

Model Curriculum

Yoga Instructor

SECTOR: BEAUTY AND WELLNESS

SUB-SECTOR: ALTERNATE THERAPY

OCCUPATION: YOGA SERVICES

REFERENCE ID: BWS/Q2201 VERSION 1.0

NSQF LEVEL: 4



Certificate

CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

BEAUTY AND WELLNESS SECTOR SKILLS COUNCIL

for the

MODEL CURRICULUM

Complying to National Occupational Standards of
Job Role/ Qualification Pack: 'Yoga Instructor' QP No. **BWS/Q2201, Level 4**

Date of issuance: 10th February 2017

Valid up to: 9th February 2018

* Valid up to the next review date of the Qualification Pack



Chairperson
(Beauty & Wellness Sector Skill Council)

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Yoga Instructor

CURRICULUM / SYLLABUS

This program is aimed at training candidates for the job of a “Yoga Instructor”, in the “Beauty and Wellness” Sector/Industry and aims at building the following key competencies amongst the learner

Program Name	Yoga Instructor		
Qualification Pack Name & Reference ID.	Yoga Instructor BWS/Q2201		
Version No.	1.0	Version Update Date	30-12-2017
Pre-requisites to Training	Class VIII preferably		
Training Outcomes	<p>After completing this programme, participants will be able to:</p> <p>Prepare and maintain work area - Prepare the work area & associated equipment/ tools/ machinery in advance to ensure the efficiency and effectiveness of the outcome considering the standards of operation of the organization</p> <p>Conduct the basic Yoga sessions - Conduct yoga sessions in individual or group settings for asana, pranayama, relaxation techniques, loosening asana etc. in accordance with the approved organization’s standards of performance and sequence of services</p> <p>Maintain health and safety at the workplace - Maintain a safe and hygienic environment at the workplace to reduce potential risks to self and others</p> <p>Create a positive impression at work area - Personal grooming and behaviour to execute tasks as per the organization’s standards and create a positive impression at the workplace</p>		

This course encompasses 4 out of 4 National Occupational Standards (NOS) of “Yoga Instructor” Qualification Pack issued by “Beauty and Wellness Sector Skill Council”.

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1.	<p>Introduction</p> <p>Theory Duration (hh:mm) 03:00</p> <p>Practical Duration (hh:mm) 00:00</p> <p>Corresponding NOS Code BWS/N9001</p>	<p>At the end of this module, participants will be able to:</p> <ul style="list-style-type: none"> • Define yoga • Identify the four streams of yoga • Identify the eight limbs of Ashtang yoga • Explain the significance of Bahiranga yoga • Identify the parts of Bahiranga yoga and Antaranga yoga • Discuss unity and diversity • Explain the significance of yoga • Identify career opportunities in Yoga • Describe the history of yoga 	<p>Yoga Hall Yoga Mat</p>
2.	<p>Prepare and maintain work area</p> <p>Theory Duration (hh:mm) 01:00</p> <p>Practical Duration (hh:mm) 08:00</p> <p>Corresponding NOS Code BWS/N9001</p>	<p>At the completion of this module, participants will be able to :</p> <ul style="list-style-type: none"> • Prepare & identify types of products, materials etc required for the yoga services • 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. 	

