

<b>DYT</b>	<b>DIPLOMA IN YOGA TEACHER TRAINING</b>		
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**Diploma in Yoga Teacher Training is an Open Distance and Flexible Learning Programme designed and developed by State Resource Centre, Kerala for those who seek yoga education as a career. The philosophical and practical wisdom of yoga has been given due importance in this programme.**

## **PROGRAMME BLUE PRINT**

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# ABBREVIATIONS

<b>Assign:</b>	Assignment
<b>DE:</b>	Distance education
<b>DL:</b>	Distance learning
<b>F2F:</b>	Face-to-face
<b>LC:</b>	Learning Centre
<b>NGO:</b>	Non-government organisation
<b>PC:</b>	Programme coordinator
<b>PRA:</b>	Participatory rural appraisal
<b>Proj:</b>	Project
<b>SC:</b>	Scheduled caste
<b>SRCK:</b>	State Resource Centre, Kerala
<b>TEE:</b>	Term-end examination
<b>TMA:</b>	Tutor marked assignment



# Programme Blueprint

## PROGRAMME ADMINISTRATION

<b>Programme title</b>	<b>DIPLoma PROGRAMME IN YOGA TEACHER TRAINING (DYT)</b>
<b>Status</b>	Open Distance and Flexible Learning (ODFL)
<b>Level</b>	Diploma programme
<b>What award does the course lead to?</b>	Diploma
<b>Length</b>	12 months with 32 Credits for the Diploma Programme;
<b>Medium of study</b>	Malayalam and English The study materials including programme/project guide will be developed in Malayalam language. The same will be trans-created in English for offering learners who seek English as the learning medium. The term end examinations will be conducted in both English and Malayalam language.
<b>Year of first presentation</b>	2017 January
<b>Proposed course life</b>	3-5 Years (One batch/cohort shall be offered in January 2018 and the revised programme will be offered in January 2019 and shall run for three to five years before the second revision.)
<b>Justification for the programme</b>	<p>Yoga is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is considered as an art and science for healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', which means 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body.</p> <p>The aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana.</p>

	<p>Yoga has gained tremendous popularity in the last few years, it is the most rapidly growing health movement despite it was developed thousands of years ago. Age, religion, caste; sex has no bar with breathing and meditation techniques. There are many types of yoga and it may be hard for the beginners to identify which yoga type he or she wants to opt. The most important benefit of yoga is the physical and mental therapy. Also the very essence of yoga lies in attaining mental peace, improved concentration /mental power (mind power) and a relaxed state of living.</p> <p>There are many health benefits from yoga, studies have shown that yoga can relieve many common and life threatening illness such as arthritis, chronic fatigue, diabetics, AIDS, asthma high blood pressure, back pain, weight reduction, obesity, common cold, constipation, epilepsy, skin problems and respiration problems. Yoga also helps in rejuvenation of new and old injuries.</p> <p>Yoga provides tools through which one can cope with the pain and helps counter with the feeling of helplessness and depression. Yogic breathing and stretching exercises have been seen to result in better mental and physical energy and improved mood. The mental performance also increases with yoga and doctors suggest that yoga can enhance cognitive performance.</p> <p>The diploma in yoga offered by SRC Community College aims at the skill building of people in yogic practices. It intends to meet the growing need for trained practitioners of yoga and thereby ensure quality in yoga education.</p>
<p><b>Programme delivery (delivery model and strategy)</b></p>	<p>This programme is planned to be offered in the distance mode and by making learning accessible through part-time study, outside the working hours. It is intended to facilitate learning accessible to learners across the society. F2F contact sessions at designated learning centres of SRCK will be arranged as a compulsory activity as part of the programme. In order to facilitate participation of the learners, the contact session will be scheduled at the week days or public holidays.</p> <p>The agencies/organisations working in the field of yoga will be selected as the study centre for conducting diploma programme in yoga. The state wide network of study centres will be used for conducting the contact session as envisaged in the programme.</p> <p>The study centres will be given adequate training and capacity development in tutorial support and system framework for the Open Distance and Flexible Learning practices. The facilities and platforms available in the form of social media will be used for information dissemination.</p>

