

GUIDELINES FOR CERTIFICATION OF HIGHER SECONDARY SCHOOL YOGA TEACHER UNDER YOGA EDUCATION AND TRAINING.

The YCB Technical Committee approved the syllabus and guidelines for certification of Higher Secondary School Yoga Teachers under Yoga Education and Training.

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

Eligibility criteria, marks distribution and syllabus for Higher Secondary School Yoga Teacher is as follows:

Name	Certificate holder can function as	Competencies
Higher Secondary School Yoga Teacher	Shall act as Yoga teacher in Higher Secondary School for preventive healthcare and promotion of wellness in school kids (Class IX to XII).	Equivalent to not less than 400 hours of Yoga Training program me.

- 1. Name of the certification: Higher Secondary School Yoga Teacher**
- 2. Requirement/Eligibility:**
 - For admission in the course, the candidate should have passed graduation (any stream) or equivalent degree from a recognized college/university/institute or equivalent. However, the Yoga Institutions can define their own eligibility equivalent to graduation. (Open candidates should not be entertained)
 - Candidate must have experience of Yoga Teaching in any institution for at least 1500 hours after obtaining Yoga education.
- 3. Brief role description:** Certified Yoga School teacher to teach Yoga for preventive health care of school kids (Class IX - Class XII).
- 4. Personal attributes:** The job requires individuals to have good communication skills, time management skills and ability to understand the body language of the students. Also the job requires individuals to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.
- 5. Credit points for certificate:** 24 credits (where 1 credit = 16 hours of theory and practical combined).
- 6. Duration of course:** Not less than 400 hours or not less than 6 months as part time (i. e. 6 hours weekly—could be ‘3 hours per day’) or 3 months (6 hours a day in a 6-day week as full-time course).
- 7. Minimum age:** 21 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
Higher Secondary School Yoga Teacher	200 marks	30% Theory 70% Practical	60 questions of 1 mark each Practical for 140 marks	24

9. The candidate has to secure 70% marks in each of the theory and practical to qualify/pass the assessment. However, maximum 5% grace marks may be given either for theory/practical paper but 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. Number of questions to be equally divided in all units and sub units.
12. Validity of the Certificate would be 5 years after certification.

Theory

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

Practical

S No.	Practical Work	Marks
A	Teaching Skills	70
B	Demonstration Skills	40

C	Knowledge and Attitude	20
D	Practice teaching in typical class size group	10
	Total	140

Syllabus for Higher Secondary School Yoga Teacher

UNIT 1: INTRODUCTION TO YOGA AND YOGIC PRACTICES

- 1.1 Yoga: Meaning, definitions of Yoga from Bhagwad Gita with teenagers' perspective
- 1.2 Aim, objectives and misconceptions
- 1.3 Guiding principles to be followed by Yoga practitioners
- 1.4 Antahkarna Chatushtaya- chitta, manas, buddi, ahankara
- 1.5 Jnana Yoga, Bhakti Yoga
- 1.6 Karma Yoga, Hatha Yoga
- 1.7 Concept of Panchamahabhuta
- 1.8 Impact of Sūrya Namaskāra on health systems
- 1.9 Concept of Asanas from Patanjali Yoga Sutra, Hatha Yoga Pradipika, Gheranda Samhita
- 1.10 Introduction to Meditation

UNIT 2: YOGA FOR PERSONALITY DEVELOPMENT

- 2.1 Yogic positive attitudes - Maitri, Karuṇa, Muditā, Upekṣa and its application in interpersonal relationship and community living
- 2.2 Concept of bhāvas - Dharma, Jñāna, Vairāgya, Aisvarya and their relevance in holistic health
- 2.3 Karma Yoga in BhagwadGītā
- 2.4 Nature our teacher, role play
- 2.5 Biography of great people, saints, gurus
- 2.6 Śreyas and Preyas
- 2.7 Concept of Triguna
- 2.8 Introduction to SthūlaVyāyāma
- 2.9 Śodhanakriyā – Neti, Trāṭaka, Kapālabhāti
- 2.10 Prāṇāyāma

UNIT 3: YOGA AND VALUE EDUCATION

- 3.1 Anatomy of 8 regions and categories of asanas
- 3.2 Difference between Physical exercise and yogāsanas
- 3.3 Importance of breathing rhythmically in asanas practice
- 3.4 TrigunaĀhāra

- 3.5 Yogic practices which enhance body and mind coordination
- 3.6 Introduction to physical and mental hygiene
- 3.7 Introduction to health and hygiene of kaya vachamanasa
- 3.8 Introduction to Yoga Texts – Upanishads, Bhagwad Gita, Patanjali Yoga Sutra
- 3.9 Pañcakośaviveka in TaittirīyaUpaniṣad
- 3.10 Attitude bound asanas which enhance mind-body connection

Practical

A. TEACHING SKILL: Use of Music, Creative arts, Performing arts, Organizational activities with repeated emphasis on awareness of the task at hand, awareness of body-mind connection. Observation and measurement skills for evaluation. It also includes structure of class, learning process in psycho-physical and affective domain needed.

