2.14 Concepts of Nadis, Prana and Pranayama for Subjective experiences.
- 2.15 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).

Unit 3- Yoga for Wellness

- 3.1 General introduction to human body and nine major systems of human body.
- 3.2 Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- 3.3 Basic functions of nine major systems of human body and homeostasis.
- 3.4 Yogic concept of health and wellness.
- 3.5 Concept of Tridoshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness.
- 3.6 Concepts of Dinacharya and Ritucharya and their importance in well being.
- 3.7 Importance of Ahara, Nidra and Brahmacharya in well being.
- 3.8 Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
- 3.9 Importance of psychosocial environment for health and wellness.
- 3.10 Yogic concept and principles of Ahara(Mitahara, Yuktahara).
- 3.11 Health benefits of Suryanamaskara, Shatkarma, Asanas, Pranayama and practices leading to Dhyana (as per the practical syllabus of the course).
- 3.12 Salient features and contra indications of Yoga practices for well being (as per the practical syllabus of the course).
- 3.13 Knowledge of common diseases; their prevention and management by Yoga.
- 3.14 Knowledge of role of Yoga in the management of non communicable diseases.
- 3.15 Concept of stress and Yogic management of stress and its consequences.

Yoga Practical

1. Prayer

- 1.1 Concept and Recitation of Pranava
- 1.2 Concept and Recitation of Hymns
- 1.3 Selected universal prayers, invocations and Nishpatti Bhava.

2. Yogic Shat Karma

- 2.1 **Neti:** Sutra Neti and Jala Neti
- 2.2 **Dhauti:** Vamana Dhauti (Kunjal)
- 2.3 **Kapalbhati** (Vatakrama)

3. Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro circulation practices)

- Neck Movement
Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement
Bhuja Valli Shakti Vikasaka
Purna Bhuja Shakti Vikasaka
- Trunk Movement
Kati Shakti Vikasaka (I, II, III, IV, V)
- Knee Movement
Jangha Shakti Vikasaka (II-A&B)
Janu Shakti Vikasaka
- Ankle movement
Pada-mula shakti Vikasaka – A&B
Gulpha-pada-pristha-pada-tala shakti Vikasaka

b. Yogic Sthula Vyayama (Macro circulation practices)

- Sarvanga Pushti
- Hrid Gati (Engine daud)

4. Yogic Surya Namaskara with Mantra

5. Yogasana

- 5.1 Tadasana, Hastottanasana, Vrikshasana
- 5.2 Ardha Chakrasana, Padahastanasana
- 5.3 Trikonasana, Parshva Konasana, Katichakrasana
- 5.4 Dandasana, Padmasana, Vajarasana,
- 5.5 Yogamudrasana, Parvatasana
- 5.6 Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana,
- 5.7 Paschimottanasana, Purvottanasana
- 5.8 Vakrasana, Ardha Matsyendrasana, Gomukhasana
- 5.9 Makarasana, Bhujangasana, Shalabhasana, Dhanurasana
- 5.10 Pavanamuktasana and its variations
- 5.11 Uttanapadasana, Ardha Halasana, Setubandhasana, Sarala-Matsyasana
- 5.12 Shavasana,

6. Preparatory Breathing Practices

- 6.1 Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
- 6.2 Yogic Deep Breathing
- 6.3 Anuloma Viloma/ Nadi Shodhana

7. Pranayama

- 7.1 Concept of Puraka, Rechaka and Kumbhaka
- 7.2 Ujjayee Pranayama (Without Kumbhaka)
- 7.3 Sheetalree Pranayama (Without Kumbhaka)
- 7.4 Sitkaree Pranayama (Without Kumbhaka)
- 7.5 Bhramaree Pranayama (Without Kumbhaka)

8. Concept and Demonstration of Bandha

- 8.1 Jalandhara Bandha
- 8.2 Uddiyana Bandha
- 8.3 Mula Bandha

9. Concept and Demonstration of Mudra

- 9.1 Yoga Mudra
- 9.2 Maha Mudra
- 9.3 Vipareetakarani Mudra

10. Practices leading to Dhyana Sadhana

- 10.1 Body awareness and Breath awareness
- 10.2 Yoga Nidra
- 10.3 Antarmauna
- 10.4 Recitation of Pranava and Soham
- 10.5 Recitation of Hymns
- 10.6 Practice of Dhyana

B. Teaching Skills (Methods of Teaching Yoga)

- 1.1 Teaching methods with special reference to Yoga
- 1.2 Factors influencing Yoga teaching
- 1.3 Need of teaching practice and its use in Yogic practice.
- 1.4 Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- 1.5 Methods of teaching Yoga to an individual, small group and large group
- 1.6 Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
- 1.7 Lesson plan: Its meaning and need
- 1.8 Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
- 1.9 Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- 1.10 Assessment of a Yoga class (detection and correction of mistakes).

