

Norms for Accreditation Yoga Instructor (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, Mediation 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 Tool and Equipment :

Computer/Laptop, Printer, Photocopier (Optional), Projector, Yoga Mats / Carpets, Stopwatch, Whistle, Marking Cones, Training Hurdles, Ply Metric Boxes, Agility Ladder, Flexi-Poles, Speed Chute, Heart-Rate Monitor, Skipping Rope, Gym Mats, Treadmill, Stationary Bikes, Free Weights, Machine Assisted, Weights, Wearable Weights, Medicine Ball, Swiss Ball, Clapper, Bibs, Yoga Blocks, Straps, or Bolsters, Medicine Ball, Incense Sticks, Essential Oil, Natural Aromatic Aids, Candle, Lamp, Water, Music Player, Prayer Beads, 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
