

## Skills for Yoga Trainer

योगा ट्रेनर कौशल प्राप्त कर किसी भी जिम/फिटनेस सेन्टर पर अथवा स्वयं का सेन्टर खोलते हुए रोजगार/स्वरोजगार सुनिश्चित कर सकते हैं।

Course Name	Skills for Yoga Trainer	Course Code	BWS/Q2203
<p><b>Training Outcomes : After completing this programme, participants will be able to:</b></p> <ul style="list-style-type: none"> <li>• Prepare and maintain work area</li> <li>• Conduct the advanced yoga sessions</li> <li>• Conduct hatha yoga sessions</li> <li>• Maintain health and safety at the workplace</li> <li>• Create a positive impression at work area</li> <li>• Conduct the bal yoga sessions</li> <li>• Conduct the mahila yoga sessions</li> <li>• Conduct the vridha yoga sessions</li> </ul>			

### CURRICULUM / SYLLABUS

#### Part-A (Domain Skills)

S. No.	Module	Duration (In Hours)
1.	<p><b>Introduction :</b></p> <ul style="list-style-type: none"> <li>• Explain yoga and Explain the significance of Bahiranga yoga</li> <li>• Identify the four streams of yoga and eight limbs of Ashtang yoga</li> <li>• Identify the parts of Bahiranga yoga and Antaranga yoga</li> <li>• Discuss unity and diversity</li> <li>• Explain the significance of yoga</li> <li>• Identify career opportunities in yoga</li> <li>• Describe the history of yoga</li> </ul>	05:00
2.	<p><b>Prepare and maintain work area :</b></p> <ul style="list-style-type: none"> <li>• Prepare and identify types of products, materials etc required for the yoga services</li> <li>• Apply applicable legislation relating to the workplace (for example, health and safety, workplace regulations, use of work equipment, health hazards, handling/storage/ disposal/ cautions in the use of products/ tools/ equipment etc., fire precautions, occurrences, hygiene practice, disposal of waste, environmental protection etc.</li> </ul>	10:00
3.	<p><b>Conduct the advanced yoga sessions :</b></p> <ul style="list-style-type: none"> <li>• State the principle of yoga</li> <li>• Describe ancient yoga text such as Bhagwat Gita, Patanjali Yoga Sutra, Narad Bhakti Sutra, Ramayana</li> <li>• Explain about Veda and Upanishad in relation to yoga</li> <li>• Illustrate the anatomy and physiology of human body systems</li> <li>• Define Yogic diet and explain the contents of a yogic diet</li> <li>• Narrate Shanti prayer, Yogic Mantra, Shanti Mantra</li> <li>• Demonstrate Breathing-practices such as - hand in and out, hands stretch breathing, ankle stretch breathing, rabbit breathing, tiger breathing, dog breathing</li> </ul>	135:00