Book for reference for Theory

- 1 Goyandka, Harikrishandass : **Yoga Darshan**
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Ravi Shankar, Sri Sri : Upanishad, Vol. I
- 3 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga**
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 4 Basavaraddi I. V. and Pathak, S. P. : **Hathayoga ke Aadhar avam Prayoga** (Sanskrit-Hindi),
MDNIY, New Delhi, 2007
- 5 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 6 Gita press Gorakhpur **Shreemad Bhagvadgita**
Gita press Gorakhpur, Samvat 2073
- 7 Quality Council of India (QCI) **Yoga professionals Official Guidebook for Level 2**
Excel Books, New Delhi 2016
- 8 Kalidas Joshi and Ganesh Shankar **Yoga ke Sidhant Evam Abhyas,**
Madhya Pradesh Hindigrantha Akadami, Bhopal, 1995
- 9 Brahmachari Swami Dharendra **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi, 1986
- 10 Digambarji Swami and Gharote M.L. **Gheranda Samhita,**
Kaivalyadhama S.M.Y.M. Samiti, Lonavala 1997
- 11 Sahay G. S. **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 12 Kalayan **Upanishads (23rd year Special)**
Geeta Press, Gorakhpur
- 13 Gore M. M. **Anatomy and Physiology of Yogic Practices,**
Kanchana Prakashana, Lonavala, 2004
- 14 Telles, Shirley A Glimse of the Human body
Swami Vivekanand Yoga Prakashan, Bangalore, 1998
- 15 Swami Karmananda **Management of Common Diseases,**
Bihar Yoga Publication Trust, 2006, Munger
- 16 Bhogal, R. S : **Yoga & Mental Health and beyond,**
ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010
- 17 Jayadeva, Yogendra : **Cyclopedia Vol I, II, III & IV**

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|----|------------------------|-------------------------------------------------------------------------------|
| 18 | Basavaraddi, I.V. | How to manage Stress through Yoga
MDNIY, New Delhi |
| 19 | Kotecha, Vaidya Rajesh | A Beginner's Guide to Ayurveda
Chakrapani Publications, Jaipur 2016 |
| 20 | MDNIY | Yoga Module for Wellness Series (1 to 10)
MDNIY, New Delhi 2011 |

Books for Reference for Practicum

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|-----|-------------------------------------------|---|------------------------------------------------------------------------------|
| 1. | Brahmachari Swami
Dhirendra | : | Yogic Suksma Vyayama,
Dhirendra Yoga Publications, New Delhi |
| 2. | Brahmachari, Swami
Dhirendra | : | Yogasana Vijnana,
Dheerendra Yoga Prakashana, New Delhi |
| 3. | Iyengar, B. K. S. | : | Light on Yoga,
Harper Collins Publisher, New Delhi, 2005 |
| 4. | Swami Kuvalyananda | : | Pranayama,
Kaivalyadhama, Lonavla, 1992 |
| 5. | Saraswati, Swami
Satyananda | : | Asana, Pranayama, Mudra, Bandha
Bihar School of Yoga, Munger, 2006 |
| 6. | Basavaraddi, I.V. | | A Monograph on Yogic Suksma Vyayama, MDNIY,
New Delhi, 2016 |
| 7. | Basavaraddi, I.V. | | A Monograph on Shatakarma,
MDNIY, New Delhi, 2016 |
| 8. | Basavaraddi, I.V. | | A Monograph on Yogasana,
MDNIY, New Delhi, 2016 |
| 9. | Basavaraddi, I.V. | | A Monograph on Pranayama,
MDNIY, New Delhi, 2016 |
| 10. | Tiwari O.P. | | Asana Why & How ?
Kaivalyadhama, SMYM Samiti, Lonavla |
| 11. | Basavaraddi, I.V. & Bharti
Swami Anant | | Pratah Smarana
MDNIY, New Delhi, 2016 |
| 12. | Saraswati, Swami
Satyananda | | Suryanamashkara
Bihar School of Yoga, Munger, 2006 |
| 13. | Joshi K.S. | | Yogic Pranayama
Orient Paperbacks, New Delhi 2009 |

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|-----|-----------------------------------|------------------------------------------------------------------------------------------------------|
| 14. | Quality Council of India
(QCI) | Yoga professionals Official Guidebook for level 2
Excel Books, New Delhi 2016 |
| 15. | Basavaraddi, I. V. & others | Yoga Teachers Manual for School Teachers,
MDNIY, New Delhi, 2010 |
| 16. | Gharote, M.L. | Teaching Methods for Yogic practices,
Kaivalyadhama Ashram, Lonavla |
| 17. | Iyengar, B.K.S | Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial
Yoga, Institute, Pune YOG, Mumbai |

Syllabus
Yoga Teacher and Evaluator

1. **Name of the Certification:** Yoga Teacher and Evaluator
2. **Requirement/ Eligibility:**
 - a. For open candidates there is no eligibility criteria
 - b. For admission in the course it is suggested/ desired that the candidate should be graduate in any stream from a recognized University or equivalent. However, the Yoga Institutions can define their own eligibility.
3. **Brief Role Description:** Master Trainers in Yoga educational Institutions, Yoga training Courses and training programs. He or she can also act as Evaluator and assessor of Yoga professionals. Can teach in studios, Institutions, colleges/ universities/ Institutions of higher Learning.
4. **Minimum age:** No age limit
5. **Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendliness and approachability, Independent, credible, analytical skills etc.
6. **Credit points for certificate :** 46 credits
7. **Duration of course:** Not less than 800 hours or not less than 15 month as part time or not less than 9 month as full time course.
8. **Mark Distribution:**
Total Marks: 200 (Theory: 80+Practical – 120)

Theory

Unit No.	Unit name	Marks
1	Foundation of Yoga	20
2	Introduction to Yoga Texts	20
3	Yoga And Health	20
4	Applied Yoga	20
	Total	80

Practical

S No.	Practical Work	Marks
1	Demonstration Skills	60
2	Teaching Skills	20
3	Evaluation Skill	20
4	Application of knowledge	10
5	Field Experience	10
	Total	120

