SECTION 3A

Scheme for

Voluntary Certification of Yoga Professionals

The Scheme Launched by Ministry of AYUSH

and

Managed by QCI

COMPETENCE STANDARD

LEVEL 1 – YOGA INSTRUCTOR

1. INTRODUCTION:

The Scheme for Voluntary Certification of Yoga Professionals (SVCYP), hereinafter referred to as the Scheme, needs to have a set of requirements as criteria against which candidates shall be evaluated in order to being certified. This competence criteria to be used for evaluation of Yoga Professionals is also termed as Competence Standard.

2. OBJECTIVE:

The objective of laying down the competence criteria or Standard is to provide a framework for the examiners to assess the competence of candidates for validating their competence as Yoga Professionals.

3. PURPOSE:

This document is a competence standard for assessing the competence of the Yoga Professionals desirous of seeking Certification under the Scheme.

4. SCOPE:

This document is applicable for Level 1 – Yoga Instructor

Limitations – The standard is exclusively intended to recognize the Competency of applicant with respect to the competence standard as defined in the scheme and makes no claim at the therapeutic competence of the Yoga Professional.

5. COMPETENCE CRITERIA:

5.1 Competency Levels: The use of the specific levels (e.g. familiarity) indicates the level of competency expected in Table 1 below.

Table 1

Knowledge.

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There shall be three (3) levels of understanding as described below			
Familiarity	Knowledge	In-Depth Knowledge	
Possess introductory knowledge	Possess an	Through study and practicum,	
of a subject sufficient to bring the	understanding of all	possess a confident, in-depth	
aspirant's awareness to the	aspects of a subject	understanding of a subject and	
existence and central essence of	and its specific	its multiple applications as well	
that subject and for the aspirant to	applications to the	as its potential limitations in the	
know when further knowledge is	practice of Yoga.	practice of Yoga.	
required for the practice of Yoga.			
Skill:			
There shall be two (2) levels of understanding as described below			
Demonstration Ability Ability to		pply the knowledge	
Demonstrate the ability to undertake Demonstrate		e the application of knowledge	
particular tasks associated with the	work of to specific Y	to specific Yoga practices.	
a Yoga Professional.			
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5.2 The details are given in the subsequent paragraph.

KNOWLEDGE

Familiarity with the following:

SECTION 1

1.1 Introduction to Yoga and Yogic practices

- 1 Etymology of Yoga and definitions of Yoga in different Classical Yoga texts
- 2 Brief introduction to origin, history and development of Yoga
- 3 Aim, Objectives and Misconceptions about Yoga
- 4 General Introduction to Shad-darshanas with special reference to Sankhya and Yoga
- 5 General introduction to four paths of Yoga
- 6 Principles of Yoga and Yogic practices
- 7 Guidelines for Instructors

1.2 Introduction to hatha yoga

- 8 Distinction between Yoga Asana and Non-Yogic physical practices
- 9 Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita
- 10 Concept of Yogic Diet
- 11 Causes of Success (*SadhakaTattwa*) and Causes of Failure (*Badhaka Tattwa*) in Hatha Yoga *Sadhana*
- 12 Concept of *Ghata* and *Ghata Shudhhi* in Hatha Yoga
- 13 Purpose and utility of **Shat-kriya** Hatha Yoga
- 14 Purpose and utility of Asana in Hatha Yoga
- 15 Purpose and importance of *Pranayama* in Hatha Yoga

1.3 Introducton to Patanjali

- 16 Definition, nature and aim of Yoga according to Patanjali
- 17 Concept of *Chitta* and *Chitta Bhumis*
- 18 Chitta-vrittis and Chitta-vrittinirodhopaya (Abhyasa and Vairagya)
- 19 Concept of Ishwara and Ishwara Pranidhana
- 20 Chitta Vikshepas (Antarayas) and their associates (Sahabhuva)
- 21 Concept of *Chitta Prasadana* and their relevance in mental well being
- 22 Kleshas and their significance in Yoga
- 23 Ashtanga Yoga of Patanjali: its purpose and effects, its significance

SECTION 2

Familiarity with the following

2.1 Introduction to human systems, yoga and health

- 1. The nine systems of human body
- 2. Functions of different systems of human body
- 3. Introduction to Sensory Organs
- 4. Neuromuscular co-ordination of Sensory Organs
- 5. Basic understanding of Exercise Physiology
- 6. Homeostasis
- 7. The benefits of various asana on different parts of the human body
- 8. The limitations and contra-indications of specific Yoga practices

2.2 Yoga for wellness- prevention and promotion of positive health

- 1. Health, its meaning and definitions
- 2. Yogic conceptions of health and diseases
- 3. Concept of Pancha kosha
- 4. Concept of Triguna
- 5. Concept of *Panchamahabhutas*
- 6. Yogic principles of Healthy-Living
- 7. Introduction to yogic diet and nutrition

