



YOGA
CERTIFICATION



www.yogaexam.in

**AYUSH Yoga Certification Registration Centre
(CC)**

Ministry of AYUSH

Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homoeopathy

- ❖ Ministry of AYUSH was formed to ensure optimal development and propagation of AYUSH systems of health care
- ❖ Focus on development of Education & Research in *Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy*



YCB – Yoga Certification Board

Objectives

- To promote Yoga as means to promote holistic health and human values
- To promote Yoga as a Career Skill
- To develop standards & parameters, assess competencies
 - To Certify Yoga Professionals for different levels
 - Accreditation of Yoga Schools/Institutions/Centers
- To bring uniformity & standards in Yoga courses conducted across India & Globe
- To collaborate with national & international organizations for promotion of Yoga



PrCB: Personnel Certification Body

Role of PrCB

- To conduct Assessment as per YCB guidelines for certification offered by the YCB for Yoga professionals
- Accreditation of Yoga Institute / Training Centre / Therapy Centres



Benefits to CC

- **Growth in Enrolments**
- **Income Growth**
- **Enhancement of Credibility**
- **Social Recognition**
- **Marketing & Branding Support**
- **Best Customer Service**
- **Fastest Growing Yoga Industry**
- **Free Unlimited Mock Tests**
- **Fast Payouts**



Benefits to Candidates

- **Indian Council of Cultural Relations will**
 - Sponsor Certified Yoga Professionals to travel Overseas
 - Mandate YCB certification for all overseas Yoga Appointments
- **Exposure**
 - Certified Candidates are listed on PQMS website
- **Employment**
 - Govt Recruitments in Schools, Colleges, Yoga Institutions & other assignments will be from Certified Professionals in India & Abroad



