

# **Guideline for Yoga Professionals**

## **Yoga Certification Board**

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### Guidelines for Yoga Professionals

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The practice of Yoga is believed to have started with the very dawn of civilization. In the Yogic lore, Shiva is seen as the first Yogi or Adiyogi, and the first Guru or Adi Guru. Though Yoga was being practiced in the pre-Vedic period, the great Sage Maharshi Patanjali systematized and codified the then existing practices of Yoga, its meaning and its related knowledge through his Yoga Sutras. After Patanjali, many Sages and Yoga Masters contributed greatly for the preservation and development of the field through their well-documented practices and literature.

Yoga Certification Board in its objectives to bring synergy, quality and uniformity in knowledge and skills of Yoga professionals across the world by certification in the following three levels under the category of Yoga Education and Training.

- Yoga Education and Training -
  - Level 1 (Yoga Protocol Instructor),
  - Level 2 (Yoga Wellness Instructor)
  - Level 3 (Yoga Teacher & Evaluator)

Functions and competencies of different levels under the Yoga Education and Training categories:

Level	Name	Certificate holder can function as	Competencies
I	Yoga Protocol Instructor	Yoga Instructors for teaching basics of Yoga to teach common Yoga protocol developed by the Ministry of AYUSH for International Day of Yoga for classes in parks, societies etc., for prevention of diseases and promotion of health	Equivalent to not less than <b>200</b> hours of Yoga course
II	Yoga Wellness Instructor	Yoga Instructor to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places etc	Equivalent to not less than <b>400</b> hours of Yoga course
III	Yoga Teacher & Evaluator	Master Trainers in Yoga educational Institutions, Yoga training Courses and training programs. He or she can also act as Evaluator and assessor of Yoga professionals. Can teach in studios, Institutions, colleges/ universities/ Institutions of higher Learning	Equivalent to <b>800</b> hours of Yoga course

- The certificate issued to Yoga Professionals for level 1 shall be valid for 5 years and they shall have to attend the CYEP for renewal of the certificate before expiry of the certificate. The certificates for other levels (level 2 and above) will be valid only for 3 years.
- Certified Yoga Professionals shall have to attend the CYEP before expiry of the certificate for its renewal.

## 1. Assessment procedure for certification of Yoga Professionals.

- 1.1 The assessment of Yoga Professionals shall be held in two stages – Theory and Practical
- 1.2 The theory exam will comprise of Multiple Choice questions.
- 1.3 Practical shall include Demonstration, Teaching skill, Therapy skill, Evaluation skill, application of knowledge and field Experience
- 1.4 The maximum marks for the 3 levels of assessment will be 200 each and the distribution of the marks shall be as follows:

Level of exam	Theory	Practicum						Maximum marks
		Demonstration	Teaching skill	Evaluation skill	Application of Knowledge	Field exp.	Total	
Level 1: Yoga Protocol Instructor	60	80	40	-	10	10	140	200
Level 2: Yoga Wellness Instructor	60	80	40	-	10	10	140	200
Level 3: Yoga Teacher & Evaluator	80	60	20	20	10	10	120	200

- 1.5 The number of questions, marks per question and duration of theory exam for the three levels shall be as follows:

Level of exam.	No. of question	Maximum Marks	Duration of theory exam
Level 1: Yoga Protocol Instructor	60 of 1 mark each	60	2.0 hrs.
Level 2: Yoga Wellness Instructor	60 of 1 mark each	60	2.0 hrs.
Level 3: Yoga Teacher & Evaluator	80 of 1 mark each	80	2.0 hrs.

- 1.6 For practicum, each candidate shall be assessed for not more than one hour. Duration of the practical assessment will however be at the discretion of the assessor within the maximum time as mentioned above.
- 1.7 The candidate has to secure 70% marks in each of the theory and practical to qualify/pass the assessment. However maximum 5% of grace marks may be given either for theory or practical paper but overall qualifying percentage shall remain 70%. In case marks are in decimal figure, it shall be rounded off to higher number.
- 1.8 No. of questions to be equally divided in all the units and sub units
- 1.9 The candidates shall mark the answer in Optical Mark Reader (OMR) sheet.

