

“Yoga Teacher & Evaluator”

Preparation course

According to:

Yoga Certification Board
Ministry of Ayush, Govt. of India

Syllabus & Passing Grades

Online



Quality Yoga

Official Syllabus



This document presents the official content, as defined by the **Yoga Certification Board (YCB) of the Government of India**, for the theory and practical evaluations required to obtain the certificate, as well as the minimum passing marks needed.

The YCB's mission is to **protect and promote authentic yoga**, professionalize the practice, and certify individuals who demonstrate mastery of its theory, practical, and ethical components.

Our Online Preparation Course equips you with the necessary knowledge to achieve the required marks and obtain the certificate.

The certificate awarded is digital and can be verified online.



During the online course

You have access to:

01

For the theoretical exam

- **Guides covering everything you need to know** to pass the exam.
- Dozens of questions from previous assessments to practice applying your knowledge.

02

For the practical exam

- **Videos** demonstrating the techniques you may be asked.
- **Live simulation** of the practical exam with an official examiner, giving you insight into what to expect and strategies to follow.

03

For ensuring understanding

- **Live classes** to deepen understanding and answer questions about the subject and techniques.
- **Contact the team** and the teacher with any questions or concerns about the content or the course.

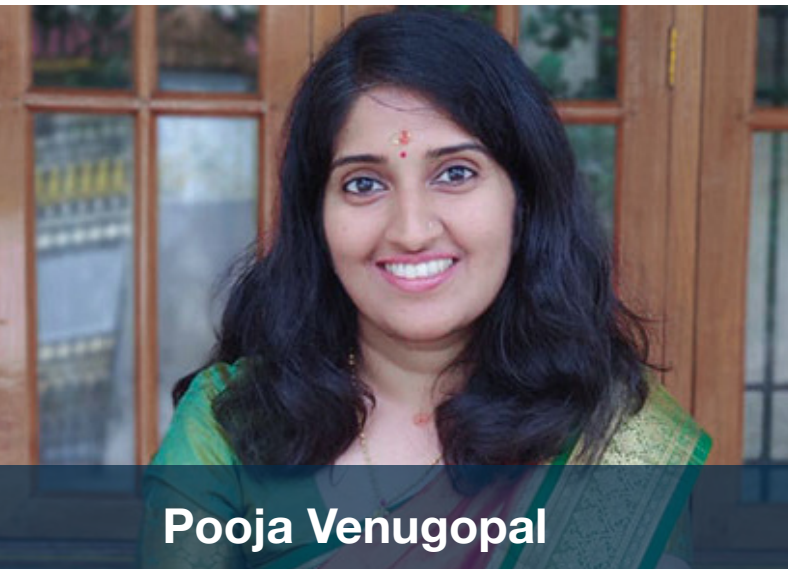
Live Sessions

We have scheduled the **live sessions on Saturdays**, but if you can't attend...

Don't worry!

The classes will be recorded, so you can watch them whenever it's convenient for you.

Lessons will be guided by our teachers from India:



Pooja Venugopal

Health and Wellness Professional

Certified Yoga Instructor and Official Examiner by the Yoga Certification Board.



Vikas Kumar

Health and Wellness Professional

Expert yogi with extensive experience in various styles of yoga, including Hatha and Ashtanga.



“ We are recognized as an **Ayush Center for Certification and Registration** and our theoretical and practical evaluation process is conducted entirely in English ”