Opportunities for Candidates

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



Certifications



Certification Name



Yoga Volunteer



Yoga Protocol Instructor



Yoga Wellness Instructor



Yoga Teachers & Evaluator



Yoga Master



Assistant Yoga Therapist



Yoga Therapist



No bar on Age, Qualification, Training



No Experience required

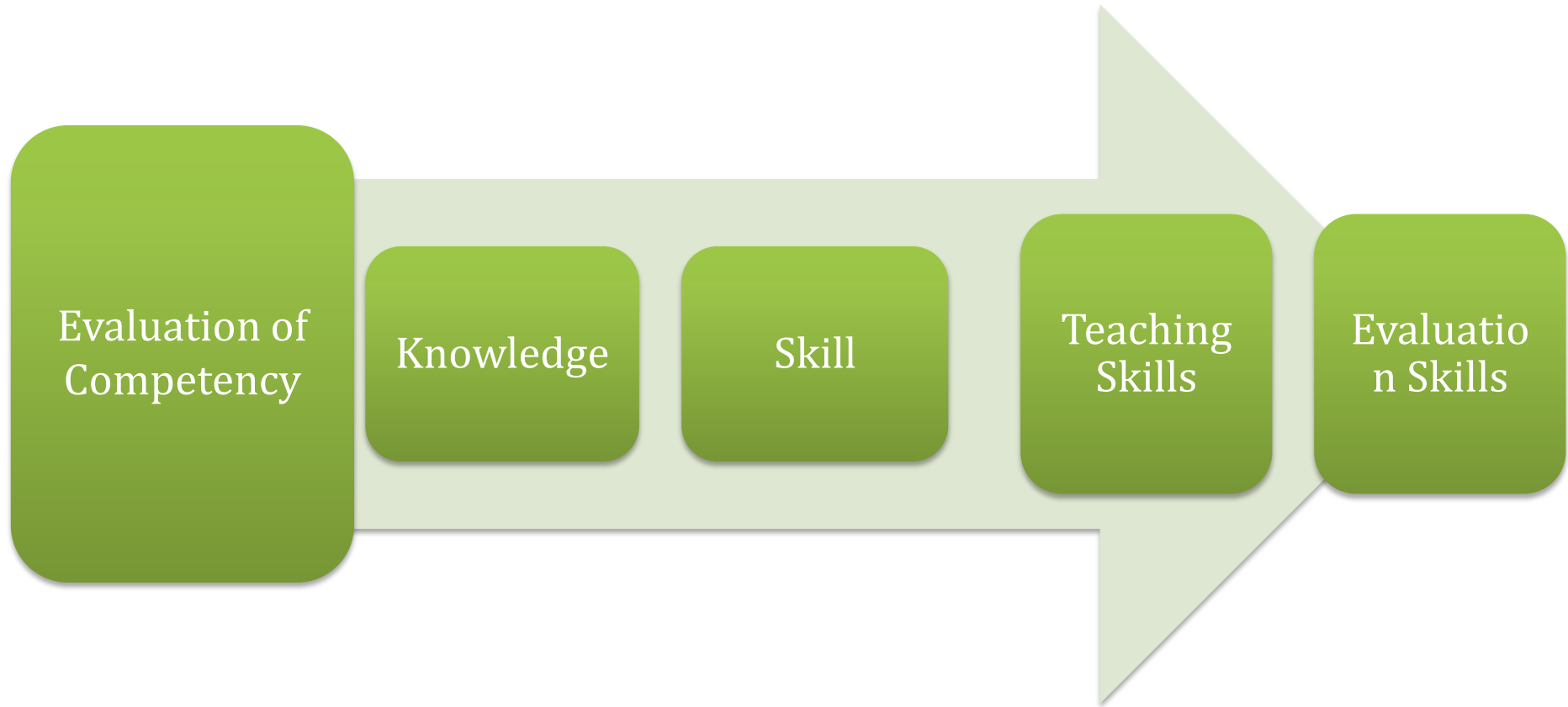


Certificate Validity – 5 Years



Evaluation of Yoga Professionals

Competence Criteria



Syllabus

- Yoga Volunteer : <https://www.yogaexam.in/wp-content/uploads/2020/09/Syllabus-YV.pdf>
- Yoga Protocol Instructor : <https://www.yogaexam.in/wp-content/uploads/2020/09/Syllabus-YPI.pdf>
- Yoga Wellness Instructor : <https://www.yogaexam.in/wp-content/uploads/2020/09/Syllabus-YWI.pdf>
- Yoga Teacher & Evaluator : https://www.yogaexam.in/wp-content/uploads/2020/09/Syllabus-YT_E.pdf
- Assistant Yoga Therapist : <https://www.yogaexam.in/wp-content/uploads/2021/09/Syllabus-AYTh.pdf>
- Yoga Therapist : <https://www.yogaexam.in/wp-content/uploads/2021/09/Syllabus-YTh.pdf>
- Yoga Master : <https://www.yogaexam.in/wp-content/uploads/2021/09/Syllabus-YM.pdf>

Competence Criteria for Yoga Protocol Instructor

Component	Topic	Marks
Knowledge (60) <u>(Theory)</u>	Introduction to Yoga & Yogic Practices	20
	Introduction to Yoga Texts	20
	Yoga for Health Promotion	20
Skills (140) <u>(Practical)</u>	Demonstration Skills	80
	Teaching Skills	40
	Application of Knowledge	10
	Field Experience	10

Competence Criteria for Yoga Wellness Instructor

Component	Topic	Marks
Knowledge (60) <u>(Theory)</u>	Introduction to Yoga & Yogic Practices	20
	Introduction to Yoga Texts	20
	Yoga for Wellness	20
Skills (140) <u>(Practical)</u>	Demonstration Skills	80
	Teaching Skills	40
	Application of Knowledge	10
	Field Experience	10

Competence Criteria for Yoga Teacher & Evaluator

Component	Topic	Marks
Knowledge (80) <u>(Theory)</u>	Foundation of Yoga	20
	Introduction to Yoga Text	20
	Yoga and Health	20
	Applied Yoga	20
Skills (120) <u>(Practical)</u>	Demonstration Skills	60
	Teaching Skills	20
	Evaluation Skills	20
	Application of Knowledge	10
	Field Experience	10

Competence Criteria for Assistant Yoga Therapist

Component	Topic	Marks
Knowledge (100) <u>(Theory)</u>	Basic Principles of Yoga Therapy	15
	Yoga Therapy in Traditional Yoga Texts	15
	General Anatomy and Physiology	15
	Yoga and Allied Science	15
	Demonstration Skills	80
Skills (100) <u>(Practical)</u>	Teaching Skills	20
	Application of Knowledge	30
	Field Experience	10

