

EXAMINATION SYLLABUS, FORMAT AND GUIDELINES

This document lays out:

- A) The Evaluation Pattern
- B) The Assessment Sections and Pass Marks
- C) The Topics Covered for the Examinations

The following will be the examination format and guidelines for the accreditation certification for Level 1, which is 'Yoga Teacher'; certified by The Government of India and managed by The Quality Council of India:

A) EVALUATION PATTERN

1) Written Paper

Sr. #	TOPIC	Objective Ques	Marks	Subjective Ques	Marks
1	Principles & Fundamentals of Yoga	24	1	4	4
2	Introduction to Yoga Texts	12	1	2	4
3	Yoga Anatomy, Physiology, Psychology, Diet	12	1	2	4
4	Communication	12	1	2	4
	TOTAL (100 MARKS)	60	60	10	40

Guidelines:

- 1) The written paper will be of a duration of 2 hours.
- 2) There will be 60 objective questions which will be multiple choice or 'True & False' or of a similar nature. If you know your subject matter well, these can be completed within a maximum of 60 minutes.
- 3) The Subjective questions are 10 in number of 4 marks each. What is sought to be tested is the subject matter clarity. The answers should be crisp and precise which reflect the understanding of the subject. The idea is not to write essays for each of these. However, try and cover all the points you feel need to be written down.
- 4) Please use good quality pens and try and write in proper handwriting to enable correct assessment.
- 5) All the papers will be corrected by experts based on guidelines provided.
- 6) The marks assigned to each section are indicative and may vary based at the discretion of Abhisti.

2) Practicals

Sr. #	TOPIC	Practices	Marks	TOTAL
1	Yogic Sukshma Vyayam & Shat Kriya	4	4	16
2	Asanas & Surya Namaskar	5	8	40
3	Pranayama & Meditation	4	4	16
4	Teaching Practice	2	8	16
5	Personal Interview (Max 30 mins)		12	12
	TOTAL (100 MARKS)	15		100

- 1) The candidates will be asked to perform either in a group, in split groups or as individuals; various practices as per the table above.
- 2) Teaching practice may involve teaching 2 or 3 practices to the rest of the group as instructed by the examiners.
- 3) The candidates are therefore advised to be well versed with most of the known or common Yoga practices.
- 4) The interview will be conducted to further assess understanding of Yoga, its application in life and how as a teacher can you make it more effective with zero side effects.
- 5) The marks assigned to each section are indicative and may vary based at the discretion of Abhisti.

B) ASSESSMENT SECTIONS AND PASS MARKS

	Assessment Type	Duration Mins	Total Marks	Pass Marks
1	Written Exams	120	100	70
2	Yogic Sukshma Vyayam & Shat Kriya	30	16	11
3	Asanas & Surya Namaskar	30	40	28
4	Pranayama & Meditation	30	16	11
5	Teaching Practice	15	16	11
6	Personal Interview (Max 30 mins)	15	12	9
	TOTAL	240	200	140

The total examination time will be for a maximum period of 4 hours. However, different stages of the examination can be conducted on different days based on the number of candidates per batch and the logistics and assessment requirements.

All the details will be communicated to the candidates via email well in advance so they have adequate time to prepare and appear. However, this may not be possible in case a candidate sends in the application just 2 or 3 days before the examination dates. We therefore request all applicants to apply and complete all the documentation at least 15 days prior to the examination date.

C) TOPICS COVERED FOR THE EXAMINATIONS - SYLLABUS

SECTION 1. YOGA TEACHINGS, BACKGROUND AND PHILOSOPHY

1.1. **Familiarity** with the evolution of the teachings and philosophy of the Yoga tradition and its relevance and application to the practice of Yoga.

1.2. **Familiarity** with the teachings of *Vedas, Principle Upanishads, Shad-darshana, Agama and Purana*. Focus will be on Basics of Samkhya and Vedanta.

