



आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India



# YOGA CERTIFICATION BOARD



**YOGA CERTIFICATION BOARD**  
MINISTRY OF AYUSH, GOVT. OF INDIA  
MDNIY, 68, Ashok Road, New Delhi-110001

*Published by:*

**Dr. I.V. Basavaraddi**  
**Chief Executive Officer,**  
**Yoga Certification Board,**  
Morarji Desai National Institute of Yoga,  
Ministry of AYUSH, Govt. of India  
68, Ashoka Road, New Delhi-110 001

*Email:* [ycb18-mdniy@nic.in](mailto:ycb18-mdniy@nic.in)

*Website:* [yogacertificationboard.nic.in](http://yogacertificationboard.nic.in)

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Yoga Certification Board (YCB),  
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This book has been designed by Yoga Certification Board, Ministry of AYUSH, Govt. of India, New Delhi as part of the implementation of the programme of Ministry of AYUSH for Certification of Yoga Professionals and Accreditation of Yoga Institutions. The information contained herein is about the functioning and programmes implemented by the Yoga Certification Board. The images used in the books related to Yoga has been obtained from Morarji Desai National Institute of Yoga.

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श्रीपाद नाईक  
SHRIPAD NAIK

राज्य मंत्री (स्वतंत्र प्रभार)  
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध एवं  
होम्योपैथी (आयुष) मंत्रालय  
भारत सरकार

MINISTER OF STATE (INDEPENDENT CHARGE) FOR  
AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
GOVERNMENT OF INDIA



13<sup>th</sup> June, 2019

### MESSAGE

Yoga is an integral part of human life. Now a days, it has become everyone's need to stay happy and healthy. A good health can be achieved with the perfect equilibrium of body, mind and intellect. A healthy person can achieve a blissful state and flow of happiness by removing all the miseries of life.

The Hon'ble Prime Minister Shri Narendra Modi Ji had urged the world community to adopt and International Day of Yoga and it is his initiative and effects that has given wings to the India's tradition of Yoga by establishing 21<sup>st</sup> June as "International Day of Yoga" through United Nationals General Assembly (UNGA). Now Yoga Day is celebrated in more than 190 countries across the globe.

Ministry of AYUSH is continuously striving to take forward this agenda of promotion and development of Yoga and is developing such strategies. Launching of Scheme for Certification of Yoga Professionals and Accreditation of Yoga Institutions/ centres is part of the overall strategies of Ministry of AYUSH. Yoga Certification Board (YCB) has been established by Ministry of AYUSH under the aegis of Morarji Desai National Institute of Yoga to strengthen its initiative.

YCB has formulated guidelines, designed the curriculum, defined assessment process and strategies under the guidance of various Yoga Gurus, academicians, assessment experts etc. This will enable not only institutions to impart knowledge of Yoga systematically around the world but also individuals to master by learning appropriate skills of Yoga and Yogic sciences and make it as a career. I urge all institutions and Yoga aspirants to come together and strengthen the hands of YCB and Ministry of AYUSH in this mission.

I extend my best wishes to Chief Executive Officer, YCB & Director, MDNIY and YCB team.

  
(Shripad Naik)





सत्यमेव जयते

वैद्य राजेश कोटेचा

Vaidya Rajesh Kotecha



सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा

यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय

आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,

आई.एन.ए, नई दिल्ली-110023

SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY

UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)

AYUSH BHAWAN, B-BLOCK, GPO COMPLEX

INA, NEW DELHI-110023

Tel. : 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

## FOREWORD

India is a birth place of Yoga, an invaluable gift to humanity. The practice of Yoga is believed to have commenced almost 5,000 years ago. Yoga is in itself a holistic science which provides multi-faceted benefits in all areas of life. Yoga is also being used as a therapeutic intervention for various psycho physiological disorders. It works on all the systems of human body and brings balance in them. Yoga is a mind body practice, a combination of Asana, Pranayama and Dhyana. It works as a medicine for psychological, physiological and spiritual healing.

I feel privileged to be part of this initiative of Government of India in establishing Yoga Certification Board under the aegis of Morarji Desai National Institute of Yoga for promotion of Yoga. I am very hopeful that these initiatives will be building block in establishing Yoga into an organized sector. Yoga Certification Board will primarily undertake Certification of Yoga Professional and Accreditation of Yoga Institutions.

The objective of Certification of Yoga Professionals and Accreditation of Yoga Institutions is to bring quality and standards in the practice of Yoga across the globe. This will be helpful in spreading the concepts of classical Yoga to world in its true essence.

I urge all Yoga professionals and Yoga Institutions to take part in this initiative of Ministry of AYUSH, Government of India for certification of Yoga professionals and accreditation of Yoga Institutions and to make India a leader in the field of Yoga.

(Rajesh Kotecha)

New Delhi,  
Dated: 26<sup>th</sup> April, 2019



From Yog Rishi Ramdev Ji,  
Chairperson of Steering Committee


### संदेश

योग भारत की सम्पूर्ण विष्व को एक अनुपम देन है। भारतीय ऋषियों के तप और साधना का प्रतिफल यह योग विद्या सम्पूर्ण विष्व की मानव चेतना का जागृत करके, उनके जीवन का क्लेषों से मुक्त करने का और आनन्द से युक्त करने का साधन है। योग अनन्त आनन्द और सर्वोच्च शान्ति का अनुभव करवाता है। योग कोई एक दिन का अभ्यास नहीं, बल्कि जीवन पर्यन्त चलने वाली साधना है। योग एक दर्शन है, चेतना का एक विज्ञान है, जो अभ्यासकर्ता की चेतना का विकास करने में सदैव सहायक सिद्ध होता है।

जब हम योग के माध्यम से भगवान के साथ एकात्म हो जाते हैं तब ईश्वरीय ज्ञान पूरी तरह से हमारे भीतर से अभिव्यक्त होता है। योग ब्रह्म ज्ञान है, ब्रह्म कर्म है, ब्रह्म भाव है। योग कोई कर्मकाण्ड, पूजा-पाठ की पद्धति नहीं, एक विज्ञान है, जीवन पद्धति है, एक चिकित्सा, साधना पद्धति है। आत्म साक्षात्कार से करके, आत्म उपचार से ले करके यह विश्व के उपकार का एक बहुत बड़ा मंत्र है। केवल योग द्वारा ही सम्पूर्ण विश्व में शान्ति एवं सामजस्य को प्राप्त किया जा सकता है

माननीय प्रधानमंत्री श्री मोदी जी सहित हम सब चाहते हैं कि सम्पूर्ण विश्व में योग प्रतिष्ठापित हो, सम्मानित हो। यह तभी सम्भव हो पाएगा जब योग को प्रसारित करने वाले योग शिक्षक प्रमाणिक होंगे। मुझे प्रसन्नता है कि केन्द्र सरकार द्वारा गठित योग प्रमाणीकरण मंडल निष्पक्ष रूप से योग शिक्षको का प्रमाणीकरण करेगा और ऐसे प्रमाणिक योग शिक्षक सम्पूर्ण विश्व में जाकर योग को प्रतिष्ठित करेंगे उनका जीवन, उनका आचरण सबके लिए आदर्श होगा।

हम योग प्रणाणीकरण मंडल (लूठ) के कार्यो की एवं योग को विश्व पटल में स्थापित करने के प्रयासो की प्रशंसा करते है।

  
(स्वामी रामदेव)



From Dr. H. R. Nagendra,  
Board Member

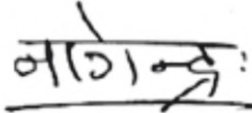
Human beings are made of Pancha Koshas which provide them a road map for better understanding of psychological and spiritual development. The aim of Yoga is to move inward, taking a journey through higher states of consciousness to one's true nature of hidden infinite bliss, Knowledge, Power & Freedom.

Clinical Researches are being carried out all over the world to scientifically assess the benefits and impact of Yoga practices. The results so far have established the science behind Yoga and therefore Yoga is being widely accepted as a discipline which leads to physical and mental wellness of human being. Yoga as a way of life will also bring experience about the real essence of Yoga.

Yoga Certification Board has been established by Ministry of AYUSH to spread Yoga in an organized and professional manner. I invite Yoga Professionals and Yoga Institutions / Centres worldwide who want to serve humanity through Yoga, to partner with YCB for mutual growth and betterment of mankind.

I feel privileged to be a partner in this noble initiative of Government of India in the service of Yoga.

With Love,



Dr. H. R. Nagendra  
Chancellor-SVYASA



पी. एन. रणजीत कुमार  
P. N. Ranjit Kumar

संयुक्त सचिव  
Joint Secretary

Tel : 011-24651938  
Fax : 011-24651952  
E-mail: jspnrk-ayush@gov.in



भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए., नई दिल्ली-110023

GOVERNMENT OF INDIA  
MINISTRY OF AYUSH  
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX  
INA, NEW DELHI-110023



## Message

Yoga is an invaluable gift of India to the world. The practice of Yoga has regained its relevance in today's world where virtually every one seems to be struggling with stressful and hectic lifestyles.

Ministry of AYUSH has taken many initiatives for promotion of Yoga. The scheme for Certification of Yoga Professionals and Accreditation of Yoga Institutions is part of these. Organising International Day of Yoga has given a major fillip to the practice of Yoga around the world. One has to be conversant with right method of practice of Yoga to reap the spiritual and health rewards of Yoga. The Yoga Instructor has to play vital role in teaching of Yoga to Yoga practioners in the right way.

Yoga Certification Board (YCB) aims to promote Yoga for healthy life style through Certified Yoga Professionals. YCB certifies Yoga Professionals based on their skill and competencies. Ministry of AYUSH also wants to recognize the efforts and contributions of the various Yoga Institutions in promotion of Yoga. Accreditation of Yoga Institution under different categories is aimed for achieving this.

I extend my best wishes and greetings to all Yoga Professionals and Yoga Institutions and urge to adopt and propagate best practices in the field of Yoga

P. N Ranjit Kumar



### From Swami Atmapriyananda, Chairperson of Technical Committee

Yoga is a system of philosophy (called darshana or 'vision' in Sanskrit) in the ancient Indian wisdom tradition. It opens up a new vision of a human being by emphasizing the spiritual core, the Divinity inherent in all beings, and systematically develops a technique to realize this Divinity within. Swami Vivekananda's famous statement in his magnum opus, Raja Yoga, may be recalled in this context:

"Each soul is potentially divine. The goal is to manifest this divinity by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy—by one, or more, or all of these—and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details."

While Vedanta is the science of spirituality, Yoga is the technology thereof. Thus, science and technology of the Supreme Spirit, Vedanta and Yoga, form the two-pronged thrust that forms the backbone of Indian spiritual wisdom bequeathed to us through generations of spiritual Masters like Maharshi Patanjali, for several millennia. Although ancient, it is yet fresh and new—purana, interpreted by Acharya Shankara as pura api nava, although ancient, yet modern and new. Swami Vivekananda emphasized in the modern age of science that Raja Yoga forms the rational basis of religion—not only its philosophy, but its psychology and mysticism, based on actual direct experience that is verifiable and replicable. It is natural that with the rapid spread of Yoga, the possibility of its dilution and deviation from the pristine purity of its spiritual content is a danger that needs to be guarded against. Thousands of Yoga institutions and groups have come up in India and abroad so that the need for authenticity and certification is being keenly felt. 'Yoga Certification Board' constituted by the Ministry of AYUSH of the Government of India to address this need is therefore a welcome move. Yoga Certification Board has also developed a mechanism to bring on board all those who are eager to practice and preach Yoga in order to create the much needed synergy in the modern age. We call upon all the Yoga institutions and groups to actively participate in and cooperate with the efforts of Yoga Certification Board to achieve its objective to retain and perpetuate a culture of authenticity in Yoga education and practice as well as to bring uniformity in imparting knowledge of Yoga. It is my privilege to be a part of this endeavour of the Yoga Certification Board which has taken the first step in this direction by devising guidelines for ensuring uniformity in Yoga education and practice and to write this Goodwill Message to this booklet from the Yoga Certification Board meant for the Yoga Institutions and Yoga professionals.

Swami Atmapriyananda  
Vice Chancellor



### From Dr. W. Selvamurthy, Chairperson of Technical Committee

Yoga is an ancient India wisdom which can bring a new world order with global harmony, peace, health and happiness. It is originated in our country 5000 years ago. It has evolved to have many sects like Raja Yoga, Gyan, Yoga, Bhakti Yoga and Karma Yoga. Yoga can unite Body, Mind and Spirit of human evolution.

There are many controlled scientific research and studies to illustrate the prophylactic, promotive and curative potentials of Yoga. There are more than a few hundreds of Yoga Centres, thousands of Yoga practitioners and Therapists in our country. To bring quality and standards in Yoga Education, Training, Practice and Therapy, Government has taken the right initiative to establish Yoga Certification Board (YCB) which has been established under the aegis of Morarji Desai National Institute of Yoga. The aim of YCB is to promote and propagate Yoga in a professional way. Since the Government of India has taken Yoga into global level declaring International Day of Yoga on 21st June, 2019, many Yoga centres across the globe have been rejuvenated to promote Yoga at global level. This newly established YCB will help to give impetus to the promotion of Yoga at global level in a systematic way. I would request Yoga fraternity and Yoga aspirants to associate and support with YCB for betterment of human life.

I am honoured to associate with YCB in this noble initiative.

Dr. W. Selvamurthy,  
President,  
Amity Science, Technology and  
Foundation (ASTIF)



योग प्रमाणीकरण मंडल  
YOGA CERTIFICATION BOARD  
मोरारजी देसाई राष्ट्रीय योग संस्थान  
Morarji Desai National Institute of Yoga  
आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India



FROM CHIEF EXECUTIVE OFFICER, YCB AND DIRECTOR, MDNIY

The practice of Yoga is believed to have started with the very dawn of civilization. The science of Yoga has its origin thousands of years ago, long before the first religions or belief systems were born. It embodies unity of mind and body, thought and action, restraint and fulfilment; harmony between man & nature and holistic approach to health and well being.

With time, many schools of thought have evolved in the field of Yoga. Yoga as a potential tool for the youth can deal with stress. Yoga provides training of mind and body to bring emotional balance. It is claimed that Yoga leads to alignment and harmony. The potential of Yoga can be realized under the guidance of a quality Yoga Teachers/ Instructors.

It has been realised that there is no regulatory body to guide the practice and teaching of Yoga or any accreditation body/certification body for ensuring quality and standardisation in Yoga course and to certify Yoga professional based on their competence & skills. Therefore Ministry of AYUSH, Government of India took a noble initiative to establish a Yoga Certification Board (YCB) under the aegis of Morarji Desai National Institute of Yoga (MDNIY). The Board also serves as a platform to amalgamate the practice of Yoga in different schools of thought and define a standard for Yoga Professionals as per need of the time. YCB is the only Government Board in the world.

The Yoga certification Board (YCB) has representation of Heads of Leading Yoga Institutions, experts from the field of Yoga academicians, certification, accreditation, legal, commerce, culture, tourism, skill development, policy promotion, etc. This ensures that the certification and accreditation offered through Board is balanced in all respect. YCB is main aim is to promote Yoga as career skill, it also strive to act as catalyst and provide a platform for many job opportunities for certified Yoga professional. The Yoga professionals can opt from various levels of certification offered through YCB as per their competence. The board has adopted world level processes and control mechanism to ensure quality in the certification process of the YCB.

The Yoga institutions/centres are accredited as Leading Yoga Institution, Yoga Institution, Yoga Centres and Yoga Therapy Centres based on the contribution in the field of Yoga and other parameters. YCB also associates with organisation willing to partner with YCB for promotion of Yoga through conducting assessment of Yoga professionals as personal certification Body (PrCB).

Around 1.5 lakh yoga professional are required for AYUSH Health Wellness Centres to be established under 'AYUSHMAN BHARAT' scheme of Ministry of Health & Family welfare and Ministry of AYUSH. For International opening of Yoga through ICCR, YCB is also collaborating with Ministry of HRD for programmes to Study in India (SII) which promotes platform to prospective foreign candidate to start Yoga in India Yoga Institutions.

It is my honour to express my gratitude to Dr. H.R. Nagendra, chancellor, SVYASA University and Yog Rishi Swami Ramdev Ji, President, Patanjali Yoga Peeth, Haridwar, other eminent Gurus and Yoga academicians for guiding us in formulating policies and designing the guidelines for YCB.

I am also grateful to Honourable Minister of State(IC), Ministry of AYUSH, Govt of India, for supporting the initiative. I would also like to thank Secretary, Ministry of AYUSH, Joint Secretary, Ministry of AYUSH and other officials of Ministry of AYUSH for their continuous support & guidance. It is my privilege to be part of the initiative and I urge all the stakeholders to participate in this noble initiative of the Ministry of AYUSH, Govt of India and be a partner in helping India to take lead in the field of Yoga. I also thank the support of my YCB secretarial team for their timely actions.

My best wishes to all the stakeholders.

Dr. Ishwar. V. Basavaraddi  
CEO, YCB & Director MDNIY, New Delhi.

New Delhi,  
Dated: 26<sup>th</sup> April, 2019



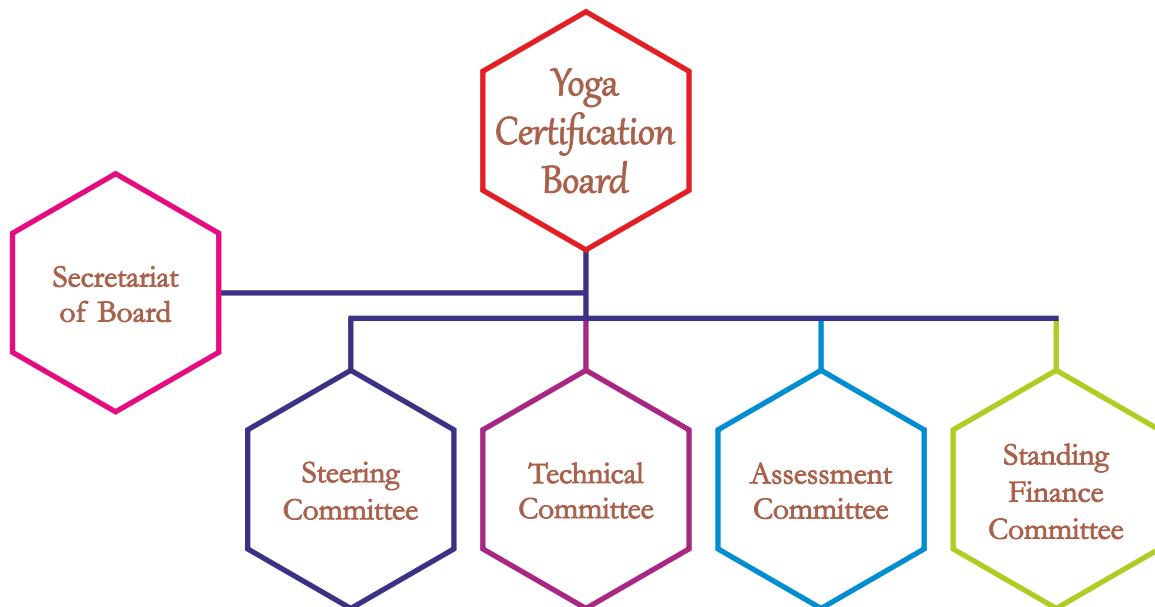
# Preamble

- 1.1 Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana. The literature on Yoga has evolved over the years with reference to the ancient scriptures of India. The prevalence, popularity and its effect on the human mind and body are predominantly accepted world over.
  
- 1.2 Now in the contemporary times, everybody has conviction about yoga practices towards the preservation, maintenance and promotion of health. Yoga has spread all over the world by the teachings of great personalities like Swami Shivananda, Shri T. Krishnamacharya, Swami Kunalayananda, Shri Yogendra, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya Rajneesh, Pattabhi Jois, BKS. Iyengar, Swami Satyananda Saraswati and the like.
  
- 1.3 Traditionally, Yoga Education was imparted by knowledgeable, experienced, and wise persons in the families (comparable with the education imparted in convents in the west) and then by the Seers (Rishis/Munis/Acharyas) in Ashramas (compared with monasteries). Yoga Education, on the other hand, aims at taking care of the individual, the 'Being'. It is presumed that a good, balanced, integrated, truthful, clean, transparent person will be more useful to oneself, family, society, nation, nature and humanity at large. Yoga education is 'Being oriented'. Details of working with 'being oriented' aspect have been outlined in various living traditions and texts and the method contributing to this important field is known as 'Yoga'.



# About YCB

- 2.1 With the growing popularity of Yoga across the world, the demand for institutionally trained Yoga teachers/ Yoga Instructors/ Yoga Therapist is on rise. The Yoga Certification Board thus has a great role to play in catering to this rising demand.
- 2.2 At present there are varied types of courses for Yoga instructors which range from 10 days course to Degree course. On the demand side, there are number of Yoga centers running in the residential colonies, home based Yoga classes to professional training centers. Hence, it is the need of time to define standards for syllabus, infrastructure, teaching hours, training time etc for institutions undertaking Yoga training courses. Similarly, the benchmarks have to be established for Yoga instructors for Yoga related activities.
- 2.3 Yoga Certification Board was set up in March, 2018; started functioning from June, 2018. The YCB is established under aegis of Morarji Desai National Institute of Yoga, Ministry of AYUSH, GoI with complete functional autonomy. Secretary, Ministry of AYUSH is the Chairperson of YCB. Joint Secretary, Ministry of AYUSH is the Vice Chairperson of YCB. The YCB has representation from Ministry of Health & Family Welfare, Ministry of Human Resource Development, Accreditation expert, Legal expert and Yoga experts. Secretariat of the YCB is headed by CEO who is the Director of MDNIY.
- 2.4 Yoga Certification Board is established for certification of Yoga professionals and accreditation of Yoga Institutions, prescribing syllabus for various levels of Yoga trainers and other such activities that may be considered necessary for promotion of Yoga. Professional assessment of these service providers are carried out so as to certify the competencies so that the user of the service is assured of the skill sets possessed by the trainer.



- 2.5 The overall structure of the Yoga Certification Board is as follows:
- 2.6 For smooth functioning of the Board, 4 committees have been constituted as follows:
  - i. **Steering Committee** - The Steering Committee is a guiding force in overall development of the scheme. The main function of Steering Committee is to steer the overall development, implementation and supervision of the scheme and its outcome.

- 1.4 Present day, Yoga Education is being imparted by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy colleges and Private trusts & societies. Many Yoga Clinics, Yoga Therapy and Training Centres, Preventive Health Care units of Yoga, Yoga Research Centers etc. have been established in Hospitals, Dispensaries, Medical Institutions and Therapeutical setups.
- 1.5 The Hon'ble Prime Minister of India, Shri Narendra Modi, had desired to spread worldwide India's traditional knowledge of Yoga, with credible systems in place to assure quality of Yoga practices across the world. The Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy), Government of India, in pursuance of the above and in the wake of declaration of International Yoga Day in 2015, a scheme for Certification of Yoga professionals and Accreditation of Yoga Institutions was launched on 22nd June 2015. The certification and accreditation program started under the management of Quality Council of India (QCI).
- 1.6 In March, 2018 Ministry of AYUSH, Government of India established Yoga Certification Board under the aegis of Morarji Desai National Institute of Yoga, New Delhi for implementation of this scheme. Yoga Certification Board revised the guidelines for implementation of Certification of Yoga Professionals and Accreditation of Yoga Institutions/ Centres. This is effective from 1st April, 2019.



