

Vocational Studies
// Yoga Instructor //
FIRST, SECOND, THIRD, & FOURTH SEMESTERS

Sr. No.	Proposed	Marks		
		Theory	Practical	Total
FIRST SEMESTER: Yoga Instructor (P-1)				
I	Introduction- What is Yoga	5	—	5
II	Prepare and maintain work area- As per Asanas	5	10	15
III	Conduct the basic yoga sessions- principles & yoga text	20	30	50
IV	Maintain health and safety of work area	5	10	15
V	Create a positive impression at work area, client expectations	5	10	15
Total-		40	60	100
\SECOND SEMESTER: Yoga Instructor (P-2)				
VI	Introduction- Ashtang Yoga & Bahiranga yoga	5	—	5
VII	Prepare and maintain work area- As per Asanas	5	10	15
VIII	Conduct the basic yoga sessions- Asana & Pranayam	20	30	50
IX	Maintain health and safety of work area	5	10	15
X	Create a positive impression at work area, behavior & communication	5	10	15
Total-		40	60	100
THIRD SEMESTER: Yoga Instructor (P-3)				
XI	Introduction- Significance of Yoga	5	—	5
XII	Prepare and maintain work area- As per Asanas	5	10	15
XIII	Conduct the basic yoga sessions- Human body & diet	20	30	50
XIV	Maintain health and safety of work area	5	10	15
XV	Create a positive impression at work area, consultation SOP's	5	10	15
Total-		40	60	100
FOURTH SEMESTER: Yoga Instructor (P-4)				
XVI	Introduction- History of Yoga and future opportunities	5	—	5
XVII	Prepare and maintain work area- As per Asanas	5	10	15

XVIII	Conduct the basic yoga sessions- Kriya, Mudra & Meditation	20	30	50
XIX	Maintain health and safety of work area	5	10	15
XX	Create a positive impression at work area, consultation SOP's	5	10	15
Total-		40	60	100

Vocational Studies
First Semester
// Yoga Instructor (P-1) //

Theory – 40
Practical – 60

Unit I. Introduction- What is Yoga

1. Define yoga
2. Identify the four streams of yoga.

Unit II. Prepare and maintain work area- As per Asanas

3. Prepare & identify types of products, materials etc required for the yoga services (As per Asana's covered in this module)
4. Apply applicable legislation relating to the workplace - health and safety, workplace regulations, use of work equipment.

Unit III. Conduct the basic yoga sessions- principles & yoga text

5. Define Principle of yoga
6. Describe ancient yoga text such as Bhagwat Gita, Patanjali Yoga Sutra, Narad Bhakti Sutra, Ramayana

Practical Component:

A. Define & demonstrate Breathing Practices such as - Hand in and out ,Hands stretch, breathing ,Ankle stretch breathing ,Rabbit breathing ,Tiger breathing , Dog breathing.

B. Tell & exhibit SITHILI VYAYAMA which includes- Toe bending, Ankle bending, Ankle rotation, Knee bending, Knee rotation, Knee cap tightening, Half butterfly, Full butterfly, Waist rotation, Wrist rotation, Shoulder rotation, Neck bending, Neck rotation, Elbow stretching

C. Define & demonstrate Loosening Practices such as - Jogging practices – 4 variations followed by Mukhad dhuti, Forward and backward bending, Side bending, Twisting, Sit up, Hip rotation, Nauka chalana, Chakki chalana, Chapatti making, Rope pulling, Wood cutting ,Vayu nikasana, Udrakarsana, Pascimotasana stretch, Alternate toe touching, Horse riding, jumping, Crow walk, Frog jump, Camel walk audits

Unit IV. Maintain health and safety of work area

7. Identify the contra-indications related to yoga asanas & yoga postures, discussed in this module.

8. Identify applicable legislation relating to the workplace (for example health and safety, workplace regulations, use of work equipment)

Unit V. Create a positive impression at work area, client expectations

9. Communicate and behave in a professional manner when dealing with clients
10. Identify how to manage client expectations

Vocational Studies
Second Semester
// Yoga Instructor (P-2) //

Theory – 40
Practical – 60

Unit I. Introduction- Ashtang Yoga & Bahiranga yoga

1. Identify the eight limbs of Ashtang yoga
2. Explain the significance of Bahiranga yoga
3. Identify the parts of Bahiranga yoga and Antaranga yoga.

Unit II. Prepare and maintain work area- As per Asanas

4. Prepare & identify types of products, materials etc required for the yoga services (As per Asana's covered in this module)
5. Apply applicable legislation relating to the workplace- Health hazards, handling/storage/ disposal/ cautions in the use of products/ tools/ equipment etc.