Theory program 1/4

Unit 1

Foundation of Yoga

1. Etymology and Definitions of Yoga (**Patanjala Yoga Sutra, Bhagwad Gita, Kathopanishad**).
2. Brief Introduction to the origin, history, and development of Yoga (Pre-Vedic period to contemporary times).
3. Yoga in Principle **Upanishads**.
4. Yoga tradition in **Jainism: Syadvada** (theory of sevenfold predictions); Concept of **Kayotsarga / Preksha meditation**.
5. Yoga Tradition in **Buddhism**: the concept of **Aryasatyas** (four noble truths).
6. Salient features and branches of **Bharatiya Darshana (Astika and Nastika Darshana)**.
7. General introduction to **Shad Darshana** with special emphasis on **Samkhya, Yoga and Vedanta Darshana**.
8. Brief survey of Yoga in Modern and Contemporary Times (Shri Ramakrishna, Shri Aurobindo, Maharishi Raman, Swami Vivekananda, Swami Dayananda Saraswati, Swami Shivananda, Paramhansa Madhavadas ji, Yogacharya Shri T. Krishnamacharya).
9. Guiding principles to be followed by the practitioner.
10. Brief Introduction to Schools of Yoga; **Jnana, Bhakti, Karma, Raja & Hatha**.
11. Principles and Practices of Jnana Yoga.
12. Principles and Practices of Bhakti Yoga.
13. Principles and Practices of Karma Yoga.
14. Concept and Principles of **Sukshma Vyayama, Sthula Vyayama, Surya Namaskars** and their significance in Yoga Sadhana.
15. Concept and Principles of **Shatkarma**: Meaning, Types, Principles and their significance in Yoga Sadhana.
16. Concept and Principles of **Yogasana**: Meaning, definition, types and their significance in Yoga Sadhana.
17. Concept and Principles of **Pranayama**: Meaning, definition, types and their significance in Yoga Sadhana.
18. Introduction to **Bandha & Mudra** and their health benefits.
19. Introduction to Yogic relaxation techniques with special reference to **Yoga Nidra**.
20. Introduction to **Dhyana** and its role in health and well-being.

Theory program 2/4

Unit 2

Introduction to Yoga Texts

1. Introduction to **Prasthanatrayee**, **Purushartha Chatushtaya**, and the goal of human life.
2. Yoga in **Kathopanishad**, **Prashanopanishad**, **Taittiriyaopnishad** with special emphasis on **Panchakosha Vivek** and **Ananda Mimamsa**.
3. Concept of **Sthitaprajna** (stages and characteristics) in Bhagavad Gita.
4. Significance of **Bhagavad Gita** as a synthesis of Yoga.
5. Concept of healthy living in Bhagavad Gita (**Ahara, Vihara, Achara, Vichara**).
6. Introduction and highlights of **Yoga Vasishtha**, Definitions of Yoga, and their relevance in Yoga Vasishtha.
7. Study of **Patanjali Yoga Sutra** including selected sutras.
8. Concept of **Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha**, and **Vivek-Khyati** and their relationship with wellness.
9. Concept of **Ishwara** and its relevance in Yogasadhana, qualities of Ishwara, **Ishwarapranidhana**.
10. Concept of **Kriya Yoga** of Patanjali and its importance for healthy living.
11. **Bahiranga Yoga** of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
12. **Antaranga Yoga** of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
13. Concept of mental well-being according to Patanjali.
14. **Hatha Yoga**: Its origin, history and development. Hatha Yoga: its meaning, definition, aim, objectives, and misconception about Hatha Yoga.
15. **Sadhaka Tattva** and **Badhaka Tattva** principles to be followed by Hatha Yoga practitioners.
16. Concept of **Matha, Mitahara, Pathya & Apathya**, Types of Aspirants.
17. Hatha Yoga practices according to different Hatha Yogic Texts (**Hatha Pradipika, Gheranda Samhita**, and **Hatharatnavali**).
18. Concept of **Shwasa-Prashwasa, Vayu, Prana, Upa-Prana, Shat Chakra** etc.
19. Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
20. Relevance and importance of Hatha Yoga practices in health and well-being.

Theory program 3/4

Unit 3

Yoga And Health

Introduction to Human Body – Anatomy and Physiology

1. Introduction to the Human body.
2. Basic structure and functions of the Musculoskeletal system, Respiratory system, Cardiovascular system, Nervous system, Digestive system, and Endocrine system.
3. Homeostasis: its mechanism to maintain the internal environment of the body.
4. Introduction to sensory organs (Eyes, Nose, Ears, Tongue, and Skin).
5. Impact of Yogic practices on different systems of the human body: Benefits of Shatkarma, Yogasana, Pranayama, and Bandha on Respiratory, Circulatory, and Musculoskeletal system.

Introduction to Psychology

6. Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.
7. Definition and nature of behavior, kinds of Behavior Motivation.
8. Emotions: definition, nature, and physiological changes during Emotion.
9. Mental Health: Yogic view of Mental Health and Mental Illness.
10. Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.

Yoga For Health And Wellness

11. Yogic concept of health, wellness, and illness.
12. Importance of psycho-social environment for health and wellness.
13. Role of Yoga in various dimensions (physical, mental, social, and spiritual) of health.
14. Importance of following **Dinacharya** and **Ritucharya** for well-being.
15. Role of **Ahara**, **Nidra** and **Brahmacharya** in wellness.