- ii. **Technical Committee** - The main function of the Technical Committee is to look into all the technical aspects of academic, accreditation and certification.
- iii. **Assessment Committee** - The main function of the Assessment committee is to look into examination, evaluation of Yoga professionals, assessment of Yoga Institutions/Centres for accreditation and all matters related to assessment.
- iv. **Standing Finance Committee**- The main function of the Standing Finance Committee (SFC) is to look into the matters relating to Budget and Financial sanctions.

These four committees help in carrying forward the agenda as approved by YCB by way of developing strategies. The composition of these committees is also approved by the YCB.

- 2.7 **Secretariat of YCB:** A Secretariat of the Yoga Certification Board has been established to implement the decisions of the Board and to manage day to day activities. The Secretariat is governed by Rules and Regulations and Bye – laws of the Board approved/ amended from time to time by YCB.

The structure as approved for Secretariat of the YCB is as follows:

S.No.	Name of the Post	Functions
1.	Secretary-General	Work as a guiding force for strengthening function of Yoga Certification Board and promotion of Yoga around the world.
2.	Chief Executive Officer	The CEO is the member Secretary of the Steering Committee, Technical Committee, Assessment Committee, Standing Finance Committee. The CEO will report to the Secretary General of the Yoga Certification Board. He/she is in-charge of the Secretariat of the Board. He allocates duties of officers and employees of the Board and supervise the overall work of Secretariat. (S)he also have powers to delegate any of his powers to the officers subject to such limitations as may be imposed by the Board.
3.	Consultant (Assessment)	Execution of examinations and assessment of Yoga Professionals and Yoga Institutions/PrCBs and act as member secretary of Assessment Committee.
4.	Consultant (Management)	Support in formulation of strategies for management and operation of the Board, coordination with Committees, etc.
5.	Consultant (I.T.)	Digitization of YCB processes, maintenance of website, IT based media and promotional activities etc.
6.	Consultant (Admn & Fin)	Manage matters relating to administration, finance and Accounts
7.	Consultant ( Yoga)	Provide inputs into the matter related to development of Yoga and reference books of YCB.
8.	Office Assistant	Assist YCB team on organizational and clerical support tasks, organizing and files maintaining etc
9.	M.T.S.	General cleanliness and upkeep, carrying of files and papers, physical maintenance of records etc



# Aim, Vision, Mission and Objectives of YCB

## *Aim:*

The aim of YCB is to bring quality and standards in practice of Yoga and to promote Yoga as career skills.

## *Vision:*

The vision of YCB is to enable people across the globe to lead a healthy life style and to make Yoga a way of holistic living by ensuring access to quality Yoga trainers.

## *Mission:*

To define standards for Yoga training for Yoga institutions and Yoga professional and assist them in achieving the same while imparting Yoga education to society.

## *Objectives:*

- To promote Yoga as means to promote holistic health and human values.
- To promote Yoga as a career skill.
- To develop standards & parameters, assess competencies and to certify Yoga Professionals for various levels.
- To develop standards & parameters, assess competencies and Accreditation of Yoga Institutions/Centres.
- To certify Yoga professionals based on their competence.
- To accreditate Yoga institutions/centres based on their contribution in the field of Yoga.
- To bring uniformity in Yoga courses conducted across India and Globe.
- To collaborate with national and international organisations for promotion of Yoga.
- To motivate Yoga professionals to attain higher level of skills & competencies.
- To create demand for certified Yoga professionals and Yoga institutions.

## Structure and Functions of YCB

- 4.1 Yoga Certification Board is established for certification Yoga professionals and accreditation of Yoga Institutions respectively, prescribing syllabus for various levels of Yoga trainers and any such activities that may be considered necessary for the purpose.
- 4.2 Professional assessment of these service providers will be carried out so as to certify the competencies so that user of the service is assured of the skill sets possessed by the Yoga trainer.

### 4.3 Structure

#### Composition of Yoga Certification Board



**Vaidya Rajesh Kotecha,**  
Secretary,  
Ministry of AYUSH,  
Govt. of India, New Delhi  
**Chairperson**



**Shri P.N. Ranjit Kumar,**  
Joint Secretary,  
Ministry of AYUSH,  
Govt. of India, New Delhi  
**Vice-Chairperson**



**Dr. Dharmendra Singh  
Gangwar**  
Additional Secretary & F.A.,  
Ministry of Health & Family  
Welfare, New Delhi  
**Member**



**Mr. G.C. Hosur**  
Joint Secretary,(CU).  
Ministry of HRD,  
Govt. of India,New Delhi  
**Member**



**Dr. H.R. Nagendra,**  
Chancellor,  
SVYASA University,  
Bengaluru  
**Member**



**Dr. Chinmay Pandya,**  
Pro-Vice-Chancellor,  
Dev Sanskriti Vishwavidyalaya,  
Haridwar  
**Member**



**Dr. Jaideep Arya**  
Chief Central Coordinator,  
Patanjali Yoga Peeth,  
Haridwar  
**Member**



**Shri Jagat Arora,**  
Solicitor & Advocates,  
Delhi High Court,  
New Delhi  
**Member**



**Shri Anil Jauhri,**  
Former Chief Executive Officer,  
NACCB,  
New Delhi  
**Member**



**Dr. I.V. Basavaraddi,**  
Chief Executive Officer, YCB  
New Delhi  
**Member-Secretary**



#### 4.4 The functions of the Board:

- To collaborate with national and international organizations for promotion of Yoga
- To encourage research in Yoga
- To define different types of Yoga professional levels for certification
- To lay down guiding principles regarding curricula and syllabi for various levels of courses
- To award certificates to candidates
- Accreditation of Yoga Institutions/Centres
- To appoint such Committees as it may think necessary for the efficient discharge of its functions
- To consider recommendations made by Committees constituted under the Board
- To promote and popularize Yoga
- Do all such other things as may be required for attainment of the objectives as specified above.
- To prescribe syllabus and courses for various certification levels of Yoga trainers/professionals
- To assess the Yoga professionals
- To delegate any of its powers to any committee constituted.

4.5 YCB has set up committees of experts from different Ministries and Institutions to provide guidance and support in smooth functioning of the YCB in certification of Yoga Professionals and accreditation of Yoga Institutes and Personnel Certification Body. The YCB has setup four committees to carry forward the objectives of YCB and develop strategies for the same.

- I. Steering Committee
- ii. Technical Committee
- iii. Assessment Committee
- iv. Standing Finance Committee

### 4.5.1 Steering Committee

Steering Committee has been setup to steer the overall development, implementation and supervision of the scheme and its outcome.



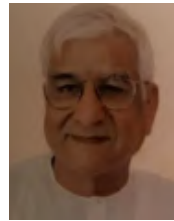
**Yog Rishi Swami Ramdev Ji,**  
President,  
Patanjali Yoga Peeth,  
Haridwar  
**Chairperson**



**Dr. Pranav Pandya**  
Chancellor,  
Dev Sanskriti Vishwavidyalaya,  
Haridwar  
**Member - Yoga Guru/Master**



**Sadhguru Jaggi Vasudeva**  
(Founder)  
Isha Foundation, Coimbatore  
**Member - Yoga Guru/Master**



**Shri O. P. Tiwari**  
Secretary,  
Kaivalyadhama S.M.Y.M. Samiti,  
Pune  
**Member - Yoga Guru/Master**



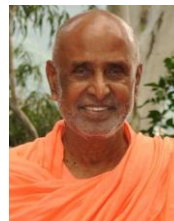
**Smt. Hansa Jayadeva Yogendra**  
Director,  
The Yoga Institute, Mumbai  
**Member - Yoga Guru/Master**



**Swami Chidanand Saraswati,**  
President,  
Parmarth Niketan Ashram,  
Rishikesh  
**Member - Yoga Guru/Master**



**Swami Bharat Bhushan**  
President  
Mokshayatan International  
Yogashram, Saharanpur, U.P.  
**Member - Yoga Guru/Master**



**Swami Padmanabhananda**  
General Secretary.  
DLS (HQ)  
Rishikesh  
**Member- Yoga Guru/Master**



**Shri Kamlesh D Patel**  
Sri Ramchandra Mission,  
Hyderabad.  
**Member - Yoga Guru/Master**



**Shri Vishwas Mandalik,**  
President,  
Yoga Vidya Gurukul,  
Nasik  
**Member - Professional Training Institution**



**Ms. Sangeeta Saxena**  
Director,  
Department of Commerce,  
Govt. of India, New Delhi  
**Official Member**



**Shri R. M. Meena**  
Deputy Secretary,  
Ministry of AYUSH, Govt.  
of India, New Delhi  
**Official Member**



**Shri Sanjay Vedi,**  
Sr Programme Director,  
Indian Council For Cultural  
Relations, New Delhi  
**Official Member**



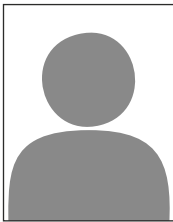
**Mr. Vikas Rustagi,**  
Dy. Director General (Niche  
tourism Division), Ministry of  
Tourism, Govt. of India, New Delhi  
**Official Member**



**Ms. Reetu Jain**  
Director,  
Ministry of Skill Development,  
New Delhi  
**Official Member**



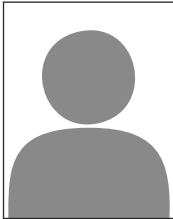
**Dr. Manju Singh,**  
Joint Secretary,  
University Grants Commission,  
New Delhi  
**Official Member**



**Representative,**  
Department of Industrial  
Policy & Promotion,  
New Delhi  
**Official Member**



**Ms Anjula Singh Solanky,**  
Director Health Care,  
Confederation of Indian Industry,  
New Delhi  
**Official Member**



**Mr. Rajesh Maheswari**  
CEO, National Accreditation Board  
for Certification Bodies, QCI  
New Delhi  
**Official Member**



**Dr. Ravi P. Singh**  
Secretary General,  
Quality Council of India,  
New Delhi  
**Official Member**



**Shri Sampat Suri**  
Head, Certification Business,  
TQ Cert Services Private Ltd.,  
Hyderabad  
**Member- Multistake Holder**



**Dr. I. V. Basavaraddi**  
Chief Executive Officer, YCB  
New Delhi  
**Official Member**

**The broad functions of the Steering Committee are as follows:**

- Guiding force for overall development, implementation and supervision of the Scheme.
- To define and steer to achieve the scheme outcomes.
- To provide guidance, ensure delivery of the Scheme outputs and achievements of its outcomes.
- To provide input for development of the Scheme.
- Identifying potential risks, monitoring risks, monitoring timelines.
- Monitoring quality of the Scheme as it develops.
- To devise strategies for expansion of the Scheme.
- To constitute any sub-committees as and when it is necessary.

## 4.5.2 Technical Committee

Technical Committee has been setup to look into all the technical aspects of academic, accreditation and certification.



**Swami Atmapriyananda**

Vice-Chancellor,  
Ramakrishna Mission Vivekananda  
Educational and Research, Kolkota  
**Chairperson**



**Dr. R. Nagarathna**

Dean, Faculty of Life Sciences,  
SVYASA University,  
Bangalore  
**Vice - Chairperson**



**Prof. Santosh Panda**

(former Chairperson NCTE, Govt.  
of India) Professor, Staff Training &  
Research Institute, IGNOU, New Delhi  
**Member**



**Dr. Gayatri Mahindroo**

Director,  
National Accreditation Board for Hospital  
& Healthcare Providers, New Delhi  
**Member**



**Shri S. Sridharan**

Trustee,  
Krishnamacharya Yoga  
Mandiram, Chennai  
**Member**



**Dr. K. Krishna Sharma**

Professor and Head,  
Deptt. of H.C. & Yoga Science,  
Mangalore  
**Member**



**Dr. Ananda Balayogi Bhavanani**

Chairman, ICYER,  
Kottakuppam,  
Puduchery (Via)  
**Member**



**Dr. B.K. Tripathi**

Director,  
Inter-University Centre for Teachers  
Education, Banaras Hindu University,  
Varanasi  
**Member**



**Dr. I. V. Basavaraddi**

Secretary-General, YCB  
New Delhi

**Member Secretary**

### The broad functions of the Technical Committee are as follows:

- Formulation of criteria for Accreditation of Yoga Institutions / Centres.
- Formulation of criteria for Accreditation of Personnel Certification Bodies (PrCBs).
- To define competencies for various levels of certification of Yoga Professionals as approved by the Board.
- To define curriculum and syllabus for various levels of competencies for certification of Yoga professionals.
- Preparation of booklets and other reading material delineating entire process of Accreditation.
- To develop Continuing Yoga Education Programme (CYEP) for upgrading knowledge and skill of Yoga professionals.
- To conduct workshops with stakeholders.
- To constitute any sub-committees as and when it is necessary.

### 4.5.3 Assessment Committee

Assessment committee has been setup to look into the examination, evaluation of Yoga professionals, assessment of Yoga Institutions/Centres for accreditation and all matters related to assessment.



**Dr. W. Selvamurthy,**  
President,  
Amity Science Technology and  
Innovative Foundation,  
Amity University Campus, Noida  
**Chairperson**



**Dr. M. V. Bhole**  
Former Joint Director of  
Research,  
Kaivalyadham, Pune  
**Vice-Chairperson**



**Dr. B.S. Madhukar,**  
Former Adviser,  
NAAC,  
Bangalore  
**Member-Assessment Expert**



**Dr. R. Elangovan,**  
Former Prof. & Head Deptt. of  
Yoga Perungalathur  
Chennai  
**Member-Yoga Expert**



**(Dr.) Vaidya Arpan Bhatt**  
Professor & HoD of Swasthavrutta and  
Yoga, Shri Gulabkunverba Ayurveda  
Mahavidyalaya,  
Gujarat Ayurveda University, Jamnagar  
**Member-Yoga Expert**



**Dr. I. V. Basavaraddi**  
Chief Executive Officer, YCB  
New Delhi  
**Member**

#### The broad functions of Assessment Committee are as follows:

- To develop assessment pattern for Yoga Professionals and Yoga Institutions/Centres.
- To devise procedure, forms, applications for candidates and Institutions/Centres desiring to be associated under the Scheme.
- Review and assessment of PrCBs, Yoga Institutions/Centres for accreditation.
- To conduct exams/assessments for certification of Yoga professionals.
- To appoint licensed personnel and/or teams for carrying out examination/evaluation/assessment systematically.
- To arrange field visit to exam centers, PrCBs, Yoga Institutions/Centres, etc.
- To conduct CYE program.
- To conduct seminars/workshops etc. for Yoga Professionals, stakeholders for upgradation of their skill and knowledge.
- To constitute any sub-committees as and when it is necessary.

#### 4.5.4 Standing Finance Committee

YCB has constituted a Standing Finance Committee (SFC) to look into the matters relating to Budget and Financial sanctions. The constitution of SFC is as under:



**Shri P. N Ranjit Kumar**  
 Joint Secretary, (NI Desk)  
 Ministry of AYUSH,  
 Govt. of India, New Delhi  
**Chairperson**



**Shri Raj Kumar**  
 Deputy Secretary Ministry of  
 Health And Family Welfare  
 Govt. Of India  
 Representative of IFD  
**Member**



**Ms. Sangeet Saxena**  
 Director  
 Dept. of Commerce  
 Govt. of India, New Delhi  
**Member**



**Shri S Sridharan**  
 Trustee  
 Krishna Acharya Yoga  
 Mandiram (KYM), Chennai  
**Member**



**Dr. I V Basavaraddhi**  
 Secretary-General, YCB  
 New Delhi  
**Member Secretary**





# YCB Programs/Schemes

- 5.1 Yoga Certification Board aims to promote Yoga as career skill and to bring synergy, quality and uniformity in teaching of Yoga across the world. Accordingly, Yoga Certification Board has targeted its program for all the stakeholders like Yoga Professionals, Yoga Institutions/centres and Personnel Certification Bodies.
- 5.2 **Certification of Yoga Professionals:** Yoga Certification Board aims to promote Yoga as career skill for skilled Yoga Professionals and hence is introducing certification of Yoga Professionals under 2 categories:



The Yoga Professionals can choose the level of certification based on their skill and competencies.

- 5.3 **Accreditation/ Recognition of Yoga Institutions/ Centres:** Yoga Certification Board is working towards to bring uniformity and standards in teaching and practice of Yoga. Yoga Certification Board accredits Yoga Institutions/Centres based on their scale of operation, capacity, years of experience, etc. under 4 categories as follows:
- Leading Yoga Institutions
  - Yoga Institutions
  - Yoga Training Centres
  - Yoga Therapy Centres
- 5.4 **Continuing Yoga Education Program:** Yoga Certification Board aims to support certified Yoga Professionals and help them in upgrading their skill. Accordingly, Continuing Yoga Education Program (CYEP) is being conducted by YCB for certified Yoga Professionals. CYEP includes 2 components:
- Assessment of candidate's performance during the period of certification
  - Orientation to strengthen the candidate's skill as Yoga Professional

The program is of 7 days. CYEP is conducted at Accredited Leading Yoga Institutions. The Yoga Professionals can opt for either attending the CYEP in person at Leading Yoga Institutions or in virtual mode through Video Conference / online. There is a separate program for each level of certification.

- 5.5 **Personnel Certification Bodies:** The organisations willing to work with YCB for assessment and certification of Yoga Professionals are approved by YCB as Personnel Certification Bodies (PrCBs). YCB approves such organisations fulfilling the eligibility criteria prescribed by YCB as PrCBs.

# Why Certification and Accreditation Through YCB?

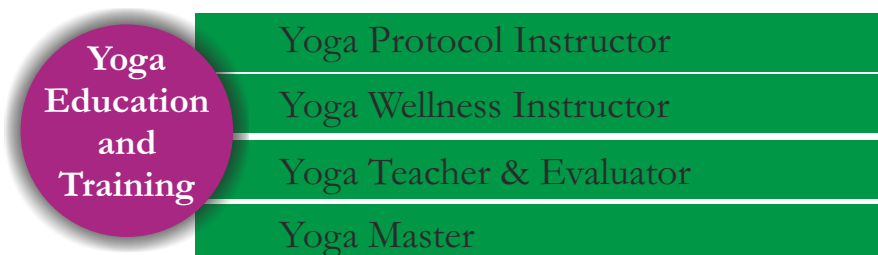
- 6.1 Yoga Certification Board, established by Ministry of AYUSH, Government of India, is the only Board which has been set up by any Government for certification in the field of Yoga.
- 6.2 The YCB certifies Yoga Professionals under various levels and categories so that the Yoga Professionals can select the level and category as per their skill and competence. The competence range from basic Yoga Protocol to Yoga Master, from Assistant Yoga Therapist to Yoga Therapy Consultant. YCB strives to introduce more levels in due course of time. The certification helps in promoting Yoga as career skill which till date is an unorganized career option.
- 6.3 The certified Yoga Professionals are exposed to better job opportunities across the globe.
- 6.4 YCB offers certificates to Yoga Professionals to practice Yoga as therapy. These certificates will not only provide a platform for experienced Yoga therapy professionals but will also lead to promotion of Yoga as one of the tools for therapy.
- 6.5 YCB certification will bring standardization and quality in practice and teaching of Yoga and in long term will increase the availability of certified Yoga Professionals that will promote correct practice of Yoga, leading to healthy living style.
- 6.6 YCB also accredits Yoga Institutions/Centres based on their years of existence, scale of operation and experience in the field of Yoga. This will ensure that the Yoga institution will get recognition for its contribution towards Yoga.
- 6.7 The Yoga Institutions are accredited under 4 levels. This will help in bringing standards in teaching and practice of Yoga among various Institutions without interfering in their delivery system. Synchronization of Yoga legacy and certificate will help to produce trained and qualified Yoga Professionals.
- 6.8 Availability of trained and certified Yoga Professionals/Institutions empowers public in selections of right Yoga Instructor/Trainer/Yoga Institutions.
- 6.9 In due course of time Yoga will develop into an organized sector.

Some of the unique features of the certificates issued by YCB are

- Certificates includes security features (QR code), unique no. (online verifiable)
- Digital certificates to candidates
- Centralised repository of Certified Yoga Professionals
- Single and online platform for all payments/ fees
- One time enrolment (Level wise) with life long validity
- Centralized platform with linkages and details of all assessing agencies, PrCBs, Accredited Yoga Institutions/Centres, examination schedule etc
- Ease of selection of exam centres and date of exam
- 3-tier security enabled examination process to ensure quality in conduct of exam
- Video recording of examination process
- Assessment through empanelled examiners
- Intimation to applicants through Mail and SMS

# Certification of Yoga Professionals

- 7.1 Yoga Certification Board has started certification of Yoga professionals for three levels under Yoga Education and Training category with effect from 1st April 2019.



- 7.2 Competencies, role and credit points for these three levels are as follows:
- 7.3 Yoga Professional aspiring to be a certified Yoga Professional has to undertake assessment for its respective level. The Yoga Professional can choose the level as per his/her competencies, skill and knowledge. The Yoga Professional is not required to undertake the assessment/certification from the lowest level and then upgrade to higher levels. The syllabus for 3 levels are at *annexure A, B & C resp.*

Level	Name	Certificate holder can work as	Competencies	points
I	Yoga Protocol Instructor	Yoga Instructors for teaching basics of Yoga to teach common Yoga protocol developed by Ministry of AYUSH for International Day of Yoga. For classes in parks, societies etc., for prevention of diseases and promotion of	Equivalent to not less than <b>200</b> hours of Yoga course	12 credits
II	Yoga Wellness Instructor	Yoga Instructor to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places etc.	Equivalent to not less than <b>400</b> hours of Yoga course	24 credits
III	Yoga Teacher & Evaluator	Master Trainers in Yoga educational Institutions, Yoga training Courses and training programs. He or she can also act less than as Evaluator and Assessor of Yoga professionals and can teach in studios, institutions, colleges/ universities/ institutions of higher learning.	Equivalent to not less than <b>800</b> hours of Yoga course	46 credits
IV	Yoga Master	Yoga Master will act as Master Educator/Trainer in Yoga Education pros & skilled professionals, can teach, evaluate & for all le& will be a guiding force.	Equivalent to not less than <b>1600</b> hours of Yoga Teaching course	92 credits

- 7.4 **Validity of Certificate:** The certificates issued by the YCB to Yoga Professionals will initially be valid as under:

\*Validity of the certificate will be counted from the date of declaration of result.

Name of certificate	Validity period
Yoga Protocol Instructor	5 Years
Yoga Wellness Instructor	3 Years
Yoga Teacher & Evaluator	3 Years

**7.5 Assessment procedure:**

- 7.5.1 Assessment of Yoga Professionals includes two stages – Theory and Practical.
- 7.5.2 Any candidate applying for the certificate has to appear in both exams – Theory and Practical.
- 7.5.3 Distribution of mark’s for these two stages for various levels is as follows:
- 7.5.4 Theory exam comprise of Multiple Choice Questions (MCQs).

Certification	Theory	Practicum						Maximum marks
		Demonstration	Teaching skill	Evaluation skill	Application of Knowledge	Field exp.	Total	
Yoga Protocol Instructor	60	80	40	-	10	10	140	200
Yoga Wellness Instructor	60	80	40	-	10	10	140	200
Yoga Teacher & Evaluator	80	60	20	20	10	10	120	200

- 7.5.5 The number of questions, marks per question and duration of theory exam for three levels are as follows:
- 7.5.6 No. of questions is equally divided among all the units of the prescribed syllabus.

Certification Name	No. of question	Maximum Marks	Duration of theory exam
Yoga Protocol Instructor	60 of 1 mark each	60	2.0 hrs.
Yoga Wellness Instructor	60 of 1 mark each	60	2.0 hrs.
Yoga Teacher & Evaluator	80 of 1 mark each	80	2.0 hrs.

