

Pradhan Mantri Kaushal Vikas Yojana (PMKVY)

YOGA INSTRUCTOR

For the Session: 2023-24

**An Initiative of IQAC, Dr. B.K.B. College, Puranigudam,
Nagaon, Assam**

Introduction

Dr. B.K.B. College, in association with the Pradhan Mantri Kaushal Vikas Yojana (PMKVY), offers a comprehensive Certificate Course on Yoga Instructor in the session 203-24 including 30 candidates. This course aims to promote health and well-being through the practice and teaching of yoga. It is designed to provide individuals with the knowledge, skills, and techniques necessary to become certified yoga instructors, contributing to the growing demand for qualified yoga professionals in the wellness industry.

Objective of the Course

The primary goal of the Yoga Instructor programme is to equip students with a strong foundation in yoga practices, along with an understanding of anatomy, physiology, and the philosophy behind yoga. The course is focused on practical teaching skills, preparing students to guide and instruct others in yoga sessions effectively. It also emphasizes the importance of mental and physical health, aligning with the holistic approach of yoga.

Course Structure and Content

The Certificate Course on Yoga Instructor is structured to provide a well-rounded understanding of yoga, both theoretically and practically. The curriculum includes the following key components:

1. Introduction to Yoga

Students are introduced to the fundamentals of yoga, including its origins, principles, and the various types of yoga (e.g., Hatha Yoga, Vinyasa, Ashtanga, etc.). They also explore the importance of breathwork (Pranayama) and meditation in yoga.

2. Asanas (Yoga Postures)

One of the main components of the course focuses on teaching students the correct alignment, variations, and benefits of various asanas (yoga postures). Students practice and learn how to guide others in performing these postures safely and effectively.

3. Pranayama (Breathing Techniques)

The course covers a wide range of breathing exercises designed to control the flow of energy in the body and enhance mental clarity, focus, and relaxation. Students learn how to incorporate pranayama into yoga sessions for overall well-being.

4. Anatomy and Physiology for Yoga

A key aspect of the course is understanding the body's anatomy and physiology in the context of yoga. Students study muscle groups, bones, joints, and the physiological effects of different yoga practices on the body.

5. Yoga Philosophy and Ethics

The course includes an introduction to the ancient philosophy of yoga, exploring texts like the Yoga Sutras of Patanjali and Bhagavad Gita. Students learn the ethical practices (Yamas and Niyamas) that form the foundation of a yoga instructor's behavior and teaching style.

6. Teaching Methodology

This module focuses on developing teaching skills, including how to design a yoga class, communicate with students, correct posture alignments, and create a safe and supportive

environment for practice. Students also learn to observe and provide constructive feedback to practitioners.

7. Meditation and Relaxation Techniques

Students are taught various meditation techniques that help to calm the mind and improve concentration, along with relaxation techniques that can be incorporated into yoga classes to enhance the overall experience.

8. Practical Training and Internship

Practical experience is a key component of this course. Students are required to complete an internship or guided practice sessions where they get the opportunity to teach real students under supervision. This helps build confidence and professionalism in their teaching abilities.

Duration

The Certificate Course on Yoga Instructor is designed to be completed over a period of 6 months. It combines theoretical lessons with practical training, ensuring that students not only gain knowledge but also acquire the practical skills necessary to become successful yoga instructors.

Learning Outcomes

Upon successful completion of the course, students will have:

- A thorough understanding of the various yoga postures, pranayama techniques, and meditation practices.
- Knowledge of anatomy and physiology to teach yoga in a safe and effective manner.

- Strong teaching skills, including class design, communication, and student assessment.
- An understanding of the philosophical and ethical aspects of yoga.
- The ability to lead yoga sessions for individuals or groups, adapting practices to meet different needs and abilities.

Target Audience

The course is intended for individuals who are interested in pursuing a career as a certified yoga instructor. It is also suitable for yoga enthusiasts who want to deepen their practice and learn how to teach others. No prior experience is required, although a basic understanding of yoga is beneficial.

Certification

Upon successful completion of the course, students receive a Certificate of Completion in Yoga Instruction, issued by Dr. B.K.B. College under the PMKVY initiative. This certification is recognized by the yoga and wellness industry, providing graduates with a competitive edge in the job market.

Conclusion

The Certificate Course on Yoga Instructor under PMKVY, offered by Dr. B.K.B. College, provides a comprehensive, well-structured programme for aspiring yoga professionals. With its holistic approach to yoga training, this course offers students a deep understanding of yoga practice, teaching techniques, and the philosophical foundation behind yoga. Graduates are well-prepared to embark on a career in the growing wellness industry, helping others to improve their physical and mental health through yoga.



