

INDIAN YOGA ASSOCIATION

Scheme of Voluntary Certification of Yoga Professionals (Pr.CB)
to Certify Quality Yoga Instructors and Teachers

For more information, contact us at:

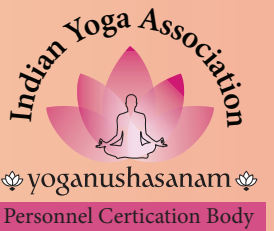
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INDIAN YOGA ASSOCIATION PrCB

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IYA Personnel Certification Body (PrCB)

Scheme of Voluntary Certification of Yoga Professionals (Pr.CB)
to Produce Quality Yoga Instructors and Teachers



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Indian Yoga Association (IYA)

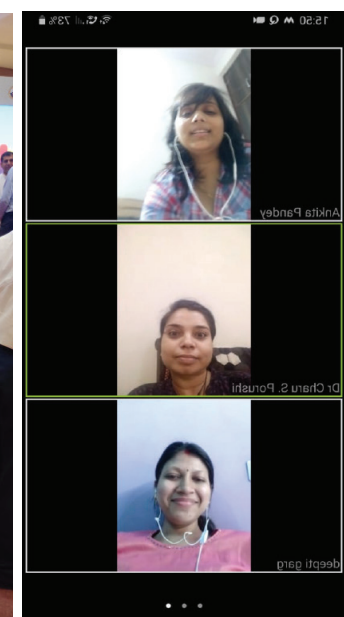
Indian Yoga Association, a Self-Regulatory Body of leading Yoga Institutions of India, has been established with the objective of standardization, coordination and development of Yoga in the country was registered under Societies Registration Act XXI of 1860 on 31st October, 2008 and First President was *Late Padmavibhushan Dr. B.K.S. Iyenger ji*, a legendary in the field of Yoga. All the eminent Yoga Institutions, Yoga Universities, Yoga Departments in various Universities etc. in the country are the aspiring members of IYA. At present 36 premier Yoga Institutions in the country having lineage of Guru Shishya Prampara for the 25-30 years have been chosen as permanent members of the IYA. Subsequently more leading yoga Institutions in the country have come up in the ambit of IYA as Institutional members under one umbrella. It is worth mentioning here that the heads of the eminent Yoga Institutions have agreed to accelerate and develop the activities of IYA and to extend cooperation and support to this self-regulatory body. At Present *Pujya Gurudev Sri Sri Ravishankar ji* (Founder: Art of Living foundation, Bengaluru) is the Chairman of the Governing Council and *Guruji Dr HR Nagendraji* (Hon'ble Chancellor of Svyasa, Bengaluru) is the President. IYA has Blessings of our Advisors, *Yogrishi Swami Ramdev ji Maharaj* (Founder: Patanjali Yoga Peeth, Haridwar), *Dr Pranav Pandya ji* (Head: All World Gayatri Pariwar), *Swami Chidanand Saraswati ji* (President: Parmarth Niketan, Rishikesh), *Shri O.P Tiwari ji* (Secretary: S.M.Y.M. Samiti, Kaivalyadhama, pune), *Swami Bharat Bhushan ji* (Founder: Bhartat Yog), *Kamlesh D. Patel*, *Daaji* (heartfulness), *Maa Dr. Hansaji Yogendra* (Director, The Yoga Institute) and *Dr Ishwar V Basavaraddi Ji* (Director, Morarji Desai National Institute of Yoga (MDNIY) Ministry of AYUSH Government of India).

Yogrishi Swami Ramdev ji Maharaj was our First Chairperson of the Governing Council.

IYA took initiative to set up personal certification body (PrCB) which got approved by Quality council of India for Voluntary Certification of yoga Professional and subsequently by Yoga certification board (Ministry of Ayush, Govt of India)

Scheme for Voluntary Certification of Yoga Professionals:

A scheme for Voluntary Certification of Yoga Professionals has been launched by Govt. of India, Ministry of AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy). Indian Yoga Association (IYA) has taken the approval of QCI as a Personnel Certification Body (PRCB) for certifying Yoga Professionals at Level -1 (Yoga Instructors), Level - 2 (Yoga Teachers), Level-3 (Yoga Teacher and Evaluator) awarded on 23rd June, 2016.



