



Certificate in Yoga Teacher Training

NQR Code:1

Course Code:MSU/BWS/CRS0006

version:1.0

NHEQF Level: 4.5

Medhavi Skills University, Topakhani, Lower Chisopani PO: Singtam Bazar, PS: Singtam District: East Sikkim, Sikkim - 737134



Contents

Course Description.....	3
Personal Attributes.....	3
Course Details.....	3
Course Module Details.....	4
Course Assessment Criteria.....	4
Assessment Guidelines and Assessment weightage.....	4
Assessment - Minimum Qualifying Percentage.....	4
Acronyms.....	4
Glossary.....	4



MSU/BWS/CRS0006-Certificate in Yoga Teacher Training

Course Description

On completion of the course, the candidate will be able to understand the program's objectives, career opportunities, and the role of a yoga trainer. They will be skilled in conducting advanced and hatha yoga sessions while maintaining health, safety, and personal hygiene standards.

Personal Attributes

Candidate must have skills like strong communication, attention to detail, and the ability to motivate others. They should be disciplined, organized, and adaptable, with a focus on maintaining health and safety standards. A positive attitude, patience, and a commitment to personal and professional growth are essential.

Course Details:

Awarding Body	Medhavi Skills University
Sector	Beauty & Wellness
Sub-Sector	Beauty
Occupation	Beauty
Course Name	Certificate in Yoga Teacher Training
Version	1.0
NHEQF Level	4.5
Credits	20
Credits Validity	Lifelong Validity
Minimum Educational Qualification & Experience	12th grade Pass with 1 Year of experience
Age	18
Pre-Requisite License or Training	Not Applicable
NCO Code	NCO-2015/NIL
Common Cost Norms Category	II



Next Review Date	26/03/2030
NSQC Approval Date	26/03/2025
Reference code on NQR	1
NQR Version	1

Course Module Details

Module Name	Module Code	Module Version	Core/ Non-Core	NHEQF Level	Theory Duration	Practical Duration	On-the-Job Training Duration(Mandatory)	Total Duration
Introduction to the program & Prepare and maintain work area	MSU	1	Core	4.5	0100:00	0120:00	0000:00	220:00
Conduct the advanced yoga sessions for 360 - degree wellness	MSU	1	Core	4.5	0050:00	0070:00	0000:00	120:00
Conduct the hatha yoga sessions	MSU	1	Core	4.5	0030:00	0060:00	0000:00	90:00
Maintain health and safety at the workplace	MSU	1	Core	4.5	0025:00	0035:00	0000:00	60:00
Create a positive impression at the workplace	MSU	1	Core	4.5	0025:00	0040:00	0000:00	65:00
Introduction to Employability Skills	MSU	1	Core	4.5	0025:00	0020:00	0000:00	45:00

Course Assessment Criteria

Module Name	Module Code	Module Version	Core/ Non-Core	Theory Marks	Practical Marks	Project Marks	Viva Marks	Total Marks
-------------	-------------	----------------	----------------	--------------	-----------------	---------------	------------	-------------



Introduction to the program & Prepare and maintain work area	MSU	1	Core	40	40			80
Conduct the advanced yoga sessions for 360 - degree wellness	MSU	1	Core	40	40			80
Conduct the hatha yoga sessions	MSU	1	Core	30	30			60
Maintain health and safety at the workplace	MSU	1	Core	30	30			60
Create a positive impression at the workplace	MSU	1	Core	30	30			60
Introduction to Employability Skills	MSU	1	Core	30	30			60

Assessment Guidelines and Assessment weightage

Assessment Guidelines

Minimum Pass Percentage – Aggregate at qualification level: 50 % (Every Trainee should score specified minimum aggregate passing percentage at qualification level to successfully clear the assessment.)

Acronyms

NHEQF	National Higher Education Qualifications Framework
TVET	Technical and Vocational Education and Training

Glossary

Sector	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.

**Job role**

Job role defines a unique set of functions that together form a unique employment opportunity in an organization.