



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

# Yoga Certification Board

Ministry of Ayush, Govt. of India

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



## SYALLABUS YOGA PROTOCOL INSTRUCTOR

**Dakshin Yoga Kendra**

**Ayush Yoga Training Center**

No 3, 3rd Street, Bharathi Avenue, New Perungalathur, Chennai-600 063

Visit: <https://mindcareindia.com/ayush-yoga-training-center/>

Contact 9962826333/ 6382234035

**CURRICULUM & SYLLABUS**  
**FOR**  
**YOGA PROTOCOL INSTRUCTOR**

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# **THE MIND CARE INDIA AYUSH YOGA** **TRAINING CENTER**

## **Yoga Protocol Instructor**

### **Introduction**

This is an extensive course which provides adequate knowledge of the theory and technical aspects of yoga for the promotion of physical and mental wellbeing.

### **Course Objectives**

This course aims at making the aspirant

- Teach the knowledge of yoga in schools, colleges and work place and to interested public of all age groups
- Understand the fundamentals of yoga and yogic practices
- Appreciate and incorporate the various schools of yoga
- Explain the role of yoga in health promotion
- Realize and adapt yogic practices in everyday life

### **Medium of Instruction**

English

### **Course Duration**

200Hrs | 1 Month Full time (or) 3 Months Part time

### **Eligibility and age**

No age Limit, Minimum educational qualification – 10<sup>th</sup> pass from a recognized board or equivalent

## **Theory Hours**

4 Weeks (Monday - Saturday)

## **Practice Hours**

8 Weeks (Monday - Saturday)

## **Assignment & Self Study Material**

60+ Hours

## **Total Course Hours**

204 Hours

## **Outcome of the Course**

At the end of the course, the aspirant will be able to

- Understand and describe the fundamental principles of yoga
- Explain the significance of yogic practices in health and well being
- Apply the principles of yoga in the holistic development of the individual
- Familiarize with the various asanas, pranayama and dhyana practices
- Improves physical conditioning related to flexibility and stability

## **Syllabus**

### **Theory**

### **UNIT 1 - Introduction to Yoga and Yogic Practices**

After reading this unit, the aspirant will be able to

- Understand the meaning, history and development of yoga
- Describe the principles of triguna and panchakosha
- Familiarise with the various schools of yoga
- Apply the practices of yoga in daily life for health

## Contents

- 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga : Its origin, history and development.
- 1.3 Guiding principles to be followed by Yoga practitioners.
- 1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
- 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
- 1.6 Introduction to Yoga practices for health and well being.
- 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
- 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
- 1.9 Introduction to Yogasana: meaning, principles, and their health benefits.
- 1.10 Introduction to Pranayama and Dhyana and their health benefits.

## UNIT – 2 Introduction to Yoga Texts

After reading this unit, the aspirant will be able to

- Relate the yogic practices explained in various yogic texts
- Describe the concept of mental wellbeing
- Familiarise with the subjective experiences of yogic practices

## Contents

- 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
- 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
- 2.3 Introduction and study of Hathpradipika.
- 2.4 General Introduction to Prasthanatrayee.
- 2.5 Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktahara).
- 2.6 Significance of Hatha Yoga practices in health and well being.
- 2.7 Concept of mental wellbeing according to Patanjala Yoga.
- 2.8 Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.

- 2.9 Concepts of healthy living in Bhagwad Gita.  
2.10 Importance of subjective experience in daily Yoga practice.

## **UNIT – 3 Yoga for Health Promotion**

After reading this unit, the aspirant will be able to

- Explain the role of various systems of the human body
- Appreciate the concepts of bhavas and their relevance
- Apply the practices of yoga holistic development of the individual

### **Contents**

- 3.1 Brief introduction to human body.  
3.2 Meaning and Means of health promotion and role of Yoga in health promotion.  
3.3 Yogic positive attitudes ( Maîtri, Karuna, Mudita, Upeksha).  
3.4 Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.  
3.5 Dincharya and Ritucharya with respect to Yogic life style.  
3.6 Holistic approach of Yoga towards health and diseases.  
3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).  
3.8 Yogic management of stress and its consequences.  
3.9 Yoga in prevention of metabolic and respiratory disorders.  
3.10 Yoga for personality development.

### **Practical**

The student shall practice various kriyas, asanas, pranayamas, bhandas, mudras and meditation on a regular basis during the program and to maintain a record that contains the sequential movements, its benefits and contra indications involved in yogic practices. The record shall be produced at the time of practical examination for evaluation



## A. Demonstration Skills

4.1 Prayer: Concept and recitation of Pranava and hymns.

4.2 Yoga Cleansing Techniques

Knowledge of Dhauti, Neti and practice of Kapalabhati.