4.1 Prayer: Concept and recitation of Praṇava andhymns.

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. Below is a small sampling:

"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." – Svetasvatara Upanishad 4:17)

4.2 Yoga Cleansing Techniques

Knowledge and Practice of Jal Neti, Trāṭaka and Kapālabhāti.

4.3 Yogic SūkṣmaVyāyāma and SthūlaVyāyāma

4.3.1 Yogic SūkṣmaVyāyāma (Micro CirculationPractices)

4.3.1.1 Neck Movement: Griva Shakti Vikasaka (I, II, III, IV)

4.3.1.2 ShoulderMovement: Bhuja Valli Shakti Vikasaka, PurnaBhuja Shakti Vikasaka

4.3.1.3 Trunk Movement: Kati Shakti Vikasaka (I, II, III, IV, V)

4.3.1.4 Knee Movement: Jangha Shakti Vikasaka (II-A&B) Janu Shakti Vikasaka

4.3.1.5 Ankle movement: Pada-mula shakti Vikasaka – A&B, Gulpha-pada-prishtha-pada-tala shakti Vikasaka

4.3.2 Yogic SthūlaVyāyāma (Macro CirculationPractices)

4.3.2.1 SarvāṅgaPuṣṭi

4.3.2.2 HridGati (EngineDaud)

4.3.2.3 Rekha Gati

4.3.2.4 Utkūrdana

4.3.3 ShithlikarṇaVyāyāma:

- 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.
- Drill walking
- Hand claps
- Donkey kick
- Rowing
- Chakkichalana
- Bhunamana
- Butterfly strokes
- Cycling –forward and backward
- Pashchimottana – Halasana stretch
- Naukachalana

4.4 SūryaNamaskāra

4.5 Yogāsana

- Tadasana
- Vrikshasana
- Utkatasana
- Hastottanasana
- Trikonasana

- Katichakrasana
 - Padmasana
 - Yogamudrasana
 - Paschimottanasana
 - Ushtrasana
 - Uttanapadasana
 - Pawanamuktasana
 - Chakrasana
 - Ardhalasana
 - Dhanurasana
 - Shavasana
 - Breathing with Awareness
- Shatkriya: Trataka

4.6 Preparatory Breathing Practices

4.6.1 Sectional breathing (abdominal, thoracic andclavicular)

4.6.2 Yogic deepbreathing

4.7 Pranayama

4.7.1 Concept of Puraka and Rechaka

4.7.2 AnulomaViloma/NadiShodhana

4.7.3 Sheetal pranayama

4.7.4 Bhramari pranayama

4.8 Understanding of Mudra

- Hasta Mudras (Akasha, Vayu, Tejas, Ap, Prithvi corresponding to Panchamahabhutas)

4.9 Recitation of important Vedic Mantras:

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

* Invocations and prayers from Vedas & Upanishads:

Om sahanaavavatu; sahanaubhunaktu; sahaveeryamkaravaavahai; tejasvinaavadheetamastu; maa vidvishaa-vahai // ||Om! Shantih; shantih; shantih // (Katha, Kena, Kalisantarana Upanishads)

May he protect us both together (by revealing knowledge). May He protect us both! May we attain vigor together! Let what we study be invigorating. May we not hate each other!

Om shannomitrah sham varunah / shannobhavatvaryamaa /shannaindrihaspatih; shanno Vishnu-rurukramah; namobrahmanay / namaste vaayo; tvamevapratyakshambrahmaasi / tvamevapratyaksham brahma vadishyaami / ritamvadishyaami / satyamvadishyaami / tanmaamavatu / tadvaktaaramavatu / avatumaam / avatuvaktaaram // (Taittiriya Upanishad)

May Mitra and Varuna be blissful to us; May Aryamaa (one of the Aadityas) be blissful to us; May Indra and Brihaspati be blissful to us; May Vishnu of vast strides grant us happiness; O Vaayu' salutation unto you; Thou art verily Brahman immediate; I shall call thee alone as immediate Brahman; I shall call you Ritaa or righteousness. I shall call you Truth. May that Brahman protect the teacher! May it protect me! May it protect the teacher! Om, Peace be; peace be, peace be.

Om poornamadahapoornamidampoornaatpoornamudachyute /

Poornasyapoornamaadaayapoornamevaavasishyate // // Om Shantih; shantih; shantih //

That is whole, this is whole; from the whole, the whole becomes manifest. From the whole when the whole is negated, what remains is again the whole.