- 7.5.7 The candidates shall mark the answer in Optical Mark Reader (OMR) sheet.
- 7.5.8 There is no negative marking in the written examination.
- 7.5.9 Theory exam paper is bilingual – English & Hindi. For exam in other language, the question paper is in English and the language selected.
- 7.5.10 If some error is observed in the question paper, it shall be referred to the competent authority and competent authority shall take a view on it and decide if it qualifies for grace marks.

- 7.5.11 In case of any mismatch in any question in English and Hindi or other language, the question in English language shall be considered the correct question.
- 7.5.12 The candidate shall return both question paper and OMR sheet to the invigilator/center in charge after completing the paper or after the examination time.
- 7.5.13 For practicum, each candidate shall be assessed for not more than one hour. Duration of the practical assessment will however be at the discretion of the assessor within the maximum time as mentioned above.
- 7.5.14 Practical shall include Demonstration, Teaching skill, Therapy skill, Evaluation skill, application of knowledge and field Experience as per the level of certification.
- 7.5.15 The candidate has to secure qualifying marks both in theory and practical independently.
- 7.5.16 Candidate's absence in either theory or practical exam will be considered as fail. However if any candidate who takes theory exam but is absent in practical exam, his/her request for re-consideration for appearing in practical exam on some other date may be considered by the assessing agency in exceptional care on merit basis.
- 7.5.17 The candidate has to secure 70% marks in each of the theory and practical to qualify/pass the assessment. However maximum 5% of grace marks can be given either for theory or practical but overall qualifying percentage shall remain 70%. In case marks are in decimal figure, it shall be rounded off to higher number.
- 7.5.18 If the candidate secures qualifying marks in practical but fails in theory, he/she can reappear for theory exam only once within 3 month of declaration of result. The candidate shall have to deposit the prescribed fee for appearing in the theory exam.
- 7.5.19 If the candidate secures qualifying marks in theory but fails in practical, he/she is treated as fail and he/she shall have to appear for the exam as fresh candidate. In such condition, the assessment fee shall have to be paid by the candidate. His/her unique enrolment number shall be valid.
- 7.5.20 The composition of the team for assessment of Yoga Professional for practical stage is as under:

S. No.	Assessing agency	Assessor for Yoga Professionals
1	Leading Yoga Institution / Yoga Institutions/ Yoga Training centres/ Yoga Therapy Centres	<ul style="list-style-type: none"> <li>• 1 Lead Examiner – Nominated by the YCB from the empanelled Lead Examiners</li> <li>• 1 External Examiner – Examiner nominated by the YCB from the empanelled Examiners</li> <li>• 1 Internal Examiner – Examiner selected by the Institutions / Centre from the YCB approved panel.</li> <li>• Observer – Nominated by the YCB from the empanelled observers (optional)</li> </ul>
2	Personnel Certification Bodies	<ul style="list-style-type: none"> <li>• 1 Lead examiner - Selected by the PrCBs from the YCB approved empanelled Lead examiners</li> <li>• 2 Examiners - Examiners selected by the PrCB from the YCB approved empanelled examiners</li> <li>• Observer – Nominated by the YCB from the empanelled observers</li> </ul>

- 7.6.16 The results can be viewed on YCB website as well as assessing agency's website. The candidate can view and download his/ her result and digital certificate through his/her login.
- 7.6.17 The Certificate in hard copy shall be issued to the qualified candidates. The Certificates issued will bear a unique certificate no. and security enabled QR code.
- 7.6.18 The Yoga professionals have to follow the application process and other rules and regulations while enrolling for any level and processing the application.
- 7.6.19 In case, the assessing agency is unable to conduct examination in the center selected by the candidate for re-appearing within 3 months from the date of request for re-appearing, the concerned assessing agency shall facilitate the candidate in appearing in the examination conducted in other nearby center or through other assessing agency. If such facilitation does not work or is not acceptable to the candidate, the candidate can ask for full refund of the fee paid to the assessing agency.
- 7.6.20 While submitting the form candidate shall declare, if he/she has been an applicant or certified under this scheme by any other PrCB and YCB's recognized Institutions. He/she shall provide details of status of application/certification and period of certification. The PrCBs/Institutions may verify the information with the concerned Institutions.
- 7.6.21 The applicant shall, along with the application, declare any pending judicial proceedings relating to his/her conduct and any pending proceedings by any regulatory body. The applicant shall also declare any instances of discomfort/disability caused to any of his/her student in the past. Shall not be entertained.
- 7.6.22 If the institution does not conduct certification examination for 3 months' time period from the date of application for assessment, the candidate can request for refund of its full assessment fee.
- 7.7 Rejection of application:** The application can be cancelled under following circumstances
- a. If the applicant does not provide the required information within 7 working days from the date of intimation to the applicant;
  - b. If it is found that the information provided is incorrect;
  - c. The applicant, whose certificate was cancelled/application rejected because of violation of terms & conditions and/or malpractice during exam.
- 7.8 Issuing of Certificate:** The successful/passed candidates shall be issued Certificate and ID card with unique number by the YCB.
- 7.9 Re-issue of Certificate:** The applicant will have to pay certification fee, if he/she request for duplicate certificate.
- 7.10 Renewal of certificate:**
- The candidate, certified under different levels, has to appear in the Continuing Yoga Education (CYE) program for renewal of his/her certificate.
  - Certified Yoga Professionals shall have to attend the CYEP before expiry of the certificate for its renewal.
- (Refer to CYE program guidelines for more details).*
- 7.11 Re-checking of Marks:**
- 7.11.1 If the candidate is not satisfied with the result, he/she can request the concern PrCBs / Institution assessing agency for re-checking of theory answer by paying the prescribed fee for rechecking.

## 7.6 Application procedure

- 7.6.1 Yoga Professional aspiring to be certified has to fill online application form along with requisite information on YCB website. (Format of the application is at *annexure D*)
- 7.6.2 The applicant all levels Certification has to apply for assessment in two stages:
- Stage 1: Enrolment with Yoga Certification Board (YCB)
  - Stage 2: Application for assessment.
- 7.6.3 Any candidate who is not student of any YCB accredited Yoga Institution shall be called “**open candidate**” and can apply through any YCB approved PrCBs or directly at YCB website.
- 7.6.4 Students of YCB accredited Leading Yoga Institutions, Yoga Institutions, Yoga Training Centers and Yoga Therapy Centers shall also submit application form on the YCB website but can do the same through their respective Institutions also.
- 7.6.5 The applicant shall have to complete the enrolment form and submit online along with the requisite documents, if any and prescribed enrolment fee.
- 7.6.6 The enrolment fee shall be paid to YCB which is one time fee for the applied level. Enrolment fee once paid shall not be refunded in any case.
- 7.6.7 On successful enrolment with YCB, the candidate will be provided a unique enrolment number which will be valid for life long and will be a reference for any future correspondence. However issuance of unique enrolment number is subject to scrutiny of the documents submitted along with the application form. YCB shall complete the scrutiny process within 7 working days. In case of any gap/discrepancy, the same shall be intimated to the candidate through mail/telephonic message.
- 7.6.8 Enrolment no. of the candidate will be same if the candidate wants to appear in other levels also.
- 7.6.9 Second stage of the application process needs to be filled when the candidate is willing to take up the assessment. The candidate at this stage needs to choose the level of certificate, date of assessment, preferred city for assessment, the assessing agency (PrCB/ Accredited Yoga Institutions/centres/YCB any other authorized agency) etc. The applicant also has to deposit the assessment fee. Acknowledgement of the receipt of application form and fee will be sent to the applicant.
- 7.6.10 If at any exam centre location, total count of enrolled of paid applicant falls below 30, then the assessing agency reserves the right to cancel that location and conduct the exam at other location or on some other date. The candidate will be intimated about the same and the candidate can either accept the request for change of location / date or can ask for full refund of assessment fee.
- 7.6.11 The applicant will be issued admit card atleast 7 days in advance. The candidate can download the admit card through his/ her login ID on YCB website.
- 7.6.12 The assessing fee shall not be refunded once the admit card has been issued.
- 7.6.13 Any request for change of location/date by the candidate after issuance of admit card will generally not be considered. In exceptional cases, the assessing agency may consider the request on merit basis and the assessing agency will exercise its discretion in such cases.
- 7.6.14 The candidate shall have to appear for theory and practical exam at the allocated exam centre and date.
- 7.6.15 The result of the exam shall be declared within 30 days of conduct of exam.

- 7.11.2 Re-checking is limited to sheet calculation of marks.
- 7.11.3 The candidate can request for re-checking of marks within 15 days from the date of declaration of result.
- 7.11.4 If the candidate is still not satisfied, he/she can request the concerned PrCB/ Institution assessing agency for re-checking of the answer sheet in his / her presence. The concerned agency shall arrange the OMR sheet and question paper in the presence of examiner on receipt of the prescribed fee.
- 7.11.5 In no case, the candidate is allowed to take the question paper/OMR sheet or its copy along with him/her.
- 7.11.6 The concerned PrCB /Institution has to respond within 30 days from the date of application.

**7.12 Cancellation/suspension/debarment**

- 7.12.1 If the candidate is found engaged in malpractice in the examination, his/her application shall be rejected. The candidate shall be debarred /suspended from appearing in examination for certification of Yoga Professionals for 3 years.
- 7.12.2 If any evidence of misconduct is observed during examination, the candidate will not be allowed to appear for 3 years in any of the assessment for certification for Yoga Professionals conducted under YCB.

**7.13 Fee for enrolment and assessment of Yoga Professionals:** The Yoga Certification Board recommends the fee to be charged from candidates for certification under various levels as under:

*Suitable fee concession in the enrolment fee as per extant guidelines of Govt. of India may be given by the YCB.*

Certification Name	For Indian candidates		For foreign candidates	
	Enrolment fee Indian candidate(in ₹)	Recommended Exam fee	Enrolment fee for Foreign candidate (in USD \$)	Recommended Exam fee (in USD \$)
YPI	1000	1000	100	200
YWI	1500	1500	150	350
YT&E	2000	3000	200	400

**Note:** YCB has recommended fee for examination. However, PrCBs, accredited Yoga Institutions / Training Centres assessing agency may charge their own examination fee to conduct YCB examinations.

**7.14 Fee of re-checking:** Fee for rechecking is Rs. 1,000/- and fee for re-checking in presence of candidate and examiner is Rs. 3000/-



## Steps for appearing in the examination of Yoga Professionals

1

Go through the guidelines and syllabus of various levels of certification

2

Filling of prescribed application form and depositing the enrolment fee (unique enrolment number is issued)

3

Intimation of Gap/ discrepancy, if any to candidate by YCB

4

Completion of documentation process, if any

5

Selection of assessing agency, assessment city, date of assessment etc for written and practical exam by candidate

6

Depositing the assessment fee by candidate

7

Acknowledgement of submission of application and fee

8

Issuing of Admit card to candidate

9

Exam –Theory and Practical

10

Declaration of result

11

Issuing of Certificate

## Section 8 Continuing Yoga Education Programme (CYEP)

- 8.1 The certificates offered by the YCB are initially valid for 5 years for Yoga Protocol Instructor and for all other categories, the certificate is valid for 3 years. The certified Yoga professional is required to get renewal of his/her certificate before its expiry.
- 8.2 Yoga Certification Board conducts Continuing Yoga Education Program (CYEP) for renewal of Certificates. CYEP aims at motivating the candidate in career growth of Yoga Professionals. The duration of the program is 7 days. It includes 2 components:
- Assessment of candidate's performance during the period of certification.
  - Orientation to strengthen candidate's skill as Yoga Professional.
- 8.3 Certified Yoga Professionals shall have to attend at least one of the programs for renewal of their certificates before the expiry of the certificate by opting any of the following:
- Attending CYEP program in one of the Leading Yoga Institutions.
  - Participating in virtual CYEP through Video Conference or virtual mode which shall include submitting the report on training of persons conducted alongwith supporting documents and appearing for exam before the Committee.
- 8.4 After the 1st CYE program, the committee may recommend issuing the certificate to the candidate for life term or may recommend to attend 2nd CYEP before issuing the certificate for life term for the respective level.
- 8.5 The certificates of the certified Yoga professionals who has not attended CYEP will lose its validity after its validity period.
- 8.6 The candidates shall be sent a renewal notice through telephonic message/email at least 6 months prior to the expiry of certificate validity period. The certified Yoga Professional shall have to apply for CYEP along with the prescribed documents and fee at least 3 months prior to expiry of certificate.
- 8.7 The schedule for CYEP is available on YCB website. The candidate shall have to select preferred venue for attending CYEP or virtual mode for attending CYEP.
- 8.8 The candidate shall submit all the requisite documents online at least 2 months before the due date of the CYEP. In absence of all the required documents as a proof of field experience, assessment team may award zero mark against "person trained/field experience".
- 8.9 There is separate CYEP for each level.
- 8.10 Assessment for CYEP the candidate has to secure at least 70% marks in the CYEP assessment for renewal of his/her certificate. After successfully completing the CYEP, assessment team may recommend granting of certificate for fixed period or for life term. Based on the performance of the candidate, assessment team may recommend the candidate to undertake another round of CYEP for the given level before granting the certificate for life.
- 8.11 The marks for assessment for renewal shall be in 3 parts:
- Attending CYEP
  - Persons trained/field experience

Mark Distribution		
Topic	CYEP	Virtual CYEP
Attending CYEP	50	30
Persons trained/ field experience	25	45
Written test/ demonstration or viva	25	25
Total	100	100

- Written test/demonstration or viva.
- 8.12 The Format of the application form for CYEP is at *annexure E*

## Mark Distribution for CYEP

S. No	Topic	Maximum marks	Marking Criteria	Documents required
1	Attending CYEP	50	Attending all session of CYEP	Attendance sheet of all sessions of CYEP
2	Persons trained/ field experience	25	<p>Yoga Professionals' field experience in conducting training programme/ Yoga camps and the feedback received from the trainees/ organization.</p> <p>It can be in 3 forms</p> <ul style="list-style-type: none"> <li>• <b>No. of persons trained</b> - 1 mark for every 5 persons trained and maximum marks is 25</li> <li>• <b>No. of years of experience in the field of Yoga with organisation</b> - 1 marks for 150 hours of work experience and maximum marks is 25</li> <li>• <b>No. of camps organized</b>- 1 mark for every camp and maximum marks is 25</li> </ul> <p>Yoga Professional's field experience can be either in one form or a combination of these forms. Marks under each form will be evaluated separately and then added together but will be limited 25 marks. Any experience of Yoga Professional can be considered only under one category.</p>	<ul style="list-style-type: none"> <li>• Name with phone no. of the persons trained.</li> <li>• Feedback from 5% of the persons trained with minimum of 5 feedback forms and maximum of 50 forms. (feedback in the prescribed format)</li> <li>• Experience letter from the organizations</li> <li>• Letter from competent authority certifying that the concerned person has organized or was part of the organizing team for Yoga camps.</li> <li>• Without letter from competent authority, any of the experience would not be considered for assessment</li> </ul>
3	Written test/ demonstration or viva	25	Marks awarded by the examiner in the assessment	Marks awarded
	<b>Total</b>	<b>100</b>		

8.12 Field experience and feedback form format is given in (*annexure F & G*)

## *Mark Distribution for Virtual CYEP*

S. No	Topic	Maximum marks	Marking Criteria	Documents required
1	Attending CYEP	30	Attending the online session of CYEP	Online attendance
2	Persons trained/ field experience	45	<p>The Yoga Professionals field experience in conducting training programme/ Yoga camps and the feedback received from the trainees/ organization.</p> <p>It can be in 3 forms</p> <ul style="list-style-type: none"> <li>• <b>No. of persons trained</b> - 1 mark for every 5 persons trained and maximum marks is 45</li> <li>• <b>No. of years of experience in the field of Yoga with organisation</b> - 1 marks for 150 hours of work experience and maximum marks is 45</li> <li>• <b>No. of camps organized</b>- 1 mark for every camp and maximum marks is 45</li> </ul> <p>Yoga Professional's field experience can be either in one form or a combination of these forms. Marks under each form will be evaluated separately and then added together but will be limited 25 marks. Any experience of Yoga Professional can be considered only under one category.</p>	<ul style="list-style-type: none"> <li>• Name with phone no. of the persons trained.</li> <li>• Feedback from 5% of the persons trained with minimum of 5 feedback forms and maximum of 50 forms. (feedback in the prescribed format)</li> <li>• Experience letter from the organizations</li> <li>• Letter from competent authority certifying that the concerned person has organized or was part of the organizing team for Yoga camps.</li> <li>• Without letter from competent authority, any of the experience would not be considered for</li> </ul>
3	Written test/ demonstration or viva	25	Marks awarded by the examiner in the assessment	Marks awarded
	<b>Total</b>	<b>100</b>		

# Special Continuing Yoga Education Programme (Special CYEP)

Scheme for Voluntary Certification of Yoga Professionals as implemented by Quality Council of India offered 2 levels of certification for Yoga Professionals- Level 1 – Yoga Instructor and Level 2 - Yoga Teacher. The said scheme was implemented by QCI from June, 2015 to May, 2018. Yoga Certification Board continued the implementation of the scheme till 31st March, 2019. The certificates of the Yoga Professionals issued during this period were valid for 3 years. During this period, the certified Yoga Professionals were required to appear for surveillance within 18-21 months of issuing of the certificate and also had to undergo assessment for renewal of the certificates before the expiry of the certificates.

YCB has now revised the guidelines for implementation of the scheme which are effective from 1st April, 2019. Under the revised guidelines Yoga Certification Board has launched 3 categories of certification:

- Yoga Protocol Instructor
- Yoga Wellness Instructor
- Yoga Teacher and Evaluator

As mentioned above under CYEP, YCB has also devised new guidelines for renewal of certificates which includes Continuing Yoga Education Programme (CYEP).

In view of this, an onetime opportunity is being given to the existing certified Yoga Professionals to align themselves with the new level of certification through attending Special Continuing Yoga education Program (CYEP). Under the special CYEP, existing certified Yoga Professionals of level 1 and level 2 may opt to upgrade their certificates to YWI and YT&E respectively. CYEP for each categories will be conducted separately. The certificate of the certified Yoga professionals who has not attended the CYEP will lose its validity after the validity period. If the certified Yoga Professional fails to or is unwilling to attend the special CYEP, he/she can attend the regular CYEP before the validity of his/ her certificate expires. Under the regular CYEP, the Yoga Professional will be assessed for renewal of the certificate for the existing categories of certificate.

The candidate has to secure atleast 70% marks in the CYEP assessment process for renewal of the certificate. The qualifying candidate shall be granted upgraded certificate and others will continue with the existing level as per new certification scheme which shall be renewed subject to attending the CYEP before the expiry of validity period of new certificates.

## Eligibility for Special CYEP

- Existing certified Yoga Professionals of Level 1 and Level 2 who are willing to upgrade to new levels of certification.
- Existing certified Yoga Professionals of Level 1 and Level 2 who are willing to align to new system of certification i.e. willing to continue with existing level of certification
- Existing certified Yoga Professionals of Level 1 and Level 2 whose certificates have already expired or are about to expire

## Procedure for special CYEP:

- Special CYEP is proposed to be conducted from 1st April, 2019 to December, 2019.
- The certified Yoga Professionals can opt for any one of the following for attending special CYEP
  - o Attending one special CYEP program of 2-3 days at Leading Yoga Institutions

- o Participating in virtual special CYEP through Video Conference or virtual mode which shall include submitting the report on training of persons conducted alongwith supporting documents and appearing for exam before the Committee.
- The schedule for CYEP shall be available on YCB website. The candidate shall have to select preferred venue for attending CYEP or the virtual mode for attending the CYEP. There shall be separate CYEP for each level.
- The candidate shall have to register on YCB website. The process is in 2 parts:
  - o Enrolment
  - o Assessment

The Enrolment part of the form is one time enrolment where the basic information of the candidate is to be submitted alongwith the enrolment fee. The candidate will be issued one time unique enrolment number.

- On confirmation of enrolment, the candidate has to register for attending special CYEP and select venue and date for CYEP alongwith assessment fee.
- The candidate shall submit all the requisite documents online on or before the due date as mentioned the schedule of the CYEP. In absence of all the required documents, the marks awarded against the head shall be zero.
- The candidate will be issued an admit card for attending CYEP.
- The candidate shall attend the CYEP and appear for the assessment. If for any reason, the candidate in unable to attend the CYEP after the issuance of the admit card, the fee will generally be forfeited.
- The syllabus for assessment during CYEP will be the syllabus for the level the candidate is willing to align/ upgrade.
- The mark distribution for assessment for renewal is in 3 parts:

Topic	Special CYEP
Attending CYEP	30
Persons trained/ field experience	20
Writ ten test/ demonstration or viva	50
<b>Total</b>	<b>100</b>

## *Mark Distribution for Special CYEP*

S. No	Topic	Maximum marks	Marking Criteria	Documents required
1	Attending CYEP	50	Attending all session of CYEP	Attendance sheet of all sessions of CYEP
2	Persons trained/ field experience	25	<p>Yoga Professionals' field experience in conducting training programme/ Yoga camps and the feedback received from the trainees/ organization.</p> <p>It can be in 3 forms</p> <ul style="list-style-type: none"> <li>• <b>No. of persons trained</b> - 1 mark for every 5 persons trained and maximum marks is 25</li> <li>• <b>No. of years of experience in the field of Yoga with organisation</b> - 1 marks for 150 hours of work experience and maximum marks is 25</li> <li>• <b>No. of camps organized</b>- 1 mark for every camp and maximum marks is 25</li> </ul> <p>Yoga Professional's field experience can be either in one form or a combination of these forms. Marks under each form will be evaluated separately and then added together but will be limited 25 marks. Any experience of Yoga Professional can be considered only under one category.</p>	<ul style="list-style-type: none"> <li>• Name with phone no. of the persons trained.</li> <li>• Feedback from 5% of the persons trained with minimum of 5 feedback forms and maximum of 50 forms. (feedback in the prescribed format)</li> <li>• Experience letter from the organizations</li> <li>• Letter from competent authority certifying that the concerned person has organized or was part of the organizing team for Yoga camps.</li> <li>• Without letter from competent authority, any of the experience would not be considered for</li> </ul>
3	Written test/ demonstration or viva	25	Marks awarded by the examiner in the assessment	Marks awarded
	<b>Total</b>	<b>100</b>		

# Personnel Certification Body (PRCB)

**9.1** Yoga Certification Board approves such organisations that are willing to partner with YCB and fulfil the eligibility criteria, to work as implementation partner of YCB for conducting assessment of Yoga Professionals. Such organisations are termed as Personnel Certification Bodies for the Scheme for Certification of Yoga Professionals.

**9.2 Role of PrCB:**

- Approved Personnel Certification Bodies (PrCBs) are eligible to conduct assessment of Yoga Professionals for Yoga Protocol Instructor, Yoga Wellness Instructor and Yoga Teacher & Evaluator under Yoga Education and Training category.
- The PrCBs shall be associated in the process of conducting CYE program for their candidates.

**9.3 Eligibility Criteria:** The organisations willing to get approved by YCB for implementation of Scheme for Certification of Yoga Professionals shall have to fulfil the following criteria.

**9.3.1 Legal status of the agency:** The agency should be a government organization or an autonomous organization under the government (registered under relevant Act) or a trust (registered under Indian Trusts Act, 1882) or a society (registered under Societies Act, 1860) or a corporate firm (registered under Companies Act, 2013). Besides other activities, the registration of the agency shall specify that the entity is registered to conduct assessment / certification of Yoga Professionals.

**9.3.2 Infrastructure and office space:** The organization shall have an office space (owned or rented) which shall be sufficient to house the personnel as required as per the prescribed minimum staffing structure given below. The organization shall have minimum of 1000 square feet of office space. The office space should have a suitable system and space to ensure confidentiality of the certification process like setting up of question papers, evaluation of answer sheets, etc.

