



Open Vocational Education Programme
Course Code: 671

YOGA ASSISTANT SPORTS

Sector: Sports | Sub-Sector: Sports Coaching and Fitness
Occupation: Sports Coaching
Reference ID: QP, Version 1.0 | NSQF Level 3



National Institute of Open Schooling
(An autonomous organisation under MoE, Govt. of India)
A-24-25, Institutional Area, Sector-62, NOIDA-201309 (U.P.)
Website: www.nios.ac.in Toll Free No. 18001809393

**Sports, Physical Education, Fitness and
Leisure Skills Council (SPEFL-SC)**
207, Mayur Vihar, Extension, Delhi 110091
Website: www.sportsskills.in



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SPORTS, PHYSICAL EDUCATION, FITNESS AND
LEISURE SKILLS COUNCIL (SPEFL-SC)

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Shri Narendra Modi
Prime Minister of India

“ Skilling is building a better India.
If we have to move India towards
development then Skill Development
should be our mission. ”

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Yoga Assistant – Sports (NSQF Level-3)

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Delhi

From the Chairman's Desk

Dear Learners,

Welcome to National Institute of Open Schooling (NIOS)!

NIOS is an Open Educational Board under the Ministry of Education, Govt. of India, which provides Education and Vocational Skill Training to the all sections of the society especially those who are deprived of education. Today there is a need of such form of education, which along with educating people can also provide employment and by providing skills to the youth of the country, they can make them competent in their field of work. Keeping this demand of the present time in mind, it is the endeavor of NIOS that mainly the youth of the country can get vocational training as per their interest through open education while continuing their employment in various sectors.

Yoga, an ancient Indian discipline believed to have originated thousands of years ago, has evolved beyond a spiritual practice into a recognized competitive sport with immense global appeal. It enhances strength, flexibility, balance, mobility, and coordination, thereby improving overall performance and reducing the risk of injuries. In view of above facts, the Olympic Council of Asia (OCA), in its 44th General Assembly, unanimously approved the inclusion of Yoga as a demonstration sport in the 2026 Asian Games at Aichi-Nagoya, Japan. This historic decision underscores the growing international recognition of Yoga and highlights its benefits for both physical fitness and holistic well-being.

The formal recognition of Yoga as a competitive sport by the Ministry of Youth Affairs and Sports and the Ministry of AYUSH in December 2020 paved the way for its integration into national and international sporting events. With the establishment of the **Yogasana Bharat (National Yogasana Sport Federation of India) and the International Yogasana Sports Federation (IYSF)**, Yoga has achieved a new milestone as a globally acknowledged discipline. In this context, NIOS and Sports Physical Education Fitness & Leisure Skill Council (SPEFL-SC) are making the efforts to provide structured Yoga courses that will not only create employment opportunities for the youth but also promote Yoga as a sustainable career path and popular discipline worldwide.

I am happy that you have opted Yoga Assistant Sports Course of NIOS. **Yoga Assistant – Sports** is NCVET approved course. This Course has been designed by Sports Physical Education Fitness & Leisure Skill Council New Delhi and NIOS at **NSQF Level–3** to prepare professionals who can assist yoga trainers in various capacities. The program equips learners with the skills to set up sessions, assist in postures, monitor athletes' progress, maintain props and equipment, ensure safety protocols, and foster a cooperative learning environment. The training outcomes ensure that learners gain practical expertise in preparing and conducting yoga sessions effectively. Successful candidates can pursue career opportunities as **Yoga Assistant – Sports** in Yoga Institutions, Yoga Centres, Health Clubs, Sports Schools & Colleges, Academic Institutions, Universities and relevant departments.

I congratulate to entire team for their special support and guidance in this meaningful work and hope that you will continue your cooperation with the NIOS in the same way and grace us with your valuable suggestions. I also congratulate the students for enrolling in the course and hope; this course will be extremely beneficial to you.

I wish you all a successful and bright future!

