

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: Bahiranga 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, Padahastasana, 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