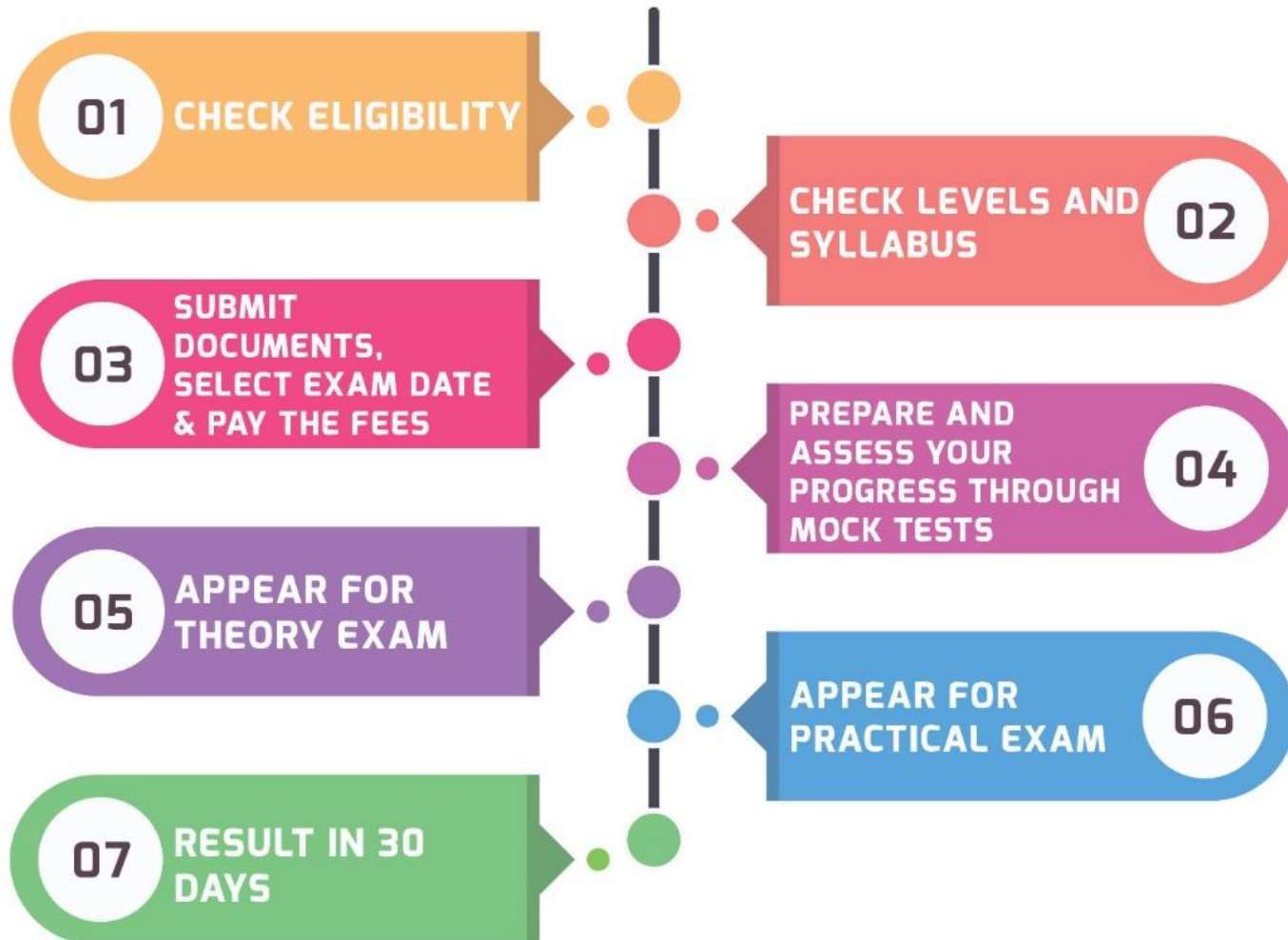
Competence Criteria for Yoga Therapist

Component	Topic	Marks
Knowledge (100) <u>(Theory)</u>	Yoga and Human Body	25
	Fundamental Principles of Yoga Therapy	25
	Application of Yoga Therapy in Traditional Yoga Texts	25
	Physiological and Psychological Effects of Hatha Yoga Practices	25
Skills (100) <u>(Practical)</u>	Demonstration Skills	30
	Teaching Skills	20
	Evaluation Skills	20
	Application of Knowledge	20
	Field Experience	10