1.3. **Familiarity** with the four schools of Yoga (*Jnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga*)

1.3.1. *Jnana Yoga*

Four stages of *Jnana* (*Viveka, Vairagya, satsangata, mumukshutva*)

Stages of *Jnana Yoga* practice (*shravan, manana, Nidhidhyasana*)

Seven major *chakras*, and its correlation to states of consciousness

The concepts of *ida, pingla* and the *sushumna* the central channel of energy running along the spine.

1.3.2. *Bhakti Yoga*

Navavidha Bhakti

Qualities of a *bhakta*

The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, *bhajans*.

Satsang and the uplifting meaning of the chants helping to thin the activities of the mind *Mantra* chanting, and their effect on the *nadi* and the *chakras*

1.3.3. *Karma Yoga*

The concept of *karma*

Yoga The law of *karma*

Basic *karma Yoga* concepts

1.3.4. *Raja Yoga*

Concepts and principles of *Patanjali Yoga* based on the *Yoga Sutras*

Concepts and principles of *Hatha Yoga* (*by swatamarama*) based on *Hatha Yoga Pradipika*

1.4. **Familiarity** with the fundamental principles of Yoga (*pancha kosha, pancha bhuta, pancha prana, shad-chakras*)

1.5. **Familiarity** with examples of concepts and models from the above teachings and philosophy, relevant to the practice of Yoga.

1.6. Gurus and Masters

1.6.1. **Familiarity** with the concepts of teacher, guru, master, lineage

1.6.2. **Familiarity** with the contribution of the *yogis* like

Patanjali, Gorakshanath, Adishankaracharya, Ramakrishna Paramahansa, Swami Vivekananda and others.

SECTION 2. INTRODUCTION TO BASIC YOGA TEXTS

2.1 **Familiarity with** the following Yoga texts

2.1.1 The Yoga *sutras* of *Patanjali*

- a) Yoga *anushasana*
- b) Concept of *citta*
- c) *Citta vritti*
- d) *Citta prasadana*
- e) *Panch Klesha*
- f) *Ashtanga* Yoga

2.1.2 The *Bhagavat Gita*

- a) The context of the *Bhagavat Gita*
- b) Principles and concepts of the streams of Yoga as per the *Bhagavat Gita*
- c) The concept of *karma, sthitha prajna, bhakti* in the *Bhagavat Gita*

2.1.3 Hatha Yoga theory

- a) Introduction the hatha Yoga
- b) General introduction to hatha Yoga texts – Main Hatha Yoga texts, their authors and basic concepts (Hatha Yoga Pradipika, Shiva Samhita, Gheranda Samhita)
- c) Shatkarma, asanas, pranayama, bandhas, mudras, pratyahara, dhyana and Samadhi as described in Hatha Yoga Pradipika.

SECTION 3: APPLICATION OF YOGA - ANATOMY, PHYSIOLOGY, PSYCHOLOGY, DIET

3.1 Human Anatomy & Physiology

- a. **Familiarity with** the major systems in the body – skeletal, muscular, respiratory, nervous, cardio-vascular, endocrine, excretory, digestive and reproductive
- b. **Familiarity with** the effects of *Hatha* Yoga as compared to other forms of exercise - on the joints, bones, muscles, heart, brain and so on, and therefore on health and well-being.
- c. **Familiarity with** the benefits of various *asana* on different parts of the human body

3.2 Obstacles

- a. **Familiarity with** obstacles in Yoga practices
- b. **Familiarity with** limitations and contra-indications of specific Yoga

practices 3.3 Yogic diet

- a. **Familiarity with** the *Triguna*
- b. **Familiarity with** an *Ayurvedic* approach to diet and nutrition; and the ethical and spiritual reasons for a *saatvik* vegetarian diet.
- c. **Familiarity with** the different diets, and its effects on the anatomy and physiology, Yogic diet – a lacto vegetarian, *saatvik* approach to food.
- d. **Familiarity with** the benefits of Yogic diet on the physical and mental well-being and as an enabler for further practice of Yoga