<p>3.</p>	<p>Conduct the basic yoga sessions</p> <p>Theory Duration (hh:mm) 40:00</p> <p>Practical Duration (hh:mm) 150:00</p> <p>Corresponding NOS Code BWS/N2201</p>	<p>At the end of this module, participants will be able to:</p> <ol style="list-style-type: none"> 1. Define Principle of yoga 2. Describe ancient yoga text such as Bhagwat Gita , Patanjali Yoga Sutra , Narad Bhakti Sutra, Ramayana 3. Explain about Veda & Upanishad in relation to yoga 4. Describe & illustrate the anatomy & physiology of human body systems 5. Define Yogic diet & explain the contents of a yogic diet. 6. Narrate Shanti prayer, Yogic Mantra , Shanti Mantra <p>Practical Component</p> <p>At the end of this module, participants will be able to:</p> <ol style="list-style-type: none"> 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 D. Define & demonstrate asana for meditation which include - Padmasana , Vajrasana, Sukhasana 	<p>Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets,</p>
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		<p>E. 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</p> <p>F. Define & demonstrate Asanas in different postures such as-</p> <p>SITTING - Pascimotasana , Gomukhasana , Bhunaman asana , Vakrasana , Aradha matsyendrasana , Vajrasana ,Ustrasana, Mandukasana , Veerasana , Shankasana , Marjarasana , Janu sirasana</p> <p>PRONE - Navasana , Bhujanagasana, Sarpasana , Nilambha salbhasana, Salbhasana , Dhanurasana</p> <p>SUPINE - Straight leg raising , Both leg raising ,Cycling , Pavan muktasana kriya , Straight leg up and down , Halasana , Sarvangasana ,Chakrasana , Setu bandhasana, Matsya asana</p> <p>STANDING POSE - Vikchasana , Parvatasana, Trikonasana , Parvritha trikonasana , Hastautasana , Gadurasana , Uthit janusirasana , Pada hastasana , Natvar asana</p> <p>G. Define & perform SURYANAMASKAR</p> <p>H. Describe & demonstrate KRIYA techniques such as Kapalabhati , Sukhma tratka – jathru tratka , Jal neti , Sutra neti</p> <p>I. Describe & show Jalandhar bandas</p> <p>J. Define & demonstrate MUDRAS like Gayan mudra , Chin mudras , Chinmaya mudra , Adi mudra , Brahm mudra</p> <p>K. Perform MEDITATION (Dharana)</p>	
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<p>3</p>	<p>Maintain health and safety of work area</p> <p>Theory Duration (hh:mm) 04:00</p> <p>Practical Duration (hh:mm) 08:00</p> <p>Corresponding NOS Code BWS/N9002</p>	<p>At the end of this module, participant will be able to -</p> <ul style="list-style-type: none"> Identify the contra-indications related to various yoga asanas & yoga postures 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. 	<p>Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets</p>
<p>4</p>	<p>Create a positive impression at work area</p> <p>Theory Duration (hh:mm) 04:00</p> <p>Practical Duration (hh:mm) 08:00</p> <p>Corresponding NOS Code BWS/N9003</p>	<p>At the end of this module, participant will be able to -</p> <ul style="list-style-type: none"> Communicate and behave in a professional manner when dealing with clients Identify how to manage client expectations Behave in a professional manner within the workplace Use effective communication techniques when dealing with clients Adapt methods of communication to suit different situations and client needs Use effective consultation techniques to identify treatment objectives Provide clear recommendations to the client Maintain client Plan and organize service feedback Plan client scheduling and bookings and maintain the work area, equipment and product stocks to meet the schedule 	<p>Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets</p>

		<ul style="list-style-type: none"> Maintain accurate records of clients, treatments and product stock levels Accept feedback in a positive manner and develop on the short comings 	
	<p>Total Duration</p> <p>Theory Duration 52:00</p> <p>Practical Duration 174:00</p>	<p>Unique Equipment Required:</p> <p>Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Stove/ Electrical/ Gas Heater For Boiling Water, 5 Litre Kettle, Container (25 Ltrs-50 Ltrs Capacity), Yoga Cushions (optional)</p>	

Grand Total Course Duration: **226 Hours, 0 Minutes** (This syllabus/ curriculum has been approved by [Beauty & Wellness Sector Skill Council](#))

Trainer Prerequisites for Job role: “Yoga Instructor” mapped to Qualification Pack: BWS/Q2201

