

**Scheme for  
Voluntary Certification of Yoga Professionals**

**The Scheme Launched by Ministry of AYUSH**

**and**

**Managed by QCI**

**COMPETENCE STANDARD**

**LEVEL 2 - TEACHER**

## 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 to all categories of Yoga Professionals including Yoga Teacher, Yoga Master and Yoga Guru.

**Limitations** – The standard is exclusively intended to recognise the Competency of applicant with respect to the various levels 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 paras.

## **SECTION 1: Principles and Fundamentals of Yoga**

### 1. Yoga Teachings 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.*

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*
- Demonstrated ability to create a *bhakti bhava* during the chanting and singing

#### 1.3.3. *Karma Yoga*

- The concept of *karma Yoga*
- Prerequisites for a *sthita prajna*
- *Sthitaprajna lakshana*
- The law of *karma*

#### 1.3.4. *Raja Yoga*

- Concepts and principles of *Patanjala Yoga*
- Concepts and principles of *Hatha Yoga (by swatamarama)*

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*
- *Adishankaracharya*
- *Aurobindo*
- *Swami Vivekananda*.

**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 prasada*
- 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 parampara
- b) General introduction to hatha Yoga texts
- c) Concept of mitahara, pathya, apathya, types of Yoga aspirants
- d) Badhak tatva and sadhak tatva, principles to be followed by Hatha Yoga practitioner.
- e) Shatkarma, asanas, pranayama, bandhas, mudras, pratyahara, dhyana and Samadhi as described in Hatha Yoga Pradipika.

**SECTION 3: Applications of Yoga** (Human Anatomy, Physiology and Psychology)

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**

- a. Concepts of cognition, perception.
- b. Theories of cognition and non-cognition
- c. Personality traits and classification
- d. Familiarity with the Indian Psychology

Psychology as per *Bhagavat Gita*

Psychology as per the *Yoga stras* of *Patanjali*

### **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 giving due weightage to various aspects of the practice of Yoga
  - ii. 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 Vyayama* 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 *vatasara*, *agnisara* and *kunjla kriyas*
  - iv. *Trataka* and *pratyahara* by gazing at a candle flame, or a specific point of concentration).
- b. **Knowledge** of the *shat kriyas* to cleanse the physical, mental, emotional and spiritual body as a way to move from gross experiences to more subtle experiences

### 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 Yogasana**

### 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 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 advanced *pranayama bhramari, surya bheda, sheetali* and *seetkari* and *sadanta* and *ujjayi. Chandrabheda, Suryabheda* and the knowledge of its benefits, limitation and applications.

### 7.2 Meditation

- a. **Knowledge and Demonstrated ability** to perform *Pratyahara, Dharana, Dhyana* and to demonstrate allied practices like *Mudras, Japa Mala, 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.

## 6. EVALUATION CRITERIA

The criteria for evaluation of candidates includes assessing the knowledge and skill of the Yoga Professional. The weightage 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.

The mark distribution for Level 1 Yoga Teacher is presented in Table 2. This table indicates the distribution of marks in various sections of under Knowledge and Skill. For levels 2 (Master) and 3 (Guru) while the attributes of Knowledge and Skill shall remain the same the weightage will be adjusted as per the focus required in the level 2 and 3.

**Table 2**

<b>KNOWLEDGE</b>		
<b>Sl. No.</b>	<b>Subject Name</b>	<b>Weightage (%)</b>
1	Principles and Fundamentals of Yoga	20
2	Introduction to Yoga Texts	10
3	Applications of Yoga (Anatomy, Physiology, Psychology & Diet)	10
4	Communication	10
<b>SKILL</b>		
5	<i>Yogic Sukshma Vyayama and Shat Kriya</i>	10
6	<i>Suryanamaskar and Yogasana</i>	20
7	<i>Pranayama and Meditation</i>	10
8	Teaching Practice	10