<b>Purpose</b>	<p>The purpose of the Diploma Programme in yoga is:</p> <ol style="list-style-type: none"> <li>1. To strengthen the understanding of people on the philosophical background of yogic science.</li> <li>2. To orient the people on various schools of philosophy originated in India.</li> <li>3. To enrich the knowledge base of learners on the practical application of yoga.</li> <li>4. To strengthen the theoretical and practical understanding of people on yogic practice.</li> <li>5. To build the capacity and capability of yogic practitioners through innovative training techniques.</li> <li>6. To equip the learner on various aspects of human physiology explained in the modern as well as the yogic science.</li> <li>7. To train the learner on the appropriate way of practicing yogic postures in true spirit and wisdom.</li> <li>8. To provide practical understanding on various pranayama techniques through regular exercises.</li> <li>9. To facilitate the learning experiences in various kriya yoga practices.</li> <li>10. To educate the learner on the practical application mudra and its effects on human life.</li> </ol>
<b>Target audience</b>	<p>The Diploma Programme in Yoga is offered for both men and women who attained the age of 15 years and above.</p>
<b>Entry requirements</b>	<p>10 (Secondary) Pass is the basic qualification for Diploma Programme in Yoga.</p>
<b>Rationale for taking the programme</b>	<p>There is a growing realisation among the people all over the world that physical exercise is an essential component for maintaining health, leading an energetic and a successful life. There are a good number of practices being followed by the people across the globe. Among those practices yoga stands top in the list. It is to be noted that, there is dearth of qualified trainers in yoga. The Diploma Programme in Yoga aims at the skill building of people on philosophical and practical wisdom of yoga and thereby meets the requirement of qualified practitioners in the field.</p>
<b>Financial arrangements (fees)</b>	<p>Fees for the one year Diploma Programme: Rs. 9000/-per learner. Fees shall be directly collected from the students by SRCK. When necessary, fees shall be collected through sponsored agencies including the learning centres.</p>
<b>Recruitment</b>	<p>The recruitment or enrolment of students will be done through media publicity:</p> <ol style="list-style-type: none"> <li>1. News Papers,</li> <li>2. All India Radio,</li> <li>3. TV Channels,</li> <li>4. Public Relations Department under the State Government,</li> </ol>

	5. Pamphlets, Public notice boards, 6. State Resource Centre- Kerala (SRC-K) Website. 7. Through various institutions in the field of yoga. 8. Through sponsoring agencies: State Government Departments, 9. National and International Agencies							
<b>Learner numbers</b>	Approximately 500 learners for the first cohort followed by about 750 each in subsequent batches.							
<b>Aim of the Programme (Programme, Courses, Modules, Units)</b>	<p><b>Aims of the Programme</b></p> <p>The Diploma in Yoga Teacher Training is designed with an objective to train the learners to acquire knowledge about various dimensions of Yoga; practical and philosophical knowledge. The learner will be empowered to carry out yogic practices very effectively based on the requirement of clientele.</p> <p>On successful completion of the programme, the learner will be able to understand the history, philosophy, types and schools of yoga. The learner will be exposed to various practical skills on yogic exercises including asana, pranayama, kriya, mudra, bandha etc.</p>							
<b>Programme STRUCTURE</b>	Course Code	Course Title	Modules	Units	Assignments	F2F	Credits	
<b>Programme</b>	YE001	Introduction to Yoga Philosophy	1	5	1 Assigt (12h)	12h	4 (120 hrs)	
	YE002	Yoga Postures and Pranayama	1	4	1 Assigt (12h)	10h	3 (90 hrs)	
	YE003	Human Physiology & Yoga	1	7	1 Assigt (12h)	12h	4 (120 hrs)	
	YE004	Practical Part I					60h	5 (150 hrs)
	YE005	Yoga Philosophy Part II	1	5	1 Assigt (12h)	14h	3 (90 hrs)	
	YE006	Various Schools of Indian Philosophy	1	7	1 Assigt (12h)	14h	3 (90 hrs)	
	YE007	Advance yogic Practices, Kriya, Bandha & Mudra Human Physiology & Yoga Part II	2	4 3	1 Assigt (12h)	12h	4 (90 hrs)	
	YE008	Teaching Practice & Internship (Report)					28h	2 (60 hrs)
	YE009	Practical Part II					100h	4 (120 hrs)



