

CURRICULUM & SYLLABUS FOR

YOGA VOLUNTEER (YV) COURSE

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DAKSHIN YOGA KENDRA
AYUSH YOGA TRAINING CENTER
MINISTRY OF AYUSH, GOVT OF INDIA
YOGA VOLUNTEER COURSE

1. Introduction

This course is designed for beginners exploring the field of yoga. This course is a practical oriented course with the knowledge of theory. This course is inclusive under the “YOGA VOLUNTEER” of the MINISTRY OF AYUSH.

2. Objectives of the Course

This course aims at making the aspirant

- a) Understand the benefits of practicing yoga
- b) Discover the sense of oneness with ourself
- c) Realize the importance of yoga in every aspect of life
- d) Familiarize with some basic postures, pranayama and breath-body awareness

3. Medium of Instruction

English and Tamil

4. Mode of instruction

Online Platform

5. Course Duration

36 Hours

6. Eligibility and age

Open for all, there is no eligibility criteria

7. Theory Hours

1 Hours

8. Practice Hours

4 Hours Class & 12 Hours Self-Practice

9. Self Study Hours

19 Hours

10. Total Course Hours

36 Hours

11. Outcome of the course

- a) At the end of successful completion of the course, the aspirant will be able to understand the meaning, history and development of yoga
- b) Familiarize with the fundamentals of yoga
- c) Appreciate the various schools of yoga
- d) Incorporate yogic practices in life for health and wellness

12. Syllabus

Unit 1 – Theory

- What is Yoga?
- History and development of yoga
- Schools of Yoga
- Yogic practices for health and wellness
- Yogic principles of food
- General guidelines for practicing yoga

Unit 2 – Practical

Prayer

Stretching Exercises – Sukshma Vyayama **Standing**

- Neck Movement
- Wrist Rotation
- Wrist Forward and Backward Bending
- Elbow Bending
- Arms Rotation
- Shoulder Movement
- Spine Rotation Standing

Sitting

- Toes Stretch
- Ankle rotation
- Knee Stretch
- Knee Forward and Backward Bending
- Knee Rotation (Janu Chakrasana)
- Chakki Chakrasana

Yogasanas

Standing Posture

Tadasana, Triyaka Tadasana, ArdhaChakrasana, Padahasthasana, Trikonasana.

Sitting Posture

Bhadrasana (Butterfly), Sitting Spine Twist, Vajrasana, Shashankasana, Namaskar Asana, Cat and Camel

Prone Posture

Makarasana, Bhujangasana, Shalabhasana.

Supine Posture

Uttanapadasana – Raising Legs to 45degrees
Ardhahalasana – Raising legs to 90 degrees,
Setubandhasana,

Markatasana (Lying Spine Twist),
Pawanamuktasana (Single leg and Both the legs)

Purna Shanti Shavasana.

Yoga Nidra

Pranayama

- Sectional Yogic Breathing
- Kapalabhati Pranayama
- Anulmoa Viloma/Nadi Shodhana
- Bhramari

Dhyana (Technique and Benefits):

Breath Awareness

Haung Sau Meditation

13. Qualifying Criteria for Certification

80% Attendance

14. Course fee

Rs.1250 (For Indian Nationals), USD 30 (For Foreign Nationals)

15. Mode Of transfer Of Payment

Online Transfer (**Click to pay**) / Cash / Bank Transfer

16. Admission Process

- 1) Pay course fees through Online Transfer (**Click to pay**) / Cash / Bank Transfer
- 2) Click **Here** to fill the admission form.

17. Certification

The Candidate, upon successful Completion of the Course will Receive “YOGA VOLUNTEER CERTIFICATE” form “MINISTRY OF AYUSH, GOVERNMENT OF INDIA”

18. Benefits of the Course

- ✓ The Certificate holders will be eligible for assist in conducting group classes for Yoga Volunteer,
- ✓ Yoga classes in the park,
- ✓ Yoga related IDY programs.
- ✓ Can be part of Fit India Movement.
- ✓ Can conduct Yoga Break protocol in work places.
- ✓ Further this certification will enable you to apply for intermediate courses to become a yoga protocol instructor.

References

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