**9.3.3 Administrative, Management and Organisational requirements:**

- (a) **Policy documents:** The organization shall have its aim, objectives, vision & mission, a logo, an organogram, and documented policies & procedures.
- (b) **Organisation structure:** The organization shall have defined organisational structure describing authority of the management, personnel and its committees and their duties and responsibilities. The personnel responsible for the following shall be specified:
  - i. Policies and procedures relating to the operation;
  - ii. Implementation of policies and procedures;
  - iii. Maintaining budget and accounts;
  - iv. Resource management- infrastructure, finance, man power etc.;
  - v. Development and maintenance of scheme;
  - vi. Assessment activities;
  - vii. Decisions on certification, including granting, record keeping, re-certifying, grievance re-dressal, suspending or withdrawing of certification.
- (c) **Staffing:** The organization shall have defined process for staffing. The organisation shall have qualified and trained personnel with necessary competence to perform certification functions relating to the type, range and volume of work performed. The minimum staffing structure for operation/implementation of the programme for certification of Yoga Professionals is as follows:



- i. Head of the organization - one
- ii. Manager/Secretary/Registrar etc - one
- iii. Admin & Finance officer - one
- iv. Communication & Documentation officer - one
- v. Coordinator for certification activities - one
- vi. Yoga expert - one
- vii. Empanelled question paper setters and examiners (as per volume of activity)
- viii. Data entry operator/office assistant- two
- ix. Multitasking staff - four

The organization shall define the competence required of all the personnel involved in the assessment and certification process. The organization shall maintain up-to-date personnel records, including relevant information, e.g. qualifications, training, experience, professional affiliations, professional status, competence and known conflicts of interest.

- (d) **Confidentiality and impartiality:** The organization shall have a system in place where its personnel are required to sign a document by which they commit themselves to comply with the rules defined by the certification body, including those relating to confidentiality, impartiality and conflict of interests. In case of outsourcing of services, the organization should have in place a system to ensure confidentiality and conflict of interests with each body that provides outsourced work related to the certification process as:

"The organisation shall not engage itself in any activity that may conflict with its impartially. It shall not impart Yoga education and/or training within the same legal entity."

- (e) **Housekeeping services:** The organization should also have adequate housekeeping services.

**9.3.4 System for assessment process:** The documents of the organization shall define in detail the steps with timeline for taking up the assessment of candidates under different categories as authorized by the YCB. The organization to have a documented system for administration of exams like issuing of admit card, attendance sheet, answer and evaluation sheets, procedure for selection of examiners, observers, invigilators, etc.

- (a) **Empanelment of invigilators:** The organization shall have a documented description of the responsibilities and qualifications of invigilators involved in the assessment process. There should not be any conflict of interest in the process of examination and evaluation.

- (b) **Empanelment of examiners:** The selection and approval process for empanelment of examiners should be in line with the process as defined by the YCB from time to time. The critical components to be ensured are:

- i. Examiners and evaluators shall have knowledge of certification process of YCB;
- ii. Examiners and evaluators shall possess defined technical competence in the field;
- iii. Examiners and evaluators shall have written and oral fluency in the language of examination;
- iv. The organization shall have a system to monitor the performance of the examiners and evaluators, and reliability of the examiners' judgments including corrective measures.

- (c) **Selection of exam centres:** The organization should have defined criteria for the selection of exam centres. Some of the required parameters are as under:

- i. Centres to be identified well in advance and should be easily accessible.
- ii. Centres should have sufficient space to accommodate the registered candidates for both theory and practicum.

- iii. Centres should have adequate facilities like toilet, drinking water, furniture, first aid etc.
- iv. Centres should have a separate room for invigilator / exam superintendent.
- v. Centres should have adequate security facilities in the premise.
- vi. Any criteria as prescribed by YCB from time to time .

- (d) **Rules and Regulations:** The rules and regulations regarding conducting exams shall be well documented detailing each and every step.
- (e) **System for ensuring transparency in declaration of results:** The organization should lay down the rules for evaluation of answer sheets, compilation of theory and practical exam, and declaration of results within given timelines. These should be in line with the guidelines issued by the YCB. The procedure for revaluation of results should be clearly specified.

**9.3.5 System for handling Complaints:** The organisation should have established procedure for any person to lodge a complaint and its re-dressal by the competent authority. There should be an officer designated for the purpose.

**9.3.6 Financial stability:** The organization should be financially stable and shall have the financial resources necessary for the operation of a certification process and have adequate arrangements (e.g. insurance or reserves) to cover associated liabilities.

**9.3.7 Internal Audit and control:** The organization shall have in place internal control mechanism to keep a check on the processes followed.

**9.3.8 Control of records:** The organization shall establish procedures to define the controls needed for the identification, storage, protection, retrieval, retention time and disposition of its records. The organization shall establish procedures for retaining records for a period consistent with its contractual and legal obligations. Access to these records shall be consistent with the confidentiality arrangements.

**9.3.9 Website:** The organization should maintain its dedicated website for providing information about the scheme and its role in implementation of the programme, process followed for enrollment, assessment, certification, suspending / withdrawal of certificates, process for handling appeals and complaints, contact details, results, registry of certified Yoga professionals etc.

**9.3.10 Accreditation from competent Board:** Organisation should be accredited by NABCB or any other Accreditation bodies recognised by YCB. The organisations already accredited by such Board shall not be required to go through any further assessment. The organisations willing to be approved as PrCBs for assessment and certification of Yoga Professionals will be given provisional approval by YCB for 1 year. Such organisations shall have to seek accreditation from NABCB or any other Board recognised by YCB for the purpose before completions of 1 year of provisional approval.

**9.4 Application and Assessment Process:** Steps for submission of application and assessment are as follows:

**9.4.1 Online submission of application form:** The interested organization shall apply online at YCB website and submit all the required documents along with the application fee through web portal /online. Format of the application form is at *annexure I*.

**9.4.2 Scrutiny of the application:** A team shall undertake scrutiny of Application Form and documents to ensure application is complete in all respects. This shall be completed maximum within 1 month from the date of online submission.

**9.4.3 Submission of Assessment fee:** The applicant shall have to deposit the assessment fee through the YCB portal /online. The assessment process will be initiated only on receipt of the complete assessment fee.

- 9.4.4 Offline review:** The assessing team formed by YCB shall undertake offline review of documents vis-a-vis the eligibility parameters.
- 9.4.5 Intimation to organization:** The organization shall be intimated about the findings of offline review (any deficiency/any additional information required or future course of action) through telephonic message and mail. This shall be done within 1 month of submission of assessment fee. Those found complete in all respects will be processed further.
- 9.4.6 Onsite review:** The assessing team will undertake field visit to assess the organization w.r.t to defined parameters with focus on physical verification of the details submitted in application. Under normal circumstances, assessment at the head office will be of 1 working days. Assessment will be undertaken on the basis of informed visit to the organization and organization will not be intimated about the date of the visit in advance. The onsite assessment shall begin with opening meeting for explaining the purpose and scope of assessment. The onsite assessment shall end with a formal closing meeting preferably with the head of the organization where non-conformities/concerns shall be conveyed by the assessing team.
- 9.4.7 Feedback report:** A formal feedback report shall be sent to the applicant within 15 working days of the visit of the team and the applicant will be given 1 month time to respond to non-conformities/ concerns raised.
- 9.4.8 Granting approval:** The assessment of the organisations shall be marked under Weightage chart (*annexure J*). Based on the report of assessment team and action taken by the applicant on the non-conformity/concerns, on recommendation of Assessment Committee (AC), the YCB shall decide on granting approval to the applicant as Personnel certification Body for Yoga Professionals for levels as decided by the YCB. The organization securing 70 or more out of 100 marks shall be approved as PrCBs. The institution securing less than 70 marks but not less than 50 out of 100 can reapply for re-assessment within 2 years. The approval shall be valid for 1 year.

The approval shall be subject to suspension/withdrawal with due notice of 15 days in the event of any noncompliance to the requirement prescribed by YCB.

- 9.5 Renewal of approval:** PrCB shall submit its annual report for renewal of approval. The extension of validity period of the PrCB will be based on the request of the PrCB and review/assessment of previous cycle report and recommendation of assessment team.

**9.6 Debarment/suspension/cancellation of PrCB**

The approval of PrCB shall be debarred/suspended under following circumstances-

- a) If any false information is provided about the Yoga certification scheme by the PrCB.
- b) If PrCB and its personnel make wrong commitment to qualify the candidate or involve in unfair means in respect to examination and provide assistance to the candidate.
- c) If any unfair commitment is made to Yoga professional(s) or other institution(s) on behalf of YCB.
- d) If PrCB is unable to conduct examination or activities as per YCB guidelines and syllabus in due time.
- e) If PrCB declares the results without approval of YCB.
- f) If any noncompliance to the requirement of the YCB is observed

The debarment/suspension/cancellation shall be with due notice of 15 days in the event of any of the above. The PrCB shall not be eligible to conduct any examination for certification during the notice period.

**9.7 Fee for approval of Personnel Certification Bodies (PrCBs).**

9.7.1 The organizations aspiring to work as PrCB shall have to apply to the YCB and submit the fee in two parts:

- Application fee
- Assessment fee.

Application fee is to be paid along with application form. Application form will not be accepted in the event of non-receipt of full application fee. The YCB will scrutinise the documents submitted along with the application fee for completeness. On confirmation, about receipt of all required documents, from YCB, the applicant shall have to pay assessment fee. On receipt of full assessment fee, the assessment process shall be initiated by YCB.

9.7.2 The application fee and assessment fee both are non-refundable.

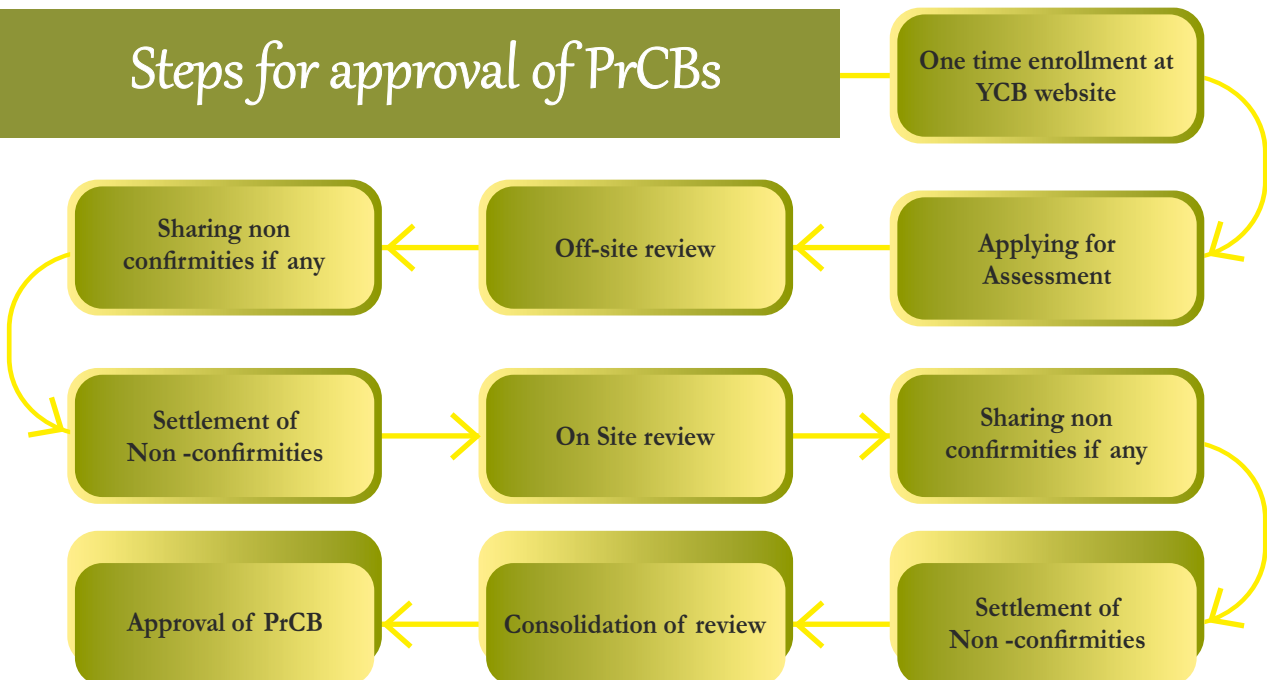
9.7.3 If an organisation does not qualify during first assessment, the organisation can submit the required information and request for re-assessment within 2 years of its application. The organization shall have to pay reassessment fee.

9.7.4 After completion of 1 year of approval, the PrCB can request for renewal of its validity. The PrCB shall have to pay annual renewal fee and also assessment fee, if YCB decides to undertake assessment.

9.7.5 Payment shall be made online on YCB website 'www.yogacertificationboard.nic.in'

	PrCBs in India	PrCBs outside India
Enrolment fee	Rs 25, 000	\$1,500
Assessment fee	Rs. 50,000+ Visit charges (Actual Boarding, Lodging and Honorarium)	\$3000+ Visit charges (Actual Boarding Lodging and Honorarium)
<b>Total</b>	<b>Rs. 75,000+ Visit charges</b>	<b>\$ 4500 + Visit charges</b>
Annual Renewal fee	Rs. 25,000	\$1,500

- The institution will pay Honorarium, expenditure towards Travel, Boarding & Lodging and Honorarium to the expert directly..
- Honorarium of Rs. 5,000/- (Rupees five thousand only) per expert per center shall be paid



# Accreditation of Yoga Institutions/ Centres

- 10.1 Yoga Certification Board accreditate Yoga Institutions/Centres based on their scale of operation, capacity, years of experience, etc. under 4 categories as follows:
- Leading Yoga Institution (LYI)
  - Yoga Institution (YI)
  - Yoga Training Centre (YC)
  - Yoga Therapy Centre (YTC)
- 10.1.1 **Leading Yoga Institution:** Yoga Institution which is in existence for minimum of 15 years following a legacy of Yoga Tradition (parampara) and have contributed the knowledge of Yoga in the field of Yoga education/training/therapy for atleast 10 years will be termed as Leading Yoga Institutions. The detailed eligibility criteria/parameters for accreditation/recognition as Leading Yoga Institutions is at *annexure K*.
- 10.1.2 **Yoga Institutions:** Yoga Institution which has contributed to the body of knowledge in the field of Yoga education/training/therapy for atleast 5 years and has produced quality Yoga professionals will be termed as Yoga Institutions. The detailed eligibility criteria/parameters for accreditation/recognition as Yoga Institutions is at *annexure L*.
- 10.1.3 **Yoga Training Centre:** The Yoga centre which is committed towards promotion of health and wellness through Yoga and has served atleast 2 years and has produced quality Yoga professionals will be termed as Yoga Training Centre. The detailed eligibility criteria/parameters for accreditation/recognition as Yoga Training Centre is at *annexure M*.
- 10.1.4 Application Form for applying for Leading Yoga Institution, Yoga Institution and Yoga Training Centre is at *annexure N*.
- 10.2 **Application and Assessment Process for Accreditation/ Recognition:**
- 10.2.1 The application of the Yoga Institutions are invited through Expression of Interest (print media and YCB website).
- 10.2.2 The Yoga Institutions interested in YCB accreditation/recognition as Leading Yoga Institution/Yoga Institution/Yoga Training Centre shall submit its application along with requisite documents on YCB website. The Institutions shall have to create their login ID for the purpose. However, till the time this facility is unavailable on YCB website, the process of submission of application will be carried out through post or emails.
- 10.2.3 The fee for accreditation/recognition is in two parts-application fee and assessment fee. The applicant Yoga Institution/centre shall have to deposit prescribed application fee through payment gateway available on the website or through NEFT in the designated bank account or through Demand Draft. The fee, once paid, shall not be refunded under any circumstances. Fee to be paid online on YCB website 'www.yogacertificaitonboard.nic.in'
- 10.2.4 The YCB shall process the application on receipt of application form and application fee. The YCB shall undertake scrutiny of application and documents submitted to check their completeness. The process shall be completed within 1 month of receipt of the application. The applicant shall be informed about the future course of action - any deficiency in the application/document or further assessment plan.

- 10.2.5 The applicant shall have to reply to the queries/non-conformities/gap as conveyed by YCB within 1 month of receipt of the same. On completion of these document submission, the Institution/Centre shall have to submit the assessing fee to YCB.
- 10.2.6 The YCB nominated team shall first undertake off side (document) review on completion of all formalities of submission of documents.
- 10.2.7 The findings of the document review by the assessment team shall be shared with the Yoga Institution within 15 working days from date of commencement of assessment.
- 10.2.8 The Yoga Institution/centre shall reply to the non-conformities, if any.
- 10.2.9 The Assessment team shall undertake onsite review on suo motto basis/surprise visit and the onsite review will begin with opening meeting and will be followed by verification of the implementation system including the demonstration of the competence. A formal closing meeting will be organised at the end of the onsite review and the major non-conformities and concerns will be shared with the applicant.
- 10.2.10 The applicant can reply to the conformities/ concerns raised within 15 days of completion of onsite review.
- 10.2.11 The assessment team shall compile the offsite and onsite review and mark on defined parameter based on the competence/ conformity to the parameters. The reports will be compiled and marks will be allotted on the defined parameters in the weightage chart (*annexure O*).
- 10.2.12 Based on the compiled report of the assessment team, decision shall be taken on granting accreditation/recognition as Leading Yoga Institution/Yoga Institution/Yoga Training Centre/Yoga Therapy Centre. The Institutions/centres securing 70 or more out of 100 marks shall be granted accreditation/recognition. The Institutions securing less than 70 marks but not less than 50 marks out of 100 can reapply for re-assessment two year.

### 10.3 Fee Structure

- 10.3.1 The fee for approval as Accredited LYI/YI/YC/YTC/YThC is mainly divided into two parts-application fee and assessment fee. Application fee is to be paid along with submission of application form. Application form will not be accepted in event of non-receipt of full application fee. YCB will scrutinise the documents submitted along with the application fee for completeness. On confirmation about receipt of all required documents from YCB, the applicant shall have to pay assessment fee.
- 10.3.2 The application fee and assessment fee both are non-refundable. If an organisation does not fulfil the criteria for approval as LYI/YI/YC/YTC/YThC, the organisation can submit the required information and request for re-assessment within 2 years of its application. The organisation shall have to pay a reassessment fee.
- 10.3.3 After completion of 1 year of approval, the LYI/YI/YC shall submit annual report including audit report and progress report for continuation of approval. The LYI/YI/YC shall have to pay annual fee and also assessment fee, if YCB decides to undertake assessment.
- 10.3.4 Fee for onsite review is part of assessment fee. The cost of such visit (travel, lodging and boarding of experts, etc) is paid by the organisation on actual basis.

**(A) Accreditation Fee for Yoga Institutions**

Fee to be paid through online on YCB website ‘www.yogacertificationboard.nic.in’

in Rs.

S No.	Type of Yoga Institution	Enrolment Fee	Assessment Fee		Total	Annual renewal Fee
			Review Fee	Visit fee*		
1	Leading Yoga Institutions	50,000	50,000	Actual (Travel, Boarding, Lodging and Honorarium)	1,00,000	25,000
2	Yoga Institutions	25,000	25,000	Actual (Travel, Boarding, Lodging and Honorarium)	50,000	15,000
3	Yoga Training Centres	10,000	10,000	Actual (Travel, Boarding, Lodging and Honorarium)	20,000	10,000
4	Yoga Therapy Centres	10,000	10,000	Actual (Travel, Boarding, Lodging and Honorarium)	20,000	10,000

**(B) Accreditation Fee for Foreign Yoga Institutions**

(in Dollar \$)

S No.	Type of Yoga Institution	Enrolment Fee	Assessment Fee		Total	Annual Fee renewal
			Review Fee	Visit fee*		
1	Leading Yoga Institutions	1000	2000	Actual (Travel, Boarding, Lodging and Honorarium)	3000	1000
2	Yoga Institutions	750	1500	Actual (Travel, Boarding, Lodging and Honorarium)	2250	500
3	Yoga Training Centres	500	500	Actual (Travel, Boarding, Lodging and Honorarium)	1000	250
4	Yoga Therapy Centres	500	500	Actual (Travel, Boarding, Lodging and Honorarium)	1000	250

\* The total amount is excluding from the visit fee. The institution will pay the expenditure towards Honorarium (Rs. 5,000/- per expert per centre), Travel, Boarding & Lodging to the expert apart from total fee.

\* Effective date of the implementation of revised fee may be 03.08.2019

**10.4 Debarment/suspension/cancellation of LYI/YI/YC/YThC**

The accreditation/recognition of LYI/YI/YC/YTC/YThC shall be debarred/suspended under the following circumstances-

- a) If any false information is provided about the Yoga Certification Scheme by the LYI/YI/YC/YTC/YThC.
- b) If LYI/YI/YC/YTC/YThC and its personnel make wrong commitment to qualify the candidate or get involved in unfair means in respect to examination and provide assistance to the candidate.
- c) If any unfair commitment is made to Yoga professional or other institutions on behalf of YCB.
- d) If LYI/YI/YC/YTC/YThC is unable to conduct examination or activities as per YCB guidelines and syllabus in due time.
- e) If LYI/YI/YC/YTC/YThC declares the results without approval of YCB.
- f) If any noncompliance to the requirement of the YCB is observed

The debarment/suspension/cancellation shall be with due notice of 15 days in the event of any of the above.

The LYI/YI/YC/YTC/YThC shall not be eligible to conduct any examination for certification during notice period.

**10.5 Assessment team composition:** The team for assessment for accreditation/recognition of Yoga Institutions/Centres is as follows:

**10.6 Validity of accreditation:**

S. no.	Level of Accreditation	Team Composition
1	Leading Yoga Institutions	<ul style="list-style-type: none"> <li>• Yoga Expert</li> <li>• Assessment Expert/ Accreditation Expert</li> <li>• Administrative expert (optional)*</li> </ul>
2	Yoga Institutions	<ul style="list-style-type: none"> <li>• Yoga Expert</li> <li>• Assessment Expert/ Accreditation Expert</li> <li>• Administrative expert (optional)*</li> </ul>
3	Yoga Training Centres	<ul style="list-style-type: none"> <li>• Yoga Expert</li> <li>• Assessment Expert/ Accreditation Expert</li> <li>• Administrative expert (optional)*</li> </ul>
4	Yoga Therapy Centres	<ul style="list-style-type: none"> <li>• Yoga Expert</li> <li>• Assessment Expert/ Accreditation Expert</li> <li>• Administrative expert (optional)*</li> </ul>

10.6.1 The Accreditation of Yoga Institutions/Centres is valid for :

S. no.	Level of Accreditation	Validity period
1	Leading Yoga Institutions	10 (Ten) years
2	Yoga Institutions	5 (Five) years
3	Yoga Training Centres	3 (Three) years
4	Yoga Therapy Centres	4 (Four) years

10.6.2 The Accredited Leading Yoga Institution/Yoga Institutions/Yoga Training Centre Yoga therapy centre shall submit the annual report including the audit report and progress report w.r.t the scheme in the format prescribed by YCB every year relating to the scheme. The report / progress shall be subjected to scrutiny by the YCB.

10.6.3 The YCB reserves the right to conduct assessment(s) of the Institution/Centre as and when required during the period of accreditation.