	The DYT Programme Concept map is given in Appendix 1.
<b>ASSESSMENT STRATEGY</b>	<p>YE 001: Attendance (10%); Assignment 30% ; TEE: 60%</p> <p>YE 002: Attendance (10%); Assignment: 30%; TEE: 60%</p> <p>YE 003: Attendance (10%); Assignment: 30%; TEE: 60%</p> <p>YE 004: Practical (Part I): Attendance 10% CE 30% Practical and Viva 60%</p> <p>YE 005: Attendance (10%); Assignment 30% ; TEE: 60%</p> <p>YE 006: Attendance (10%); Assignment: 30%; TEE: 60%</p> <p>YE 007: Attendance (10%); Assignment: 30%; TEE: 60%</p> <p>YE 008: Teaching Practice &amp; Internship (Report): 70% Viva 30%</p> <p>YE 009: Practical (Part I): Attendance 10% CE 30% Practical and Viva 60%</p>
<b>Self assessment components</b>	<p>Self–assessment shall take place in each Unit with the help of self-assessment questions/activities. Also, at the end of each Module/Block, there shall be 'Module-end Activities' and 'Reflective Questions' for the learners to work out and learn through these tasks.</p> <p>These assessments/tasks shall not carry any weight in terms of assessment/exam grading.</p>
<b>Tutor marked assignments</b>	<p>There shall be one TMA per course (theory)—each taking 4-12 hours of student hour. The TMAs, as per course offer schedule, shall be deposited at designated Learning Centres by the students; which shall further be passed on to the tutor/evaluator to evaluate, write tutor comments, and grade the assignments. The evaluated assignments shall be returned to the students after recording the grades awarded.</p> <p>Assignments and Attendance together comprise 40% weightage in the scheme of assessment.</p>
<b>Summative assessment</b>	<p>The Term-End Exam (TEE) which shall take place in designated exam centres shall comprise 60% weight.</p> <p>Those students who cannot complete the entire programme (assignments, Teaching Practice/Internship and TEE) by December 2018 session shall be given another chance to continue with the next cohort/admission cycle and complete the diploma programme.</p>
<b>Tutorial contact</b>	<p>There shall be compulsory tutorial contact sessions for both theory and practical at the week days or public holidays. 70-80 percent attendance to the contact sessions is essential for the successful completion of the programme. The contact session will be arranged at the designated learning centres of SRC Community College. The selection, training, monitoring of</p>