Prof. Akhilesh Mishra
Chairman

National Institute of Open Schooling, Noida

From the CEO's Desk

Dear Learners,

It gives me immense pleasure to welcome you all to the Yoga Assistant Sports Course. SPEFL-SC is offering Yoga Sports Courses in association with NIOS.

The Sports, Physical Education, Fitness & Leisure Skills Council (SPEFL-SC) is a Not-for-Profit organization established by the Ministry of Skill Development & Entrepreneurship (MSDE). The council has been promoted by the National Skill Development Corporation (NSDC) to enhance skill development in the sports, fitness, and physical education sectors. SPEFL-SC plays a vital role in bridging the skill gap, setting industry standards, and creating employment opportunities through structured training programs and certifications.

The course material of Yoga Assistant Sports is developed to assist students and learners in gaining a comprehensive understanding of a specific Qualification Pack (QP-3).

Each National Occupational Standard (NOS) is methodically addressed in dedicated units, ensuring a well-structured and progressive learning experience.

Further, each NOS is presented in a logical sequence, allowing trainers to deliver content in a coherent and progressive manner. Every unit begins with clearly outlined learning objectives, providing direction for both trainers and learners to ensure effective knowledge acquisition.

In this course you will find a high-quality content delivery, which:

- Emphasizes clarity and brevity to support effective communication.
- Promotes learners engagement through practical and interactive methods.
- Adapts to various learning styles and trainee needs through flexible teaching approaches.
- Ensures consistency in instructional quality and delivery across sessions.

Each unit begins with the key learning objectives related to the specific NOS.

I congratulate the entire team for their special support, guidance and your valuable suggestions in this meaningful work. I also congratulate the students for enrolling in the course and hope this course will give you a platform for success.

I wish you all a successful learning experience and bright career!

Tahsin Zahid

CEO

Sports, Physical Education, Fitness & Leisure Skills Council (SPEFL-SC)

A Word With You

Dear Learners,

Welcome to Yoga Assistant – Sports course!

Yoga Sports is an emerging discipline that transforms the traditional practice of Yoga into a competitive platform, combining physical postures, balance, flexibility, and endurance with discipline and focus. Recognized nationally and internationally, Yoga Sports not only promotes health and wellness but also provides opportunities for athletes to showcase their skills at organized events such as the Asian Games. With growing institutional support and formal recognition, Yoga Sports is creating new avenues for professional growth, youth employment, and global awareness of India's rich cultural heritage.

Keeping this fact in mind, NIOS and Sports Physical Education Fitness & Leisure Skill Council (SPEFL-SC) offer this professional course and making the efforts to provide skilled training through this structured Yoga Course that will not only create employment opportunities for the youth but also promote Yoga as a sustainable career path and popular discipline worldwide.

In this program, the study material will be provided to you in the form of self-instructional material and the practical component i.e. practical training will be imparted at NIOS's approved Training Study Centers (AVIs) where appropriate personal contact classes, assignments, practical and Provision for training classes, internships etc. is scheduled.

Keeping the learners in mind, the course has been developed as a modular & self-instructional learning material approach, which includes Introduction, Objectives, Teacher-Style Explanations of Topics, Sub-Topics, In-text Questions to check your progress in the lessons. There are terminal Questions at the end of each lesson to assess your learning.

I express my deep gratitude to **SPEFL-SC** and the team of distinguished experts from various reputed organizations, namely **Shri Lal Bahadur Shastri Central Sanskrit University, New Delhi; Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India, Indira Gandhi National Open University, New Delhi, Gurukul Kangri University, Haridwar (Uttarakhand), Yogasana Bharat, New Delhi etc.** for their valuable cooperation and guidance in the development of this programme. Their academic expertise and constructive support have been instrumental in shaping the programme with quality and relevance.

I hope you will find this program beneficial and will aid you in realizing new heights in life. If you have any suggestion in this program, share to us. You feel free to contact us or send a message to the department.

I wish you for your success and bright future!

