

**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**

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

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 (**Sadhaka Tattwa**) 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 Introduction 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 (**Sahabhava**)
- 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 Sukshma 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. ***Sarvangasana*** (shoulderstand)
- ii. ***Halasana*** (plough)
- iii. ***Matsyasana*** (fish)
- iv. ***Paschimottanasana*** (sitting forward bend)
- v. ***Bhujangasana*** (cobra)
- vi. ***Salabhasana*** (locust)
- vii. ***Dhanurasana*** (bow)

- 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

- a. **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, Chandrabhedha, 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**

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