- 1.10 There will be no negative marks in the written examination. Theory exam paper of Yoga Professionals will be bilingual – English & Hindi. For exam in other language, the question paper will be in English and other language of exam.
- 1.11 If some error is observed in the question paper, it shall be referred to the competent authority and competent authority shall take a view on it and decide on grace marks.
- 1.12 If error is observed in the question in Hindi or other language, the question in English languages shall be considered the correct question.
- 1.13 The candidate shall return both question paper and OMR sheet to the invigilator/center in charge after completing the paper or after the examination time.
- 1.14 Any candidate applying for the certificate shall appear in both the exams – Theory and Practical.
- 1.15 Candidate absence in either of the theory exam or practical exam will be considered as fail. However, if any candidate who takes theory exam but is absent in practical exam, his/ her request for reconsideration for appearing in practical exam on some other date, may be considered by the assessing agency in exceptional cases on merit basis.
- 1.16 The candidate has to secure qualifying marks both in theory and practical independently.
  - a. If the candidates secures qualifying marks in practical but fails in theory, he/she can reappear for theory exam only once within 3 month of declaration of result. The candidate shall have to deposit the prescribed fee for appearing in the theory exam.
  - b. If the candidate secures qualifying marks in theory but fails in practical, he/ she is treated as fail and he/she shall have to appear for the exam as fresh candidate. In such condition, the full assessment fee shall have to be paid by the candidate. His/her unique enrolment no. shall be valid.

## **2. Application procedure for certification of Yoga Professionals.**

- 2.1 Yoga Professional aspiring to be certified need to fill online application form along with requisite information online on YCB website.
- 2.2 The enrolment process for assessment of Yoga Professionals for all levels of certification has been divided into 2 stages:
  - Enrolment with Yoga Certification Board and
  - Application for assessment.
- 2.3 The candidate shall have to complete the part 1 of the application form and submit online along with the requisite document and prescribed enrolment fee. The enrolment fee shall be paid to YCB which is onetime fee and is valid for life long.
- 2.4 On successful enrolment with YCB, the candidate will be provided a unique enrolment number which will be valid for life long and will be required for any future reference. However it will be subject to scrutiny of the documents submitted along with the application form. YCB shall complete the scrutiny process within 7 working days. In

- case of any gap/ discrepancy, the same shall be intimated to the candidate through mail/ telephonic message.
- 2.5 Second stage of the application process needs to be filled when the applicant is willing to take up the assessment. The applicant at this stage needs to choose the levels of certificate, date of assessment, preferred city for assessment, the assessing agency (PrCB/ Accredited Yoga Institutions/ centres/ any other authorized agency) etc. The applicant also has to deposit the assessment fee. Acknowledgement of the receipt of application form and fee will be sent to the applicant.
  - 2.6 If at any exam centre location, total count of enrolled paid applicant falls below 30, then the assessing agency reserves the right to cancel that location and conduct the exam at other location or on some other date. The candidate will be intimated about the same and the candidate can either accept the request for change of location / date or can ask for full refund of assessment fee.
  - 2.7 The applicant will be issued admit card to the candidate at least 15 days in advance. The candidate can download the admit card through his/ her login ID.
  - 2.8 The assessing fee shall not be refunded once the admit card has been issued.
  - 2.9 The requests for change of location/ date by the candidate after issuance of admit card will generally not be considered. In exceptional cases, the assessing agency may consider the request on merit basis and the assessing agency will exercise discretion in such cases.
  - 2.10 The candidate shall have to appear for theory and practical exam at the allocated exam centre.
  - 2.11 The result of the exam shall be declared within 30 days of conduct of exam.
  - 2.12 The results can be viewed on YCB website as well as assessing agency's website. The candidate can view and download his/ her result and digital certificate through his/her login.
  - 2.13 The Certificate in hard copy shall be issued to the qualified candidates. The Certificates issued will bear a unique certificate no. and security enabled QR code.
  - 2.14 The Yoga professionals shall follow the application process and other rules and regulations while enrolling for any level and processing the application.
  - 2.15 Any candidate who is not student of any YCB accredited Yoga institution shall be called open candidate and can apply through any YCB approved PrCBs or directly at YCB website.
  - 2.16 Students of YCB accredited Leading Yoga Institutions, Yoga Institutions, Yoga Training Centers and Yoga Therapy Centers shall also submit application form on the YCB website but can do the same through their respective Institutions.
  - 2.17 In case the assessing agency is unable to conduct examination in the center selected by the candidate for re-appearing within 3 months from the date of request for re-appearing, the concerned assessing agency shall facilitate the candidate in appearing in the examination conducted in other nearby center or through other assessing agency. If such facilitation does not work or is not acceptable to the candidate, the fee paid by the candidate for re-appearing shall be fully reimbursed to the candidate.
  - 2.18 Candidate shall declare if he/she has been an applicant or certified under this scheme by any other PrCB and YCB's recognized Institutions. He/she shall provide details of status of application/certification and period of certification. The PrCB/Institutions may verify the information by contacting the concerned Institutions.