*Om bhadramkarnebhiih srunuyaamadevaaha; bhadrapasyemaakshabhir-yajatraaah / sthirair-angais-
tushtuvaagamsas-tanoobhivhyasemadevahitamadaayuh // swastinaindrovridhasravaah;
swastinahapooshaviswavedaah / swastinastaarkshyoarishthanemih; swastinoebrihaspatir-dadhaatu // // Om shantih,
shantih, shantih //* (Isavasya, Svetaavataara, Brihadaaranyaka)

O ye Gods, may we hear with our ears (always) what is auspicious; O Worshipful Ones, may we with our eyes see (always) what is auspicious. May we live the entire length of our allotted life hale and hearty, offering our praises (unto Thee). May Indra, the ancient and famous, Sun (Pusan) the all knowing, the Lord of swift motion (Vaayu) who saves us from all harms and Brihaspati who protects the spiritual wealth in us—bless us (with intellectual strength to understand the scriptures and the heroic heart to follow the teachings). Om Peace be; peace be; peace be.

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:

Goyandka,	Yoga Darshan
Harikrishandass	Geeta Press, Gorakhpur (Samvat 2061).
Swami	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja
Vivekananda	Yoga (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
Shri Yogendraji	Guide to Yoga Meditation , The Yoga Institute,Santacruz, Mumbai.
Gita press	ShreemadBhagvadgita
Gorakhpur	Gita press Gorakhpur, Samvat 2073
Quality Council of	Yoga professionals Official Guidebook for
India (QCI)	Level 1
	Excel Books, New Delhi 2016

Brahmachari Swami
Dhirendra

Yogic SuksmaVyayama,
Dhirendra Yoga Publications, New Delhi, 1986

Basavaraddi, I. V. &
others Sahay G. S.

Yoga Teachers Manual for School Teachers,
MDNIY, New Delhi, 2010
Hathayogapradipika, MDNIY, New Delhi, 2013

Kalayan

Upanishads (23rd year Special)

Geeta Press, Gorakhpur

Gore M. M.

Anatomy and Physiology of Yogic Practices,
Kanchana Prakashana, Lonavala, 2004

Dr Jayadeva

Yoga Cyclopedia Vol 2 & 3, The Yoga Institute,
Santacruz, Mumbai.

Reference books for Practicum

- Brahmachari
Swami Dhirendra
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Iyengar B. K. S.
- Saraswati, Swami
Satyananda
Basavaraddi, I.V.
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Dhirendra Yoga Prakashana, New Delhi
YogasanaVijnana,
Dhirendra Yoga Prakashana, New Delhi
Light on Yoga, Harper Collins Publisher,
New Delhi, 2005
- Asana, Pranayama, Mudra, Bandha**
Bihar School of Yoga, Munger, 2006
- A Monograph on Yogic**
SukhmaVyayama, MDNIY, New Delhi,
2016
- A Monograph on Shatkarma,**
MDNIY, New Delhi, 2016
- A Monograph on Yogasana,**
MDNIY, New Delhi, 2016
- A Monograph on Pranayama,**
MDNIY, New Delhi, 2016
- Yoga for All,** The Yoga Institute,
Santacruz, Mumbai.
- Yoga Cyclopedia Vol 1,** The Yoga
Institute, Santacruz, Mumbai.
- Yog Asanas Simplified,** The Yoga
Institute, Santacruz, Mumbai.
- Hygiene Simplified,** The Yoga Institute,
Santacruz, Mumbai.
- Yoga for Children – Teacher’s**
Handbook,
Teaching Yoga, The Yoga Institute,
Santacruz, Mumbai
- Hathayoga Simplified,** The Yoga
Institute, Santacruz, Mumbai.
- Surya Namaskara**
Bihar School of Yoga, Munger, 2006

Quality Council of India (QCI)	Yoga professionals Official Guidebook for Level 1 , Excel Books, New Delhi 2016
Basavaraddi, I. V. & others	Yoga Teachers Manual for School Teachers , MDNIY, New Delhi, 2010
Gharote, M.L.	Teaching Methods for Yogic practices , Kaivalyadhama Ashram, Lonavla
Iyengar, BKS Yogacharya Hansraj Yadav	Yoga Shastra (Vol-I & II) Ramamani Iyengar Memorial Yoga , Institute, Pune
Yogacharya Hansraj Yadav	Yoga for Students , Bharatiya Vidya Bhavan Publication.
SmtHansaji	Yogayana for Mental Composure , Bharatiya Vidya Bhavan Publication.
Dr Jayadeva	Values of Life , The Yoga Institute, Santacruz, Mumbai.
SmtHansaji	Better humans , The Yoga Institute, Santacruz, Mumbai.
	Growing with Yoga , The Yoga Institute, Santacruz, Mumbai.