**10.7 Role of accredited Yoga Institutions/ Centres:**

The accredited Yoga Institution/Centres shall be playing major role in promotion of the scheme for certification of yoga professionals. These shall be authorized to:

S. no.	Level of Accreditation	Role
1	Leading Yoga Institutions	<ul style="list-style-type: none"> <li>Run courses equivalent to certifications offered by the YCB for Yoga professionals.</li> <li>Conduct Assessment for all the certification offered by the YCB for Yoga professionals.</li> <li>Conduct CYE program for renewal of certification of Yoga professionals.</li> <li>Conduct workshops and seminars for promotion of Yoga.</li> </ul>
2	Yoga Institutions	<ul style="list-style-type: none"> <li>Run courses equivalent to certifications offered by the YCB for Yoga professionals.</li> <li>Conduct assessment for level 1,2 &amp; 3 of the certification offered by the YCB for Yoga professionals.</li> </ul>
3	Yoga Training Centres	<ul style="list-style-type: none"> <li>Run courses equivalent to certifications offered by the YCB for Yoga professionals.</li> <li>Conduct assessment for level 1&amp;2 of the certification offered by the YCB for Yoga professionals.</li> </ul>

**10.8 Fee for certification of students of the accredited Yoga Institutions / Centres:**

The candidates of these Accreditate Institutions/Centres shall have to enroll with YCB directly or through their accredited Yoga Institute/Centre on its central registry portal. The enrolment fee shall be paid to the YCB which is one time fee per level and is valid for life long. The examination fee shall be charged by the accredited Yoga Institutions/Centres. The Yoga Institutions/Centres shall charge a minimum fee as prescribed by the YCB. The Yoga Institutions/Centres may prescribed their own examination fee for conducting YCB exam. The successful candidates shall be issued Certificate and ID card with unique number by the YCB.





# How to Apply?

## FOR CERTIFICATION OF YOGA PROFESSIONALS

### A. Open Candidates

- Step 1- Visit YCB website ([yogacertificationboard.nic.in/](http://yogacertificationboard.nic.in/)) and go through the guidelines and Syllabus for Yoga Professionals at “Scheme” and “Syllabus” resp.
- Step 2- Register yourself online at YCB website. Email id is the Login ID, so register with active email id
- Step 3- To activate your registration, login to your account and pay the enrolment fee (online). Unique enrolment number will be generated.
- Step 4- Exam Calendar is available on YCB website. Login to the account and select the exam date, location and assessing agency from the list available on website. Pay the assessment fee for respective level and the candidate will get the acknowledgement of the same. (Candidate must register for exam atleast 15 days prior or the date of exam). The assessing agency reserves the right to postpone the date or change the location of the exam, in case sufficient number of candidates are not available for particular location and date.
- Step 5- Admit card will be issued atleast 7 days prior or the exam. The candidate can download the admit card through their login also.
- Step 6- Candidate to appear for the exam on the due date for theory and practical.

### B. Candidates of Accredited Yoga Institutions/ Centre

- Step 1- Visit YCB website ([yogacertificationboard.nic.in/](http://yogacertificationboard.nic.in/)) and go through the guidelines and Syllabus for Yoga Professionals at “Scheme” and “Syllabus” resp.
- Step 2- Register yourself online at YCB website. Email id is the Login ID, so register with active email id. Accredited Institutions may register their candidate on their behalf
- Step 4- To activate your registration, login to your account and pay the enrolment fee (online). Unique enrolment number will be generated.
- Step 5- Accredited Institution will fix the date for assessment for YCB certification. Login to the account and select the exam date, location and your Institution. Pay the assessment fee and the candidate will get the acknowledgement of the same. Accredited Institutions can carry out the process for their candidates.
- Step 6- Admit card will be issued atleast 7 days prior or the exam. The candidate can download the admit card through their login also.
- Step 7- Candidate to appear for the exam on the due date for theory and practical.

### **FOR APPROVAL OF PERSONNEL CERTIFICATION BODIES (PRCBS)**

- Step 1- Visit YCB website (<http://yogacertificationboard.nic.in/>) and go through the guidelines for [Approval of PrCBs at “Scheme”](#).
- Step 3- Register your organization online at YCB website and upload the requisite documents.
- Step 4- Login to your account and pay the enrolment fee (online).
- Step 5- YCB will undertake scrutiny of the application & documents and organisation will be requested to submit missing document(s) / information, if any.
- Step 6- On submission of all required documents/ information, YCB shall intimate the organisation to pay the assessment fee (online)
- Step 7- On receipt of assessment team, assessment team shall undertake offsite and onsite review.
- Step 8- Non-conformities will be shared by assessment team
- Step 9- Organisation to settle conformities
- Step 10- Consolidation of assessment by assessment team
- Step 11- Approval of PrCB based on consolidated report

### **FOR ACCREDITATION OF YOGA INSTITUTIONS/ CENTRES**

- Step 1- Visit YCB website (<http://yogacertificationboard.nic.in/>) and go through the guidelines for [Accreditation of Yoga Institutions/ centres at “Scheme”](#).
- Step 3- Register your Institution online at YCB website and upload the requisite documents.
- Step 4- Login to your account and pay the enrolment fee (online).
- Step 5- YCB will undertake scrutiny of the application & documents and Institution/ centres will be requested to submit missing document(s) / information, if any.
- Step 6- On submission of all required documents/ information, YCB shall intimate the Institutions/ centre to pay the assessment fee (online)
- Step 7- On receipt of assessment team, assessment team shall undertake offsite and onsite review.
- Step 8- Non-conformities will be shared by assessment team
- Step 9- Institutions to settle conformities
- Step 10- Consolidation of assessment by assessment team
- Step 11- Accreditation of Yoga Institutions based on consolidated report

# Annexure

# Syllabus for Yoga Protocol Instructor (YPI)

1. **Name of the certification:** Yoga Protocol Instructor (YPI)
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 10<sup>th</sup> 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, empathy, language proficiency.
6. **Credit points for certificate :** 12 credits
7. **Duration of course:** Not less than 200 hours or not less than 3 months 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

Unit No.	Practical Work	Marks
1.	Demonstration Skills	80
2.	Teaching Skills	40
3.	Application of knowledge	10
4.	Field Experience	10
	Total	140

## Theory Syllabus

### 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-Chatushtaya, Tri-Sharira Panchakosha).
- 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjala, 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.

### Unit 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 Shlokas (Chapter II -47, 48, 49, 50 and 70).
- 2.3 Introduction and study of Hathapradipika.
- 2.4 General Introduction to Prasthanatrayi.
- 2.5 Concepts and principles of Ahara (Diet) in Hathapradipika and Bhagavad Gita (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 Bhagavad Gita.
- 2.10 Importance of subjective experience in daily Yoga practice.

### Unit 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 ( Maitri, 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 Syllabus

**A. Demonstration Skills**

1 **Prayer:** Concept and recitation of Pranava and other hymns.

2 **Yoga Cleansing Techniques**

Knowledge of Dhauti, Neti and practice of Kapalabhati.

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 Balli 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 **Yogic Surya Namaskara**

5 **Yogasana**

- 5.1 Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Kati Chakrasana, Trikonasana
- 5.2 Dandasana, Sukhasana, Padmasana, Vajrasana,
- 5.3 Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- 5.4 Paschimottanasana, Purvottanasana
- 5.5 Vakrasana, Gomukhasana
- 5.6 Bhujangasana, Shalabhasana, Makarasana
- 5.7 Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
- 5.8 Viparitarani, Saral Matsyasana, Shavasana,

6 **Preparatory Breathing Practices**

- 6.1 Sectional breathing (abdominal, thoracic and clavicular)
- 6.2 Yogic deep breathing

7 **Pranayama**

- 7.1 Concept of Puraka, Rechaka and Kumbhaka
- 7.2 Anuloma Viloma/Nadi Shodhana
- 7.3 Shitali (without Kumbhaka)
- 7.4 Bhramari (without Kumbhaka)



## Book For Reference For Theory

- 1 Goyandka, Harikrishandass : **Yoga Darshan,**  
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga,**  
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 3 Sahay G. S. : **Hathayogapradipika,**  
MDNIY, New Delhi, 2013
- 4 Gita press Gorakhpur : **Shreemad Bhagavadgita,**  
Gita press Gorakhpur, Samvat 2073
- 5 Kotecha, Vaidya Rajesh : **A Beginner's Guide to Ayurveda,**  
Chakrapani Publications, Jaipur 2016
- 6 Quality Council of India : **Yoga professionals Official Guidebook for Level 1,**  
(QCI) Excel Books, New Delhi 2016
- 7 Brahmachari Swami Dharendra : **Yogic Sukshma Vyayama,**  
Dhirendra Yoga Publications, New Delhi, 1986
- 8 Sahay G. S. : **Hathayogapradipika,**  
MDNIY, New Delhi, 2013
- 9 Kalayan : **Upanishads (23<sup>rd</sup> year Special),**  
Geeta Press, Gorakhpur
- 10 Gore M. M. : **Anatomy and Physiology of Yogic Practices,**  
Kanchana Prakashana, Lonavala, 2004
- 11 Swami Karmananda : **Management of Common Diseases,**  
Bihar Yoga Publication Trust, 2006, Munger
- 12 Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers,**  
MDNIY, New Delhi, 2010

**8 Understanding of Bandha**

- 8.1 Jalandhara Bandha
- 8.1 Uddiyana Bandha
- 8.1 Mula Bandha

**9 Understanding of Mudra**

- 9.1 Hasta Mudras (Chin, Chinmaya, Brahma, Adi, Jnana, Dhyana and Nasika)

**10 Practices leading to Meditation and Dhyana Sadhana**

- 10.1 Recitation of Pranava & Soham
- 10.2 Recitation of selected hymns, invocations and prayers from Vedas & Upanishads
- 10.3 Body and Breath awareness
- 10.4 Yoga Nidra

**B. Teaching Skills****11. Methods of Teaching Yoga**

- 11.1 Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & Practices leading to Dhyana)
- 11.2 Principles of teaching Yoga Protocol to different groups (Beginners, Children, Youth, Women, geriatric population, and Special attention group)
- 11.3 Preparation for a Yoga class (before and during and after the class)
- 11.4 Factors influencing Yoga teacher
- 11.5 Class Management in Yoga : its meaning and needs
- 11.6 Conducting Yoga practical lesson: Precautions & Contraindications of practices)
- 11.7 Salient features of Ideal Yoga Instructor
- 11.8 Models of Ideal Yoga lesson plans



## Books for Reference for Practicum

1. Brahmachari Swami Dhirendra : **Yogic Sukshma Vyayama,**  
Dhirendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dhirendra : **Yogasana Vijnana,**  
Dheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : **Light on Yoga,**  
Harper Collins Publisher, New Delhi, 2005
4. Saraswati, Swami Satyananda : **Asana, Pranayama, Mudra, Bandha,**  
Bihar School of Yoga, Munger, 2006
5. Basavaraddi, I.V. : **A Monograph on Yogic Sukshma Vyayama,**  
MDNIY, New Delhi, 2016
6. Basavaraddi, I.V. : **A Monograph on Shatkarma,**  
MDNIY, New Delhi, 2016
7. Basavaraddi, I.V. : **A Monograph on Yogasana,**  
MDNIY, New Delhi, 2016
8. Basavaraddi, I.V. : **A Monograph on Pranayama,**  
MDNIY, New Delhi, 2016
9. Tiwari O.P. : **Asana Why & How ?**  
Kaivalyadhama, SMYM Samiti, Lonavla
10. Saraswati, Swami Satyananda : **Suryanamaskara,**  
Bihar School of Yoga, Munger, 2006
11. Quality Council of India : **Yoga professionals Official Guidebook for Level 1,**  
(QCI) Excel Books, New Delhi 2016
15. Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers,**  
MDNIY, New Delhi, 2010
16. Gharote, M.L. : **Teaching Methods for Yogic practices,**  
Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S : **Yoga Shastra (Vol-I & II) Ramamani Iyenger  
Memorial Yoga,**  
Institute, Pune YOG, Mumbai
18. Ramdev, Swami : **Pranayama Rahasya,**

# Syllabus for Yoga Wellness Instructor (YWI)

1. **Name of the Certification:** Yoga Wellness Instructor (YWI)
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 12th standard/Higher 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 Wellness Instructor) to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places, Yoga wellness centres/Primary Health care centres, 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, empathy, language proficiency.
6. **Credit points for certificate :** 24 credits
7. **Duration of course:** Not less than 400 hours or not less than 6 months as part time or not less than 3 months 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 wellness	20
	Total	60

## Practical

Unit No.	Practical Work	Marks
1.	Demonstration Skills	80
2.	Teaching Skills	40
3.	Application of knowledge	10
4.	Field Experience	10
	Total	140

## Theory Syllabus

### Unit 1- Introduction to Yoga and Yogic Practices

- 1.1 Yoga: Etymology, Definitions (Patanjala Yoga Sutra, Bhagavad Gita & Kathopanishad), Aim, Objectives and Misconceptions.
- 1.2 Yoga: Its origin, history and development.
- 1.3 Brief Introduction to Samkhya and Yoga Darshana.
- 1.4 Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).
- 1.5 Principles of Yoga and practices of healthy living.
- 1.6 Principles and Practices of Jnana Yoga.
- 1.7 Principles and Practices of Bhakti Yoga.
- 1.8 Principles and Practices of Karma Yoga.
- 1.9 Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- 1.10 Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.11 Concept and principles of Yogasana: Meaning, Definition, Types and their significance in Yoga Sadhana.
- 1.12 Concept and principles of Pranayama: Meaning, Definition, Types and their significance in Yoga Sadhana.
- 1.13 Introduction to Tri Bandha and their health benefits.
- 1.14 Dhyana and its significance in health and well being.
- 1.15 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

### Unit 2- Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayi, Purushartha Chatushtaya and goal of human life.
- 2.2 Yoga in Kathopnishad, Prashanopanishad, Tattiriyopanishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita in day to day life.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Study of Patanjala Yoga Sutra including selected sutras from following chapters (I-1 to 12, II- 46 to 51, III-1 to 4).
- 2.7 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.
- 2.8 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- 2.9 Antaranga Yoga of Maharisi Patanjali (Dharana, Dhyana, Samadhi).
- 2.10 Concept of mental well being according to Patanjala Yoga.
- 2.11 Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha Yoga and Raja Yoga.
- 2.12 Concept of Sadhaka and Badhaka Tattva, principles to be followed by Hatha Yoga practitioner.

- 2.13 Concept of Yoga Matha, Mitahara, Pathya & Apathya.
- 2.14 Concept of Nadis, Prana and Pranayama for subjective experiences.
- 2.15 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asana, Pranayama, Mudra, Nadanusandhana).

**Unit 3- Yoga for Wellness**

- 3.1 General introduction to human body and nine major systems of human body.
- 3.2 Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- 3.3 Basic functions of nine major systems of human body and homeostasis.
- 3.4 Yogic concept of health and wellness.
- 3.5 Concept of Tridoshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness.
- 3.6 Concept of Dinacharya and Ritucharya and their importance in well being.
- 3.7 Importance of Ahara, Nidra and Brahmacharya in well being.
- 3.8 Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
- 3.9 Importance of psychosocial environment for health and wellness.
- 3.10 Yogic concept and principles of Ahara (Mitahara, Yuktahara).
- 3.11 Health benefits of Suryanamaskara, Shatkarma, Asana, Pranayama and practices leading to Dhyana (as per the practical syllabus of the course).
- 3.12 Salient features and contra-indications of Yoga practices for well being (as per the practical syllabus of the course).
- 3.13 Knowledge of common diseases; their prevention and management by Yoga.
- 3.14 Knowledge of role of Yoga in the management of non communicable diseases.
- 3.15 Concept of stress and Yogic management of stress and its consequences.



## Practical Syllabus

### A. Demonstration Skills

#### 1. Prayer

- 1.1 Concept and Recitation of Pranava
- 1.2 Concept and Recitation of Hymns
- 1.3 Selected universal prayers, invocations and Nishpatti Bhava.

#### 2. Yogic Shat Karma

- 2.1 Neti: Sutra Neti and Jala Neti
- 2.2 Dhauti: Vamana Dhauti (Kunjala)
- 2.3 Kapalabhati (Vatakrama)

#### 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 Balli 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 Prishtha pada tala Shakti Vikasaka

##### b. Yogic Sthula Vyayama (Macro circulation practices)

- Sarvanga Pushti
- Hrid Gati (Engine daud)

#### 4. Yogic Surya Namaskara with Mantra

#### 5. Yogasana

- 5.1 Tadasana, Hastottanasana, Vrikshasana
- 5.2 Ardha Chakrasana, Padahasthasana
- 5.3 Trikonasana, Parshva Konasana, Katichakrasana
- 5.4 Dandasana, Padmasana, Vajrasana,
- 5.5 Yogamudrasana, Parvatasana
- 5.6 Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana,
- 5.7 Pashchimottanasana, Purvottanasana
- 5.8 Vakrasana, Ardha Matsyendrasana, Gomukhasana
- 5.9 Makarasana, Bhujangasana, Shalabhasana, Dhanurasana
- 5.10 Pavanamuktasana and its variations
- 5.11 Uttanapadasana, Ardha Halasana, Setubandhasana, Saral-Matsyasana
- 5.12 Shavasana

**6. Preparatory Breathing Practices**

- 6.1 Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
- 6.2 Yogic Deep Breathing
- 6.3 Anuloma Viloma/Nadi Shodhana

**7. Pranayama**

- 7.1 Concept of Puraka, Rechaka and Kumbhaka
- 7.2 Ujjayi Pranayama (Without Kumbhaka)
- 7.3 Shitali Pranayama (Without Kumbhaka)
- 7.4 Sitkari Pranayama (Without Kumbhaka)
- 7.5 Bhramari Pranayama (Without Kumbhaka)

**8. Concept and Demonstration of Bandha**

- 8.1 Jalandhara Bandha
- 8.2 Uddiyana Bandha
- 8.3 Mula Bandha

**9. Concept and Demonstration of Mudra**

- 9.1 Yoga Mudra
- 9.2 Maha Mudra
- 9.3 Viparitakarani Mudra

**10. Practices leading to Dhyana Sadhana**

- 10.1 Body awareness and Breath awareness
- 10.2 Yoga Nidra
- 10.3 Antarmauna
- 10.4 Recitation of Pranava and Soham
- 10.5 Recitation of Hymns
- 10.6 Practice of Dhyana

**B. Teaching Skills**

**11. Methods of Teaching Yoga**

- 11.1 Teaching methods with special reference to Yoga
- 11.2 Factors influencing Yoga teaching
- 11.3 Need of teaching practice and its use in Yogic practice.
- 11.4 Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- 11.5 Methods of teaching Yoga to an individual, small group and large group
- 11.6 Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
- 11.7 Lesson plan: Its meaning and need
- 11.8 Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group



## *Book for reference for Practicum*

1. Brahmachari Swami Dhirendra : **Yogic Sukshma Vyayama,**  
Dhirendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dhirendra : **Yogasana Vijnana,**  
Dheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : **Light on Yoga,**  
Harper Collins Publisher, New Delhi, 2005
4. Swami Kuvalyananda : **Pranayama,**  
Kaivalyadhama, Lonavla, 1992
5. Saraswati, Swami Satyananda : **Asana, Pranayama, Mudra, Bandha,**  
Bihar School of Yoga, Munger, 2006
6. Basavaraddi, I.V. : **A Monograph on Yogic Sukshma Vyayama,**  
MDNIY, New Delhi, 2016
7. Basavaraddi, I.V. : **A Monograph on Shatkarma,**  
MDNIY, New Delhi, 2016
8. Basavaraddi, I.V. : **A Monograph on Yogasana,**  
MDNIY, New Delhi, 2016
9. Basavaraddi, I.V. : **A Monograph on Pranayama,**  
MDNIY, New Delhi, 2016
10. Tiwari O.P. : **Asana Why & How ?**  
Kaivalyadhama, SMYM Samiti, Lonavla
11. Basavaraddi, I.V. & Bharti Swami Anant : **Pratah Smarana,**  
MDNIY, New Delhi, 2016
12. Saraswati, Swami Satyananda : **Suryanamaskara,**  
Bihar School of Yoga, Munger, 2006
13. Joshi K.S. : **Yogic Pranayama,**  
Orient Paperbacks, New Delhi 2009
14. Quality Council of India : (QCI) : **Yoga professionals Official Guidebook for level 2,**  
Excel Books, New Delhi 2016
15. Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers,**  
MDNIY, New Delhi, 2010
16. Gharote, M.L. : **Teaching Methods for Yogic practices,**  
Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S : **Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial Yoga,** Institute, Pune YOG, Mumbai

## Book for reference for Theory

- 1 Goyanka, Harikrishandass : **Yoga Darshan,**  
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Ravi Shankar, Sri Sri : **Upanishad, Vol. I,**
- 3 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga,**  
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 4 Basavaraddi I. V. and Pathak, S. P. : **Hathayoga ke Adhar avam Prayoga,** (Sanskrit-Hindi),  
MDNIY, New Delhi, 2007
- 5 Sahay G. S. : **Hathayogapradipika,**  
MDNIY, New Delhi, 2013
- 6 Gita press Gorakhpur : **Shreemad Bhagvadgita,**  
Gita press Gorakhpur, Samvat 2073
- 7 Quality Council of India (QCI) : **Yoga professionals Official Guidebook for Level 2,**  
Excel Books, New Delhi 2016
- 8 Kalidas Joshi and Ganesh Shankar : **Yoga ke Siddhant Evam Abhyas,**  
Madhya Pradesh Hindigrantha Akadami, Bhopal, 1995
- 9 Brahmachari Swami Dharendra : **Yogic Sukshma Vyayama,**  
Dhirendra Yoga Publications, New Delhi, 1986
- 10 Digambarji Swami and Gharote M.L. : **Gheranda Samhita,**  
Kaivalyadhama S.M.Y.M. Samiti, Lonavala 1997
- 11 Kalayan : **Upanishads (23rd year Special),**  
Geeta Press, Gorakhpur
- 12 Gore M. M. : **Anatomy and Physiology of Yogic Practices,**  
Kanchana Prakashana, Lonavala, 2004
- 13 Telles, Shirley : **A Glimse of the Human body,**  
Swami Vivekanand Yoga Prakashan, Bangalore, 1998
- 14 Swami Karmananda : **Management of Common Diseases,**  
Bihar Yoga Publication Trust, 2006, Munger
- 15 Bhogal, R. S. : **Yoga & Mental Health and beyond,**  
ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010
- 16 Jayadeva, Yogendra. : **Cyclopedia Vol I, II, III & IV,**
- 17 Basavaraddi, I.V. : **How to manage Stress through Yoga,**  
MDNIY, New Delhi
- 18 Kotecha, Vaidya Rajesh : **A Beginner's Guide to Ayurveda,**  
Chakrapani Publications, Jaipur 2016
- 19 MDNIY : **Yoga Module for Wellness Series (1 to 10),**  
MDNIY, New Delhi 2011

## *Syllabus for Yoga Teacher and Evaluator (YT&E)*

1. **Name of the Certification:** Yoga Teacher and Evaluator (YT&E)
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 be graduate in any stream from a recognized University or equivalent. However, the Yoga institutions can define their own eligibility.
3. **Brief Role Description:** Master Trainers in Yoga educational institutions, Yoga training courses and training programs. He or she can also act as Evaluator and assessor of Yoga professionals. Can teach in studios, institutions, colleges/universities/ institutions of higher learning.
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, empathy, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendly and approachable, independent, credibility, analytical skills, etc.
6. **Credit points for certificate:** 46 credits
7. **Duration of course:** Not less than 800 hours or not less than 15 months as part time or not less than 9 months as full time course.
8. **Mark Distribution:**  
Total Marks: 200 (Theory: 80+Practical: 120)

### Theory

Unit No.	Unit Name	Marks
1.	Foundation of Yoga	20
2.	Introduction to Yoga Texts	20
3.	Yoga And Health	20
4.	Applied Yoga	20
	Total	80

### Practical

Unit No.	Practical Work	Marks
1.	Demonstration Skills	60
2.	Teaching Skills	20
3.	Evaluation Skills	20
4.	Application of knowledge	10
5.	Field Experience	10
	Total	120

## Theory Syllabus

### UNIT 1 Foundation of Yoga

- 1.1 Etymology and Definitions of Yoga (Patanjala Yoga Sutra, Bhagavad Gita, Kathopanishad).
- 1.2 Brief Introduction to origin, history and development of Yoga (Pre-Vedic period to contemporary times).
- 1.3 Yoga in Principle Upanishads.
- 1.4 Yoga tradition in Jainism: Syadvada (theory of seven fold predictions); Concept of Kayotsarga/Preksha meditation).
- 1.5 Yoga Tradition in Buddhism: Concept of Aryasatyas (four noble truths).
- 1.6 Salient features and branches of Bharatiya Darshana (Astika and Nastika Darshana).
- 1.7 General introduction to Shad Darshana with special emphasis on Samkhya, Yoga and Vedanta Darshana.
- 1.8 Brief survey of Yoga in Modern and Contemporary Times (Shri Ramakrishna, Shri Aurobindo, Maharishi Raman, Swami Vivekananda, Swami Dayananda Saraswati, Swami Shivananda, Paramhansa Madhavadas ji, Yogacharya Shri T. Krishnamacharya).
- 1.9 Guiding principles to be followed by the practioner.
- 1.10 Brief Introduction to Schools of Yoga; Jnana, Bhakti, Karma, Raja & Hatha.
- 1.11 Principles and Practices of Jnana Yoga.
- 1.12 Principles and Practices of Bhakti Yoga.
- 1.13 Principles and Practices of Karma Yoga.
- 1.14 Concept and Principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- 1.15 Concept and Principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.16 Concept and Principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.17 Concept and Principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.18 Introduction to Bandha & Mudra and their health benefits.
- 1.19 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.
- 1.20 Introduction to Dhyana and its role in health and well being.