Sr. No.	Area	Details
1	Job Description	The Yoga Instructor is responsible to demonstrate the yoga postures, asanas, pranayamas, meditation and relaxation techniques for the guests. The individual must exhibit knowledge of the principles and practices of basic Yogic techniques to explain and respond to the guest questions.
2	Personal Attributes	Aptitude for conducting training, and pre/ post work to ensure competent, employable candidates at the end of the training. Strong communication skills, interpersonal skills, ability to work as part of a team; a passion for quality and for developing others; well-organised and focused, eager to learn and keep oneself updated with the latest in the mentioned field.
3	Minimum Educational Qualifications	PG Diploma (2 yrs)/Diploma/Certificate in Yoga with 5 years experience Or, M.Sc(Yoga) with 2 year Experience
4a	Domain Certification	Certified for Job Role: “Yoga Instructor” mapped to QP: BWS/Q2201. Minimum accepted score is 80%
4b	Platform Certification	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “MEP/Q0102”. Minimum accepted score is 80%
5	Experience	PG Diploma (2 yrs)/Diploma/Certificate in Yoga with 5 years experience Or, M.Sc (Yoga) with 2 year Experience

Annexure : Assessment Criteria

Yoga Instructor	
Job Role	Yoga Instructor
Qualification Pack	BWS/Q2201 Version 1.0
Sector Skill Council	Beauty and Wellness Sector Skill Council
Sr. No.	Guidelines for Assessment
1	Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC
2	The assessment for the theory part will be based on knowledge bank of questions created by the SSC
3	Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below)
4	Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training centre based on this criteria
5	To pass the Qualification Pack, every trainee should score a minimum of 50% in every NOS and 50% in overall QP
6	In case of successfully passing only certain number of NOS's, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack

Assessment outcomes	Assessment Criteria for outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
1.BWS/N9001 (Prepare & maintain work area)	PC1. ensure that environmental conditions are suitable for the client and the services to be carried out in a hygiene and safe environment		15	3	12
	PC2. select suitable equipment/products/ tools etc. required for the services		19	5	14
	PC3. set up the equipment/ tools etc. and prepare for services in adherence to the organization's procedures and product/ equipment/ tools related guidelines		20	4	16
	PC4. sterilize and clean the tools/ machinery/ equipment before and after the usage (if applicable)		17	2	15
	PC5. dispose waste materials (if applicable) in adherence to the organization's and industry requirements		14	4	10

	PC6. store records, materials and equipment securely in line with the organization's policies	100	15	4	11
			100	22	78
2. BWS/N2201 (Conduct the basic yoga sessions)	PC1. ensure appropriate ambience for guests to perform yoga	100	3	1	2
	PC2. ensure readiness and preparedness of the guests to be able to take the session like empty stomach etc.		4	1	3
	PC3. provide appropriate opening and closure of the session through prayer/chanting/meditation		5	1	4
	PC4. Perform and instruct loosening asanas or sukshma vyayama, breathing asanas as agreed with the guest and arrangement of the organization		5	1	4

	PC5. perform and instruct classical asana as agreed with the guest and arrangement of the organization		5	1	4
	PC6. perform and instruct pranayama as agreed with the guest and arrangement of the organisation		4	1	3
	PC7. recognise, adjust, and adapt to specific guest needs in the evolving professional relationship		3	1	2
	PC8. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guest's progress, and cope with unique difficulties / successes adjust appropriate practice strategies to the guests		4	1	3
	PC9. elicit the goals, expectations and aspirations of the guests		3	1	2

	PC10. assist the supervisor to integrate information from the intake, evaluation, and observation to develop a working assessment of the guest's condition, limitations and possibilities		5	1	4
	PC11. deliver appropriate practices for individuals as well as group, taking into consideration on the assessment of their conditions, limitations, possibilities and the overall practice strategy		4	1	3
	PC12. provide instruction, demonstration, education to the guests using multimodel strategies of education such as audio visual tools, kinaesthetic learning tools, etc.		4	1	3
	PC13. practice effective guest centred communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors		3	1	2

