

Scheme for Certification of Yoga Schools

Certification Criteria (Level 1)

Version Amendment

SI No	Amendment No	Date	Description

FOREWORD

Yogah chitta vritti Nirodha. (PYS I-2)

Can chitta be observed, assessed or measured by others? Can anyone else see the vritti happening in the mind of the others? And what does the stoppage like? All these are difficult question to answer for common people with high intellectual level also.

The aim of Yoga being Liberation from the changeful and establish in the unchangeable self; and the way is through the *chitta*, which is an internal faculty, usually believed to be uncontrollable.

This makes Yoga a personal matter and happening inside the mind which a common person thinks I the controller. How then can one see Yoga in group and seem still farfetched when it comes to be an organized structured institution.

This is not to say that certification of institution of Yoga is not possible but while we go through this process it is important to appreciate and bear in mind the limitations of this entire exercise. Also that Yoga is rooted in persons own self and the evolution of the inner being is a very personal process which cannot be correctly known or understood by objective structured evaluation. So also the Institution of Yoga are centred in Such an evolved person at the helm of things or has left a legacy of Yogic concepts, means, and practices to guide the next generation. Today most organized bodies use systems that guide the processes and the people. This is a way to get things moving and it reduces dependency on individuals while still dependent on people. A systems approach require everything to be standardized by the experts and people who deliver may not fully realize the import of what they are doing.

Today there is demand for Yoga teachers to teach in schools, in corporate houses, in health clubs in Yoga classes and private tuitions. This was not so some 30 – 40 years ago. Nearly nine decades ago when the first course in Yoga teachers' training was given the teacher needed to go through the rigour of practicing and transforming into being a Yogi and only then the Guru would grant permission to teach. Also not many people knew about Yoga and its benefits to a householder so there was no need for masses to choose Yoga as a career. Today Yoga is a popular word and many people want to learn Yoga so more teachers are needed. Evolved Yogis are a rarity also the common people is not interested in higher Yoga. They are looking for much less which can be provided through some standardized courses to practicing students of Yoga. Those who take to teaching of Yoga must do so with humility and as a means to practice and experience Yoga learning; other benefits are secondary outcome.

An institution can be identified as maintaining the spirit of Yoga when all who come there

- undergo a **Change** for the better (becoming more Satvik)
- experience deeper attitude of **Balance** (peace, quiet and clarity)
- enjoy **Stability of Mind** (holding single thought like the dancer with pots on the head and not running after variety)
- **Otherworldliness** or inwardness (daily actions and life decisions of a person be influenced by goals like balance, duty, self-awareness, etc.)

Thus if an institution is offering Yoga to the society; It will reflect in the overall environment - facilities, the way in which the staff treats the people, the quality of interaction among the people and among the staff, the way the people treat the place and all that exist there. The way is such that it removes/reduces the hurdles in the path of self-growth and if possible also aids the growth of others they interact with.



The environment promotes belief in maintaining Balance. In every little thing done the purpose is to thin the veil of Avidya.

Every Institute serves a certain kind of mind set (depending on factors like socio-geographical-cultural-economical etc.) and thus will require providing the Yoga learning with necessary emphasis to fulfil the specific need. Depending on what the polarity is, the counter balance is required. This may result into popularising different aspects for the beginners till one gets going into the real-stream Yoga. Hence the Institutes of Yoga require having a holistic approach attending to each and every area of life of the people it serves.

CONTENTS

Description	Page No
Version Amendment	2
Foreword	3
Introduction	6
Scope	7
Terms and Definitions	8
Learning Services Requirements	9

INTRODUCTION:

The Objective of the Scheme for Certification of Yoga Schools, hereinafter referred to as the Scheme is to provide a generic model for quality professional practice and performance and a common reference for the Yoga schools and the various stakeholders in the design, development and delivery of non-formal education. The scheme needs to have a set of requirements as criteria against which the Yoga schools shall be evaluated in order to be certified.