UNIT 1 Foundation of Yoga

- 1.1 Etymology and Definitions of Yoga (Patanjala Yoga Sutra, Bhagwad Gita, Kathopanishad).
- 1.2 Brief Introduction to origin, history and development of Yoga (Pre- Vedic period to contemporary times).
- 1.3 Yoga in Principle Upanishads.
- 1.4 Yoga tradition in Jainism: Syadvada (theory of seven fold predictions); Concept of Kayotsarga / Preksha meditation).
- 1.5 Yoga Tradition in Buddhism: concept of Aryasatyas (four noble truths).
- 1.6 Salient features and branches of Bharatiya Darshana (Astika and Nastika Darshana).
- 1.7 General introduction to Shad Darshana with special emphasis on Samkhya, Yoga and Vedanta Darshana.
- 1.8 Brief survey of Yoga in Modern and Contemporary Times (Shri Ramakrishna, Shri Aurobindo, Maharishi Raman, Swami Vivekananda, Swami Dayananda Saraswati, Swami Shivananda, Paramhansa Madhavadas ji, Yogacharya Shri T. Krishnamacharya).
- 1.9 Guiding principles to be followed by the practioner.
- 1.10 Brief Introduction to Schools of Yoga; Jnana, Bhakti, Karma, Raja & Hatha.
- 1.11 Principles and Practices of Jnana Yoga.
- 1.12 Principles and Practices of Bhakti Yoga.
- 1.13 Principles and Practices of Karma Yoga.
- 1.14 Concept and Principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskars and their significance in Yoga Sadhana.
- 1.15 Concept and Principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.16 Concept and Principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.17 Concept and Principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.18 Introduction to Bandha & Mudra and their health benefits.
- 1.19 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.
- 1.20 Introduction to Dhyana and its role in health and well being.

UNIT 2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatustaya and goal of human life.
- 2.2 Yoga in Kathopanishad, Prashanopanishad, Taittiriyaopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna (stages and characteristics) in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita as a synthesis of Yoga.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Introduction and highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha.
- 2.7 Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 1 to 2, 46 to 55, III- 1 to 6).
- 2.8 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati and their relationship with wellness.
- 2.9 Concept of Ishwara and its relevance in Yogasadhana, qualities of Ishwara, Ishwarapranidhana.
- 2.10 Concept of Kriya Yoga of Patanjali and its importance for healthy living.
- 2.11 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- 2.12 Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
- 2.13 Concept of mental well-being according to Patanjali Yoga.
- 2.14 Hatha Yoga: Its origin, history and development. Hatha Yoga: its meaning, and definition, aim, objectives and misconception about Hatha Yoga.
- 2.15 Sadhaka Tattva and Badhaka Tattva principles to be followed by Hatha Yoga practitioner.
- 2.16 Concept of Matha, Mitahara, Pathya & Apathya, Types of Aspirants.
- 2.17 Hatha Yoga practices according to different Hatha Yogic Texts (Hatha Pradipika, Gheranda Samhita and Hatharatnavali).
- 2.18 Concept of Shwasa-Prashwasa, Vayu, Prana, Upa-Prana, Shat Chakra etc.
- 2.19 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
- 2.20 Relevance and importance of Hatha Yoga practices in health and well being.

UNIT 3 Yoga And Health

Introduction to Human Body – Anatomy and Physiology

- 3.1 Introduction to Human body.
- 3.2 Basic structure and functions of Musculoskeletal system, Respiratory system, Cardio vascular system, Nervous system, Digestive system and Endocrine system.
- 3.3 Homeostasis: its mechanism to maintain internal environment of the body.
- 3.4 Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- 3.5 Impact of Yogic practices on different systems of the human body: Benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory, Circulatory, Musculoskeletal system.

Introduction to Psychology

- 3.6 Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.
- 3.7 Definition and nature of Behavior, kinds of Behavior Motivation.
- 3.8 Emotions : definition, nature and physiological changes during Emotion.
- 3.9 Mental Health : Yogic view of Mental Health and Mental Illness.
- 3.10 Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.

Yoga For Health And Wellness.

- 3.11 Yogic concept of health, wellness and illness.
- 3.12 Importance of psycho-social environment for health and wellness.
- 3.13 Role of Yoga in various dimensions (physical, mental, social and spiritual) of health.
- 3.14 Importance of following Dinacharya and Ritucharya for well being.
- 3.15 Role of Ahara, Nidra and Brahmacharya in wellness.

Yoga For Disease Prevention And Health Promotion.

- 3.16 Meaning and definition of Health and Disease, Concept of Adhi and Vyadhi, Yoga as a preventive Health care- Heyam dukham anagatam.
- 3.17 Potential causes of ill –health: Tapatrayas and Kleshas, Mental and Emotional ill Health: Anatrayas.
- 3.18 Shuddhi Prakriyas in Yoga and their role in preventive and curative Health.
- 3.19 Knowledge of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in Health and Disease.
- 3.20 Yogic concept of Holistic Health and its importance in the management of Diseases.

UNIT 4 Applied Yoga

Yoga And Education

- 4.1 Education: Its meaning, definition and goal, role and importance of education in Human Excellence.
- 4.2 Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher, Student and Teaching, Guru- Shishya- Parampara and its importance in Yoga Education.
- 4.3 Value Education: Its Meaning and Definition, Types of values, value –oriented Education in Personality Development.
- 4.4 Contribution of Yoga towards Development of Values, Spiritual Growth.
- 4.5 Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education, Role of Yoga in development of healthy society.

Yoga For Personality Development

- 4.6 Personality: Meaning and types of personality.
- 4.7 Determinants of Personality with reference to psycho-social environment.
- 4.8 Knowledge of various facets and stages of development of personality.
- 4.9 Personality Development; Role of spirituality and positive attitude in personality development.
- 4.10 Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha, Mudra etc.) in the Personality Development.