	<p>the learning centres will be carried out by the State Resource Centre. The agencies working in the field of yoga will be selected as the learning centres for conducting contact sessions. Proper orientation and training will be given to these centres for the effective implementation of the programme. The practical training format for yoga designed and developed by SRC will be adopted among designated learning centres in order to ensure a unified form of practice.</p>
<b>Printed materials</b>	<p>The printed materials will comprise of:</p> <ul style="list-style-type: none"> <li>• Seven Printed course modules</li> <li>• Printed assignment guidelines</li> <li>• Printed project guides/handbooks</li> <li>• Student programme guide (including model question paper &amp; guidelines)</li> </ul>
<b>Assessment materials</b>	<ul style="list-style-type: none"> <li>• Guidelines for evaluating (commenting and grading) assignments.</li> <li>• Guidelines for evaluating projects and institutional visits.</li> <li>• Sample TEE question papers and evaluation guidelines for evaluators.</li> <li>• Examination handbook for exam centres.</li> </ul>
<b>Other members / editors/ counsellors</b>	<ul style="list-style-type: none"> <li>• The printed study materials will be developed with the help of experts in the field from the state of Kerala known to or associated with SRCK.</li> <li>• Tutors/ counsellors shall be identified from the designated learning centres of SRCK and experts from the field.</li> </ul>
<b>Advisors/ advisory team/ prog advisory committee</b>	<ul style="list-style-type: none"> <li>• There shall be Programme Advisory Committee comprising senior experts from the field of yoga, faculty of and resource persons attached to SRCK, with an eminent person in the field as the committee chair, and the Yoga programme coordinator as the convener.</li> </ul>
<b>Course maintenance</b>	<ul style="list-style-type: none"> <li>• The entire programme/all the course materials and strategies shall be monitored and evaluated during the first phase of the delivery DPY during January 2018.</li> <li>• The entire programme including course materials and delivery strategy shall be revised for the second offer of the Diploma in January 2019.</li> <li>• Subsequently, the programme/courses shall be maintained (with minor revisions, new assignments, projects etc) for a period of five years before undertaking major revisions. During this period, the programme shall be monitored and action research shall be</li> </ul>

	undertaken on various aspects of the programme.
<b>Evaluation</b>	<p>The programme shall be piloted for the first offer, following which it will be revised and be offered for a few years before further revision is contemplated. During the process, a decision shall be made if this can be upgraded to a Post Graduate Diploma programme with additional inputs which need to be developed.</p> <p>In the process, the courses shall be maintained semester-wise.</p>
<b>Staff (categories &amp; levels)</b>	<ul style="list-style-type: none"> <li>• One Coordinator for the Diploma Programme (on part-time basis) from SRCK.</li> <li>• One Programme Assistant to support the PC at SRCK.</li> <li>• Four/five Course Coordinators from SRCK/ collaborative agencies.</li> </ul>
<b>Facilities &amp; equipment (HQ &amp; learning centres)</b>	<ul style="list-style-type: none"> <li>• Material storage room and facility at SRCK.</li> <li>• Meeting and class rooms at SRCK to be utilised for this programme.</li> <li>• Existing library of SRCK.</li> </ul> <p>Some selected learning centres associated with SRCK and its DE and CE programmes have facility of class rooms, PCs</p>

## Appendix 1: Couse/Module Wise Break Up

Course Code	Course/Module Title	Units
YE001	Introduction to Yoga Philosophy	Origin of Yoga
		Yoga Sutra of Pathanjali
		Paths of Yoga
		Meditation
		Yoga in modern times
YE002	Yoga Postures and Pranayama	Guidelines for Yoga Practice
		Introductory Asanas
		Major Yoga Poses
		Pranayama
YE003	Human Physiology & Yoga	Yoga & Human Physiology
		Modern Human Physiology
		Digestive System
		Respiratory System
		Circulatory System
		Nervous System
		Skeletal system
YE004	Practical Part I	More than 46 Asanas
YE005	Yoga Philosophy Part II	Ashtanga Yoga
		Hata yoga
		Yoga in Bhagavatgita
		Yoga in modern times
YE006	Various Schools of Indian Philosophy	Introduction to Indian Philosophy
		Nyaya
		Vaisesika
		Sankhya
		Yoga
		Purva Mimamsa
		Uthara Mimamsa
		Charvaka
		Jaina
		Baudha

YE007	Advance yogic Practices, Kriya, Bandha & Mudra	Advanced Yoga Practices
		Kriyas
		Bandhas
	Human Physiology & Yoga Part II	Mudras
		Different Body systems
		Effects of Yoga on Body systems
		Yoga and Body Ailments
YE008	Teaching Practice & Internship (Report)	28 hours of Yoga Teaching Exposure
YE009	Practical Part II	More than 25 Advanced Yoga Practices

## Appendix 2: Programme Concept Map of Diploma in Yoga Teacher Training