The learning services provided by the Yoga Schools can be broadly classified as

- Teaching / training as per the competence standard developed by National Institutions like QCI
- Teaching / Training of the programmes developed by the Yoga Association
- Teaching / training programmes tailor made by the Individual Institution for specific customers like corporates, Governments and students at large

The Curriculum for the Yoga association developed programmes will consist of some compulsory subjects to be taught and some optional subjects to be taught as per the curriculum of the respective Yoga schools. However the objective of each programme will remain the same for all the schools irrespective of the optional subjects being taught

The need analysis for the first type of programmes as above will be carried out by the QCI and is implemented as is by the Yoga schools

The need analysis for the second type of programmes as above can be developed by the association of Yoga Schools either on their own or through the QCI.

The need analysis for the third type of programmes as above has to be carried out by the individual Yoga school

There can be 3 types of tailor made programmes as follows

1. Short duration programmes
2. Medium duration programmes
3. Long term programmes

Short term programmes will be of duration less than 50 hours. The purpose of this programme is to create interest on Yoga among the students. However the students will not be permitted to teach Yoga to others

Medium term programmes will be of duration 50 hours to less than 150 hours. The students of such programmes will be able to experiment whether they do have interest in pursuing a career in Yoga and can then take up advanced programmes and become a career Yoga professional.

Long term programmes will be of duration 150 or more hours and the candidates, on successful completion are awarded a Certificate, a Diploma or Graduation. Such candidates will be permitted to teach Yoga to other students.

There will be a system of providing exemption from certain subjects as the Yoga professional moves from one level programme to other levels

1. SCOPE

1.1 The Yoga school certification Scheme will have provision to certify the Yoga schools in 4 different levels starting from level 1. The requirements for each of the level will be independently prescribed. The difference among various levels of certification is detailed below. The current document is applicable to only Level 1 – Yoga Schools. The requirements for other levels of Yoga schools will be prescribed later

Level 1: Basic

The Yoga School shall have the capability to

- Impart Yoga education to at least the first two levels of the Voluntary Certification Scheme for Yoga professionals, launched by AYUSH, owned and operated by QCI.

Level 2: Stable

The Yoga School shall have the capability to

- Impart Yoga education to all the levels of the Voluntary Certification Scheme for Yoga professionals, launched by AYUSH, owned and operated by QCI plus
- The capability to impart Yoga education to at least 50% of the Yoga Association approved teaching / training programmes plus
- Meet the requirements of ISO 29990:2010

Level 3: Mature

The Yoga School shall have capability to

- Impart Yoga education to all the levels of the Voluntary Certification Scheme for Yoga professionals, launched by AYUSH, owned and operated by QCI plus
- The capability to impart Yoga education to at least 50% of the Yoga Association approved teaching / training programmes plus
- The capability to design tailor made teaching / training programmes plus
- Meet the requirements of ISO 29990:2010

Level 4: ASHRAM type Yoga school

The Yoga School shall have capability to

- Impart Yoga education to all the levels of the Voluntary Certification Scheme for Yoga professionals, launched by AYUSH, owned and operated by QCI plus
- The capability to impart Yoga education to at least 50% of the Yoga Association approved teaching / training programmes plus
- The capability to design tailor made teaching / training programmes plus
- Meet the requirements of ISO 29990:2010
- Impart the Yoga education in an ashram like setting for the courses which are of 200 hours or more duration

1.2 The Yoga schools applying for Level 2 to Level 4 will be assessed for the requirements of ISO 29990. In case the Yoga school is already certified by an NABCB accredited Certification Body for ISO 9000, due consideration will be given while auditing the management requirements of ISO 29990.

1.3 The scope of certification of a Yoga school will cover the level and the list of teaching / training courses.

1.4 Limitations : Any Institution imparting training / teaching of Yoga in the formal sector can also apply for certification under this scheme but this certification will be only in addition (and not in lieu of) to the formal approval of the courses by the respective Government organisation.

