



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

Yoga Certification Board

Ministry of Ayush, Govt. of India
Website- www.yogacertificationboard.nic.in



SYALLABUS PRIMARY/ ELEMENTARY SCHOOL YOGA TEACHER

Dakshin Yoga Kendra
Ayush Yoga Training Center

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

Visit: <https://dakshinyogakendra.com>

CURRICULUM & SYLLABUS FOR PRIMARY/ ELEMENTARY SCHOOL YOGA TEACHER

GUIDELINES FOR CERTIFICATION OF PRIMARY/ELEMENTARY SCHOOL YOGA TEACHER UNDER YOGA EDUCATION AND TRAINING.

The YCB Technical Committee approved the syllabus and guidelines for certification of Primary/Elementary School Yoga Teachers under Yoga Education and Training.

The certification of Primary/Elementary School Yoga Teachers will be done by YCB approved PrCBs, Leading Yoga Institutions, Yoga Institutions, Yoga Training & Therapy Centres and Yoga Training Centres.

The **curriculum** has five major components:

- (1) **Framework of assumptions:** This includes the learners, i.e. the enrolled candidates and the students from Class I to Class XII and their capacity and ability, aptitude and potential for learning, motivation, needs, interests and values as well as their orientation to nurturing or using the lessons gainfully.
- (2) **Aims and objectives:** The course aims at training the enrolled candidates in:
 - a) Inspiring, and motivating the kids of different age-groups to learn different yogic techniques;
 - b) Acquiring adequate knowledge of the subject;
 - c) Learning numerous teaching methods for varied age-groups of kids;
 - d) Facilitating the provision of study materials and resources that can be used in a classroom;
 - e) Developing necessary pedagogic skills;
 - f) Understanding the significance of individual differences in children and to take appropriate steps for their optimum development
 - g) Developing requisite competencies for dealing with the 21st century issues relating to the choices and challenges of students.
- (3) **Content or subject-matter:** The Course focuses on the following: Yogic concepts of Ashtanga Yoga, Hatha Yoga, Surya Namaskara, history of Yoga, different branches of Yoga, concept of ahara, panchamahabhuta, triguna, practical teachings on important yogic techniques.
- (4) **Modes of transaction** include: teaching methods in Yoga, course materials for teachers, and study materials for students.
- (5) **Evaluation methods** include: observation of skills of teachers and assessment of the yogic techniques taught to the students.

The eligibility criteria, distribution of marks and syllabus for Primary/Elementary School Yoga Teacher are as follows:

Name	Certificate holder can function as	Competencies
Primary/Elementary School Yoga Teacher	Shall act as Yoga teacher in Primary/Elementary School for preventive health care of primary school kids (Class I to VIII).	Equivalent to not less than 200 hours of Yoga Training programme.

1. Name of the certification: Primary/Elementary School Yoga Teacher

2. Requirement/Eligibility:

- i. For admission to the course, the candidate should have passed 12th standard/higher secondary school certificate from a recognized board or equivalent organisation. However, the Yoga Institutions can define their own eligibility. (Open candidates should not be entertained)
- ii. Candidates must have experience of Yoga Teaching in any institution for at least 1500 hours after obtaining their Yoga education.

3. Brief role description: Certified Yoga School teacher to teach Yoga for preventive health care for school kids (Class I - Class VIII).

4. Personal attributes: The job requires individuals to have good communication skills, time management skills, and the ability to understand the body language of students. The job requires individuals to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

5. Credit points for certificate: 12 credits (where 1 credit = approximately 16 hours of theory and practical combined).

6. Duration of the course: Not less than 200 hours or not less than 3 months (i. e. 6 hours weekly—could be _3 hours per day‘)as part time; or not less than 200 hours or 1.5 months as full-time course (i. e. 6 hours a day in a 6-day a week). One month is too less for equipping the teachers for training in this course.

7. Minimum age: 18 years; however, there is no upper age limit to enroll for admission to this course.

8. Marks distribution: Total Marks: 200 (Theory: 60 + Practical: 140)

Marks Distribution:

Level	Total no. of marks	Marks distribution	Question Distribution	Credits
Primary/Elementary School Yoga Teacher	200 marks	30% Theory 70% Practical	60 questions of 1 mark each Practical for 140 marks	12

9. The candidate has to secure 70% marks in each of the theory and practical to qualify/pass the assessment. However, a maximum of 5% grace marks may be given either for theory/practical paper, but the overall qualifying percentage shall remain 70%.
10. In case marks are in decimal figure, it should be rounded off to the next higher number.
11. The number of questions to be equally divided in all units and sub units.
12. The validity of the Certificate shall be for 5 years after certification.