Unit III. Conduct the basic yoga sessions- Asana & Pranayam

6. Explain about Veda & Upanishad in relation to yoga.

Practical Component:

- A. Define & demonstrate asana for meditation which include - Padmasana, Vajrasana, Sukhasana.
- B. Describe & demonstrate various types of Pranayam techniques such as Bhastrika Surya anuloma viloma, Chandra anuloma viloma, Nadi suddhi, Sithili pranayama, Sitkari pranayama, Ujjai pranayama, Bhramari pranayama, Chanting of Om

Unit IV. Maintain health and safety of work area

7. Identify the contra-indications related to yoga asanas & yoga postures, discussed in this module.
8. Identify applicable legislation relating to the workplace (for example health hazards, handling/storage/ disposal/ cautions in performing asanas etc.)

Unit V. Create a positive impression at work area, behavior & communication

9. Behave in a professional manner within the workplace
10. Use effective communication techniques when dealing with clients
11. Adapt methods of communication to suit different situations and client needs.

Vocational Studies
Third Semester
// Yoga Instructor (P-3) //

Theory – 40
Practical – 60

Unit I. Introduction- Significance of Yoga

1. Discuss unity and diversity.
2. Explain the significance of yoga.

Unit II. Prepare and maintain work area- As per Asanas

3. Prepare & identify types of products, materials etc required for the yoga services (As per Asana's covered in this module)
4. Apply applicable legislation relating to the workplace- Fire precautions, occurrences & SOP's

Unit III. Conduct the basic yoga sessions- Human body & diet

5. Describe & illustrate the anatomy & physiology of human body systems
6. Define Yogic diet & explain the contents of a yogic diet.

Practical Component:

- A. Define & demonstrate Asanas in different postures such as- **SITTING** - Pascimotasana, Gomukhasana Bhunaman asana, Vakrasana, Aradha matsyendrasana, Vajrasana, Ustrasana, Mandukasana, Veerasana, Shankasana Marjariasana, Janu sirasana **PRONE** - Navasana , Bhujanagasana, Sarpasana, Nilambha salbhasana, Salbhasana, Dhanurasana **SUPINE** - Straight leg raising, Both leg raising, Cycling, Pavan muktasana kriya, Straight legup and down, Halasana, Sarvangasana, Chakrsana, Setu bandhasana, Matsya asana **STANDING POSE** - Vikchasana , Parvatasana, Trikonasana, Parvritha trikonasana, Hastautasana, Gadurasana, Uthit janusirasana, Pada hastasana, Natvar asana.
- B. Define & perform **SURYANAMASKAR**

Unit IV. Maintain health and safety of work area

7. Identify the contra-indications related to yoga asanas & yoga postures, discussed in this module.
8. Identify applicable legislation relating to the workplace (for example hygiene practice, disposal of waste if any)

Unit V. Create a positive impression at work area, consultation SOP's

- 9.** Use effective consultation techniques to identify treatment objectives
- 10.** Provide clear recommendations to the client Maintain client
- 11.** Plan and organize service feedback.

Vocational Studies
Fourth Semester
// Yoga Instructor (P-4) //

Theory – 40
Practical – 60

Unit I. Introduction- History of Yoga and future opportunities

1. Identify career opportunities in Yoga
2. Describe the history of yoga.

Unit II. Prepare and maintain work area- As per Asanas

3. Prepare & identify types of products, materials etc required for the yoga services (As per Asana's covered in this module)
4. Apply applicable legislation relating to the workplace- environmental protection

Unit III. Conduct the basic yoga sessions- Kriya, Mudra & Meditation

5. Narrate Shanti prayer, Yogic Mantra , Shanti Mantra

Practical Component:

- A. Describe & demonstrate KRIYA techniques such as Kapalabhati ,Sukhma tratka – jathru tratka , Jal neti , Sutra neti
- B. Describe & show Jalandhar bandas
- C. Define & demonstrate MUDRAS like Gayan mudra, Chin mudras, Chinmaya mudra, Adi mudra, Brahm mudra
- D. Perform MEDITATION (Dharana)

Unit IV. Maintain health and safety of work area

6. • Identify the contra-indications related to yoga asanas & yoga postures, discussed in this module.
7. • Identify applicable legislation relating to the workplace- environmental protection

Unit V. Create a positive impression at work area, office maintenance

8. Plan client scheduling and bookings and maintain the work area, equipment and product stocks to meet the schedule
9. Maintain accurate records of clients, treatments and product stock levels
10. Accept feedback in a positive manner and develop on the short comings.