2. Terms and Definitions:

For the purpose of this scheme, the following terms and definitions apply in addition to the terms mentioned in ISO 29990

2.1 Interested Party: Person or group having an interest in the performance or success of an Institution including the recipient of a training service

Note 1: An interested party can be a student, parent/guardian, parents' association, potential employers, potential patients, other Institutions, society or statutory and regulatory authorities.

Note 2: A group can comprise an organization, a part thereof, or more than one organization.

2.2 Training: The act or process of imparting or acquiring knowledge, skill or judgment.

2.3 Training process: The Process resulting in providing of educational / Training service

2.4 Training service: Service concerned with training.

2.5 Yoga School: Any institution imparting training / teaching of Yoga in the Non Formal Sector. The Yoga schools are also referred to as Learning Service provider in the context of this scheme.

2.6 Management committee: Committee which includes board of trustees or directors, head of the Institution, individual owners or others, exercising an effective control on the Institution for making it relevant, efficient and effective and thereby excellent one.

2.7 Management system: System to establish policy and objectives and to achieve those objectives

2.8 Quality:

- Quality is the degree of excellence and distinguishing nature of attributes of Training programme.
- Quality is the on-going process of building and sustaining relationships by assessing, anticipating, and fulfilling stated and implied needs.
- Quality is the customers' perception of the value of the suppliers' work output

2.9 Mission: Statement which conveys the purpose of the Institution's training programs, expresses expectations for quality and serves as the basis for daily operational and instructional decision making as well as long range planning.

2.10 Duration of Yoga programmes: The time spent by the learners as a group with the teacher where the learners are imparted knowledge or skill. It includes the time spent by the learner on self-study or home study as defined in the respective programme

2.11 Tailor made programmes: The Yoga programmes created by the Yoga school to meet the specific need of any interested party

3. Learning Services Requirements for Level 1 - Yoga Schools

3.1 Communication: The Yoga school shall notify the students through appropriate means about the syllabus, course fees and the commitment required of the student to complete the course.

3.2 Admission procedure: There shall be a procedure for admission of candidates to the various programmes which shall be made available to the candidates.

3.3 Curriculum planning: The Yoga School shall ensure that the syllabus of their teaching / training programmes corresponds with the national programmes and that the course material covers the entire syllabus. The Yoga school shall ensure adequate course material for all the students

3.4 Competence:

3.4.1. In case there is only one teacher who is teaching the whole syllabus he shall have the competence to teach all the requirements of the syllabus for the corresponding course. In case there is more than one teacher teaching a course, the competence of all the teachers put together shall meet the requirements for the corresponding course.

3.4.2 The competence of the teachers shall be determined as follows

- i. **Instructor Level:** Minimum Qualification of 200 hours or more of Yoga education plus a minimum of two years of Yoga teaching experience.
- ii. **Teacher Level:** Minimum Qualification of a Graduate in any subject plus 350 hours or more of Yoga education plus a minimum of five years of Yoga teaching experience.

3.4.3 Preferably QCI certified Yoga professionals appropriate to the programme are used for teaching the Yoga students. For teaching any level the teacher shall be certified for at least one level above

3.4.4 The Yoga school shall review the performance of the teacher annually and take adequate measures to upgrade the competence of the teacher.

3.5 Feedback: The Yoga school shall obtain feedback from the students and take necessary corrective action.

3.6 Complaints and appeals: The Yoga school shall have a procedure for handling complaints and appeals from the interested parties.

3.7 Results: The Yoga school shall review the results of every batch of students and take appropriate corrective action

3.8 Provision of learning services: The School shall clearly communicate to the learners the responsibilities of the School as well as the learner. The School shall ensure availability and accessibility of learning resources. The school shall ensure that the course is delivered by the Yoga teachers as per the curriculum

3.9 The Environment: The Yoga school shall ensure that the environment is conducive to learning Yoga

3.10 Records: There shall be a procedure for retention of records related to the candidates from the time of application to the current status of the candidates.

3.11 Financial stability: There shall be sufficient financial stability to ensure that the candidates admitted for a programme are able to complete the programme and are evaluated and results published