Theory

S. No.	Unit name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Yoga for Value Education	20
3	Yoga for Personality Development	20
	Total	60

Practical

S No.	Practical Work	Marks
A	Teaching technique skills/Yoga games	80
B	Demonstration Skills	40
C	Knowledge and Attitude	20
	Total	140

Syllabus for Primary/Elementary School Yoga Teacher

UNIT 1: INTRODUCTION TO YOGA AND YOGIC PRACTICES

- 1.1 Yoga: Meaning, definitions of Yoga
- 1.2 Aims, objectives and misconceptions
- 1.3 Guiding principles to be followed by Yogapractioners
- 1.4 What is mind? Mindfulness for better concentration
- 1.5 Stories from historical characters, saintly personalities from India
- 1.6 Stories related to Karma Yoga, Bhakti Yoga
- 1.7 Sadhakbadhaktattvas –Conducive and non-conducive qualities/ habits (and positive habits) for a disciplined lifestyle
- 1.8 Prakriti and Asanas
- 1.9 Introduction to SukshmaVyayama
- 1.10 Introduction to Yogasana

UNIT 2: YOGA AND VALUE EDUCATION

3

- 2.1 Functional anatomy/regional anatomy – 8 regions of the body
- 2.2 Difference between asanas and exercises
- 2.3 Human values from Yama of Patanjali Yoga Sutra
- 2.4 Moral values from Panchatantra
- 2.5 Moral values from Epics, Bhagwad Gita
- 2.6 Categories of Asanas (Meditative, Cultural, Dynamic, Static, Abdominal compression and Relaxation)
- 2.7 Health and hygiene
- 2.8 Trataka and its types
- 2.9 Yogic games – Krida Yoga
- 2.10 Concentration points (adharas) to increase focus

UNIT 3: FOUNDATION OF PERSONALITY

- 3.1 Yogic attitudes - Maitri, Karuna, Mudita, Upeksha; Social skills for a congenial behavior in society; Conditioning activities, games, music and movement of body parts
- 3.2 Concept of bhavas - Dharma, Jnana, Vairagya, Aishvarya
- 3.3 Practical on Karma Yoga
- 3.4 Nature our teacher - Imitation of birds and animals
- 3.5 Guru – Shishya Parampara (through stories of Swami Vivekananda, Shivaji Maharana, and others)
- 3.6 Short term goal setting – conducive and non-conducive path to the goal
- 3.7 Acceptance to each other's religious thinking and values
- 3.8 Introduction to Sthula Vyayama
- 3.9 Shodhanakriyas – Neti, Trataka
- 3.10 Body-mind connection through introduction to Pranayama

4. Practical

A. TEACHING SKILLS AND ATTITUDE includes structure of class, and learning process in psycho-physical and affective domain.

4.1 Prayer: Concept and recitation of Pranava and hymns.

Pranavajapa is recitation on the sacred mantra *Om*, as outlined in the Upanishads, the Bhagavad Gita, and the Yoga Sutras of Patanjali. Focusing the mind on the sound of the mantra —Aum— the sacred syllable that both symbolizes and embodies Brahman, the Absolute Reality – as the mantra is constantly repeated in unison with the breath.

The Upanishads (both the major and minor) are full of references to Aum and meditation on Aum. Given below is a small sample:

"He who utters Om with the intention I shall attain Brahman does verily attain Brahman." -

Taittiriya Upanishad 1.8.1

"The Self is of the nature of the Syllable Om... Meditate on Om as the Self" -

Mandukya Upanishad 1.8.12, 2.2.3)

"God is the Syllable Om, out of Him proceeds the Supreme Knowledge." –
Shvetasvatara Upanishad 4:17)

4.2 Simple hand, neck, trunk and leg movements:

- Neck movements
- Eye ball movements
- Arms Rotation
- Finger strengthening
- Shoulder rotation
- Jogging
- Toe walking
- Heel walking
- Animal walks – Frog hopping, Bear walk, Tiger walk, Crow walking, Pigeon walk, Elephant walk, etc
- Drill walking
- Hand claps
- Donkey kick
- Rowing
- Chakkichalana
- Bhunamana
- Butterfly strokes
- Cycling –forward and backward
- Paschimottana – Halasana stretch
- Naukachalana