### UNIT 2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayi, Purushartha Chatushtaya and goal of human life.
- 2.2 Yoga in Kathopanishad, Prashnopanishad, Taittiriyanopanishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna (stages and characteristics) in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita as a synthesis of Yoga.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Introduction and highlights of Yoga Vasishtha, definitions of Yoga and their relevance in Yoga Vasishtha.
- 2.7 Study of Patanjala Yoga Sutra including selected Sutras from following chapters (I- 1 to 12, II- 1 to 2, 46 to 55, III- 1 to 6).
- 2.8 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam,

- Klesha and Viveka-Khyati and their relationship with wellness.
- 2.9 Concept of Ishwara and its relevance in Yogasadhana, qualities of Ishwara, Ishwarapranidhana.
  - 2.10 Concept of Kriya Yoga of Patanjala and its importance for healthy living.
  - 2.11 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
  - 2.12 Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
  - 2.13 Concept of mental well-being according to Patanjala Yoga.
  - 2.14 Hatha Yoga: Its origin, history and development. Hatha Yoga: its meaning, and definition, aim, objectives and misconception about Hatha Yoga.
  - 2.15 Sadhaka Tattva and Badhaka Tattva principles to be followed by Hatha Yoga practitioner.
  - 2.16 Concept of Yoga Matha, Mitahara, Pathya & Apathya, types of Aspirants.
  - 2.17 Hatha Yoga practices according to different Hatha Yogic Texts (Hatha Pradipika, Gheranda Samhita and Hatharatnavali).
  - 2.18 Concept of Shwasa-Prashwasa, Vayu, Prana, Upa-Prana, Shat Chakra etc.
  - 2.19 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadanusandhana).
  - 2.20 Relevance and importance of Hatha Yoga practices in health and well being.

### UNIT 3 Yoga and Health

#### Introduction to Human Body–Anatomy and Physiology

- 3.1 Introduction to Human body.
- 3.2 Basic structure and functions of Musculoskeletal system, Respiratory system, Cardio vascular system, Nervous system, Digestive system and Endocrine system.
- 3.3 Homeostasis: its mechanism to maintain internal environment of the body.
- 3.4 Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- 3.5 Impact of Yogic practices on different systems of the human body: Benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory, Circulatory, Musculoskeletal system.

#### Introduction to Psychology

- 3.6 Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.
- 3.7 Definition and nature of Behavior, kinds of Behavior Motivation.
- 3.8 Emotions : definition, nature and physiological changes during Emotion.
- 3.9 Mental Health : Yogic view of Mental Health and Mental Illness.
- 3.10 Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.

#### Yoga For Health And Wellness.

- 3.11 Yogic concept of health, wellness and illness.
- 3.12 Importance of psycho-social environment for health and wellness.
- 3.13 Role of Yoga in various dimensions (physical, mental, social and spiritual) of health.

- 3.14 Importance of following Dinacharya and Ritucharya for well being.
- 3.15 Role of Ahara, Nidra and Brahmacharya in wellness.

#### Yoga For Disease Prevention And Health Promotion.

- 3.16 Meaning and definition of Health and Disease, Concept of Adhi and Vyadhi, Yoga as a preventive Health care- Heyam Dukham Anagatam.
- 3.17 Potential causes of ill –health: Tapatrayas and Kleshas, Mental and Emotional ill Health: Antarayas.
- 3.18 Shuddhi Prakriyas in Yoga and their role in preventive and curative Health.
- 3.19 Knowledge of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in Health and Disease.
- 3.20 Yogic concept of Holistic Health and its importance in the management of diseases.

#### UNIT 4 Applied Yoga

##### Yoga And Education

- 4.1 Education: Its meaning, definition and goal, role and importance of education in Human Excellence.
- 4.2 Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher, Student and Teaching, Guru-Shishya-Parampara and its importance in Yoga Education.
- 4.3 Value Education: Its Meaning and Definition, types of values, value –oriented education in Personality Development.
- 4.4 Contribution of Yoga towards Development of Values, Spiritual Growth.
- 4.5 Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education, Role of Yoga in development of healthy society.

##### Yoga For Personality Development

- 4.6 Personality: Meaning and types of personality.
- 4.7 Determinants of Personality with reference to psycho-social environment.
- 4.8 Knowledge of various facets and stages of development of personality.
- 4.9 Personality Development; Role of spirituality and positive attitude in personality development.
- 4.10 Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha, Mudra etc.) in the Personality Development.

##### Yogic management of Stress and its Consequences

- 4.11 Definition, nature and types of Stress.
- 4.12 Symptoms and consequences of Stress on human mind.
- 4.13 Yogic perspective of Stress. Yogic principles for the management of Stress and its consequences.
- 4.14 Concept and techniques of Stress management in Ashtanga Yoga of Patanjala Yogasutra and Bhagavad Gita.
- 4.15 Specific practices for Stress management: Yogasana, Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation.

### Yoga for prevention and management of Life Style Disorders

- 4.16 Concept of Yogic life style and its relevance.
- 4.17 General knowledge about life style related disorders : Acidity , Constipation , Irritable bowel syndrome (IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis etc.
- 4.18 Role of Yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis.
- 4.19 Role of Yoga in prevention and management of non-communicable disorders.
- 4.20 Yoga as an integrative medication.

### Practical Syllabus

#### A. Demonstration Skills

#### 1 Prayer

- Concept and Recitation of Pranava
- Concept and Recitation of Hymns
- Selected universal prayers, invocations and Nishpatti Bhava.

#### 2 Yogic Shat Karma

- **Neti:** Sutra Neti and Jala Neti
- **Dhauti:** Vamana Dhauti (Kunjala)
- **Kapalabhati** (Vatakrama)

#### 3 a. Yogic Sukshma Vyayama and Sthula Vyayama

##### Yogic Sukshma Vyayama (Microcirculation Practices)

- Neck Movement  
Griva Shakti Vikasaka ( I,II,III,IV)
- Shoulder Movement  
Bhuja Balli 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 prishtha-pada tala Shakti Vikasaka

##### b. Yogic Sthula Vyayama (Macrocirculation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine run)

#### 4 Yogic Surya Namaskara with Mantra

#### 5 Yogasana

- 5.1 Tadasana, Hastottanasana, Vrikshasana
- 5.2 Ardha Chakrasana, Padahastana
- 5.3 Trikonasana, Parshva Konasana, Katichakrasana

- 5.4 Dandasana, Bhadrasana, Padmasana, Vajrasana,
- 5.5 Yogamudrasana, Parvatasana
- 5.6 Mandukasana, Ushtrasana, Shashankasana, Utthana Mandukasana,
- 5.7 Paschimottanasana, Purvottanasana
- 5.8 Vakrasana, Ardha Matsyendrasana, Gomukhasana
- 5.9 Makarasana, Bhujangasana, Salabhasana, Dhanurasana
- 5.10 Pavanamuktasana and its variations
- 5.11 Uttanapadasana, Ardha Halasana, Setubandhasana, Saral-matsyasana
- 5.12 Halasana, Chakrasana
- 5.13 Sirshasana
- 5.14 Shavasana,
- 6 Preparatory Breathing Practices**
  - 6.1 Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
  - 6.2 Yogic Deep Breathing
  - 6.3 Anuloma Viloma/ Nadi Shodhana
- 7 Pranayama**
  - 7.1 Concept of Puraka, Rechaka and Kumbhaka
  - 7.2 Ujjayi Pranayama (Without Kumbhaka)
  - 7.3 Shitali Pranayama (Without Kumbhaka)
  - 7.4 Sitkari Pranayama (Without Kumbhaka)
  - 7.5 Bhrumari Pranayama (Without Kumbhaka)
- 8 Concept and Demonstration of Bandha**
  - 8.1 Jalandhara Bandha
  - 8.2 Uddiyana Bandha
  - 8.3 Mula Bandha

**Concept and Demonstration of Mudra**

  - 8.4 Yoga Mudra
  - 8.5 Maha Mudra
  - 8.6 Viparitakarani Mudra
- 9 Practices leading to Dhyana Sadhana**
  - 9.1 Body awareness and Breath awareness
  - 9.2 Yoga Nidra
  - 9.3 Antarmauna
  - 9.4 Recitation of Pranava and Sohama
  - 9.5 Recitation of Hymns
  - 9.6 Practice of Dhyana
- B. Teaching Skills**
- 10 Methods of Teaching & Evaluation**
  - 10.1 Teaching methods with special reference to Yoga
  - 10.2 Factors influencing Yoga teaching
  - 10.3 Need of teaching practice and its use in Yogic practice.
  - 10.4 Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation.
  - 10.5 Methods of teaching Yoga to an individual, small group and large group
  - 10.6 Use of audio-visual aids, ICT, multimedia and online resources
  - 10.7 Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
  - 10.8 Lesson plan: Its meaning and need
  - 10.9 Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a



## Book for reference for Theory

- 1 Goyanka, Harikrishandass : **Yoga Darshan,**  
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Karel Werner : **Yoga and Indian Philosophy,**  
Motilal Banarasidas.,1975
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सत्यमेव जयते  
आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India

Application No.: -----

**YOGA CERTIFICATION BOARD**  
**योग प्रमाणीकरण मंडल**

Ministry of AYUSH, Govt. of India  
MDNIY, 68, Ashok Road, New Delhi - 110001



**Application Form for Certification  
of Yoga Professionals**

(Please note that this is an application for Yoga Professional certification examination  
and not for Yoga training course)

Photo

**Part –I (Enrolment)**

**1. Personal Information**

a.	Title (Shri/Smt./Ms./Dr.)	
b.	First Name	
c.	Middle Name	
d.	Last Name	
e.	Gender (Male/ Female/others)	
f.	Date of Birth (DD-MM-YYYY)	
g.	Nationality	
h.	Father's Name	
i.	Mother's Name	
j.	Spouse's Name	
k.	Category	(SC/ ST/ OBC/EWS/General)
l.	Do you have PwD Certificate ? (Attach certificate)	
m.	Correspondence Address	City..... State..... District..... Pin Code ..... Country.....
n.	Permanent Address	City..... State..... District..... Pin Code ..... Country.....
o.	Mobile	
p.	E-Mail ID	
q.	Type of ID copy attached (Passport, Aadhar Card, Govt. issued Photo ID, Driving licence, Voter ID)	
r.	ID no.	

## 2. Educational Qualification & Skill

a.	Academic Qualifications	Below Secondary/ Secondary /Higher Secondary/ Diploma /Graduate/ Post Graduate/PhD/ Any other
b.	Yoga Qualifications	None/ Certificate/Diploma /Graduate/ Post Graduate/PhD/Any other
c.	Are you a certified Yoga professional under Ministry of AYUSH?	Yes /No (If yes, .....level, Certificate No. _____ Valid upto: _____)

## 3. Working experience in Yoga

a.	Yoga experience	> 1 year , > 2 years, 3-5 years, 5-10 years, 10 -20 years , >20 years (Pl. attach the document)
----	-----------------	--

4. Are you presently a student of Yoga Institution? Yes/ No  
Select the name of the Institution: (List of Accredited Institution/ centres/ other)
5. Have you been rejected earlier / debarred for Assessment under the Scheme? (yes/ No)  
(If yes, please provide the details)
6. Medical history Information / declaration \*
- a. Do you have any family history of :
- |                |                              |                             |  |
|----------------|------------------------------|-----------------------------|--|
| Heart ailment  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |  |
| Diabetes       | YES <input type="checkbox"/> | NO <input type="checkbox"/> |  |
| Mental illness | YES <input type="checkbox"/> | NO <input type="checkbox"/> |  |
| Tuberculosis   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |  |
- b. Whether you have undergone any surgical operation in the past? Yes  No
- c. Do you take any medicines regularly? Yes  No  Details
- d. Do you have any body deformity or defect? Yes  No  Details
- e. Do you have any problem of Rheumatism / Asthma / Joint pain? Yes  No
- f. Do you have any large veins in your legs, thighs (varicose -veins)? Yes  No
- g. Are you color blind? Yes  No
- h. Do you have any hearing problem? Yes  No
- i. Have you ever had any skin disorder? Yes  No
- j. Have you ever had medical treatment for?
- |                        |                              |                             |
|------------------------|------------------------------|-----------------------------|
| • Allergies            | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| • Hay fever            | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| • Reaction to medicine | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

- Sprain YES NO
- Fracture or broken bone YES  NO
- Diabetes YES  NO
- Fits YES  NO
- Eye trouble YES  NO
- Fainting spells YES  NO
- Heart troubles or High Blood Pressure YES  NO
- Hernia or Rupture YES  NO
- Injury to knee joints YES  NO
- Paralysis or weakness in arms or legs YES  NO
- Emotional upsets YES  NO
- Tuberculosis (TB) YES  NO
- Rheumatism YES NO
- Prolonged fever YES NO
- Back pain YES NO

**7. Agreement**

By submitting this application, I confirm that the facts stated in it are true and complete. I understand that if I am accepted as a candidate, any false statements, omissions, or other misrepresentations made by me on this application may result in the immediate withdrawal of my application and legal prosecutions applicable and debarment from applying further and forfeiture of the fee already paid.

**I confirm that:-**

List any instances of discomfort/disability of any students till date	Name(s) of students	Incidents reported

I waive my rights to claim for any injury incurred by me during physical assessment element of examination.

- I have read the self-declaration and agree to abide by the terms and conditions contained in them.
- I have no pending judicial proceedings relating to my conduct
- I have no pending proceedings by any regulatory authority
- I know of no instances of discomfort/disability of any students till date, except as listed below

**Part – II (Assessment)**

8. 1st time Assessment
- Re-appear (theory)
- Re-appear (Theory and practical)

- Yoga Protocol Instructor
- Yoga Wellness Instructor
- Yoga Teacher & Evaluator
- Yoga Master

9. Select the level for assessment:

Assistant Yoga Therapist	<input type="checkbox"/>
Yoga Therapist	<input type="checkbox"/>
Therapeutic Yoga Consultant	<input type="checkbox"/>

**Yoga Education and Training  
Yoga Therapy**

10. Name of the PrCB/ Accredited Institution/ Centre/YCB: \_\_\_\_\_
11. Preferred date of examination (selected from the listed dates available on website)
12. Examination Centre  
Preferred Examination centre:
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
13. Language for Assessment preferred: \_\_\_\_\_

Name of the Agency: _____	Status: _____
Application Number: _____	

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Place: \_\_\_\_\_

Date: \_\_\_\_\_

**SELF-DECLARATION**

I, ....., confirm that I follow Yamas and Niyamas as delineated in Patanjali Yoga Sutras to the best of my ability in my day-to-day life and promise to continue to do so in future. I understand that if I am found blatantly violating the Yamas and Niyamas at a later date, my certification can be suspended and withdrawn.

I, also confirm that I am in good health to be able to impart Yoga education and will bring to your notice when there is a change in my health which will adversely affect my functioning as a Yoga professional. I understand that if I am found not fit health-wise to be a Yoga professional at a later date, my certification can be suspended and withdrawn. I will ensure a safe and protected environment in which an aspirant can grow physically, mentally, and spiritually. I confirm that I have read and understood the document forming part of this declaration.

Signature of the candidate: \_\_\_\_\_

Date: \_\_\_\_\_



सत्यमेव जयते  
आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India

## YOGA CERTIFICATION BOARD योग प्रमाणीकरण मंडल

Ministry of AYUSH, Govt. of India  
MDNIY, 68, Ashok Road, New Delhi - 110001



### Application Form for CYEP

Please note that this is an application for attending CYEP for renewal of Certificate of Yoga Professional.

#### Part –I (Enrolment)

1.Existing Certificate No. : \_\_\_\_\_

2.Personal Information (Data as per records to appear and any changes if required can be done by the candidate)

Photo

a.	Title (Shri/Smt./Ms./Dr.)	
b.	First Name	
c.	Middle Name	
d.	Last Name	
e.	Gender (Male/ Female/others)	
f.	Date of Birth (DD-MM-YYYY)	
g.	Nationality	
h.	Father's Name	
i.	Mother's Name	
j.	Spouse's Name	
k.	Category	(SC/ ST/ OBC/EWS/General)
l.	Do you have PwD Certificate ? (Attach certificate)	
m.	Correspondence Address	City..... State..... District..... Pin Code ..... Country.....
n.	Permanent Address	City..... State..... District..... Pin Code ..... Country.....
o.	Mobile	
p.	E-Mail ID	
q.	Type of ID copy attached (Passport, Aadhar Card, Govt. issued Photo ID, Driving licence, Voter ID)	
r.	ID no.	



**3. Educational Qualification and Skill**

- a. Academic Qualifications                      Below Secondary/ Secondary /Higher Secondary/  
Diploma /Graduate/ Post Graduate/PhD/ Any  
other
- b. Yoga Qualifications                              None/ Certificate/Diploma /Graduate/ Post  
Graduate/PhD/Any other

**4. Working experience in Yoga**

- Yoga experience                      > 1 year ,  
> 2 years,  
3-5 years,  
5-10 years,  
10 -20 years ,  
>20 years (Pl. attach the document)

**5. Medical history Information / declaration**

- a. Do you have any family history of :
- i. Heart ailment                      YES  NO
  - ii. Diabetes                              YES  NO
  - iii. Mental illness                      YES  NO
  - iv. Tuberculosis                      YES  NO
- b. Whether you have undergone any surgical operation in the past?    Yes  No
- c. Do you take any medicines regularly?                      Yes  No  Details
- d. Do you have any body deformity or defect?                      Yes  No  Details
- e. Do you have any problem of Rheumatism / Asthma / Joint pain?    Yes  No
- f. Do you have any large veins in your legs, thighs (varicose -veins)?    Yes  No
- g. Are you color blind?                      Yes  No
- h. Do you have any hearing problem?                      Yes  No
- i. Have you ever had any skin disorder?                      Yes  No
- j. Have you ever had medical treatment for?
- i. Allergies                      YES  NO
  - ii. Hay fever                      YES  NO
  - iii. Reaction to medicine                      YES  NO
  - iv. Sprain                      YES  NO
  - v. Fracture or broken bone                      YES  NO
  - vi. Diabetes                      YES  NO
  - vii. Fits                      YES  NO
  - viii. Eye trouble                      YES  NO
  - ix. Fainting spells                      YES  NO
  - x. Heart troubles or High Blood Pressure                      YES  NO
  - xi. Hernia or Rupture                      YES  NO
  - xii. Injury to knee joints                      YES  NO
  - xiii. Paralysis or weakness in arms or legs                       YES  NO
  - xiv. Emotional upsets                       YES  NO

## Self-declaration

I, ....., confirm that I follow the Yamas and Niyamas as delineated in Patanjali Yoga Sutras to the best of my ability in my day-to-day life and promise to continue to do so in future. I understand that if I am found blatantly violating the Yamas and Niyamas at a later date, my certification can be suspended and withdrawn.

I, also confirm that I am in good health to be able to impart Yoga education and will bring to your notice when there is a change in my health which will adversely affect my functioning as a Yoga professional. I understand that if I am found not fit health-wise to be a Yoga professional at a later date, my certification can be suspended and withdrawn. I will ensure a safe and protected environment in which an aspirant can grow physically, mentally, and spiritually. I confirm that I have read and understood the document forming part of this declaration.

Signature of the candidate: \_\_\_\_\_

Date: \_\_\_\_\_



- xvii. Rheumatism YES  NO
- xviii. Prolonged fever YES  NO
- xix. Back pain YES  NO

**6. Agreement and Signature**

By submitting this application, I confirm that the facts stated in it are true and complete. I understand that if I am accepted as a candidate, any false statements, omissions, or other misrepresentations made by me on this application may result in the immediate withdrawal of my application and legal prosecutions applicable and debarment from applying further and forfeiture of the fee already paid.

**I confirm that:-**

- I waive my rights to claim for any injury incurred by me during physical assessment element of examination.
- I have read the self-declaration and agree to abide by the terms and conditions contained in them.
- I have no pending judicial proceedings relating to my conduct
- I have no pending proceedings by any regulatory authority
- I know of no instances of discomfort/disability of any students till date, except as listed below

List any instances of discomfort/disability of any students till date	Name(s) of students	Incidents reported

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Place: \_\_\_\_\_

Date: \_\_\_\_\_

**Part – II (Assessment)**

- 7. Mode of CYEP: Face to Face \_\_\_\_\_ Virtual \_\_\_\_\_
- 8. Preferred CYEP Center:
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
- 9. Preferred date of CYEP (select from the list): \_\_\_\_\_
- 10. Language for Assessment (preferred): \_\_\_\_\_
- 11. Experience form (filled format) \_\_\_\_\_
- 12. Number of person trained: \_\_\_\_\_  
(Attach list with Name, phone no. and place in excel sheet)
- 13. Number of feedback forms: \_\_\_\_\_  
(Attach JPEG/PDF in zip file)
- 14. Year of experience with organisation: \_\_\_\_\_  
(Attach Experience letter from the organizations (JPEG/PDF file))
- 15. Number of Yoga camps organized: \_\_\_\_\_  
(Letter / document certifying that the concern person has organized or was part of the organizing team for Yoga camps - PDF/JPEG file)
- 16. Any other information: (attach document if required)

Enrollment No. of Applicant .....

*Details of Field Experience of Yoga Professionals for CYPD*

1. Name of Yoga Professional: .....
2. Mobile no. : .....
3. Email No.: .....
4. Existing Certificate no. : .....
5. Current level of certification: .....
6. Details of the experience related to Yoga Teaching and Training:

**A. Persons Trained**

S. No	Financial Year	No. of persons trained	Mode of training (Multiple modes can be selected for a year)	Remarks
			Home based <input type="checkbox"/> Park <input type="checkbox"/> Society <input type="checkbox"/> Corporate <input type="checkbox"/> Any other .....	
			Home based <input type="checkbox"/> Park <input type="checkbox"/> Society <input type="checkbox"/> Corporate <input type="checkbox"/> Any other .....	

