

EKAM YOGA CARE PRIVATE LIMITED

Accredited Personnel Certification Body - YCB Accreditation No.: YP24000001.2

Address: Apparel Park, G1-76, Mahal Rd, RIICO Industrial Area, Jagatpura, Jaipur - 302017

Official Examination Syllabus: Yoga Volunteer [YV]

Level: | Training Duration: N/A

Examination Fee: INR 1,000

SYLLABUS OUTLINE & COMPETENCY UNITS:

Unit 1: Introduction to Yoga and Yogic Texts - History, Philosophy, Evolution

Unit 2: Principles and Practices of Yogic Asanas, Pranayama, and Kriyas

Unit 3: Anatomy, Physiology, and Applied Health Benefits of Yoga

Unit 4: Teaching Methodology, Demonstration Skills, and Classroom Management

Unit 5: Ethical Guidelines, Code of Conduct, and Assessment Rubrics

Certified under Yoga Certification Board - Ministry of Ayush, Govt. of India