Yoga For Disease Prevention And Health Promotion

16. Meaning and definition of Health and Disease, Concept of **Adhi** and **Vyadhi**, Yoga as preventive Health care- **Heyam dukham anagatam**.
17. Potential causes of ill –health: **Tapatrayas** and **Kleshas**, Mental and Emotional ill Health: **Anatrayas**.
18. **Shuddhi Prakriyas** in Yoga and their role in preventive and curative Health.
19. Knowledge of **Trigunas**, **Pancha-Kosha**, **Pancha-Prana**, and **Shatkchakra** and their role in Health and Disease.
20. Yogic concept of Holistic Health and its importance in the management of Diseases.

Theory program 4/4

Unit 4

Applied Yoga

Yoga and Education

1. Education: Its meaning, definition and goal, role and importance of education in Human Excellence.
2. Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher, Student and Teaching, **Guru- Shishya- Parampara** and its importance in Yoga Education.
3. Value Education: Its Meaning and Definition, Types of values, value-oriented Education in Personality Development.
4. Contribution of Yoga towards the Development of Values and Spiritual Growth.
5. Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education, Role of Yoga in development of healthy society.

Yoga For Personality Development

6. Personality: Meaning and types of personality.
7. Determinants of Personality with reference to psycho-social environment.
8. Knowledge of various facets and stages of development of personality.
9. Personality Development; Role of spirituality and positive attitude in personality development.
10. Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha, Mudra, etc.) in Personality Development.

Yogic management of stress and its Consequences

11. Definition, nature, and types of stress.
12. Symptoms and consequences of stress on the human mind.
13. Yogic perspective of stress. Yogic principles for the management of stress and its consequences.
14. Concepts and techniques of Stress management in Ashtanga Yoga of Patanjali Yoga Sutra and Bhagavad Gita.
15. Specific practices for stress management: Yogasana, Breath Awareness, Shavasana, Yoga Nidra, Pranayama, and Meditation.

Yoga for prevention and management of Life Style Disorders

16. Concept of Yogic lifestyle and its relevance.
17. General knowledge about lifestyle-related disorders: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma, Sinusitis, Hypertension, Neck pain, Low Backache, Osteoarthritis, etc.
18. Role of Yoga in prevention and management of common disorders: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma, Sinusitis, Hypertension, Neck pain, Low Backache, and Osteoarthritis.
19. Role of Yoga in the prevention and management of non-communicable disorders.
20. Yoga as an integrative medication.

Practical program 1/2

Demonstration Skills

01

Prayer

- Concept and Recitation of Pranava.
- Concept and Recitation of Hymns.
- Selected universal prayers, invocations and Nishpatti Bhava.

02

Yogic Shat Karma

- Neti: Sutra Neti and Jala Neti.
- Dhauti: Vamana Dhauti (Kunjil).
- Kapalbhata (Vatakrama).

03

Yogic Sukshma Vyayama and Sthula Vyayama

- Yogic Sukshma Vyayama (Microcirculation Practices).
- Yogic Sthula Vyayama (Macrocirculation Practices).

04

Yogic Surya Namaskara with Mantra

05

Yogasana

- Tadasana, Hastottanasana, Vrikshasana.
- Ardha Chakrasana, Padahastanasana.
- Trikonasana, Parshva Konasana, Katichakrasana.
- Dandasana, Bhadrasana, Padmasana, Vajarasana.
- Yogamudrasana, Parvatasana.
- Mandukasana, Ushtrasana, Shashankasana, Utthana Mandukasana.
- Paschimottanasana, Purvottanasana.
- Vakrasana, Ardha Matsyendrasana, Gomukhasana.
- Makarasana, Bhujangasana, Salabhasana, Dhanurasana.
- Pavanamuktasana and its variations.
- Uttanapadasana, Ardha Halasana, Setubandhasana, Saral-matsyasana.
- Halasana, Chakrasana.
- Sirshasana.
- Shavasana.

06

Preparatory Breathing Practices

- Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing).
- Yogic Deep Breathing.
- Anuloma Viloma/ Nadi Shodhana.