3.4 Psychology

Familiarity with Indian Psychology

Hint - Psychology as per the Yoga stras of Patanjali with reference to Samkhya

SECTION 4: COMMUNICATION

4.1 Teaching environment

a. **Knowledge** and **demonstration ability** to prepare the class room with cleanliness, proper laying of the mat, sufficient spacing, decorum.

b. **Knowledge and Demonstrated ability**

- i. To prepare the course schedule or a routine based on requirements of the individual or group, ii To prepare a specific Yoga routine for individuals with specific diseases or problems
 - iii. To teach to a pre-defined script through a standard teaching process
 - a. Describing the practice (name, meaning, justification, category, type, counts, complementary postures)
 - b. Demonstration (silent demo, demo with counts, demo with counts breathing and explanation)
 - c. Benefits and limitation
 - d. Single group practice
 - e. Practice in pairs
 - f. Explanation of Subtle points
 - g. Whole group practice
 - h. Question answers
 - iii. To teach as per the daily plan and the course schedule
 - iv. To keep records of aspirants enrolled, their attendance and their progress report during the programme
 - v. To obtain feedback from the aspirants and make course correction as appropriate
- c. **Knowledge and Demonstrated ability** to use the four teaching techniques of observation, instructions, touch and demonstration.

SECTION 5: SUKSHMA VYAYAM AND SHAT KARMA

5.1 *Shat Kriyas* (cleansing techniques)

a. **Knowledge** of *Shat kriyas* the six classical exercises for purifying the body and mind and **demonstrated ability** to perform the same:

- i. *Kapalabhati*
- ii. *Neti* (*Jal neti* – with water and *Sutra neti* with a catheter)
- iii. *Dhauti* which includes *Vaman* and *vastra Dhauti* and *kunjal kriya*
- iv. *Trataka* using candle or thumb.

5.2 Sukshma Vyayama

a. Knowledge of 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

b. Knowledge of the benefits of each of these practices and their compounding effect on the gross bodies.

SECTION 6: SURYA NAMASKAR AND ASANAS

6.1 Suryanamaskara (Sun Salutation posture sequence)

a. In-depth knowledge and Demonstration ability to perform *Suryanamaskara*

6.2 Yogasana:

a. In-depth knowledge of 15 basic postures and / or their variations as below and **demonstrated ability** to perform these postures.

i. The headstand, the shoulder stand, the plough, the bridge, the wheel, the fish, the sitting forward bend, the cobra, the locust, the bow, the half spinal twist, the crow/peacock, the standing forward bend and the triangle

b. In-depth 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 7: PRANAYAMA AND MEDITATION

7.1 Pranayama

a. Knowledge and Demonstrated ability to perform abdominal (and diaphragmatic), thoracic, clavicular breathing and the full Yogic breath, *anuloma viloma* (alternate nostril breathing).

b. Knowledge and Demonstrated ability to perform *pranayamas* -OM, *bhramari*, *sheetali* and *seetkari*, *ujjayi*. *Chandrabheda*, *Suryabheda* and the knowledge of its benefits, limitation and applications.

7.2 Meditation

a. Knowledge and Demonstrated ability to perform *Pratyahara*, and to demonstrate allied practices like *Mudras*, *Mantras*, relaxation.

b. Demonstrated ability to perform meditation

c. **Knowledge** of the environment for meditation and the benefits of meditation on health and its practical application in modern life

SECTION 8: TEACHING PRACTICE

8.1 In-depth 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.

8.2 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.

8.3 Principles and skills for educating aspirants

a. In-depth knowledge of 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.

b. In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the process.

c. In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the aspirant.

8.4 Principles and skills for working with groups

- a. Familiarity** with and **Demonstrated ability** to design, implement, and evaluate 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.

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EVALUATION CRITERIA

The criteria for evaluation of candidates includes assessing the knowledge and skill of the Yoga Professional. The weight-age of knowledge and skills is equally distributed while evaluating all the levels of Yoga Professionals. The assessment of Yoga Professionals shall be based on the scores secured by them.