With best wishes,

Dr. Pawan Kumar Chauhan
Programme Coordinator & Consultant
(Yoga and Naturopathy) and
Course Team
National Institute of Open Schooling, Noida

COURSE CURRICULUM

YOGA ASSISTANT – SPORTS

Course Code: 671

1. INTRODUCTION

Yoga has an important place in Indian culture and heritage. It has been incorporated in our lifestyles since ancient times. Yoga is an art of living for healthy life which establishes the relationship between mind and body. It is the science of discipline that creates personality by making the all-round development of body, mind and self-power. Today, Yoga is attracting everyone for being healthy and staying fit. Yoga Education is so much in demand now days. Since the inclusion of yoga was unanimously approved at the 44th General Assembly of the Olympic Council of Asia (OCA) and the inclusion of yoga in the Asian Games is an important step towards raising awareness about its benefits.

Yoga Assistant – Sports is a professional course at NSQF level – 3 for professionals who assist yoga trainers and provide support in areas such as session setup, assisting with poses, and monitoring progress of athletes in their yoga practice.

2. TRAINING OUTCOMES

At the end of the program, the learners will be able to:

- select equipment appropriate for the yoga sessions;
- prepare session area for the yoga sessions;
- maintain yoga props and equipment;
- demonstrate correct forms, posture, and techniques of yoga;
- promote a co-operative environment amongst participants to avoid any conflicts;
- follow safety protocols for injury prevention and medical emergency;
- maintain hygiene and sanitation at workplace.

3. JOB OPPORTUNITIES

Successful learners of the Yoga Assistant – Sports job role can get the jobs as a Yoga Assistant – Sports or equivalent in the Yoga Institutions, Yoga Centres, Health Clubs, various Sports Schools ,Sports Colleges and concern departments of Sports etc.

4. ELIGIBILITY CRITERIA

4.1 Minimum Educational Qualification and Experience

Grade 10th pass

OR

9th Grade pass with 1 years of relevant experience

OR

Grade 8 pass with two years of (NTC/ NAC) after 8th

OR

8th Grade pass with 2 years of relevant experience

OR

5th Grade pass with 5 years of relevant experience

4.2 Minimum Job Entry Age

18 + years of age

5. TARGET GROUP

- All Indian and foreign nationals, who fulfill the eligibility criteria.

6. DURATION OF THE COURSE

- **Total Hours – 360** (Theory – 75 Hrs., Practical – 105 Hrs. and OJT – 90 Hrs.)
- Approximate – 03 months = 24 days (3 months × 04 weeks × 02 days) × 5 Hrs. = 120 Hrs.
- 03 Workshop × 10 days each workshop × 05 Hrs per day = 150 Hrs and OJT – 90 Hrs.

7. SCHEME OF STUDY

- Theory – 30 %
- Practical Training – 50%
- Learners Portfolio – 20%

8. INSTRUCTIONAL STRATEGY

- Self Instructional Printed Material
- Face to face classes at AVIs/Study centres;
- Hands on Experience/Practical-Training Facilities at AVIs/Study centers;
- Audio and Video supported Material.
- Live Lectures

9. COURSE CONTENT

The course curriculum consist of Theory & Practical Training

S. No.	Modules and Units	Contact Hours for Theory (in Hrs.)	Contact Hours for Practical Training (in Hrs.)	On-the-Job Training Duration (Mandatory) (in Hrs.)	Total Duration (in Hrs.)
1.	Module 1: Introduction to the Yoga Assistant (Sports) Job Role (Bridge Module) - Meaning, purpose and benefits of yoga - Career opportunities for a yoga assistant (sports)	05:00	10:00	-	15.00
2.	Module 2: Prepare Equipment and Area for the Yoga Session - Preparing for a safe and effective yoga session - Managing props, equipment, and accessories - Maintaining records for yoga sessions	15:00	30:00	15:00	60.00
3.	Module 3: Demonstrate Basic Asanas and Assist Athletes during the Sessions - Props, equipment, and safety - Types of yogasnas and postural techniques - Injury prevention and emergency protocols - Behavioural and ethical conduct	15:00	60:00	45:00	120.00
4.	Module 4: Maintain Session Area Post Yoga Sessions - Maintenance and care of props and equipment - Post session area management - Hygiene and sanitation in yoga environment	15:00	60:00	30:00	105.00
5.	Module 5: Build an Environment-Friendly Workplace - Environment-friendly materials available to replace conventional materials - Ways of disposing non-recyclable waste appropriately - Common sources of pollution and ways to minimize it	10:00	20:00	-	30.00
6.	Module 6: Employability skills Employability skills is available at the following location: https://www.skillindiadigital.gov.in/content/list	15:00	15:00	-	30.00
	Total Duration	75:00	105:00	90:00	360.00