07

Pranayama

- Concept of Puraka, Rechaka and Kumbhaka.
- Ujjayee Pranayama (Without Kumbhaka).
- Sheetal Pranayama (Without Kumbhaka).
- Sitkari Pranayama (Without Kumbhaka).
- Bhramari Pranayama (Without Kumbhaka).

08

Bandha

- Jalandhara Bandha.
- Uddiyana Bandha.
- Mula Bandha.

09

Mudra

- Yoga Mudra.
- Maha Mudra.
- Viparitakarani Mudra.

10

Practices leading to Dhyana Sadhana

- Body awareness and Breath awareness.
- Yoga Nidra.
- Antanmauna.
- Recitation of Pranava and Sohama.
- Recitation of Hymns.
- Practice of Dhyana.



Practical program 2/2

Teaching and Evaluator Skills

01

Methods of Teaching & Evaluation

- Teaching methods with special reference to Yoga.
- Factors influencing Yoga teaching.
- Need of teaching practice and its use in Yogic practice.
- Teaching Aids: Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation.
- Methods of teaching Yoga to an individual, small group, and large group.
- Use of audio-visual aids, ICT, multimedia, and online resources.
- Lecture cum demonstration in Yoga: Its meaning, importance, and method of its Presentation.
- Lesson plan: Its meaning and need.
- Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group.
- Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- Assessment of a Yoga class (detection and correction of mistakes).
- Measurement, assessment, and evaluation: concepts, principles, and applications.
- Examination reforms and designing formative and summative evaluation.
- Program evaluation: Yoga class/ workshops/ camps, yoga teaching, and yoga teacher.
- Assessment of yoga centers and institutes- criteria, processes, instruments, results.

Grades

Total score: **200 points**

THEORY: 80 POINTS

Unit No.	Title	Grade
1	Foundation of Yoga	20
2	Introduction to Yoga Texts	20
3	Yoga And Health	20
4	Applied Yoga	20
		Total 80

Passing Grade: 70 %

56/80

PRACTICAL: 120 POINTS

Unit No.	Title	Grade
1	Demonstration Skills	60
2	Teaching Skills	20
3	Evaluation Skills	20
4	Application of knowledge	10
5	Field Experience	10
		Total 120

Passing Grade: 70 %

84/120

Both exams are conducted online

Planning & Schedules

01

Preparation Course



Theory

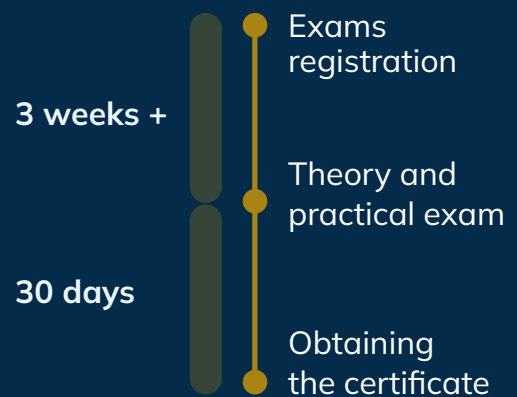
When you register you have access to the texts with the theory and typical questions from previous exams.

Practical

It consists of live classes with precise instructions on how to prepare for the evaluation, and recorded classes with yoga techniques.

02

Exams & Certificate



You can register for the exams before or after completing the Preparation Course.

Exams are held regularly, usually on weekends and at different times to accommodate everyone.

All live* sessions are scheduled for Saturdays

*They are recorded and then uploaded to the course platform.

Certificates

01

Preparation Course

At the end of the Preparation Course, you will receive the Quality Yoga certificate confirming your yoga training.



02

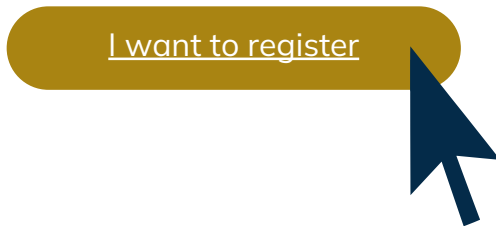
Exams

After passing the Yoga Certification Board exams, you will be awarded the official Yoga Teacher & Evaluator certificate from the Government of India.



Click [here](#) to enroll in the

“Yoga Teacher & Evaluator Preparation Course”



Yoga Certification Board
Ministry of Ayush, Govt. of India



“Get global recognition”

Yoga Certification Board
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Quality Yoga