



राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान
NATIONAL INSTITUTE OF OPEN SCHOOLING

आईएसओ 9001 : 2008 प्रमाणित/ISO 9001 : 2008 Certified

(स्कूल शिक्षा और साक्षरता विभाग, मा.सं.वि.मं., भारत सरकार के अंतर्गत एक स्वायत्त संस्था)
(An Autonomous Institution Under Deptt. of School Education and Literacy, M.H.R.D., Govt. of India)

F-26-03/2017/NIOS/SSS/YACC/801

04.07.2017

NOTIFICATION-12/2017

Yoga plays a prominent role in Indian culture and Heritage. Yoga has been incorporated in our lifestyle since time memorial. It is an art of living for healthy life which establishes the relationship between mind and body. It is the science of discipline that creates personality by making all round development of body, mind and self-power. It attracts everyone to be healthy and stay fit.

NIOS has launched Yoga Teacher Training Programme. The programme has the following five subjects :

1. Philosophy and Physiology of Yoga
2. Human Body, Diet and Shatkarma
3. Applied Yoga
4. Practical Yogic Training
5. Yoga Teaching Skill

The programme is open for Indian and Foreign Nationals as well. The learner has the option to apply either for one month residential programme or for six month's programme. The duration of the programme is of 240 hrs. The course will be offered for the present in Hindi and would be extended for other languages subsequently. The qualifying marks is 50% in all components separately. The entry qualification for the programme is as under :

• **Eligibility Criteria :**

Minimum 12th class pass or equivalent from any recognised Board of school education/University.

18 years of age or above

• **Admission Procedure**

The prescribed application form for admission to programme would be available with the Prospectus and can either be procured from NIOS or from its training centre or from NIOS website www.nios.ac.in.

The learners can submit the application form round the year at the training centre or can apply for admission through online. The admission would be valid for a period of 05 years.

- **Course Fee**

- The fee for the programme is \$500 for the foreign nationals and Rs. 10000 for Indian Citizens. This will be shared by NIOS and AVI in the proportion of - 30% : 70% respectively. The fee includes the cost of study material, examination and practical/Training. In the event of non-qualifying the course in the first attempt, the learner has to pay as per NIOS norms.
- The centre will charge separate fee of accommodation, food and other miscellaneous facilities accordingly.

Norms for Accreditation

- **Basic Infrastructure**

- **Class Room -cum- Hall:** To accommodate 20 learners for yoga class and practices. Classroom -cum- hall (minimum area - 700 Sq. Ft.) should have a black board/white board. It should be well ventilated and illuminated.

- **Facilities for Yoga Practices:**

- Rubber Neti, Lota for Jal Neti etc.
- Yoga Mats/Dari, Water Jug and Electric Kettle etc.

- **Other Equipment for office set up:**

- Computer/Laptop and Printer
- Photocopier (optional)
- Projector

- **Physical Facilities:** Facilities for drinking water, bathrooms and toilets (ladies and gents separately)

- **Library Facility:** Approx. 25-30 Books/articles/magazines etc. related to the subject of yoga.

- **Accommodation Facility:** The yoga teachers' training programme would be offered in two modes :

- One month residential course **(or)**
- Six month's Certificate Course along with practical training through Open Distance Learning (ODL).

Although 'Contact Hours - 240 Hrs.' are same in both modes. The Accommodation Facility is mandatory only for those institutions, which are willing to offer one month residential course and should provide all the necessary facilities viz dining/ lodging/boarding to the enrolled learners. However, the institution may charge a minimal fee separately for providing the said facilities.

- **Faculty & Supporting Staff**

Faculty & Supporting Staff	Educational/Professional Qualification	No.
Coordinator	Graduate	01
Yoga Teacher for theory & practical	P G Diploma in Yoga from any recognised University/Institution At least 2 years experience of yoga classes	02
Receptionist cum clerk	Relevant to job	01
Office Boy	Relevant to job	01

Note : Batch size - Maximum 20 learners in one batch.

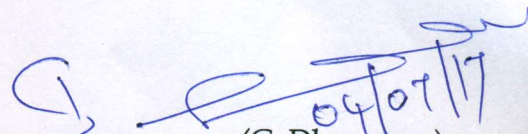
An institution can run maximum of 4 batches per session for the course.

- **Accreditation Fee**

The institutions having required infrastructure have to apply in the prescribed form available on NIOS website for affiliation with NIOS for registering Accredited Vocational Institute (AVI) to run the programme. The complete details of the programme are available on NIOS website www.nios.ac.in. The new accreditation institutes have to pay Rs. 20,000 as Accreditation Fee as per NIOS Norms. The existing AVIs have to pay Rs. 5000/- as additional fee to run the Yoga Programme.

This issues with the approval of the Competent Authority.

Hindi version will follow.


 (C. Dharuman)
 Director (SSS)

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