Yoga management of stress and its Consequences

- 4.11 Definition, nature and types of stress.
- 4.12 Symptoms and consequences of stress on human mind.
- 4.13 Yogic perspective of stress. Yogic principles for the management of stress and its consequences.
- 4.14 Concepts and techniques of Stress management in Ashtanga Yoga of Patanjala Yogasutra and Bhagawad Gita.
- 4.15 Specific practices for stress management: Yogasana, Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation.

Yoga for prevention and management of Life Style Disorders

- 4.16 Concept of Yogic life style and its relevance.
- 4.17 General knowledge about life style related disorders : Acidity , Constipation , Irritable bowel syndrome(IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis etc.
- 4.18 Role of Yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis.
- 4.19 Role of Yoga in prevention and management of non-communicable disorders.
- 4.20 Yoga as an integrative medication.

Yoga Practicals

5.1 Prayer

- Concept and Recitation of Pranava
- Concept and Recitation of Hymns
- Selected universal prayers, invocations and Nishpatti Bhava.

5.2 Yogic Shat Karma

- **Neti:** Sutra Neti and Jala Neti
- **Dhauti:** Vamana Dhauti (Kunjal)
- **Kapalbhati** (Vatakrama)

5.3 Yogic Sukshma Vyayama and Sthula Vyayama

Yogic Sukshma Vyayama(Microcirculation Practices)

- Neck Movement
Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement
Bhuja Valli Shakti Vikasaka
Purna Bhuja Shakti Vikasaka
- Trunk Movement
Kati Shakti Vikasaka (I, II, III, IV, V)
- Knee Movement
Jangha Shakti Vikasaka (II-A&B)
Janu Shakti Vikasaka
- Ankle movement
Pada-mula shakti Vikasaka – A&B
Gulpha-pada-pristha-pada-tala shakti Vikasaka

Yogic Sthula Vyayama(Macrocirculation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine run)

5.4 Yogic Surya Namaskara with Mantra

5.5 Yogasana

- Tadasana, Hastottanasana, Vrikshasana
- Ardha Chakrasana, Padahastanasana
- Trikonasana, Parshva Konasana, Katichakrasana
- Dandasana, Bhadrasana, Padmasana, Vajarasana,
- Yogamudrasana, Parvatasana
- Mandukasana, Ushtrasana, Shashankasana, Utthana Mandukasana,
- Paschimottanasana, Purvottanasana
- Vakrasana, Ardha Matsyendrasana, Gomukhasana
- Makarasana, Bhujangasana, Salabhasana, Dhanurasana
- Pavanamuktasana and its variations
- Uttanapadasana, Ardha Halasana, Setubandhasana, Saral-matsyasana
- Halasana, Chakrasana
- Sirshasana
- Shavasana,

5.6 Preparatory Breathing Practices

- Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
- Yogic Deep Breathing
- Anuloma Viloma/ Nadi Shodhana

5.7 Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Ujjayee Pranayama (Without Kumbhaka)
- Sheetali Pranayama (Without Kumbhaka)
- Sitkari Pranayama (Without Kumbhaka)
- Bhramari Pranayama (Without Kumbhaka)

5.8 Concept and Demonstration of Bandha and Mudra

a) Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

b) Mudra

- Yoga Mudra
- Maha Mudra
- Vipareetakarani Mudra

5.9 Practices leading to Dhyana Sadhana

- Body awareness and Breath awareness
- Yoga Nidra
- Antanmauna
- Recitation of Pranava and Sohama
- Recitation of Hymns
- Practice of Dhyana

5.10 Methods of Teaching & Evaluation

- Teaching methods with special reference to Yoga
- Factors influencing Yoga teaching
- Need of teaching practice and its use in Yogic practice.
- Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- Methods of teaching Yoga to an individual, small group and large group
- Use of audio-visual aids, ICT, multimedia and online resources
- Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
- Lesson plan: Its meaning and need
- Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
- Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- Assessment of a Yoga class (detection and correction of mistakes).
- Measurement, assessment and evaluation: concepts, principles and applications
- Examination reforms and designing formative and summative evaluation
- Programme evaluation: Yoga class/ workshops/ camps, yoga teaching, and yoga teacher
- Assessment of yoga centres and institutes- criteria, processes, instruments, results.

Book for reference for Theory

- 1 Goyandka, Harikrishandass : **Yoga Darshan**
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Karel Werner : **Yoga and Indian Philosophy**
Motilal Banarasidas.,1975
- 3 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga**
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 4 Basavaraddi I. V. and Pathak, S. P. : **Hathayoga ke Aadhar avam Prayoga** (Sanskrit-Hindi),
MDNIY, New Delhi, 2007
- 5 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 6 Gita press Gorakhpur : **Shreemad Bhagvadgita**
Gita press Gorakhpur, Samvat 2073
- 7 Quality Council of India (QCI) : **Yoga professionals Official Guidebook for Level 2**
Excel Books, New Delhi 2016
- 8 Kalidas Joshi and Ganesh Shankar : **Yoga ke Sidhant Evam Abhyas,**
Madhya Pradesh Hindigrantha Akadami,Bhopal, 1995
- 9 Brahmachari Swami Dhirendra : **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi, 1986
- 10 Digambarji Swami and Gharote M.L. : **Gheranda Samhita,**
Kaivalyadhama S.M.Y.M. Samiti, Lonavala 1997
- 11 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 12 Kalayan : **Upanishads (23rd year Special)**
Geeta Press, Gorakhpur
- 13 Gore M. M. : **Anatomy and Physiology of Yogic Practices,**
Kanchana Prakashana, Lonavala, 2004
- 14 The Sadhaks : **Yoga Therapy,**
The Yoga Institute, Santacruz, 2002
- 15 Swami Karmananda : **Management of Common Diseases,**
Bihar Yoga Publication Trust, 2006, Munger
- 16 Bhogal, R. S : **Yoga and Modern Psychology**
Kaivalyadhama , Lonavala
- 17 Dr. M.L. Gharote : **Applied Yoga,**
ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010

