

Yoga Teacher Training Programme

Guidelines for Practical Examination

Paper - 4: Practical Yoga Training (498)

Maximum marks: 200

Time : 5.00 hrs

Marking Scheme:

Activities	Marks Allotted	Remarks
Practical job - any four	100	(25 x 4)
Spotting - any four	20	(5 x 4)
Practical Record/File	20	
Viva-Voce	10	
Internal Assessment i.e. Discipline, Performance, Personality etc.	50	(given by centre)
Total Marks	200	

Breakup of Practical Activities:

• Understanding the objective	-	02
• Initial Position Selection	-	02
• Principles and Methods	-	14
• Overview and Influence	-	05
• Result	-	02
Total marks	-	25

Guidelines for Practical Examiner

- Six practical activities (one from each section) should be given to the students from the list of practicals, and they have the option to perform any four activities.
- All required material (Tools, equipments etc.) should be available at the disposal of the examiner.
- Different sets of practical exercises can be given to different examinees.
- One Practical Activity from each group may be given to examinees.

(A) List of Practical Activities

Group -1

1. Karma yoga

2. Bhakti Yoga
3. Yogic diet: Fasting with lemon water
4. Yogic diet: Preparation of diet chart
5. Preparation of Seasonal diet chart
6. Preparation of Medicinal food

Group -2

7. Kunjal kriya
8. Shatkarma Practice: Laghu shankh prakshaalana
9. Shatkarma Practice: Jalneti kriya :
10. Shatkarma Practice: Nauli kriya
11. Shatkarma Practice: Kapalbhanti
12. Shatkarma Practice: Tratak kriya
13. Suksham Yogic Practices: Sandhi sanchalan practice for legs (joints)
14. Suksham Yogic Practices: Sandhi sanchalan practice for hands
15. Suksham Yogic Practices: Practice of Udarsamuh asanas
16. Suksham Yogic Practices: practice of shakti-bandh samuh asanas
17. Suksham Yogic Practices: practice for eyes

Group - 3

18. Vishramatmak asan
19. Dhyanatmak asan
20. Asan of vajrasan group
21. Gaumukhasan
22. Set of asan performed by standing
23. Suryanamaskar
24. Asan performed by bending backward
25. Asan performed by bending forward
26. Asan performed by using head
27. Asan performed by twisting Spine
28. Asan of balancing
29. A set of classical asan

Group - 4

30. Pre-practice of Pranayam
31. Nadi-shodhan pranayam
32. Shitli
33. Brahmri

34. Bhastrika

Group - 5

35. Posture of hand or Hast-mudra

36. Viprit karni posture

37. Udidyaan-bandh

Group - 6

38. Chanting of Mantras

39. Yog-Nidra

40. Dhaarna practice

41. Meditation

B) List for Spotting

Necessary instructions: During the examination, four spots from the list may be given to the students to identify and brief comments (about 4-5 sentences) on them:

1. Srimad Bhagvad Gita
2. Hathaoga Pradipika
3. Gherand sahinta
4. Patanjali Yoga Sutra
5. Gurukul education system
6. Picture of Mumukshutva
7. Cell structure diagram
8. Modal/Posters related to Anatomy & Physiology
9. Model / posters related to Yogic Practices

Yoga Teacher Training Programme

Guidelines for Practical Examination

Paper - 5: Yoga teaching skills and practices (499)

Maximum marks: 150

Time : 3.00 hrs

Marking Scheme:

Activities	Marks Allotted	Remarks
Training on one of Yogic practice (shatkarma, Suksham vyayam, Asana, Pranayama, Meditation etc.)	80	Student will demonstrate same
Micro and macro training (Training of at least one practice on the shatkarma, Yogic Suksham vyayam, Asana, Pranayama, Meditation)	30	Marks on the basis of in-house teaching & training
Internal assessment (on the basis of Yoga teacher's qualities / ethics, personality, and lifestyle)	20	
Viva - Voce	20	
Total Marks	150	

Breakup of Practical Activities:

• Planning and Structure of Yoga Sessions	-	10
• Voice projection	-	10
• Pre-feasibility of yoga exercises	-	10
• Posture and confidence (state)	-	10
• Training session	-	40
- Prayer/ mantra Chanting		
- Practice of Sukshama Kriyaen		
- One asana		
- A Pranayama or Mudra- bandh practice		
- Meditation		
- Improve condition and motivation encouragement		
- Total marks	-	80

Guidelines :- Internal and external assessments of learners will be done under the following subjects:

1. Principles of Performance and Teaching.
2. Yoga teacher's qualities and personality.
3. Yoga's lifestyle and teacher morality.

4. Voice projection, incentives on the progress of learners, and guidance
5. Overview, support and improvement
6. Planning / preparations and things to keep in mind yoga class
7. Preparation of Yoga
8. Safety Caution
9. Yoga's lifestyle and yoga teacher morality
10. Yoga teaching yoga education
11. Yoga Training
 - Micro Training (with learners of yoga classes)
 - Group training (with the students of any institute / school)

Guidelines for Practical Examiner :

- Examiner should ask the learners to provide training on any one or two exercises out of Shatkarma, Yogic micro exercise, Pranayam, Meditation etc.
- Practical exercise from any one of these exercises-: Yoga and diet, a yoga practice, Pranayam or mudra-bandh and meditation, yoga nidra, Mantra chanting group etc. can be given to examine.
- All necessary materials (Equipment, materials etc.) should be available at the disposal of the examiner.
- Individual trainee can be examined on different -different exercises among the given practical exercises.

Internal assessment:

Internal assessment of learners will be assigned by AVIs

Micro Training:

- For the training of learner in yoga exercises, the experimental yoga will be selected from the training manual Shatkarma, Yogic micro exercise, Pranayam, Asana, Meditation etc.).
- The learners will complete the micro-training with their colleagues in yoga class.
- Internal evaluation of the learner's micro-training will be done by Yoga teacher and his companion.
- Each learner will prepare a file / record on micro training, which will be checked by the examiner at the time of the examination.

Macro Training -:

- Just like micro training, each learner will also do macro training. This training will be conducted in other institutions, yoga centers, or schools etc.
- Each learner may select one or two exercises from yoga training practical manual (Shatkarma, Yogik micro exercise, Pranayam, Asan, Meditation e.t.c.).
- According to the exercises selected from the yoga training practical manual, the learner will have to train, in which yoga teacher will evaluate the training of the learner.
- On the basis of training, the learners will prepare file / record.