Total persons trained \_\_\_\_\_

**A. Working Experience with organisation**

S. No	Name of the Organization / Institutions	Post held	Mode of working (Full time / part time / voluntary)	From date	To date	Experience in hours	Roles & Responsibilities

Total Experience \_\_\_\_\_ hours

C. Yoga Camps

S. No	Name of the Camp	Place	Organising Institution	From date	To date	Theme	No. of Participants

Total no. of camps \_\_\_\_\_

1. Details of any other experience in the field of Yoga.....
2. Copies of relevant certificates, to be enclosed.

Date

Signature of candidate



सत्यमेव जयते  
आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India

## YOGA CERTIFICATION BOARD योग प्रमाणीकरण मंडल

Morarji Desai National Institute of Yoga  
MDNIY, 68, Ashok Road, New Delhi - 110001



### Application Form for Special CYEP for renewal and upgradation

Please note that this is an application for attending CYEP for renewal of Certificate of Yoga Professional

#### Part –I (Enrolment)

Photo

#### 1. Personal Information

a.	Title (Shri/Smt./Ms./Dr.)	
b.	First Name	
c.	Middle Name	
d.	Last Name	
e.	Gender (Male/ Female/others)	
f.	Date of Birth (DD-MM-YYYY)	
g.	Nationality	
h.	Father's Name	
i.	Mother's Name	
j.	Spouse's Name	
k.	Category	(SC/ ST/ OBC/EWS/General)
l.	PwD Certificate (Attach certificate)	
m.	Correspondence Address	City..... State..... District..... Pin Code ..... Country.....
n.	Permanent Address	City..... State..... District..... Pin Code ..... Country.....
o.	Mobile	
p.	E-Mail ID	
q.	Type of ID copy attached (Passport, Aadhar Card, Govt. issued Photo ID, Driving licence, Voter ID)	
r.	ID no.	

*Feed Back Form for Experience as Trainer*

Name of the trainer / Yoga Professional: .....

Application no. of YCB .....

**Trainee Details :**

1. Name: .....

2. Address: .....

3. Email Id: .....

4. Phone / Mobile Number: .....

5. Period of Yoga Training/ practice

From:..... To ..... Total No. of days .....

6. Mode of training : Home based/ Park/ Society/ Corporate / Any other

.....

7. Reason for taking up Yoga Practice/ Training: .....

8. Feedback about the Yoga Trainer/ Instructor : .....

.....

Please mark the trainer out of 10:  
.....

(Signature).....

**Date**

**Name of trainee** .....

**2. Educational Qualification and Skill**

- a. Academic Qualifications                      Below Secondary/ Secondary /Higher Secondary/  
Diploma /Graduate/ Post Graduate/PhD/  
Any other
- b. Yoga Qualifications                              None/ Certificate/Diploma /Graduate/ Post  
Graduate/PhD/Any other

**3. Working experience in Yoga**

- Yoga experience                      > 1 year ,  
> 2 years,  
3-5 years,  
5-10 years,  
10 -20 years ,  
>20 years (Pl. attach the document)

**4. Medical history Information / declaration**

- a. Do you have any family history of :
- i. Heart ailment                      YES  NO
  - ii. Diabetes                              YES  NO
  - iii. Mental illness                      YES  NO
  - iv. Tuberculosis                      YES  NO
- b. Whether you have undergone any surgical operation in the past?    Yes  No
- c. Do you take any medicines regularly?                      Yes  No  Details
- d. Do you have any body deformity or defect?                      Yes  No  Details
- e. Do you have any problem of Rheumatism / Asthma / Joint pain?    Yes  No
- f. Do you have any large veins in your legs, thighs (varicose -veins)?    Yes  No
- g. Are you color blind?                      Yes  No
- h. Do you have any hearing problem?                      Yes  No
- i. Have you ever had any skin disorder?                      Yes  No
- j. Have you ever had medical treatment for?
- i. Allergies                      YES  NO
  - ii. Hay fever                      YES  NO
  - iii. Reaction to medicine                      YES  NO
  - iv. Sprain                      YES  NO
  - v. Fracture or broken bone                      YES  NO
  - vi. Diabetes                      YES  NO
  - vii. Fits                      YES  NO
  - viii. Eye trouble                      YES  NO
  - ix. Fainting spells                      YES  NO
  - x. Heart troubles or High Blood Pressure                      YES  NO
  - xi. Hernia or Rupture                      YES  NO
  - xii. Injury to knee joints                      YES  NO
  - xiii. Paralysis or weakness in arms or legs                       YES  NO
  - xiv. Emotional upsets                       YES  NO
  - xv. Tuberculosis                      YES    NO



- xvii. Rheumatism                      YES  NO
- xviii. Prolonged fever                YES  NO
- xix. Back pain                            YES  NO

**5. Agreement and Signature**

By submitting this application, I confirm that the facts stated in it are true and complete. I understand that if I am accepted as a candidate, any false statements, omissions, or other misrepresentations made by me on this application may result in the immediate withdrawal of my application and legal prosecutions applicable and debarment from applying further and forfeiture of the fee already paid.

**I confirm that:-**

- I waive my rights to claim for any injury incurred by me during the physical assessment element of the examination.
- I have read the self-declaration and agree to abide by the terms and conditions contained in them.
- I have no pending judicial proceedings relating to my conduct
- I have no pending proceedings by any regulatory authority
- I know of no instances of discomfort/disability of any students till date, except as listed below

List any instances of discomfort/disability of any students till date	Name(s) of students	Incidents reported

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Place:** \_\_\_\_\_

**Date:** \_\_\_\_\_

- 6. Renewal  Up-gradation
- 7. Certificate No. \_\_\_\_\_ Current Level \_\_\_\_\_ Validity Period: \_\_\_\_\_
- 8. Name of previous Assessing agency: QCI/ Name of PrCB \_\_\_\_\_
- 9. Certification Level Applied for:

Yoga Protocol Instructor   
Yoga Wellness Instructor   
Yoga Teacher & Evaluator

- 10. Mode of CYEP: Face to Face  Virtual
- 11. Preferred CYEP Center:
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
- 12. Preferred date of CYEP (select from the list): \_\_\_\_\_
- 13. Language for Assessment (preferred): \_\_\_\_\_
- 14. Is Experience form in prescribed format attached? Yes/ No \_\_\_\_\_
- 15. Number of person trained: \_\_\_\_\_  
(Attach list with Name, phone no. and place in excel sheet)
- 16. Number of feedback forms: \_\_\_\_\_  
(Attach JPEG/PDF in zip file)



सत्यमेव जयते  
आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India

## YOGA CERTIFICATION BOARD योग प्रमाणीकरण मंडल

Ministry of AYUSH, Govt. of India  
MDNIY, 68, Ashok Road, New Delhi - 110001



### Application Form For approval of Personnel Certification Bodies (PrCBs)

Please note this form is to apply for YCB approval for PrCB for certification of Yoga Professionals

Before completing this application form Personnel Certification Bodies (PrCB) should study the certification scheme guidelines carefully. If any clarification is needed, please contact YCB at [ycb18-mdniy@nic.in](mailto:ycb18-mdniy@nic.in).

If additional information is required to be submitted it can be attached at the end.

PART – I		General Information			
1.	Name of the agency/ organisation				
2.	Date of establishment	DD/MM/YYYY			
3.	Legal Registration Details	Registered under			
		Regn. No.			
		Date of Regn.			
		Regn. Authority			
		Place of Regn			
		PAN No.			
		TAN No.			
4.	Address of Head/Main Office				
		City		PIN	
		State		District	
5.	Contact Details	Phone		Fax	
		E-mail		Website	
6.	Nature of activities/ objective of the organization				

- 17. Year of experience with organisation: \_\_\_\_\_  
(Letter/document certifying that the concern person has organized or was part of the organizing team for Yoga camps - PDF/JPEG file)
- 18. Number of Yoga camps organized: \_\_\_\_\_  
(Letter / document certifying that the concern person has organized or was part of the organizing team for Yoga camps - PDF/JPEG file)
- 19. Any other information: (attach document if required)

### *Self-declaration*

I, ....., confirm that I follow the Yamas and Niyamas as delineated in Patanjali Yoga Sutras to the best of my ability in my day-to-day life and promise to continue to do so in future. I understand that if I am found blatantly violating the Yamas and Niyamas at a later date, my certification can be suspended and withdrawn.

I also confirm that I am in good health to be able to impart Yoga education and will bring to your notice when there is a change in my health which will adversely affect my functioning as a Yoga professional. I understand that if I am found not fit health-wise to be a Yoga professional at a later date, my certification can be suspended and withdrawn. I will ensure a safe and protected environment in which an aspirant can grow physically, mentally, and spiritually. I confirm that I have read and understood the document forming part of this declaration.

**Signature of the candidate:** \_\_\_\_\_

**Date:** \_\_\_\_\_

7.	Whether registered in India or abroad?				
8.	Country/s of operation				
9.	Head of the organisation (Managing trustee / executive trustee etc.)	<i>Name</i>			
		<i>Designation</i>			
		<i>Contact details</i>			
		<i>Email</i>			
10.	Primary Contact Person	<i>Name</i>			
		<i>Designation</i>			
		<i>Phone</i>		<i>Mobile</i>	
		<i>E-mail</i>			
11.	Branch office addresses with activities (Mention all branches)	<i>Branch address:</i> <i>Name of contact person:</i> <i>Designation :</i> <i>Contact details:</i> <i>Email:</i>			
12.	Locations of the entity which requires assessment	Address and phone No.:			
13.	Details of the constitution and managing body/board / trust / council (Present status)				
14.	Accredited by any certify institution	<i>Name of the Accrediting Body :</i> <i>Activities for:</i> <i>Cert. No.:</i> <i>Validity Period :</i>			
15.	Other Approval(s) from Govt. or Regulatory Bodies, if any				
16.	Whether the organisation is doing other activities? (If yes, 1. specify)				
17.	No. of candidates certified till date				

## Part II - Staff Details

Give details of key Managerial Personnel, all Auditors & Technical / Teaching Experts at the Main Office as well as Branch Office locations.

<b>1</b>	<b>Head of the organisation</b>					Name: Designation: Office Phone: Mobile No.: Email ID:				
<b>2</b>	<b>Managerial / technical staff details</b>									
	<b>Name</b>	<b>Designation</b>	<b>Educational Qualification</b>	<b>Experience</b>	<b>Year of experience</b>	<b>Office Phone</b>	<b>Mobile</b>	<b>Email ID</b>	<b>Nature of employment</b>	
2.1										
2.2										
2.3										

<b>3.</b>	<b>Nontechnical staff</b>									
	<b>Name</b>	<b>Designation</b>	<b>Educational Qualification</b>	<b>Experience</b>	<b>Year of experience</b>	<b>Office Phone</b>	<b>Mobile</b>	<b>Email ID</b>	<b>Nature of employment</b>	
3.1										
3.2										
3.3										

## *Weightage Chart for Assessment of Personnel Certification Bodies (PCBs)*

If the organization is not a legal entity, the assessment of the organization will not be taken up

S No.	Criteria	Weightage (w)	Maximum Marks	Marks awarded (m)	Weighted marks (w X m)	Remarks
1	Infrastructure and office space	20	10			
2	Administrative, Management and Organisational Requirements Policy Document Organisation Structure Confidentiality and impartiality House keeping services	10	10			
3	Staffing	10	10			
4	Systems for Assessment Impanelment of invigilators Impanelment of examiner Selection of exam centres Rules and Regulations for administering exams System for ensuring transparency in declaration of results	20	10			
5	System for handling complaints	10	10			
6	Financial Stability	10	10			
7	Internal Audit and control	5	10			
8	Control of records	5	10			
9	Website	5	10			
10	Accreditation from competent Board	5	10			
	<b>Total</b>	<b>100</b>	<b>100</b>			

$T$  (Total weighted marks) =  $[Sum\ of\ (w \times m) / 10]$

**Marks on any parameter should be awarded as follows:**

- Fulfilling 100% to 90% of criteria - 10-9 marks
- Fulfilling 90% to 75% of criteria – 8-6 marks
- Fulfilling 75% to 50% of criteria – 5-4 marks
- Fulfilling 50% to 30% of criteria – 3-2 marks
- Fulfilling 30% to 10% of criteria - 1 mark
- Fulfilling 10% to 0% of criteria – 0 mark

*Attached documents as annex:*

- 1 Legal Status of the agency- Copy of Registration Certificate with details of activities for which the organisation is registered (Annexure to be marked as (A.1, A.2.....)
- 2 Infrastructure and office space – Ownership document for self owned office space/ rent agreement/ lease deed for rented office space.
- 3 Administrative, Management and Organisational Requirements –
  - Memorandum of Association / constitution
  - Policy documents specifying aim, objectives, vision & mission, a logo, an organogram etc and other policy related documents
  - Organisation documents defining organisational structure, duties, responsibilities and authorities of the management, personnel and its committees
  - Documentary evidence of staff hired with details like qualification, experience, role etc.
  - Documentary evidence of arrangement made for ensuring confidentiality and impartiality
- 4 Policy documents of the organization for administration of exams like Selection process for Invigilator, Examiner, exam centres etc.
- 5 Details of structure for handling complaints with name of the person
- 6 Annual report along with audit report for last 3 years
- 7 Set up of the Internal Audit with sample audit report and action taken in the past
- 8 Documents of the procedures established for retaining records
- 9 Copy of the Accreditation received from any other Board, if any
- 10 Manuals developed for implementation of the scheme
- 11 Application Fee
- 12 Any other document

**DECLARATION**

I, ----- the Authorized Representative on behalf of -----(Name of institution), hereby agree to follow the existing Terms & Conditions of Yoga Certification Board (YCB) as well as Rules and Regulations of the Scheme for Certification of Yoga Professionals as laid by YCB and amended from time to time.

Signature and seal of authorised signatory: \_\_\_\_\_

Name of the authorised signatory: \_\_\_\_\_

Date: \_\_\_\_\_

## *Criteria for Accreditation/ Recognition of Leading Yoga Institutions*

### Eligibility criteria:

- The Yoga institution should have the legacy of Yoga tradition (parampara).
- The Yoga institution should be registered under Societies Act, 1860 or Trusts Act, 1882 or central/ state legislative acts.
- The Yoga institution should have minimum 15 years of existence in the field of Yoga.
- The institution should have minimum 10 years of experience in conducting Yoga education / training/ therapy courses.
- The Yoga institution should have produced minimum 500 institutionally qualified Yoga professionals at the time of applying.
- The Yoga institution should be willing to conduct Continuing Yoga Education program of Yoga Certification Board, after it is accredited by the YCB.
- The Yoga institution should have sufficient infrastructure facilities, faculty and staff for conducting different Yoga courses and examination for different levels, as approved by YCB from time to time, as listed below:

S. No.	Head	Standard required
A	<b>Infrastructure and other facilities</b>	
A.1	Space	<ul style="list-style-type: none"> <li>• The Institution should have minimum 2 acres of land and built up area of minimum 15000 sq ft. However the area criterion may be relaxed for institutions located in metros and hilly areas.</li> </ul>
A.2	Infrastructure	<ul style="list-style-type: none"> <li>• Class rooms – minimum six which can accommodate students with space of 6 sq feet per student.</li> <li>• Halls for demonstration and practice of Yoga with minimum of 18 sqft space per student.</li> <li>• Space for practice of Shat karma with required equipments with standard hygienic conditions.</li> <li>• A meditation hall.</li> <li>• All rooms should be properly ventilated.</li> <li>• Wash rooms, dressing rooms and drinking water facility.</li> <li>• Office of head of the Institution.</li> <li>• An administrative block for managerial / support staff.</li> <li>• Adequate faculty / staff rooms.</li> <li>• Canteen facility in the campus.</li> <li>• A conference hall / auditorium.</li> <li>• Hostel / residential facility for residential programs.</li> </ul>



S. No.	Head	Standard required
A.3	Learning Resources	<ul style="list-style-type: none"> <li>The Institution should have a library with access to minimum 5000 books and journals.</li> <li>Adequate and appropriate goods and equipments like mats, PA system, computers, etc should be available.</li> </ul>
A.4	Environment	<ul style="list-style-type: none"> <li>The environment of the campus of the Institution should be conducive for Yoga teaching and learning process.</li> <li>Institution should preferably have provision for renewable energy and natural water harvesting.</li> </ul>
A.5	Safety arrangement	<ul style="list-style-type: none"> <li>There should be a medical room with required staff for handling medical emergencies.</li> <li>The building and all the civil construction should be inclusive.</li> </ul>
B	<b>Teaching faculty</b>	
B.1	Teaching faculty / Instructors/ trainers and their qualification and competencies	<p>Minimum teaching faculty and qualifications:</p> <ul style="list-style-type: none"> <li><b>Head of the Institution:</b> An eminent Yoga Guru/ master having contributed for the promotion and development of Yoga under Guru Shishya parampara (substantiated by documentary evidence) with minimum 15 years of experience in the field of Yoga or topic related to Yoga OR L-4 certified Yoga Professionals with minimum of 15 years of experience OR An eminent Yoga Professional with PhD in Yoga or topic related to Yoga with minimum 15 years of Teaching experience in Yoga</li> <li>Two L--3 certified Yoga Professionals with minimum of 8 years of experience in the field of Yoga or topic related to Yoga OR Two Yoga Professional with post graduate degree and diploma in Yoga of minimum 1 year duration from recognized university or from an Institute of national repute or recognized by YCB with minimum experience of 8 years in the field of Yoga</li> </ul>

S. No.	Head	Standard required
C.4	Time table for dissemination of the course	<ul style="list-style-type: none"> <li>There should be a time table for each course and record maintenance system.</li> </ul>
D	<b>Management structure and policies</b>	
D.1	Communication process	<ul style="list-style-type: none"> <li>The Institution should have its dedicated website to display all the information on its website for knowledge and information of the aspiring candidates.</li> <li>There should be personnel responsible for hosting the information on its website on timely basis and also for electronic communication like emails and sms as and when necessary.</li> </ul>
D.2	Admission process	<ul style="list-style-type: none"> <li>There has to be a fair and transparent admission process for courses offered by the institution.</li> <li>This process should be well documented and also displayed on its website.</li> <li>The document regarding the process followed in the previous year(s) should be available for audit.</li> </ul>
D.3	Feedback process	<ul style="list-style-type: none"> <li>The Institution must have a well established system for getting feedback from students and other stakeholders, and may need to produce documents, when requested.</li> </ul>
D.4	Complaint handling procedure	<ul style="list-style-type: none"> <li>The Institution should have established procedure for any person to lodge a complaint and its redressal by the competent authority.</li> <li>There should be an Officer designated for the purpose.</li> </ul>
D.5	Results of the institution and its review	<ul style="list-style-type: none"> <li>The Institution should have a system for assessment and evaluation of its candidates, timely declaration of results, and system for remedial action, if needed.</li> </ul>
D.6	Management, accounting and record keeping	<ul style="list-style-type: none"> <li>There should be a dedicated head of the institution.</li> <li>The vision, values, philosophy, objectives and commitments of the organization should be well defined, approved and documented.</li> <li>There should be a management structure in place to execute vision, mission and goals of the Institution.</li> </ul>

S. No.	Head	Standard required
B.1		<ul style="list-style-type: none"> <li>Four L-3 certified Yoga Professionals with minimum of 5 years of experience in the field of Yoga or topic related to Yoga OR Four Yoga professional with post graduate degree and diploma in Yoga of minimum 1 year duration from recognized university or from an Institute of national repute or recognized by YCB with minimum experience of 5 years in the field of Yoga.</li> <li>Eight Yoga teachers/ instructors- L-2 certified Yoga Professionals with minimum of 3 years of experience in teaching Yoga OR Graduate with diploma in Yoga of minimum 1 year duration.</li> <li>Two faculty for allied sciences like Anatomy &amp; Physiology, Psychology, Diet and Nutrition, Ayurveda, Education etc. who are a post graduate with PhD in related subject or Post graduate and diploma in related subject of atleast 1 year duration.</li> </ul>
B.2	System to upgrade the skill and competencies of teachers/ instructors	<ul style="list-style-type: none"> <li>The Institution should have a system whereby the teaching staff is provided opportunity to upgrade their skill and keep updated with latest developments in the field.</li> </ul>
C	<b>Curriculum and Syllabus</b>	
C.1	Courses offered in the Institution	<ul style="list-style-type: none"> <li>The Institution may offer courses in Yoga for different duration and level but the Institution aspiring to be certified through YCB should be running courses equivalent to any or some or all of the levels / types of certification offered by the Yoga Certification Board.</li> </ul>
C.2	Syllabus and courses	<ul style="list-style-type: none"> <li>The courses and the respective syllabus should be available in public domain – on its notice board and on its website.</li> </ul>
C.3	Work plan	<ul style="list-style-type: none"> <li>The institution should have a work plan for delivery of syllabus covering training / demonstration/ practice.</li> </ul>

# *Eligibility Criteria for Accreditation/Recognition of Yoga Institution*

- The Yoga institution should be registered under Societies Act, 1860 or Trusts Act, 1882 or central/ state Legislative Acts.
- The Yoga institution should have minimum 5 years of experience in conducting Yoga education / training courses.
- The Yoga institution should have produced atleast 100 institutionally certified Yoga professionals/ teachers at the time of applying.
- The Yoga institution should have sufficient infrastructure facilities, faculty and staff as listed below:

S. No.	Head	Standard required
A	<b>Infrastructure and other facilities</b>	
A.1	Space	<ul style="list-style-type: none"> <li>• The institution should have minimum space including the built up area of atleast 1 acre</li> </ul>
A.2	Infrastructure	<ul style="list-style-type: none"> <li>• Class rooms – minimum four in number with space to accommodate the students with 6 sq feet of space per student.</li> <li>• Hall for demonstration and practice of Yoga with minimum of 18sq ft space per student.</li> <li>• Space for practice of Shat karma with required equipments with standard hygienic conditions.</li> <li>• A meditation hall.</li> <li>• All rooms should be properly ventilated.</li> <li>• Wash rooms, dressing rooms and drinking water facility.</li> <li>• Office of head of the institution.</li> <li>• An administrative block for managerial / support staff.</li> <li>• Adequate faculty / staff rooms.</li> </ul>
A.3	Learning Resources	<ul style="list-style-type: none"> <li>• The Institution should have a library with access to minimum 2000 books and journals.</li> <li>• Adequate and appropriate goods and equipments like mats, PA system, computers etc should be available.</li> </ul>
A.4	Environment	<ul style="list-style-type: none"> <li>• The environment of the campus of the institution should be conducive for the teaching and learning process.</li> <li>• The institution should preferably have provision for renewable energy and natural water harvesting.</li> </ul>

S. No.	Head	Standard required
		<ul style="list-style-type: none"> <li>• There should be a separate administrative unit to take care of the implementation of statutory administrative decisions and other regulatory requirements of the institution.</li> <li>• There should be well defined internal quality assurance and monitoring mechanism.</li> <li>• There should be a defined policy and procedures for retention and accounting of students' records.</li> <li>• There should be a system for book keeping and maintenance of accounts.</li> </ul>
D.7	Financial resources stability	<ul style="list-style-type: none"> <li>• The Yoga Institution should have records of the financial resources and there should be commitment about stability / continuing financial support for running the courses.</li> <li>• Records of details of the Grant -in-aid, if any and other funds received should be maintained.</li> <li>• Statutory Audit report of at least last 3 years should be maintained.</li> </ul>