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| 18 | Prof. Ram Harsh Singh | : | Yoga and Yogic Therapy
Chaukhambha Subharati Publishers, Varanasi, 2011 |
| 19 | MDNIY | : | Yoga Module for Wellness Series (1 to 10)
MDNIY, New Delhi 2011 |
| 20 | Basavaraddi, I.V. | : | How to manage Stress through Yoga
MDNIY, New Delhi |
| 21 | Robin, M., Nagendra, HR & Ford-Kohne, N | : | Yoga for Common Ailments
Simon & Schuster, UK, 1990 |
| 22 | Basavaraddi, I. V. & others | : | Yoga Teachers Manual for School Teachers,
MDNIY, New Delhi, 2010 |
| 23 | Jayadeva, Yogendra | : | Cyclopedia Vol I, II, III & IV |

Books for Reference for Practicum

- | | | | |
|-----|-------------------------------------------|---|------------------------------------------------------------------------------|
| 1. | Brahmachari Swami
Dhirendra | : | Yogic Suksma Vyayama,
Dhirendra Yoga Publications, New Delhi |
| 2. | Brahmachari, Swami
Dhirendra | : | Yogasana Vijnana,
Dheerendra Yoga Prakashana, New Delhi |
| 3. | Iyengar, B. K. S. | : | Light on Yoga,
Harper Collins Publisher, New Delhi, 2005 |
| 4. | Swami Kuvalyananda | : | Pranayama,
Kaivalyadhama, Lonavla, 1992 |
| 5. | Saraswati, Swami
Satyananda | : | Asana, Pranayama, Mudra, Bandha
Bihar School of Yoga, Munger, 2006 |
| 6. | Basavaraddi, I.V. | : | A Monograph on Yogic Suksma Vyayama, MDNIY,
New Delhi, 2016 |
| 7. | Basavaraddi, I.V. | : | A Monograph on Shatakarma,
MDNIY, New Delhi, 2016 |
| 8. | Basavaraddi, I.V. | : | A Monograph on Yogasana,
MDNIY, New Delhi, 2016 |
| 9. | Basavaraddi, I.V. | : | A Monograph on Pranayama,
MDNIY, New Delhi, 2016 |
| 10. | Tiwari O.P. | : | Asana Why & How ?
Kaivalyadhama, SMYM Samiti, Lonavla |
| 11. | Basavaraddi, I.V. & Bharti
Swami Anant | : | Pratah Smarana
MDNIY, New Delhi, 2016 |

12. Saraswati, Swami Satyananda : **Suryanamashkara**
Bihar School of Yoga, Munger, 2006
13. Joshi K.S. : **Yogic Pranayama**
Orient Paperbacks, New Delhi 2009
14. Quality Council of India (QCI) : **Yoga professionals Official Guidebook for level 2**
Excel Books, New Delhi 2016
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MDNIY, New Delhi, 2010
16. Gharote, M.L. : **Teaching Methods for Yogic practices,**
Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S : **Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial**
Yoga, Institute, Pune YOG, Mumbai
18. Goel, Aruna : **Yoga Education Philosophy & Practices**
Deep & Deep Publication, New Delhi
19. Stephens, Mark : **Teaching Yoga, Essential Foundation & Techniques,**
North Astantic Books, California
20. Duggal, Styapal : **Teaching Yoga,**
The Yoga Institute, Santacruz, Bombay, 1985
21. Ramdev, Swami : **Pranayama Rahasya**
22. Ravi Shankar, Sri Sri : **Upanishad, Vol. I**



आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India

Yoga Certification Board

Ministry of Ayush, Govt. of India
Website- www.yogacertificationboard.nic.in



SYLLABUS Yoga Master

Syllabus for Yoga Master (YM)

1. **Name of the Certification:** Yoga Master (YM)
2. **Requirement/ Eligibility:**
 - a. For open candidates there is no eligibility criteria
 - b. For admission in the course it is suggested/ desired that the candidate should be graduate in any stream from a recognized University or equivalent. However, the Yoga Institutions can define their own eligibility.
3. **Brief Role Description:** Shall act as Master Educator/ Trainer in Yoga Educational programs. Skilled professionals can teach, evaluate & assess for all categories of certification under Yoga Training and Education & will be a guiding force.
4. **Minimum age:** No age limit
5. **Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendly and approachable, independent, credibility, analytical skills, etc.
6. **Credit points for certificate:** 92 credits
7. **Duration of course:** Not less than 1600 hours.
8. **Mark Distribution:** Total Marks: 200 (Theory: 120+Practical: 80)

Theory

Unit No.	Unit Name	Marks
1.	Philosophical Foundation of Yoga	30
2.	Principles and Practices of Yoga in Traditional Texts	30
3.	Allied Science	30
4.	Applied Yoga	30
	Total	120

Practical

Unit No.	Practical Work	Marks
1.	Demonstration Skills	15
2.	Teaching Skills	15
3.	Evaluation Skills	20
4.	Application of knowledge	20
5.	Field Experience	10
	Total	80

Note: The students who have done PG, M.Sc. in Yoga from the YCB accredited institute, will be given exemption of 10 marks in field experience work. The candidate will be awarded field experience marks after producing certified copy of field experience from his/her institute.