Competence Criteria for Yoga Master

Component	Topic	Marks
Knowledge (120) <u>(Theory)</u>	Philosophical Foundation of Yoga	30
	Principles and Practices of Yoga in Traditional Texts	30
	Allied Science	30
	Allied Yoga	30
Skills (80) <u>(Practical)</u>	Demonstration Skills	15
	Teaching Skills	15
	Evaluation Skills	20
	Application of Knowledge	20
	Field Experience	10

Certification Process for Candidates



IT Support



Mock Test



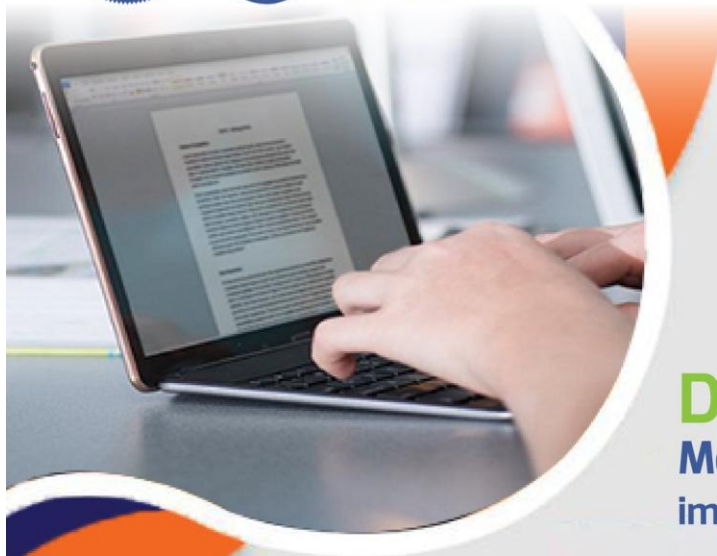
Reference Links



Certificate by
Yoga Certification Board



Listed on
PrCB website



DID YOU KNOW
Mock Test can help you
improve your score by 50%

Benefits:

- Start revision early
- Improve your knowledge
- Track your progress
- Prepare in understanding exam process

 enquiry@qualityindia.in

 70095-19815, 78889-59504

www.yogaexam.in/mock-test

Registration Process

- <https://www.yogaexam.in>
- Sign-up through Facebook / Google or Create Account
- Confirmation of E-mail
- Login to Dashboard
- Free Unlimited Mock Tests
- Choose Exam Level & Date
- Fill Application
 - Govt. issued ID Proof
 - Passport Size Photo
 - Language of Exam
- Payment of Fee through Payment Gateway (Credit Card / Debit Card / Net Banking / Wallet / UPI)

www.yogaexam.in

70095-19815

CONTACT WHATSAPP

f @ in



HOME

BOOK EXAM

CERTIFICATION

MOCK TEST

PROMOTE YOGA



LOGIN / SIGN UP

GET GLOBAL RECOGNITION

A Government Certification which is globally accepted

BOOK EXAM →

We are an accredited Certification Body of Yoga Certification Body,

8000+

374+

Fee Structure

Certification	Enrolment Fee	Exam Fee	Fee (Including GST)	Repeated Candidate Fee (Incl. GST)	Re-Appear Fee (Incl. GST)
Yoga Volunteer	100	350	531	-	-
Yoga Protocol Instructor	500	2750	3835	3245	1298
Yoga Wellness Instructor	1000	3750	5605	4425	1770
Yoga Teacher & Evaluator	1500	4750	7375	5605	2242
Asstt. Yoga Therapist	1500	4750	7375	5605	2242
Yoga Therapist	2000	5250	8555	6195	2478
Yoga Master	2500	5750	9735	6785	2714