S. No.	Head	Standard required
		<ul style="list-style-type: none"> <li>One faculty for allied sciences like Anatomy &amp; Physiology, Psychology, Diet and Nutrition, Ayurveda, Education etc. with a post graduate with PhD in related subject or Post graduate and diploma in related subject of minimum 1 year duration.</li> </ul>
B.2	System to upgrade the skill and competencies of teachers/ instructors	<ul style="list-style-type: none"> <li>The institution should have a system whereby the teaching staff is provided opportunity to upgrade their skill and keep updated with latest development in the field.</li> </ul>
C	<b>Curriculum and Syllabus</b>	
C.1	Courses offered in the Institution	<ul style="list-style-type: none"> <li>The institution may offer courses in Yoga for different duration and level but the Institution aspiring to be certified through YCB should be running courses equivalent to any or some of the levels of certification offered by the Yoga Certification Board.</li> </ul>
C.2	Syllabus and courses	<ul style="list-style-type: none"> <li>The courses and the respective syllabus should be available in public domain – on its notice board and on its website.</li> </ul>
C.3	Work plan	<ul style="list-style-type: none"> <li>The Institution should have a work plan for delivery of syllabus covering training / demonstration/ practice.</li> </ul>
C.4	Time table for dissemination of the course	<ul style="list-style-type: none"> <li>There should be a time table for each course, and a record maintenance system.</li> </ul>
D	<b>Management structure and policies</b>	
D.1	Communication process	<ul style="list-style-type: none"> <li>The Institutions should have its dedicated website to display all the information on its website for knowledge and information of the aspiring candidates.</li> <li>There should be a personnel responsible for hosting the information on its website on timely basis and also for electronic communication like emails and sms as and when necessary.</li> </ul>
D.2	Admission process	<ul style="list-style-type: none"> <li>There should be a fair and transparent admission process for courses offered by the institution.</li> <li>This process should be well documented and also displayed on its website.</li> <li>The document regarding the process followed in the previous years should be available for audit.</li> </ul>

S. No.	Head	Standard required
A.5	Safety arrangement	<ul style="list-style-type: none"> <li>• There should be a medical room with required staff for handling medical contingency.</li> <li>• The building and all the civil construction should be inclusive.</li> </ul>
B	<b>Teaching faculty</b>	
B.1	Teaching faculty / Instructors/ trainers and their qualification and competencies	<p>Minimum teaching faculty and qualifications:</p> <ul style="list-style-type: none"> <li>• Head of the Institution: An eminent Yoga Guru/ master having contributed for the promotion and development of Yoga under Guru-shishya parampara (substantiated by documentary evidence) with minimum 15 years of experience in the field of Yoga or topic related to Yoga OR L-4 certified Yoga Professionals with minimum of 15 years of experience OR An eminent Yoga Professional with PhD in Yoga or topic related to Yoga with minimum 15 years of Teaching experience in Yoga</li> <li>• One L-3 certified Yoga Professionals with minimum of 8 years of experience in the field of Yoga or topic related to Yoga OR One Yoga Professional with post graduate degree and diploma in Yoga of minimum 1 year duration from recognized university or from an Institute of national repute or recognized by YCB with minimum experience of 8 years in the field of Yoga</li> <li>• Four L-3 certified Yoga Professionals with minimum of 5 years of experience in the field of Yoga or topic related to Yoga OR Four Yoga professional with post graduate degree and diploma in Yoga of minimum 1 year duration from recognized university or from an Institute of national repute or recognized by YCB with minimum experience of 5 years in the field of Yoga.</li> <li>• Four Yoga teachers/ instructors– L-2 certified Yoga Professionals with minimum of 3 years of experience in teaching yoga OR Graduate with diploma in Yoga of minimum 1 year duration.</li> </ul>

S. No.	Head	Standard required
D.3	Feed back process	<ul style="list-style-type: none"> <li>The Institution must have a well established system for getting feedback from students and other stakeholders and may need to produce documents, when requested.</li> </ul>
D.4	Complaint Handling procedure	<ul style="list-style-type: none"> <li>The Institution should have established procedure for any person to lodge a complaint and its redressal by the competent authority.</li> <li>There should be an Officer designated for the purpose.</li> </ul>
D.5	Results of the institution and its review	<ul style="list-style-type: none"> <li>The Institution should have a system for assessment and evaluation of its candidates, timely declaration of results, and system for remedial action, if needed.</li> </ul>
D.6	Management, Accounting and Record keeping	<ul style="list-style-type: none"> <li>There should be a dedicated head of the institution.</li> <li>The vision, values, philosophy, objectives and commitments of the organization should be well defined, approved and documented.</li> <li>There should be a management structure in place to execute vision, mission and goals of the institution.</li> <li>There should be a separate administrative unit to take care of the implementation of statutory administrative decisions and other regulatory requirements of the institution.</li> <li>There should be well defined internal quality assurance and monitoring mechanism.</li> <li>There should be a policy and procedures for retention and accounting of students' records.</li> <li>There should be a system for book keeping and maintenance of accounts.</li> </ul>
D.7	Financial resources Stability	<ul style="list-style-type: none"> <li>The Yoga Institution should have records of the financial resources and there should be commitment about stability / continuing financial support for running the courses.</li> <li>Records of details of the Grant -in-aid, if any and other funds received should be maintained.</li> <li>Statutory Audit report of at least for last 3 years should be maintained.</li> </ul>



## *Eligibility Criteria for accreditation/ recognition of Yoga Training centres*

- The Yoga Training centre should be registered under Societies Act, 1860 or Trusts Act, 1882 or central/ state Legislative Acts.
- The centre should have minimum two years of experience in conducting Yoga training courses.
- Atleast one of the courses offered by the centre should be aligned to the level-1 syllabus of the Yoga Certification Board.
- The centre should be maintaining standards with respect to teaching staff, infrastructure, learning

S. No.	Head	Standard required
<b>A</b>	<b>Infrastructure and Environment</b>	
A.1	Infrastructure	<ul style="list-style-type: none"> <li>• Minimum one hall for theory class and demonstration/ practice with minimum space of 18 sqft per student.</li> <li>• Space for practice of Shat karma with required equipments and standard hygienic conditions.</li> <li>• All rooms should be properly ventilated.</li> <li>• Sufficient wash room and drinking water facility.</li> <li>• One room / space for Head of the Centre and for managerial / support staff.</li> </ul>
A.2	Learning Resources	<ul style="list-style-type: none"> <li>• The Centre should have a library with access to minimum 500 books and journals.</li> <li>• Adequate and appropriate goods and equipments like mats, PA system, computers etc should be available.</li> </ul>
A.3	Environment	<ul style="list-style-type: none"> <li>• The environment of the campus of the centre should be conducive for Yoga teaching and learning process.</li> </ul>
A.4	Safety arrangement	<ul style="list-style-type: none"> <li>• There should be arrangement for handling medical contingency.</li> </ul>

S. No.	Head	Standard required
<b>B</b>	<b>Teaching Staff</b>	
B.1	Teaching faculty / Instructors/ trainers and their qualification & competencies	<p>Minimum teaching faculty and qualifications</p> <ul style="list-style-type: none"> <li>• One L-3 certified Yoga Professional with minimum of 5 years of experience in the field of Yoga or topic related to Yoga</li> </ul> <p style="text-align: center;">OR</p> <p>One Yoga professional with post graduate degree and diploma in Yoga of minimum 1 year duration from recognized university or from an Institute of national repute or recognized by YCB with minimum experience of 5 years in the field of Yoga.</p> <ul style="list-style-type: none"> <li>• One instructor for each batch of the course - L-2 certified Yoga Professionals with minimum of 3 years of experience in teaching Yoga</li> </ul> <p style="text-align: center;">OR</p> <p>Graduate with diploma in Yoga of minimum 1 year duration.</p> <ul style="list-style-type: none"> <li>• The staff should have sound knowledge of the syllabus and should have the skill to demonstrate the Yoga asanas and kriyas.</li> </ul>
<b>C</b>	<b>Curriculum and Syllabus</b>	
C.1	Syllabus and courses	<ul style="list-style-type: none"> <li>• The courses and the respective syllabus offered by the centre should be available in public domain –on its notice board and preferably on its website.</li> </ul>
C.2	Work plan	<ul style="list-style-type: none"> <li>• The centre should have a work plan for delivery of syllabus covering training / demonstration/ practice.</li> </ul>
C.3	Time table for dissemination of the course	<ul style="list-style-type: none"> <li>• There should be a time table for each course and record maintenance system.</li> </ul>
<b>D</b>	<b>Management structure and policies</b>	
D.1	Communication process	<ul style="list-style-type: none"> <li>• The centre should have its dedicated website to display all the information on its website for knowledge and information of the aspiring candidates.</li> <li>• There should be a personnel responsible for hosting the information on its website on timely basis and also for electronic communication like email, sms and when necessary.</li> </ul>

S. No.	Head	Standard required
D.2	Admission process	<ul style="list-style-type: none"> <li>• There has to be a fair and transparent admission process for courses offered by the centre.</li> <li>• This process should be well documented and also displayed on its website.</li> <li>• The document regarding the process followed in the previous year should be available for audit.</li> </ul>
D.3	Feed back process	<ul style="list-style-type: none"> <li>• The centre must have a well established system for getting feedback from students and other stakeholders and may need to produce documents, when requested.</li> </ul>
D.4	Complaint handling procedure	<ul style="list-style-type: none"> <li>• The centre should have established procedure for any person to lodge a complaint and its re-dressal by the competent authority.</li> <li>• There should be an Officer designated for the purpose.</li> </ul>
D.5	Results of the centre and its review	<ul style="list-style-type: none"> <li>• The centre should have a system for assessment and evaluation of its candidates, timely declaration of results, and system for remedial action, if needed.</li> </ul>
D.6	Management, Accounting and Record keeping	<ul style="list-style-type: none"> <li>• There should be a designated head of the organization.</li> <li>• There should be a person responsible to take care of the implementation of statutory administrative decisions and other regulatory requirements of the centre.</li> <li>• The centre should have defined objectives and should strive to achieve those.</li> <li>• There should be policy and procedures for retention and accounting of students' records.</li> <li>• There should be a system for book keeping and maintenance of accounts.</li> </ul>
D.7	Financial resources Stability	<ul style="list-style-type: none"> <li>• The Yoga centre should have records of the financial resources and there should be a assurance about stability / continuing financial support for running the courses.</li> <li>• Statutory Audit report of at least for last 3 years should be maintained.</li> </ul>

PART – I						General Information			
5	Contact Details	<i>Phone</i>				<i>Fax</i>			
		<i>E-mail</i>				<i>Website</i>			
6	Details of the Legacy of Yoga Tradition followed <i>(Applicable for LYI)</i>								
7	Is the Institution willing to conduct Continuing Yoga Education program of Yoga Certification Board? <i>(Applicable for LYI)</i>		(Yes/ No)						
8	Details of courses offered, students enrolled and certified till date.	Under Yoga Education and Training							
		<i>Name of the Course</i>	<i>No. of candidates enrolled</i>	<i>No. of qualified candidates</i>	<i>Year</i>				
		Under Yoga Therapy							
9	Details of courses offered under any other nomenclatures.	<i>Name of the Course</i>	<i>No. of candidates enrolled</i>	<i>No. of qualified candidates</i>	<i>Year</i>				



सत्यमेव जयते  
आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India



## YOGA CERTIFICATION BOARD योग प्रमाणीकरण मंडल

Morarji Desai National Institute of Yoga  
Ministry of AYUSH, Govt. of India  
68, Ashok Road, New Delhi - 110001

### Application Form For Accreditation/recognition of Yoga Institution/ Centre

To apply for YCB Approval for Accreditation as Leading Yoga Institution/ Yoga Institution/ Yoga Training Centre, please complete this application form online on YCB portal

Before completing this application form Yoga Institution/ Centre should study the certification scheme guidelines carefully. If any clarification is needed, please contact YCB at [ycb18-mdniy@nic.in](mailto:ycb18-mdniy@nic.in)

Select the category for Accreditation:

- Leading Yoga Institution
- Yoga Institution
- Yoga Training Centre

PART – I		General Information			
1	Name of the Institution				
2	Date and Year of establishment	DD/MM/YYYY			
3	Legal Registration Details	Registered under			
		Regn. No.			
		Date of Regn.			
		Regn. Authority			
		Place of Regn			
		PAN No.			
		GST No.			
4	Address of Head / Main Office	TAN No.			
		City		PIN	
		State		District	

PART – I				General Information			
10	Objective of the Institution						
11	Details of activities carried out in the Institution						
12	Whether registered in India or abroad?						
13	Country/s of operation						
14	Head of the Institution (Managing trustee / executive trustee etc.)	<i>Name</i>					
		<i>Designation</i>					
		<i>Contact details</i>					
		<i>Email</i>					
15	Primary Contact Person	<i>Name</i>					
		<i>Designation</i>					
		<i>Phone</i>		<i>Mobile</i>			
		<i>E-mail</i>					
16	Branch Office address with activities (Mention all branches)	<i>Branch address:</i> <i>Name of contact person:</i> <i>Designation:</i> <i>Contact details:</i> <i>Email:</i> <i>Activities carried out :</i>					
17	Location/branches which requires accreditation	Address and phone No.:					
18	Details of the constitution and managing body/board / trust / council (Present status)						
19	Accredited by any certifying institution/Board	<i>Name of the Accrediting Body:</i> <i>Activities for:</i> <i>Cert. No.:</i> <i>Validity Period:</i>					

PART – I		General Information	
20	Other Approval(s) from Govt. or Regulatory Bodies, if any		
21	Whether the premise is being used for any other activities? (If yes, Pl. specify)		
22	Is any of the programs conducted in temporary location/s? If yes, provide the details		

Part – II		Infrastructure and facilities details			
23	Ownership Details – land / infrastructure (Own / rented/ lease).				
24	Total area of land				
25	Total built up area				
26	Room for head of the centre with Water Closet	No.		Total area	
27	Reception room	Total area			
28	Waiting room	Total area			
29	Room for managerial staff with Water Closet	No.		Total area	
30	Room for Teaching staff				
31	Room for administrative & support staff with Water Closet	No.		Total area	
32	Number of class room(s)	No.		Total area	
33	Number of halls for practical	No.		Total area	
34	Space for Shat Karma	No.		Total Area	
35	Meditation Hall	No.		Total Area	

36	Library and details of facilities in the library (Digital resources, no. of books and journals etc)				
37	Cleansing area	No.		Total area	
38	Changing room	No.		Total area	
39	Library	No.		Total area	
40	Drinking Water facility	No.		Total area	
41	Washroom	No.		Total area	
42	Generator room	No.		Total area	
43	Store room	No.		Total area	
44	Garden / green area	No.		Total area	
45	Meeting room	No.		Total area	
46	Conference room	No.		Total area	
47	Canteen	No.		Total area/ capacity	
48	Teaching aids available	Bench/Mat/Chair/Table White board / Black board / Smart Board PA system / Audio visual system / Projector			
49	Hostel / Residential facility	Mode – Hostel in campus/ tie up with nearby hostel/ hotels	Type	Capacity	
50	Provision of renewal energy in the campus				
51	Provision of Rain/Natural water harvesting				
52	Is the building inclusive (disabled friendly) ?				
53	CCTV Camera Surveillance	Locations covered			
54	Medical emergency room/anangement	No.		Total area	
55	Vehicle	No.		Type / Model	

\* Applicant should add more column or attach separate sheet if required.



**Part - III Staff Details**

Give details of key Managerial Personnel, all Auditors & Technical / Teaching Experts at the Main Office as well as Branch Office locations.

1	<b>Head of the Institution</b>				Name: Designation: Office Phone: Mobile No.: Email ID:					
2	<b>Teaching / Technical staff details</b>									
	<b>Name</b>	<b>Designation</b>	<b>Educational Qualification</b>	<b>Experience</b>	<b>Year of experience</b>	<b>Office Phone</b>	<b>Mobile</b>	<b>Email ID</b>	<b>Nature of employment</b>	
2.1										
2.2										
2.3										
3.	<b>Nonteaching / Nontechnical staff</b>									
	<b>Name</b>	<b>Designation</b>	<b>Educational Qualification</b>	<b>Experience</b>	<b>Year of experience</b>	<b>Office Phone</b>	<b>Mobile</b>	<b>Email ID</b>	<b>Nature of employment</b>	
3.1										
3.2										
3.3										

**DECLARATION**

I, ----- the Authorized Representative on behalf of -----(Name of institution), hereby agree to follow the Terms & Conditions of Yoga Certification Board (YCB) as well as Rules and Regulations of the Scheme for Certification of Yoga Professionals and Accreditation of Yoga Institutions as laid by YCB and amended from time to time.

Signature and seal of authorised signatory: \_\_\_\_\_

Name of the authorised signatory: \_\_\_\_\_

Date: \_\_\_\_\_

# Weightage Chart for Assessment of Yoga Institutions

## Qualifying Criteria:

### a. Leading Yoga Institutions:

The organization needs to fulfil the following criteria to be taken up for assessment under the head of Leading Yoga Institution

- The Yoga Institution is a legal entity
- The Yoga Institution should have the legacy of Yoga tradition
- Minimum 15 years of existence in the field of Yoga
- Minimum 10 years of experience in conducting Yoga education / training/ therapy courses
- Should have produced minimum 500 institutionally qualified Yoga professionals at the time of applying.
- Willing to conduct Continuing Yoga Education program of Yoga Certification Board, after it is recognised by the YCB.

### b. Yoga Institution

The organization needs to fulfil the following criteria to be taken up for assessment under the head of Yoga Institution

- The Yoga Institution is a legal entity
- The Yoga institution should have minimum 5 years of experience in conducting Yoga education / training courses.
- The Yoga institution should have produced minimum 100 institutionally certified Yoga professionals/ teachers at the time of applying.

### c. Yoga Training Centre

The organization needs to fulfil the following criteria to be taken up for assessment under the head of Yoga Training Centre

- The Yoga centre is a legal entity
- The centre should have minimum two years of experience in conducting Yoga training courses.



*Attach documents as annex:*

(All the Annexure should be marked as serial head followed by number under the head like A.1,A.2...., B.1,B.2....)

- A Document relating to the Legacy of Yoga tradition followed (Annexure to be marked as A.1,
- C Documentary proof of year of establishment of the Institution. (Annexure to be marked as C.1,
- E Policy documents specifying aim, objectives, vision & mission, a logo, an organogram etc and
- F Organisation documents defining organisational structure, duties, responsibilities and authorities of the management, personnel and its committees (Annexure to be marked as F.1, F.2...)
- G Details of the 1st Yoga course conducted by the Institutions (Annexure to be marked as G.1, G.2...)
- H Document of ownership of the land/ lease deed/ rent agreement (Annexure to be marked as H.1, H.2...)
- I Campus plan / Building layout (Annexure to be marked as I.1, I.2...)
- J Photographs of rooms, canteen facility, conference room and other infrastructure facilities (Annexure to be marked as J.1, J.2...)
- K Documentary evidence of staff hired with details like qualification, experience, role (Annexure to be marked as K.1, K.2...)
- L Details of the teaching staff (Annexure to be marked as L.1, L.2...)
- M Details of non teaching staff (Annexure to be marked as M.1, M.2...)
- N Details of courses offered ( Brochure, work plan, time table and other details) (Annexure to be marked as N.1, N.2...)
- O Details of management / administrative staff (Annexure to be marked as O.1, O.2...)
- P Details of feed back receiving process (Annexure to be marked as P.1, P.2...)
- Q Details of Compliant handling mechanism (Annexure to be marked as Q.1, Q.2...)
- R Policy documents regarding conducting assessment, evaluation and declaration of results
- S Policy documents regarding retention and accounting of students' records (Annexure to be
- T Proof of Application Fee deposited to YCB for Accreditation (Annexure to be marked as T.1, T.2...)

S No.	Criteria	Weightage (w)	Maximum Marks	Marks awarded (m)	Weighted marks (wxm)	Remarks
7.1	Management, accounting and record keeping – management structure, policy documentation, defining of vision, values, philosophy, objectives and commitments of the institution, document retention, maintenance of accounts etc	6	10			
7.2	Financial resources stability	4	10			
	<b>Total</b>	<b>100</b>	<b>200</b>			

$T$  (Total weighted marks) =  $[Sum\ of\ (w \times m) / 10]$

**Marks on any parameter should be awarded as follows:**

- Fulfilling 100% to 90% of criteria - 10-9 marks
- Fulfilling 90% to 75% of criteria – 8-6 marks
- Fulfilling 75% to 50% of criteria – 5-4 marks
- Fulfilling 50% to 30% of criteria – 3-2 marks
- Fulfilling 30% to 10% of criteria - 1 mark
- Fulfilling 10% to 0% of criteria – 0 mark



S No.	Criteria	Weightage (w)	Maximum Marks	Marks awarded (m)	Weighted marks (wxm)	Remarks
1	Years of existence in the field of Yoga	5	10			
2	Years of experience in conducting Yoga education / training/ therapy courses	5	10			
3	No. of institutionally qualified yoga professionals at the time of applying.	5	10			
<b>4</b>	<b>Infrastructure and other facilities</b>					
4.1	Space	5	10			
4.2	Infrastructure	10	10			
4.3	Learning Resources	5	10			
4.4	Environment	2	10			
4.5	Safety arrangement	3	10			
<b>5</b>	<b>Teaching Staff</b>					
5.1	No. of Teaching staff / Instructors/ trainers	10	10			
5.2	Qualification and competencies of teaching staff	10	10			
<b>6</b>	<b>Curriculum and Syllabus</b>					
6.1	Compatibility of courses offered by the Institution to levels of certificates offered by YCB	10	10			
6.2	Dissemination of information on courses in public domain	3	10			
6.3	Work Plan & time table	5	10			
6.4	Communication process	2	10			
6.5	Admission process	4	10			
6.6	Feed back process	2	10			
6.7	Complaint handling procedure	2	10			
6.8	Results of the institute and its review	2	10			
<b>7</b>	<b>Management structure and policies</b>					







## *Description Of YCB Logo*

The Yoga Certification Board logo represents basic elements of internal purification for realising universal self through spiritual practices. The logo is designed on a white background representing the transcendental state and that can be attained with the practice of Ashtang Yoga and that leads to Samadhi. Here the eight leaves represent 'eight limbs' of Ashtang Yoga which is guided to a meaningful and purposeful life .

It has seven colour which represents Aura and Energy as healing elements.

- The green colour symbolizes the Yama (Restrains) & Niyama (observance) which are present at the bottom of the logo. These are the foundation of the spiritual path which helps to transform human nature into a divine nature.
- The red colour symbolizes the Asana as it energies and makes the body strong and powerful.
- The orange colour symbolizes Pranayama (Breath regulation) which works at physical level and helps to increase oxygen supply to the brain. It also brings joy and happiness.
- The blue colour symbolizes Pratyahara (withdrawal of senses) & Dharana (Concentration) which promotes both physical and mental relaxation that leads to the higher level of state that is Dhyana.
- The violet colour symbolizes Dhyana (Meditation) which shows the state of cosmic awareness and cosmic consciousness. This is the union of body and soul creating a balance between our physical and spiritual energies.
- The indigo colour symbolizes Samadhi state which opens the consciousness and brings awareness to higher planes and connects us with the spiritual world.
- The yellow colour at the background shows great enthusiasm for life and can awaken greater confidence and optimism.

At the bottom the sutra 'Yogaschittvrittinirodha' is the definition of Yoga given by Maharishi Patanjali, means "Yoga is cessation of mental modification" and leads to kaivalya which is the ultimate goal of Yoga.

**Yoga Certification Board**  
Morarji Desai National Institute of Yoga  
Ministry of AYUSH, Govt. of India  
68, Ashoka Road, New Delhi -110 001

☎ 011-23354634, 23354695  
✉ [ycb18-mdniy@nic.in](mailto:ycb18-mdniy@nic.in) / [ceoycb18-mdniy@nic.in](mailto:ceoycb18-mdniy@nic.in)  
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