

SWARNIM STARTUP & INNOVATION UNIVERSITY
SWARNIM SCIENCE COLLEGE
VALUE ADDED COURSE (VAC)

Yoga Teacher Certificate Course - VACYT

Session No.	Topic	Content	Duration
1	Introduction to Yoga	History, Philosophy, Types of Yoga	1 hour
2	Yoga Ethics and Lifestyle	Yamas, Niyamas, Ethical guidelines for yoga teachers	1 hour
3	Anatomy and Physiology	Basic anatomy relevant to yoga practice	2 hours
4	Breathing Techniques (Pranayama)	Introduction to pranayama, techniques, benefits	2 hours
5	Basic Asanas (Postures)	Introduction to foundational poses	2 hours
6	Surya Namaskar (Sun Salutation)	Step-by-step guide to Sun Salutation, benefits	1 hour
7	Alignment and Adjustment	Correct alignment, hands-on adjustments, safety	2 hours
8	Teaching Methodology	Effective teaching techniques, class structure	2 hours
9	Sequencing	Designing a balanced yoga class, flow sequences	2 hours
10	Meditation Techniques	Introduction to meditation, techniques, benefits	2 hours
11	Advanced Asanas	Introduction to intermediate and advanced poses	2 hours
12	Use of Props	How to use yoga props effectively	1 hour
13	Yoga for Special Populations	Adapting yoga for different age groups and health conditions	2 hours
14	Yogic Diet and Nutrition	Principles of a yogic diet, importance of nutrition	1 hour
15	Yoga Nidra	Deep relaxation techniques, guided Yoga Nidra	1 hour
16	Teaching Practicum	Practice teaching sessions, peer feedback	3 hours
17	Business of Yoga	Setting up a yoga business, marketing, legal aspects	1 hour
18	Review and Assessment	Review of key concepts, practical and theoretical assessments	2 hours
19	Closing Ceremony	Certification distribution, feedback session, closing meditation	1 hour
Total			30 hours



(Handwritten Signature)

PRINCIPAL
SWARNIM SCIENCE COLLEGE
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 BHOYAN RATHOD, KALOL, GANDHINAGAR.