

Yoga



Personal Certification Body

Prch Catalog



VKCSM



About The Scheme

आज के समाज में योग शब्द किसी पहचान का मोहताज नहीं है। हम सभी योग से हमारे जीवन में होने वाले चमत्कारी परिवर्तन को भली भांति जानते हैं। आज देश के कोने कोने में हजारों लाखों की संख्या में योग अभ्यासी कार्यरत हैं। इन सब में कुछ सीखने वाले एवं कुछ सीखाने वाले शामिल हैं। योग सर्टिफिकेशन एक ऐसी स्कीम है जिसमें स्वैच्छिक मानदंडों का एक सैट है। दूसरे शब्दों में कहें तो योग प्रोफेशनल्स के मूल्यांकन के लिए उपयोग की जाने वाली एक स्कीम है। जिसमें एक एग्जाम पास करके आप योग सर्टिफिकेशन बोर्ड (भारत सरकार के आयुष मंत्रालय द्वारा प्रमाणित) के तहत सर्टिफिकेशन प्राप्त करते हैं।

योग सर्टिफिकेशन के कुछ चरण इस प्रकार हैं:-

- इस योजना को 3 वर्गों में बांटा गया है। **लेवल-1** (योगा प्रोटोकॉल इंस्ट्रक्टर) **लेवल-2** (योगा वैलनैस इंस्ट्रक्टर) एवं **लेवल-3** (योगा टीचर एंड इवैल्युएटर)
- इस योजना के लिए आयु, शिक्षा स्तर एवं किसी अनुभव की कोई आवश्यकता नहीं है।
- जारी किया गया प्रमाण पत्र 3 वर्ष की अवधि के लिए वैध होगा।
- एग्जाम की स्कीम में हिन्दी एवं अंग्रेजी दो भाषाओं में चयन कर सकते हैं।
- एग्जाम के 2 चरण होंगे एक थ्योरी पेपर एवं दूसरा प्रैक्टिकल पेपर।

थ्योरी का पेपर और प्रैक्टिकल का पेपर ऑनलाईन लिया जाएगा। अधिक जानकारी के लिए Yoga Board की वेबसाइट पर विजिट करें।

Benefits of Certification.

- Recognized by the Government of India.
- Internationally Recognized & Acclaimed.
- Certified Candidates are listed on website of Ministry of AYUSH.
- Level 2 Certification is must by ICCR for Foreign Deputation.
- Employment Opportunities in Government Schools & Colleges
- Employment in Yoga institutions across the globe.

Opportunities

- Yoga Studios
- Schools (Government and Private)
- Gyms and Fitness Centres
- Senior Care Facilities
- Corporate Offices
- Work Privately
- Travel and Teach Internationally at Health Cares, Spas and Hotels

Details of Yoga Courses

Level-1 (Yoga Protocol Instructor) : लेवल-1 उन विद्यार्थियों के लिए है जो योग की बेसिक नॉलेज रखते हैं। लेवल-1 इग्जाम की अधिक जानकारी इस प्रकार है-

Stage	Question Type	Max Marks	Total Marks	Pass % age
Theory	M.C.Q. Type Questions	60 Marks	200	70%
Practical	Practical of Related Subjects	140 Marks		

सभी उम्मीदवारों को थ्योरी एवं प्रैक्टिकल दोनों परीक्षा देना अनिवार्य है। परीक्षा उत्तीर्ण करने के लिए उम्मीदवार को थ्योरी में 70 प्रतिशत तथा प्रैक्टिकल में 70 प्रतिशत अंक लेना अनिवार्य है।

About Yoga

आज के समय की दिनचर्या को देखते हुए हम यह कह सकते हैं कि मानव शरीर में रोग प्रतिरोधक क्षमता में भारी कमी आई है। इसका असर मानव शरीर ही नहीं वरन् हमारी मानसिकता पर भी पड़ता है। सम्भवतः मनुष्य का जल्दी उत्तेजित (गुस्सा) हो जाना, किसी कार्य को लेकर उचित निर्णय न ले पाना एक आम बात हो गई है। इस समस्या का एकमात्र निदान सिर्फ योग ही है। योग शब्द किसी पहचान का मोहताज नहीं है।