4.3 Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro Circulation Practices)

- Neck Movement Griva Shakti Vikasaka ( I,II,III,IV)
- Shoulder Movement Bhuja Valli Shakti Vikasaka Purna Bhuja Shakti Vikasaka
- Trunk Movement Kati Shakti Vikasaka (I, II, III, IV, V )
- Knee Movement Jangha Shakti Vikasaka (II-A&B ) Janu Shakti Vikasaka
- Ankle movement Pada-mula shakti Vikasaka – A&B Gulpha-pada-pristha-pada-tala shakti Vikasaka

b. Yogic Sthula Vyayama (Macro Circulation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine Daud)

4.4 Yogic Surya Namaskara

4.5 Yogasana

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahastasana, Kati Chakrasana, Trikonasana Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Ushtrasana, Shashankasana Paschimottanasana, Purvottanasana Vakrasana, Gomukhasana Bhujangasana, Shalabhasana, Makarasana Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana Vipareetakarani, Saral Matsyasana, Shavasana,

4.6 Preparatory Breathing Practices

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

4.7 Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Bhastrika Pranayama
- Sheetal (without Kumbhaka)
- Sheetkari
- Bhramari (without Kumbhaka)

#### 4.8 Understanding of Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

#### 4.9 Understanding of Mudra

- Hasta Mudras (chin, Chinmaya, Brahma, adi, jnana, Dhyana and Nasika)

#### 4.10 Practices leading to Meditation and Dhyana Sadhana

- Recitation of Pranava & Haung-Sau
- Body and breath awareness
- Yoga Nidra

#### B. Teaching Skills (Methods of Teaching Yoga)

1. Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
2. Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
3. Preparation for a Yoga class (before and during the class)
4. Factors influencing yoga teaching.
5. Class management in Yoga: its meaning and needs.
6. Conducting yoga practical lessons: Precautions & Contraindications of practices)
7. Salient features of Ideal Yoga Instructor.
8. Models of ideal Yoga lesson plans

### Work Plan / Lesson Plan

S NO	SUBJECTS	UNITS	ASSIGNMENTS	TESTS	TOTAL HOURS
1	Introduction to Yoga and Yogic Practices	Unit 1.1 to 1.10	2 assignments	2 tests	30 hours
2	Introduction to Yoga Texts	Unit 2.1 to 2.10	2 assignments	2 tests	37 hours

3	Yoga for Health Promotion	Unit 3.1 to 3.10	2 assignments	2 tests	37 hours
4	Practical	Unit 4.1 to 4.10	2 assignments	2 tests	100 hours
<b>Total</b>					<b>204 hours</b>

## Exam Pattern

### Theory

Unit No	Unit Name	Marks
1	Introduction to yoga and yogic Practices	20
2	Introduction to yoga Text	20
3	Yoga and Health Promotion	20
	<b>Total</b>	<b>60</b>

### Practical

S. No	Practical Number	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field of experience	10
	<b>Total</b>	<b>140</b>

Total Marks: - 200 Marks

## Qualifying Criteria for Certification

There will be a theory exam consisting of MCQ (Multiple Choice Questions) which will be followed by a practical exam.

The theory exam will consist of 60 MCQs of 1 mark each. Duration of the exam is 2 hours.

Candidate should get 70% in each theory and practical to qualify the exam.

The candidate will be allowed to take the exam only if there is 80% attendance in the theory and practical classes.

### **Course fee**

Rs.18,500 (For Indian Nationals), USD 350 (For Foreign Nationals)

### **Mode Of transfer Of Payment**

Online Transfer (Details Will be shared to the candidates upon receipt of application)

### **Admission Process**

Upon receipt of application, the candidates will be informed about their batch timings and Mode of fee Payment through E-Mail, received during application.

### **Certification**

The Candidate, upon successful Completion of the Course will Receive “**YOGA PROTOCOL INSTRUCTOR**” recognized by “**MINISTRY OF AYUSH**”

## **References**

### **Theory and Practical**

Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012

Swami Mukhtibhodananda : Hatha yoga Pradipika, Yoga Publications Trust, Munger, Bihar, India Bihar School of Yoga 1985, 1993, 1998

Yogi Swatmarama: Hatha yoga Pradipika, translated by Pancham Singh, <http://sacredtexts.com>

Quality Council of India (QCI) : Yoga professionals Official Guidebook for Level 1 Excel Books, New Delhi 2016

Brahmachari Swami Dharendra : Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi, 1986

Iyengar, B. K. S. : Light on Yoga, Harper Collins Publisher, New Delhi, 2005

Saraswati, Swami Satyananda : Asana, Pranayama, Mudra, Bandha Bihar School of Yoga, Munger, 2006

Swami Vivekananda : Upanishads, Ramakrishna Mission (separate books)

Paramahansa Yogananda: Bhagwad Gita, Vol 1 & 2, YSS, Ranchi



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