Theory Syllabus

UNIT 1 Philosophical Foundation of Yoga

- 1.1 Origin and General history and Development of Yoga(Pre vedic to contemporary Period) Definitions of Yoga in different Yoga texts, Aim, Objectives and Misconceptions about Yoga, True Nature and Principles of Yoga.
- 1.2 Meaning and Objectives of Darshana; Branches of Indian Philosophy; Nature of Yoga in Bharatiya Darshana(Indian Philosophy); Salient Features of Shad Drashana; Distinction between Indian Philosophy and Western Philosophy. Essence of Samkhya Yoga and Vedanta Darshana ; General introduction to Nastika Darshana and their Practices.
- 1.3 Introduction to Vedas and Upanishads, Prasthanatrayee & Purushartha Chatusthaya; Yoga in Epics - Ramayana, Mahabharata; Nature of Yoga in Smritis, Puranas, Aagamas and Tantras; Concept of Pancha-Kosha; concept of Nadi, Prana, Kundalini in Tantra, Elements of Yoga in Narada Bhakti Sutra.
- 1.4 Evolution of Yoga: Pre vedic to contemporary Period.
- 1.5 Yoga in Medieval period: Features of Natha Parampara, Bhakti Yoga of Medieval saints, Characteristics of Yoga in Narada Bhakti Sutras, Yoga in the Literature of Saints- Kabirdas, Tulasidas and Surdas.
- 1.6 Elements of Yoga in Jainism(concept of syadvada, Ratnatrya, Kayotarga Buddhism(concept of Aryasatyas, Arya-ashtangika-marga & Vipasana)and Sufism, Sufi Meditation Techniques, Characteristics of Yoga in Sikhism, Elements of Sahaja Yoga or Nama Yoga of Guru Nanak.
- 1.7 Yoga in Modern times : Yoga Traditions of Sri Ramakrishna an Swami Vivekananda, Integral Yoga of Shri Aurbindo, Yoga of Maharishi Raman and Swami Dayanand Saraswati, Yoga Paramparas from modern to contemporary times, contribution of different Yoga guru in the development of Yoga.
- 1.8 Yoga in Contemporary Times: Knowledge of Yoga Parmparas(lineages) of contemporary times; Yoga Parmpara of Yogacharya Sri T. Krishnamacharya, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Swami Dharendra Brahmchari and their contributions for the development and promotion of Yoga.
- 1.9 Schools of Yoga: Introduction to Schools (Streams) of Yoga.
 - 1.9.1 Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma, and Dhyana)
 - 1.9.2 Yoga Schools with Samkhya Yoga Tradition (Patanjali Yoga)
 - 1.9.3 Yoga Schools with Tantric Tradition (Hath Yoga, Swara Yoga and Mantra Yoga)

UNIT 2 Principles and Practices of Yoga in Traditional Texts

- 2.1 Principle Upanishads: Introduction to Upanishads, Essence of Principle Upanishads ; Yogatattva in Principle Upanishads, Concept of Panchkosha, Tri-sharir, Omkara Upasana; Ashtanga Yoga in Principle Upanishad.
- 2.2 Yogopanishads : Introduction to Yogopanishads ; Essence of Yogopanishads

- 2.3 BhagavadGita: General Introduction to Bhagavad Gita (B.G.) and its traditional commentaries, their commentators, Essence of Bhagavadgita as a synthesis of karma, Bhakti and Jnana Yoga; concept of sthitaprajna stages and characteristic of it. Relevance of Samkhya Yoga and Atman(Purusha), Jivatman in Bhagavadgita and Jnana Yoga in the context of Bhagavadgita; concept of karma Yoga, Nishkam Karma and Karma Phala; Concept of Bhakti Yoga; features of Bhakt; Nature of Bhakti, Means and End of Bhakti-Yoga; Nature of Dhyana as described in Bhagavadgita; concept and classification of Ahara and Triguna as described in B.G; Importance of Bhagavadgita in day to day life.
- 2.4 Patanjali Yoga Sutra:
- 2.4.1 Introduction to Patanjala Yoga Darshana, knowledge of Traditional commentaries and commentators of Patanjala Yoga Sutra, Metaphysics of Samkhya and its relationship with Yoga Darshana of Patanjali, Concept of Purusha Prakrati, twenty-five entities according to Samkhya, Tapatryas; Relationship between Samkya and Yoga Darshana, concept of Anthakaranas, Chitta, Chitta-Bhumis.
- 2.4.2 Concept of, chitta-vritti, chitta-vritti-nirodhopaya, concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwaraparidhana. Chitta-Vikshepas (Antarayas)and concept of chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana. Types and nature of Samadhi in Yoga Sutra, Ritambharaprajna and Adhyatmaprasada; Difference between Samapatti and Samadhi.
- 2.4.3 Kriya Yoga of Patanjali, Concept of Kleshas, Heya, Hetu, Haana and Hanopaya, Viveka-khyati; Significance of each limb of Ashtanga Yoga.
- 2.4.4 Concept of Vibhutis, Ashtha Siddhis and their relevance in Yoga Sadhana, concept of Parinamas and their relevance in Yoga Sadhana, Essence of Kaivalya in Yoga Sutras of Patanjali.
- 2.5 Hatha Yoga Texts:
- 2.5.1 Knowledge of Hatha Yoga and Hatha Yoga Texts- Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita;Hathayogiparampara;
- 2.5.2 Importance of Hatha and its secrecy prerequisites of Hatha Yoga (dasha yama and dasha niyama);
- 2.5.3 Constructive (Sadhaka) and Destructives (Badhaka) tattvas in Hatha Yoga; Concept of Mattha, Mitaahara, Pathya and Apathya;
- 2.5.4 Shatkarma :- Knowledge of shatkarma their Techniques benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of shatkarma in modern Days;
- 2.5.5 Yogasana: Knowledge of Yogasana, their Techniques, benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of Yogasana in modern Days;
- 2.5.6 Pranayama: : Knowledge of Pranayama, their Techniques, benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of Pranayama in modern Days.
- 2.5.7 Bandha & Mudra: Knowledge of Bandha & Mudra their Techniques, benefits,

- precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of Bandha & Mudra in modern Days.
- 2.5.8 Concept of Pratyahara, Dharana, Dhyana and Samadhi in different Hatha Yoga Texts. Concept and importance of Nada and Nadasandhana in HathaPradeepika, Four stages of Nadasandhana; Relationship between Hatha Yoga and Raja Yoga.
- 2.6 Yoga Vasishtha
- 2.6.1 Introduction and Highlights of Yoga Vasishtha, Definitions of Yoga and their relevance. Concept of Mind: World is the projection of Mind; Manah Prashamanah upayah Yoga: Mind control through abhyasa (practice) and vairagya (detachment).
- 2.6.2 Concept of Jnana: Jnana Saptabhumika, importance of knowledge and types of knowledge, Management of Mind and emotions-enhancing the power of discrimination (Viveka).
- 2.6.3 Prana and Pranayama: Control of breathing; the story of Kakabhushanda, Understanding of the Concept of Adhi and Vyadhi;
- 2.6.4 Concept of Samadhi and Moksha: Good Association; Self Enquiry; Development of Satvaguna (Good virtues), Eight Limbs of Meditation.

UNIT 3 Allied Science:

- 3.1 Anatomy & Physiology of Human body and Human Psychology
- 3.1.1 Introduction to cell, tissue, organs and organ systems; Basic physiology and functions of organelles of cell ; Osmosis Process across the cell; Mechanism of Homeostasis; Blood Composition; structure and Functions of component of blood; Immunity and body defence mechanism, Platelets and Blood clotting. Blood groups and their importance. Macrophage. Lymphatic system and lymph.
- 3.1.2 Musculoskeletal systems: Skeleton - Structure and functions of bone; name of bone of different skeleton; Classification of Bone and Joints; Definition of joints and muscles, cartilage, tendon and ligaments; structure of spine, muscles and their functions; classification of Skeletal muscles - Properties of skeletal muscles, Mechanism of Muscular contraction and relaxation, Neuromuscular junction, Sarcotubular system, Smooth muscle- mechanism of contraction
- 3.1.3 Digestive and Excretory system: Anatomy and Physiology of digestive & excretory system- structural organization of digestive & excretory system, mechanism of digestive & excretory system digestive system, Functions of digestive & excretory system; Dialysis
- 3.1.4 Cardiovascular and respiratory system: : Anatomy and Physiology of Cardiovascular and respiratory system- structural organization of Cardiovascular and respiratory system , mechanism of Cardiovascular and respiratory system, Functions of Cardiovascular and respiratory system.
- 3.1.5 Nervous system: Anatomy and Physiology of Nervous system; structural organization of Nervous system, mechanism of Nervous system, Functions of

- Nervous system.
- 3.1.6 Endocrine system: Location, functions of Endocrine hormones (Hypothalamus, Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads).
 - 3.1.7 Immune system and special sense: Component organs of immune system, Functions of immune system; Special senses:- Structure and function of eye, ear, nose, tongue and skin.
 - 3.1.8 Reproductive system: Anatomy and physiology of male and female reproductive systems; functions of Reproductive System.
- 3.2 Dietetics and Nutrition
- 3.2.1 Definition of nutrition and food, Functions of Food; Components of Food & their Classification; Macro and Micro Nutrients –Sources, Functions and effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and Water in the body;
 - 3.2.2 Basal Metabolic Rate (BMR): Its definition, Normal values, factor affecting BMR Special dynamic action of food. Concept of Metabolism, Anabolism, Catabolism and Calorie Requirement.
 - 3.2.3 Definition of Energy, Components of Energy Requirement, Factors affecting Energy Requirement and Expenditure.
 - 3.2.4 Definition of Balanced diet; Role of carbohydrates, proteins, fats, Vitamins and Minerals in diet, Recommended dietary allowances
- 3.3 Yoga and Ayurveda:
Meaning, definition, Aim and Objectives of Ayurveda; Basic Principles of Ayurveda- Tridosha, Triguna, Saptadhatu, trimala, Pancha Mahabhuta, Prakruti and Manas; Concept of Health and Disease according to Ayurveda, Relationship between Ayurveda and Yoga.
- 3.4 Yoga and Naturopathy :
- 3.4.1 Definition of Nature Cure; Fundamentals and Principles of Naturopathy; Arogya Rakshaka Panchatantras and their importance in maintaining good health and prevention of Disease;significance of Physical and Mental Hygiene in Personal Life and Prevention of Diseases.
 - 3.4.2 Importance of Detoxification in Naturopathy. Relationship between Yoga and Nisargopachar; Role of Yoga and Nisargopachar in the management of life style related Disorders.
 - 3.4.3 Concept of Health and Disease in Indian Systems of Medicine Naturopathy.