विरवकर्मा कम्प्यूटर साक्षरता मिशन योगा बोर्ड द्वारा प्रमाणित Prcb है। संस्था योगा बोर्ड के सर्टिफिकेशन के लिए परीक्षा आयोजित करवाने का अधिकार रखती है। इस प्रक्रिया के सफल संचालन हेतु संस्थान एक सफल एवं हाई क्वालिफाईड टीम रखता है। इसमें पूर्ण पंजीकरण प्रक्रिया, परीक्षा केन्द्र स्थापित करना एवं परीक्षा आयोजित करने का कार्य शामिल है। अपनी सेवाओं को सफल बनाने एवं किसी कमी में सुधार लाने हेतु संस्था नवीनतम टेक्नॉलोजी का उपयोग करती है सभी कार्यों को डिजिटल माध्यम से करना भी इसी प्रक्रिया का अभिन्न अंग है। संस्था सदैव प्रत्येक विद्यार्थी की आवश्यकता के अनुकूल कार्य करने का प्रयास करती है।

Fee Structure

Certification Level	Enrollment	Theory Assessment	Practical Assessment	Total	Exam Fee International
Level-1	1000	1250	2000	4250	\$ 350
Level-2	1500	1900	2550	5950	\$ 450
Level-3	2000	2100	3050	7150	\$ 550

Our Attractions :

- 1. A Globally Famous Organization with Registered Trade Marks by Govt. Of India (Regt. No.3997276).**
- 2. Registered with Department of Labour and Employment Govt. Of India and State Govt.**
- 3. Member of NBQP, Quality Council of India.**
- 4. Accredited By Ministry of Skill Development and Entrepreneurship.**
- 5. Registered with Ministry of HRD Govt. of India (Secondary Education & Higher Education C.R. Act Govt. of India)**
- 6. Govt. Training NSDC (Pradhan Mantri Kaushal Vikas Yojna).**
- 7. Lowest course fees.**

How to Apply?

FOR CERTIFICATION OF YOGA PROFESSIONALS

A. Open Candidates

Step 1- Visit YCB website (yogacertificationboard.nic.in/) and go through the guidelines and Syllabus for Yoga Professionals at “Scheme” and “Syllabus” resp.

Step 2- Register yourself online at YCB website. Email id is the Login ID, so register with active email id.

Step 3- To activate your registration, login to your account and pay the enrolment fee (online). Unique enrolment number will be generated.

Step 4 - Exam Calendar is available on YCB website. Login to the account and select the exam date, location and assessing agency from the list available on website. Pay the assessment fee for respective level and the candidate will get the acknowledgement of the same. (Candidate must register for exam atleast 15 days prior or the date of exam). The assessing agency reserves the right to postpone the date or change the location of the exam, in case sufficient number of candidates are not available for particular location and date.

Step 5- Admit card will be issued atleast 7 days prior or the exam. The candidate can download the admit card through their login also.

Step 6- Candidate to appear for the exam on the due date for theory and practical



B. Candidates of Accredited Yoga Institutions/ Centre

Step 1- Visit YCB website (yogacertificationboard.nic.in/) and go through the guidelines and Syllabus for Yoga Professionals at “Scheme” and “Syllabus” resp.

Step 2- Register yourself online at YCB website. Email id is the Login ID, so register with active email id. Accredited Institutions may register their candidate on their behalf.

Step 3- To activate your registration, login to your account and pay the enrolment fee (online). Unique enrolment number will be generated.

Step 4- Accredited Institution will fix the date for assessment for YCB certification. Login to the account and select the exam date, location and your Institution. Pay the assessment fee and the candidate will get the acknowledgement of the same. Accredited Institutions can carry out the process for their candidates.

Step 5- Admit card will be issued atleast 7 days prior or the exam. The candidate can download the admit card through their login also.

Step 6- Candidate to appear for the exam on the due date for theory and practical.