S. No.	Module	Duration (In Hours)
	<ul style="list-style-type: none"><li>• 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.</li><li>• Perform mukhadhauti (standing), forward and backward bending (standing), side bending (standing), twisting (standing), hip twist (standing), toe touching (standing), swimming (standing), sit up (standing), butterfly (sitting), chapatti making (sitting), rope pulling (Rajju Karshanasana) (sitting), bhunmana (sitting), pascimatasana stretch (sitting), crow walk (sitting), camel walk (sitting), straight leg raising (single and both supine), cycling (supine), rocking and rolling (supine), jathara parivarthana kriya (supine), dorsal stretch (supine), naukasana swing (supine), pavana mukthasan kriya, bhujangasana parvathasana swing (prone), naukasana chalana (prone), dhanurasana swing (prone), salabha shalabhasana (prone)</li><li>• Demonstrate Sakti Vikasaka (Strengthening practice)- mani bandha sakti vikasaka (Wrist), karaprastha sakti vikasaka (Back of Hand), anguli sakti vikasaka (Fingers), khaponi sakti vikasaka (Elbows), bhuja bandha sakti vikasaka (Upper arms), skanda sakti vikasaka (Shoulders), griva sakti vikasaka – (Neck), kati sakti vikasaka (Back), janu sakti vikasaka (Knee), jangha sakti vikasaka (Thighs), pindali sakti vikasaka (Calves)</li><li>• Demonstrate asana for meditation which include - Padmasana, vajrasana, sukhasana, siddhasana, siddiyoni asana, bhadrasana, dhyana veerasana</li><li>• Demonstrate various types of Pranayam techniques such as Bhastrika, vibhagiya pranayam, surya anuloma viloma, chandra anuloma viloma, nadi suddhi, sithili pranayama-cooling pranayama, sitkari pranayama - cooling pranayama, satanta - cooling pranayama, ujjai pranayama, bhramari pranayama</li><li>• Demonstrate asanas in sitting position such as Pascimatasana, GoMukhasana, Vakrasana, Aradha Matsyendrasana, Ustrasana, Mandukasana, Veerasana, Shankasana, Janu Sirasana, Matyasana, Lolasana (swinging pose), Garbhasana, Simhasana, Supta Vajrasana, Gau Mukhasana, Gupta Padmasana, Padma Prasar Pachimostasana, Ek Pada Padhosthanasana, etc.</li><li>• Demonstrate asanas in prone position such as Navasana, Bhujanagasana, Sarpasana, Salbhasana, Ardha Shalbhasana, Saral Dhanurasana, Dhanurasana, etc.</li><li>• Demonstrate asanas in supine position such as Sarvangasana, Chakrasana, Setu Bandhasana, Viparitha Karani, Halasana, etc.</li><li>• Demonstrate asanas in standing position such as Trikonasana, Ardha chakrasana, Garuda sana, Parshwakonasana, Pada Hastasana, Parivrittha Trikonasana, Natvar Asana, Virshasana, etc.</li><li>• Exhibit Jalandhar bandas - Jalandhar Bandas, Moolbandas, Uddiyan Bandas</li><li>• Demonstrate MUDRAS like Nasagra Mudra, Chin Mudras, Chinmaya Mudra, Brahma</li><li>• Mudra, Adi Mudra, Bhairava Mudra, Shambhavi Mudra, Aswini Mudra, Yog Mudra</li></ul>	



Skilling Youth  
Enriching Livelihoods

# Mukhyamantri Yuva Kaushal Yojna (MMYKY)



S. No.	Module	Duration (In Hours)
	<ul style="list-style-type: none"> <li>Perform Suryanamaskar</li> </ul>	
4.	<p><b>Conduct the hatha yoga sessions :</b></p> <ul style="list-style-type: none"> <li>Perform patanjali yoga sutras, hatha yoga pradipika, gheranda Samhita, shiva Samhita and all the postures or techniques involved; their effects and implications</li> <li>Perform the application of yama and niyama, yoga practices and their potential effects, yogic diet and yogic lifestyle and contraindication of yoga practices for specific conditions and circumstances.</li> </ul>	40:00
5.	<p><b>Maintain health and safety of work area:</b></p> <ul style="list-style-type: none"> <li>Identify the contra-indications related to various yoga asanas and yoga postures</li> <li>Identify applicable legislation relating to the workplace (for example, health and safety, workplace regulations, use of work equipment, health hazards, handling/storage/ disposal/ cautions in performing asanas etc., fire precautions, occurrences, hygiene practice, disposal of waste if any, environmental protection, etc.</li> </ul>	10:00
6.	<p><b>Create a positive impression at work area:</b></p> <ul style="list-style-type: none"> <li>Communicate and behave in a professional manne when dealing with clients</li> <li>Identify how to manage client expectations</li> <li>Behave in a professional manner within the workplace</li> <li>Use effective communication techniques when dealing with clients</li> <li>Plan client scheduling and bookings and maintain the work area, equipment and product stocks to meet the schedule</li> <li>Maintain accurate records of clients, treatments and product stock levels</li> <li>Accept feedback in a positive manner and develop on the shortcomings</li> </ul>	10:00
<b>Sub Total</b>		<b>210:00</b>

## Part-B (Soft Skills)

S. No.	Topics	Duration (In Hours)
1.	Development Competency/ Proficiency in English/Vernacular	10:00
2.	Effective Communication	10:00
3.	Self & time Management	10:00
4.	Motivational Techniques	05:00
5.	Interpersonal Skill Development	05:00
6.	Computer Literacy	20:00
7.	Life Skills	05:00
8.	Entrepreneurship	15:00
9.	Occupational Safety, Health and Environment Education	10:00
<b>Sub Total</b>		<b>90:00</b>

**Total Course Duration : 300:00 Hours**