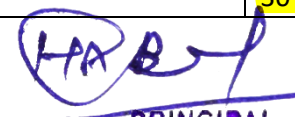


SWARNIM STARTUP & INNOVATION UNIVERSITY
SWARNIM SCIENCE COLLEGE
VALUE ADDED COURSE (VAC)

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 |




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