	PC14. gather feedback, assist the supervisor to re-assess and refine the practice for determining short-term or long-term goals and priorities		4	1	3
	PC15. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships		3	1	2
	PC16. inform guests in various forms of yoga and its effect on body and mind		4	1	3
	PC17. use a broad range of mindbody-based healing tools in conjunction with asanas based on needs, ages, and ability levels to create effective practices against ailments		4	1	3
	PC18. apply yogic principles to conduct guest sessions to enhance wellbeing, overcome illness and live a healthier and more meaningful life		5	1	4
	PC19. perform and demonstrate all yoga techniques to guests and ensure compliance to safety and health standards		3	1	2
	PC20. assist guests to perform all techniques effectively		4	1	3

	PC21. evaluate asanas performed by guests and recommend correction whenever required		3	1	2
	PC22. coordinate with senior supervisors and guests on yogic lifestyle counselling to ensure healthy body and mind		3	1	2
	PC23. ensure guests satisfaction and assist in answering all guest queries		3	1	2
	PC24. store guest and equipment records, securely in line with the organization's policies		3	1	2
	PC25. leave the work area in a clean and hygienic condition suitable for further classes		3	1	2
	PC26. document the client chart (sattva, rajas, tamas), contra indications and health condition and requirements of all guests and conduct classes to follow the asanas plan designed		3	1	2
	PC27. ensure appropriate ambience for guests to perform yoga		3	1	2
			100	27	73
3. BWS/N9002 (Maintain health and safety at the workplace)	PC1. set up and position the equipment/ tools/ machinery/ products etc. in the work area to meet legal, hygiene and safety requirements (if applicable)	100	10	3	7

	PC2. clean and sterilize all tools / machines/ equipment before and after the use (if applicable)		10	3	7
	PC3. maintain one's posture and position to minimize fatigue and the risk of injury		10	3	7
	PC4. dispose waste materials (if applicable) in accordance to the industry accepted standards		12	2	10
	PC5. maintain first aid kit and keep oneself updated on the first aid procedures		15	3	12
	PC6. identify and document potential risks and hazards in the workplace		10	3	7
	PC7. accurately maintain accident reports		10	3	7
	PC8. report health and safety risks/ hazards to concerned personnel		10	3	7
	PC9. use machines, tools, equipment, chemicals and products in accordance with the organization's		13	3	10
			100	26	74
4.BWS/N9003 (Create a positive impression at work area)	PC1. maintain good health and personal hygiene	100	8	2	6
	PC2. comply with organisation's standards of grooming and personal behaviour		9	3	6

	PC3. meet the organisation's standards of courtesy, behaviour and efficiency
	PC4. stay free from intoxicants while on duty
	PC5. wear and carry organisation's uniform and accessories correctly and smartly
	PC6. take appropriate and approved actions in line with instructions and guidelines
	PC7. record details related to tasks, as per procedure
	PC8. participate in workplace activities as a part of the larger team
	PC9. report to supervisor immediately in case there are any work issues
	PC10. use appropriate language, tone and gestures while interacting with clients from different cultural and religious backgrounds, age, disabilities and gender
	PC11. communicate procedure related information to clients based on the sector's code of practices and organisation's procedures/ guidelines
	PC12. communicate role related information to stakeholders in a polite manner and resolve queries, if any

5	1	4
6	1	5
6	1	5
6	2	4
5	2	3
5	1	4
3	1	2
7	2	5
7	2	5
7	2	5

	PC13. assist and guide clients to services or products based on their needs		4	1	3
	PC14. report and record instances of aggressive/ unruly behaviour and seek assistance		4	1	3
	PC15. use communication equipment (phone, email etc.) as mandated by your organization		4	1	3
	PC16. carry out routine documentation legibly and accurately in the desired format		4	1	3
	PC17. file routine reports and feedback		4	1	3
	PC18. maintain confidentiality of information, as required, in the role		6	2	4
			100	27	73