2.3 Yoga and stress management

- 1. Human Psyche: Yogic and modern concepts, Behavior and Consciousness
- 2. Frustration, Conflicts, and Psychosomatic disorders
- 3. Relationship between Mind and Body
- 4. Mental Hygiene and Roll of Yoga in Mental Hygiene
- 5. Mental health: a Yogic perspective
- 6. Prayer and meditation for mental health
- 7. Psycho-social environment and its importance for mental health (yama, and niyama)
- 8. Concept of stress according to modern science and Yoga
- 9. Role of Yoga in Stress management
- 10. Role of Yoga for Life management

SKILL

(Even though it is not finding a place in ancient yoga texts, Sukshma Vyayama and Surya Namaskar have been included because of their popularity)

SECTION 3 Sukhshma Vyayama and Shat Karma

Familiarity with the following

3.1 Sukshma Vyayama

The movement of key joints of the body and the demonstrated ability to perform the same

- i. Neck
- ii. Shoulder
- iii. Trunk
- iv. Knee
- v. Ankle

3.2 Shat Karma (only knowledge)

Neti

Dhauti

Kapalabhati

Agnisaar Kriya

Trataka

- 3.3 Surya Namaskar (Sun Salutation)
- a. Knowledge and Demonstration ability to perform Suryanamaskar

SECTION 4: Asana

- a. Knowledge of postures as below and demonstrated ability to perform these postures.
- i. **Saravangasana** (shoulderstand)
- ii. *Halasana* (plough)
- iii. *Matsyasana* (fish)
- iv. *Paschimottanasana* (sitting forward bend)
- v. **Bhujangasana** (cobra)
- vi. Salabhasana (locust)
- vii. **Dhanurasana** (bow)

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- viii. Vakrasana(half spinal twist)
- ix. Kakasana or bakasana (crow)
- x. *Padahasthasana* (standing forward bend)
- xi. *Trikonasana* (triangle)
- xii. Uttanapaadaasana (raised leg)
- xiii. pawan muktaasana (wind relieving)
- xiv. vajrasana (Thunderbolt) (only knowledge and no demonstration)
- xv. Mandukasana (Frog)
- b. **Knowledge** of another five *asanas* chosen by the applicant and *demonstrated ability* to perform the same.
- c. **Knowledge** of the Sanskrit names of the postures and breathing exercises, detailed benefits and caution.
- d. **Knowledge** of the five spinal movements inverted, forward, backward, lateral twist and lateral bend and neutral positions of the spine
- e. **Knowledge** of 360 degree, all round, Yogic exercise through the practice of *asanas*, proper relaxation, proper breathing, contra-indications, cautions and medical considerations; obvious and subtle benefits; and modification in basic postures to accommodate limitations

SECTION 5

Pranayama and Practices leading to Meditation

5.1 Pranayama

- Familiarity with and Demonstrated ability to perform abdominal (and diaphragmatic),
 thoracic, clavicular breathing and the full Yogic breath.
- b. Familiarity with and Demonstrated ability to perform Anuloma Viloma, Bhastrika, Chandrabheda, Suryabhedhana, Ujjayi, Bhramari, Sheetali, Sheetkari, and the knowledge of its benefits, limitation and applications.

5.2 Practices leading to Meditation

- a. Familiarity with and Demonstrated ability to perform *Dharana* and *Dhyana* and to demonstrate allied practices like *Mudras*, *Mantra Japa*.
- **b** Familiarity with the concept of environment for meditation and the benefits of meditation on health and well being and its practical application in modern life.

SECTION 6

Teaching Practice

6.1 Knowledge of

- a. The scope of practice of Yoga and how to assess the need for referral to other professional services when needed
- b. Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

6.2 Demonstrated ability

- a. To recognize, adjust, and adapt to specific aspirant needs in the progressive classes.
- b. To recognize and manage the subtle dynamics inherent in the teacher aspirant relationship.

6.3 Principles and skills for educating aspirants

Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress, and cope with difficulties.

6.4 Principles and skills for working with groups

- a. Familiarity with and Demonstrated ability to design and implement group programs.
- b. **Familiarity** of group dynamics and allied techniques of communication skills, time management, and the establishment of priorities and boundaries.
- c. **Familiarity** with techniques to address the specific needs of individual participants, to the degree possible in a group setting.

7. EVALUATION CRITERIA

The criteria for evaluation of candidates include assessing the knowledge and skill of the Yoga Professional. The weightage of knowledge and skills is proportionately distributed while evaluating all the levels of Yoga Professionals. The assessment of Yoga Professionals shall be based on the scores secured by them.

The mark distribution for Level 1 Yoga Instructor is presented in Table 2. This table indicates the distribution of marks in various sections under Knowledge and Skill.

Table 2

KNOWLEDGE		
SI. No.	Subject Name	Weightage (%)
1	Introduction to Yoga and Yogic practices	15
2	Introduction to Human Body and Psyche	15
SKILL		
3	Yogic Sukshma Vyayama , Suryanamaskar and knowledge	10
	about Shat Kriya	
4	Asana	25
5	Pranayama and Meditation	15
6	Instructing the students, Instructing skills	20