IYA (PrCB) has also taken initiative to promote Yoga Certification in Different parts of the World. Three such International examinations have been conducted in Japan leading towards Certification of more than 200 Yoga professionals. The PrCB has actively participated in organizing harmonization workshop for the examiners to provide a suitable platform to understand the dynamic of conducting examinations in standardized manner. IYA PrCB takes the credit of having more than 75 well qualified and trained examiners for carrying out assessment of Yoga Professionals all Three Level 1(Yoga protocol Instructor), Level 2 (Yoga Wellness Instructor) and level 3 (Yoga Teacher and Evaluator)

Quality Certification Examinations conducted by IYA PrCB along with its requirements are as follows:

Category: Yoga Education and Training						
Types of Certification	Eligibility criteria	Age	Competencies / Teaching Hours	Certificate holder can functions	Personal Attributes	Credit Point
1. Yoga Volunteer	Open for all. All individual can take part in the training program.	Upto 75 years	Equivalent to not less the 36 hours.	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		-
2. Yoga Protocol Instructor	<ul style="list-style-type: none"> For admission in the course it is suggested/desired that the candidate should have passed 10 standard /secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility. Open Candidates: There are no eligibility criteria for candidate. The Yoga professionals who have knowledge and skill, can appear for certification through PrCBs. 	No age limit	Not less than 200 hours or not less than 3 months as part time or not less than 1 month as full time course.	Yoga Instructors for teaching basics of Yoga to teach Common Yoga Protocol developed by the Ministry of AYUSH for International Day of Yoga. For classes in parks, societies etc., for prevention of diseases and promotion of health.	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.	12
3. Yoga Wellness Instructor	<ul style="list-style-type: none"> For admission in the course it is suggested/desired 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. Open Candidates: There are no eligibility criteria for candidate. 	No age limit	Not less than 400 hours or not less than 6 months as part time or not less than 3 months as full time course.	Yoga Instructor to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places etc.		24
4. Yoga Teacher and Evaluator	<ul style="list-style-type: none"> 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. Open Candidates: There are no eligibility criteria for candidate. 	No age limit	Not less than 800 hours or not less than 15 months as part time or not less than 9 months as full time course.	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.	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,	46
5. Yoga Master	<ul style="list-style-type: none"> 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. Open Candidates: There are no eligibility criteria for candidate. 	No age limit	Not less than 1600 hours.	Will act as Master Educator / Trainer in Yoga educational programs & skilled professionals can teach, evaluate & assess for all levels & will be a guiding force.	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.	92

Category: Yoga Therapy						
Categories	Eligibility criteria	Age	Teaching Hours	Functions	Personal Attributes	Credit Point
6. Assistant Yoga Therapist	<ul style="list-style-type: none"> 10+2 pass Open Candidates: There are no eligibility criteria for candidate. 	No age limit	Not less than 400 hours (Contact program for 100 hrs. to be conducted on Anatomy, Physiology).	Can work under supervision of certified physician or certified Yoga Therapist & Yoga Consultant on specific disorders.	Good communication skills, time management and ability to understand the body language of the trainees.	24
7. Yoga Therapist	<ul style="list-style-type: none"> Any Degree holder Open Candidates: There are no eligibility criteria for candidate. 	No age limit	Not less than 800 hours (Contact program for 100 hrs. to be conducted on Anatomy, Physiology).	Can work along with certified physician or certified Therapeutic Yoga Consultant to give Yoga Therapy on all disorders	Good communication skills, time management and ability to understand the body language of the trainees. Self discipline confidence, maturity, patience, compassion, active listening, empathetic, and proficiency in language.	46
8. Therapeutic Yoga Consultant	<ul style="list-style-type: none"> Medical Professional or Masters in Yoga. (For Yoga professional medical knowledge is required and vice versa) 	No age limit	Not less than 1600 hours (Contact program or 100 hrs. to be conducted on Anatomy, Physiology)	Can practice Yoga for treatment of diseases in medical setups or independently. He should be a registered medical practitioner in any stream with Yoga Therapy.		96

Open Candidate – The Yoga professionals who do not belong to the YCB certified Yoga Institutions / Centres are considered as an open candidate. The Yoga professionals, who have knowledge and skill, can appear for YCB certification through PrCBs.

Glimpses Of Requirement Of Ycb Certification

[illegible]

HOW TO REGISTER

1. Open Google
2. www.yogacertificationboard.nic.in
3. Check Exam Calendar
4. Click on exam date
5. Select Agency Indian Yoga Association
6. Complete Your Registration Process
7. Pay your enrollment fee
8. Pay your Assessment fee online or offline

The Certification is done by an independent third party.

The Certifying body themselves are accredited by National Accreditation Board for Certifying Bodies (NABCB).

The Voluntary
Certification Scheme is
monitored by Ministry of
AYUSH, Govt. of India.

Benefits of Personnel Certification:

The Certification will be globally recognized.

Online Examination

Entry in the All India Registry of Certified Yoga Professionals on YCB/ IYA websites which can be accessed by anyone.

Office Bearers



Dr. S. P. Mishra
Chief Executive officer



Mr. Manoj Sigh
Chief Operational Officer



Ms. Ankita Pandey
*Operation Manager &
Admin Manager*



Dr. Rajanish Sharma
Senior Yoga Expert



Dr. Krishna Agarwal
Yoga Expert



Ms. Swati kharbanda
Yoga Expert



Ms. Deepti Garg
Assistant Accountant



Mr. Anoop Mishra
Quality Manager



Mr. Sumit
IT Expert (Consultant)