- 2.19 The applicant shall, along with the application, declare any pending judicial proceedings relating to his conduct and any pending proceedings by any regulatory body. The applicant shall also declare any instances of discomfort /disability caused to any of his students in the past. Application from such an applicant shall not be entertained.
- 2.20 If the institution does not conduct certification examination for 3 months' time period from the date of application for assessment, the candidate can request for refund of its full assessment fee.
- 3. Rejection of application:** The application can be cancelled under following circumstances
- If the applicant does not provide the required information within 7 working days from the date of intimation to the applicant;
  - The application shall be rejected, if it is found that the information provided is incorrect
  - The applicant, whose certificate was cancelled / application rejected because of violation of terms & conditions and/or malpractice during exam shall not be eligible to apply.
- 4. Cancellation / suspension / debarment from certification of YCB Yoga Professional**
- If the candidate is found engaged in malpractice in the examination, his/her application shall be rejected. The candidate shall be debarred /suspended from appearing in the certification examination of Yoga Professionals for 3 years.
  - If any evidence of misconduct is observed during examination the candidate will not be allowed to appear for 3 years in any of the assessment for certification for Yoga Professionals conducted under YCB.
- 5. Re-issue of Certificate:** The applicant shall have to pay certification fee, if he/she request for duplicate certificate.
- 6. Re-checking of Marks:**
- Re-checking is limited to the calculation of marks.
  - The candidate can request about the re-checking of marks within 15 days from the date of declaration of result.
  - If the candidate is not satisfied with the result, he/she can request the concern PrCBs / Institution for re-checking of theory exam by paying the prescribed fee for rechecking.
  - If the candidate is still not satisfied, he/she can request the concerned PrCB/ Institution for re-checking of the answer sheet in his / her presence. The concerned agency shall arrange the OMR sheet and question paper in the presence of examiner on receipt of the prescribed fee. In no case, the candidate will be allowed to take the question papers/ OMR sheet or its copy along with him/her.
  - The concerned PrCB / Institution shall response within 30 days from the date of application.

## Steps for appearing in the examination of Yoga Professionals

- 1 • Go through the guidelines and syllabus of the various levels of certification
2. • Filling of prescribed application form (part 1) and depositing the enrolment fee (unique enrolment number is issued)
3. • Intimation of Gap/ discrepancy, if any to candidate
- 4 • Completion of all pending documentation, if any
- 5 • Selection of assessing agency, assessment city, date of assessment etc PrCB to appear in written and practical
- 6 • Deposit the assessment fee
- 7 • Acknowledgement of receipt of application and fee
- 8 • Issuing of Admit card
- 9 • Conduct of exam – theory and practical
- 10 • Declaration of result
- 11 • Issuing of Certificate