UNIT 4 Allied Yoga:

- 4.1 Yoga as an Education:
- 4.1.1 Education- Definition of Education, Salient features of Yoga Education; Factors of Yoga Education; Teacher, Student and Curriculum, Guru-shishya parampara and its importance in Yoga Education.
 - 4.1.2 Value Education, its meaning and definitions, types of values, value-oriented education and modes of living, role of value oriented education; contribution of Yoga towards development of values;

- 4.1.3 Salient features of ideal Yoga teacher, role of Yoga teacher in value-oriented education, role of Yoga in development of human society; Yogic Concepts for the Development of Four Fold Consciousness - Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth.
- 4.1.4 Teaching and Learning: Concept and Relationship between the two.
- 4.1.5 Physio-psychology
- 4.2 Yoga for Health & Well Being
 - 4.2.1 Definition & Importance of Health according to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual level.
 - 4.2.2 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing.
 - 4.2.3 Heyamdukhamanagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease (Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa); Role of Yoga in preventive health care.
 - 4.2.4 Mental and Emotional ill Health: Concept of Antarayas (Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya); Role of Yoga in Mental and Emotional Health.
 - 4.2.5 Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Pathya and Apathya according to Gheranda Samhita, Hathapradeepika and Bhagavad Gita; Importance of Yogic Diet in Yog Sadhana and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.
 - 4.2.6 Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being.
- 4.3 Yoga and Psychology:

Concept of Psychology, Meaning, definition and nature of consciousness as described in Vedas, Upanishads, Bhagwad Gita, Yogasutra and Yogavashishtha; Spiritual and scientific approach to human consciousness. Yogic Method of elevation of human consciousness: Bhaktiyoga, Jnanyoga, Karmayoga, Mantrayoga, Ashtangayoga, Hathayoga.
- 4.4 Yoga for Stress Management:

Knowledge of Stress and its consequences; Yogic Perspective of Stress; Yogic principles for the management of Stress and its consequences; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita, specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation, impact of yogic lifestyle on stress management.
- 4.5 Yoga and Sports:

Significance of Yoga in Physical Education & Sports, Dimensions of Physical Fitness: Strength, Endurance and Flexibility; Indicators of Mental Fitness: Concentration, Will-Power and Mental Strength and Cognitive abilities; Role of Yoga Practices for Physical and Mental Health: Shatkriyas, Asana, Pranayama, Bandha, Mudra and Dhyana; Importance of Yogic lifestyle in improving efficacy in sports personnel.

Practical Syllabus

A. Demonstration Skills

1 Prayer

- 1.1 Concept of Pranav and hymns
- 1.2 Recitation of Pranav and Soham japa
- 1.3 Selected universal prayers & invocations and Nishpatti Bhava.

2 Shatkarmas

- 2.1 Dhauti (Kunjal and Vastra dhauti,
- 2.2 Neti (Sutra and Jala),
- 2.3 Kapalabhati(Vatkrama, Vyutkarma and Sheetkrama)
- 2.4 Nauli
- 2.5 Trataka
- 2.6 Laghoo and Poorna sankhaprakshalana

3 Sukshma Vyayama, Sthula Vyayama and Suryanamaskar-

- 3.1 Ucharan-sthal-tathtavishudhichakrashudhi
- 3.2 Budhitathadritishaktivikasaka
- 3.3 Medhashaktivikasaka
- 3.4 Kapolshaktivikasaka
- 3.5 Grivashakti vikasak
- 3.6 Vakshasthalshaktivikasaka (i and ii)
- 3.7 Katishaktivikasaka (i,ii,iv,v)
- 3.8 Janghaskativikasaka (i,ii)
- 3.9 Pindalishkativikasaka
- 3.10 Hridgati and sarvangpushti.
- 3.11 Yogic Surya Namaskar of BSY, Swami Dharendra Brahmachari and its Variations.

4. Yogasana (yogic postures)

- 4.1 Standing Postures: Tadasana, Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakanasana, Veersana,
- 4.2 Sitting postures: Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarna dhanurasana, Gumukhasana,
- 4.3 Prone postures: Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,
- 4.4 Supine postures: Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana,
- 4.5 Balancing postures: Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

5. Pranayama Knowledge and Demonstrated ability to perform following practices and Pranyama(with Antar & Bahya Kumbhaka)

- 5.1 Breath awareness,
- 5.2 Sectional breathing,
- 5.3 Nadishodhan Pranayama
- 5.4 Bhastrika Pranayama, Ujjai Pranayama,
- 5.5 SuryaBhedi and Chandrabhedi Pranayama
- 5.6 Sitali Pranayama, Sitkari Pranayama
- 5.7 Bhramari Pranayama (with Antar & Bahya Kumbhaka)

6. Practices leading to Meditation:

- 6.1 Pranav and Soham Japa,
- 6.2 Yoga Nidra,
- 6.3 Antarmauna,
- 6.4 Ajapa Dharana
- 6.5 Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

7. Bandhas and Mudras:

- 7.1 Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha,
- 7.2 Yoga Mudra, Maha Mudra, Shanmukhi Mudra, shambhavi mudra, Vipareet Karni Mudra

B. Teaching Skills (Methods of Teaching Yoga)

- 1. Concept and Principles of Teaching and Learning; Teaching Levels; Qualities of Yoga Guru; Yogic Levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching Methods and Factors influencing them; sources of Teaching Methods; Role of Yoga Teachers and Teacher Training Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline, etc).
- 2. Education: Meaning, Definition, Aim, Objectives and Importance; Salient Features of Yoga Education.
- 3. Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation); use of the Teaching Aid.
- 4. Models of Lesson Plan; need for a lesson plan and content of the lesson plan.
- 5. Presentation of the Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class, Student's approach to the teacher: Pranipata; Pariprashna; Seva.

C. Assessment Skills:

Concept of Measurement, Assessment, Test and Evaluation; Evaluation: its meaning, Definition, Need, Scope and Purpose; Principles of Evaluation, Assessment and knowledge of conducting exams; Characteristics of Evaluation: Validity and Reliability; Types of Assessment: Formative and Summative; Process and Advantages of Assessment; Assessment Devices: Examination, Interview, Group Discussion, Questionnaire; etc. Assessment of Feedback Forms; Assessment of Programmes, Institutions, Yoga Centres.

D. Administrative /Mentoring Skills

Interpersonal relationship between teacher and student (guru and shishya); role and responsibilities of Yoga Guru.