4.3 SuryaNamaskara (Class 3 onwards)

4.4 Yogasana

- Tadasana
- Vrikshasana
- Garudasana
- Utkatasana
- Dandasana
- Sukhasana

- Padmasana
- Vajrasana
- Swastikasana
- Simhasana
- Ardhapadmasana
- Bhadrasana
- NiralambaBhujangasana
- Ardhashalabhasana
- Makarasana
- Uttanapadasana
- Pawanamuktasana
- Shavasana
- Breathing with Awareness
- Trataka

4.5 Preparatory Breathing Practices

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

4.6 Pranayama

- Concept of Puraka and Rechaka
- Anuloma Viloma/Nadi Shodhana
- Bhramari (without Kumbhaka)

4.7 Understanding of Mudra

- Hasta Mudras (Panchamahabhuta mudra – Prithvi, Varuni, Prana, Vaayu, Akasha)

4.8 Practices leading to Meditation and Dhyana Sadhana

- Recitation of Pranava & Soham
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishads
- Body and breath awareness

B. DEMONSTRATION SKILLS: The correct technique to perform and confidence in demonstrating each practice (which is to be taught in group as well as individually).

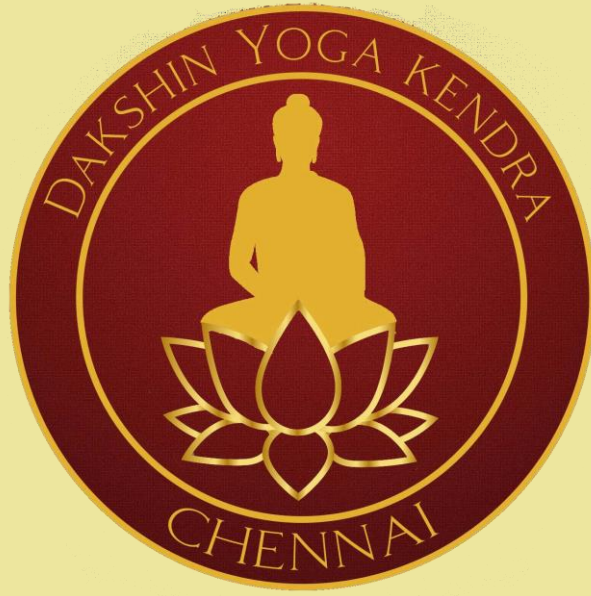
C. KNOWLEDGE AND ATTITUDE: Yogic games, Story-telling based on moral values drawn from Upanishads, dramatics, mime acts based on Bhagvad Gita, Upanishads.

Reference books for Theory

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Goyandka, Harikrishandass Swami Vivekananda	Yoga Darshan , Geeta Press, Gorakhpur (Samvat 2061). Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4 separate books) AdvaitaAshrama, Kolkata.
Sahay G. S.	Hathayogapradipika , MDNIY, New Delhi, 2013
Gita press Gorakhpur	Shrimad Bhagavad-Gita , Gita press Gorakhpur, Samvat 2073
Quality Council of India (QCI)	Yoga professionals Official Guidebook for Level 1 Excel Books, New Delhi 2016
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Kalayan	Upanishads (23rd year Special) Geeta Press, Gorakhpur
Gore M. M.	Anatomy and Physiology of Yogic Practices , KanchanaPrakashana, Lonavala, 2004
Sadhakas	Yoga for Youngsters . The Yoga Institute, Santacruz, Mumbai.
ShriYogendraji	Guide to Yoga Meditation , The Yoga Institute, Santacruz, Mumbai.
DrVikasChothe	Panchatantra and Yoga Sutra , Columbus publishing and services ISBN 978-93-85456-25-1
Swami Karmananda	Management of Common Diseases , Bihar Yoga Publication Trust, 2006, Munger

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Dhirendra Yoga Publications, New Delhi
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Harper Collins Publisher, New Delhi, 2005
- Saraswati, Swami Satyananda : **Asana, Pranayama, Mudra, Bandha**
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Kaivalyadhama, SMYM Samiti, Lonavala
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Ashram, Lonavla
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Memorial Yoga, Institute, Pune.
- SmtHansaJayadevaYogendra : **Cyclopedia Vol. 1& Vol. 2,** The Yoga Institute,
Santacruz, East Mumbai.



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