Examination Process - Online

- Practical Exam Schedule Information to Candidate :3 days before exam
- Online Theory Exam
 - Requirements
 - Laptop / Computer with Mike, Speaker, Camera
 - Internet Connection
 - Separate Room with Sufficient Light
 - System Compatibility Check by PQMS Technical Team – 5 days before Exam
 - Online Exam with Live Monitoring
- Online Practical Exam (can appear from Mobile Phone)
 - Zoom Application – Laptop / Mobile / Tablet with Mike, Speaker, Camera
 - Yoga Mat Placed 6 Feet away

Examination Process - Offline

- Practical Exam Schedule Information to Candidate :3 days before exam
- Minimum No. of Candidates : 15 to 20
- Day of Exam : Saturday / Sunday
- Theory Exam
 - OMR Based Answer Sheets
 - Question Paper in English & Hindi or Local Language
- Practical Exam
 - Practical Examiner by PQMS

Examination Schedule

- Theory Exam
 - Day : Every Saturday
 - Time : 10 AM to 12:00 PM
- Practical Exam
 - Day : Every Saturday / Sunday
 - Time : 1 PM to 6:00 PM on Saturday
: 9 AM to 6:00 PM Sunday
- Language of Exam
 - English & Hindi or Local Language
- Exam Calendar at <https://www.yogaexam.in/bookexam>

Examination Pattern

Certification	No. of Questions / Marks	Duration- Theory	Duration Practical	Practical Marks	Pass %age
Yoga Protocol Instructor	60	2 Hours	20 Minutes	140	70% in both Theory & Practical
Yoga Wellness Instructor	60			140	
Yoga Teacher & Evaluator	80			120	
Assistant Yoga Therapist	60		30 Minutes	140	
Yoga Therapist	100			100	
Yoga Master	120			80	

Certification

- Result

Within 10 days of conduct of Exam

- Certification



Within 15 days of declaration of result



Certified Candidates Listing on Website

Candidates List - Yoga Exam x +

← → ↻ yogaexam.in/candidates/ ☆

  HOME BOOK EXAM CERTIFICATION ▾ MOCK TEST PROMOTE YOGA 🔍 [LOGIN / SIGN UP](#)

Excel CSV Search:

Reg. No. ▲	Name	City	Exam Level	Certificate No	Certificate Valid Up To
1011709001	ANKITA JAIN	Bhilwara	Level-1 Yoga Instructor	QCI/PQMS/2017/00116	13-Oct-20
1011709002	BALAMURUGAN M	Chennai	Level-1 Yoga Instructor	QCI/PQMS/2017/00117	13-Oct-20
1011709003	EKTA	Kangra	Level-1 Yoga Instructor	QCI/PQMS/2017/00118	13-Oct-20
1011709004	GEETA MANKANI	Surat	Level-1 Yoga Instructor	QCI/PQMS/2017/00119	13-Oct-20
1011709006	ILEANA ELIZABETH TAYLOR	Panama	Level-1 Yoga Instructor	QCI/PQMS/2017/00120	13-Oct-20
1011709007	KAVITA SANJEEV KUMAR AGRAWAL	Pune	Level-1 Yoga Instructor	QCI/PQMS/2017/00121	13-Oct-20
1011709008	MANISHYAT SHREYAM SAIKIA	Jorhat	Level-1 Yoga Instructor	QCI/PQMS/2017/00122	13-Oct-20
1011709010	DISHA JITU LALWANI	Ahmedabad	Level-1 Yoga Instructor	QCI/PQMS/2017/00131	29-Oct-20
1011709012	PRATIBHA SINGH	Bareilly	Level-1 Yoga Instructor	QCI/PQMS/2017/00123	13-Oct-20
1011709013	RAKESH PV	Kannur	Level-1 Yoga Instructor	QCI/PQMS/2017/00124	13-Oct-20
1011709014	SHEETAL SAWHNEY	Panchkula	Level-1 Yoga Instructor	QCI/PQMS/2017/00125	13-Oct-20
1011709015	SONIYA PARMANAND NIHALANI	Vadodara	Level-1 Yoga Instructor	QCI/PQMS/2017/00126	13-Oct-20

Windows Taskbar: Type here to search | [Icons] | 10:44 04-02-2021

Website: www.yogaexam.in
Face Book – YogaExam, Instagram - YogaPQMS