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Syllabus for Yoga Protocol Instructor (YPI)

(Level-1)

1. Name of the certification: Yoga Protocol Instructor (YPI)

2. Requirement/ Eligibility:

a. For open candidates there is no eligibility criteria

b. For admission in the course it is suggested/desired that the candidate should have passed 10th standard/secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility.

3. Brief Role Description: Certified Yoga Professionals (Yoga Protocol Instructor) can teach basics of Yoga/Common Yoga Protocol developed by the Ministry of AYUSH for International Day of Yoga for prevention of diseases and promotion of health. They can conduct Yoga practice/ classes in parks, societies, RWA etc.

4. Minimum age: No age limit

5. Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

6. Credit points for certificate : 12 credits

7. Duration of course: Not less than 200 hours or not less than 3 months as part time or not less than 1 month as full time course.

8. Mark Distribution:

Total Marks: 200 (Theory: 60 + Practical: 140).

Theory

Sr. No.	Unit Name	Marks
1.	Introduction To Yoga & Yoga Practices	20
2.	Introduction To Yoga Texts	20
3.	Yoga For Health Promotion	20
	Total	60

Practical

Sr. No.	Practical Work	Marks
1.	Demonstration Skills	80
2.	Teaching Skills	40
3.	Application of knowledge	10
4.	Field Experience	10
	Total	140

Syllabus for Yoga Wellness Instructor (YWI) (Level-2)

1. Name of the Certification: Yoga Wellness Instructor (YWI)

2. Requirement/ Eligibility:

a. For open candidates there is no eligibility criteria.

b. For admission in the course it is suggested/desired that the candidate should have passed 12th standard/Higher Secondary School Certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility.

3. Brief Role Description: Certified Yoga Professionals (Yoga Wellness Instructor) to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places, Yoga wellness centres/Primary Health care centres, etc.

4. Minimum age: No age limit.

5. Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

6. Credit points for certificate : 24 credits

7. Duration of course: Not less than 400 hours or not less than 6 months as part time or not less than 3 months as full time course.

8. Mark Distribution:

Total Marks: 200 (Theory: 60+Practical: 140)

Theory

Sr. No.	Unit Name	Marks
1.	Introduction To Yoga & Yoga Practices	20
2.	Introduction To Yoga Texts	20
3.	Yoga For Wellness	20
	Total	60

Practical

Sr. No.	Practical Work	Marks
1.	Demonstration Skills	80
2.	Teaching Skills	40
3.	Application of knowledge	10
4.	Field Experience	10
	Total	140

Syllabus for Yoga Teacher and Evaluator (YT&E) (Level-3)

1. Name of the Certification: Yoga Teacher and Evaluator (YT&E)

2. Requirement/ Eligibility:

a. For open candidates there is no eligibility criteria.

b. For admission in the course it is suggested/desired that the candidate should be graduate in any stream from a recognized University or equivalent. However, the Yoga institutions can define their own eligibility.

3. Brief Role Description: 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.

4. Minimum age: No age limit

5. Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendly and approachable, independent, credibility, analytical skills, etc.

6. Credit points for certificate: 46 credits

7. Duration of course: Not less than 800 hours or not less than 15 months as part time or not less than 9 months as full time course.

8. Mark Distribution: Total Marks: 200 (Theory: 80+Practical: 120)

Name of certificate	Validity period
Yoga Protocol Instructor	5 Years
Yoga Wellness Instructor	3 Years
Yoga Teacher & Evaluator	3 Years

Theory

Sr. No.	Unit Name	Marks
1.	Foundation of Yoga	20
2.	Introduction to Yoga Texts	20
3.	Yoga And Health	20
4.	Applied Yoga	20
	Total	80

Practical

Sr. No.	Practical Work	Marks
1.	Demonstration Skills	60
2.	Teaching Skills	20
3.	Evaluation Skills	20
4.	Application of knowledge	10
5.	Field Experience	10
	Total	120

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Contact Us

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APPROVED Prcb OF YCB, MINISTRY OF AYUSH

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