

Norms for Accreditation Yoga Trainer (Sports)

The institutions having the following requisite infrastructure, may apply for accreditation:

A. Classroom-cum-Hall :

To accommodate 25 students for Yoga Class and Practices, the Classroom - cum- hall (minimum area - 750 Sq. Ft.) should have a black board/white board. It should be well ventilated and illuminated.

B. Facilities for Yoga Practices :

- Essential facilities for the practice of Yoga.
- Charts or posters related to Human Anatomy & Physiology and Yogasnas, Pranayams, Meditation etc. in the Yoga Class & Yoga Hall.
- *Desirable small facilities for Shatkarma such as rubber neti, sutra neti, neti lota, bucket and electric kettle etc.*

C. Faculty and supporting staff:

S. No.	Faculty & Supporting staff	Educational/Professional Qualification	No.
1.	Coordinator	Graduate	01
2.	Yoga Teacher for theory	Masters in Yoga from any recognised University/Institute OR Bachelors in Yoga from any recognised University/Institute and one years experience in relevant field	01
3.	Yoga Teacher for practical	Masters in Yoga from any recognised University/Institute OR Bachelors in Yoga from any recognised University/Institute and one years experience in relevant field OR Diploma in Yoga field from any recognized University/Institute and two years experience in relevant field	01
4.	Receptionist cum clerk	Relevant to job	01
5.	MTS	Relevant to job	01

D. List of Tools and Equipment :

Computer/Laptop, Printer, Photocopier (Optional), Projector, Whiteboard, Marker, Chart Paper, Clipboards, Posters of Human Muscular & Skeletal System, Yoga Blocks, Straps, or Bolsters, Medicine Ball, Swiss Ball, Alcohol-Based Sanitizer, Surface Disinfectant, Stretcher, Arm-Sling, Crutches, Gloves, Safety Goggles, Ladder, First Aid Kit etc.

E. Physical Facilities :

The institution should have proper facilities for drinking water, bathrooms & toilets

F. Library :

There should be at least 40-50 books / articles / magazines on related subjects.

G. Batch size:

Maximum 25 students in one batch.

An institution can run maximum 4 batches for this course.