MODULE DETAILS

Module 1: Introduction to the Yoga Assistant – Sports Job Role Bridge Module

Mapped to SPF/N1180, v1.0

Terminal Outcomes:

- Distinguish between different types of yoga.
- Identify the career opportunities as a yoga professional.

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes • Explain yoga. • List the career opportunities of a yoga professional.	Practical – Key Learning Outcomes • Classify different types of yoga. • Create a career progression chart of a sports yoga professional
Classroom Aids: Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements NA	

Module 2: Prepare equipment and area for the yoga sessions

Mapped to SPF/N1180, v1.0

Terminal Outcomes:

- Inspect equipment and session area readiness for the yoga sessions.

Duration: 15:00	Duration: 30:00
Theory – Key Learning Outcomes • Recall the factors to be considered while preparing for the yoga session. • Identify various types of props, equipment, accessories, and their usage for conducting yoga sessions. • Explain the usage of yoga props and equipment. • Recall the factors contributing to the effective yoga sessions. • Discuss the factors that contribute towards the distractions during the yoga sessions. • Discuss the importance of keeping a logbook for recording sessions	Practical – Key Learning Outcomes • Create pre-session checklist • Demonstrate the use of yoga props and equipment. • Examine the equipment for any kind of damages. • Demonstrate arrangement of lighting, temperature, and ventilation appropriate for a comfortable yoga session. • Update session logbook

Classroom Aids:

Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system

Tools, Equipment and Other Requirements

Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit, music system, room freshener, sanitizing agents, fstretcher, arm-sling, crutches

Module 3: Demonstrate basic asanas and assist athletes during the sessions**Mapped to SPF/N1181, v1.0****Terminal Outcomes:**

- Assist athletes/clients on correct execution of techniques to get better results.
- Execute instruction of yoga instructor/trainer/coach.
- Monitor athletes to ensure they comply to the best practices of yoga sessions.

Duration: 15:00**Theory – Key Learning Outcomes**

- List the names of props and equipment commonly used in yoga.
- Identify the different types of yoga .
- Identify incorrect yoga postures.
- Identify incorrect execution of yoga techniques.
- Recall the safety measures to be taken while athletes' use props/equipment during the sessions.
- Discuss the common types of injuries that might occur during the yoga session.
- Explain the steps to be followed during medical emergencies.
- Explain the factors that lead to injuries during the yoga session.
- Describe the protocols to be followed in case of medical emergency during training sessions.
- Discuss inappropriate behaviour and sexual harassment at workplace.
- Explain the significance and the process of reporting appropriate behaviour and sexual harassment at workplace.

Duration: 60:00**Practical – Key Learning Outcomes**

- Demonstrate basic yoga asanas (pose)
- Demonstrate correct forms, posture, and techniques to make session effective and injury free.
- Calculate the number of props and equipment required for a given number of athletes.
- Demonstrate the usage of props and equipment safely and effectively.
- Demonstrate asanas to develop endurance, strength, co-ordination, flexibility, etc.
- Demonstrate ways to find if the injury is major or minor.
- Demonstrate the process of administering first aid for common injuries.
- Perform CPR (Cardio-Pulmonary Resuscitation)
- Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.
- Apply gender-sensitive, non-discriminatory language.

Classroom Aids:

Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system, copy of POCSO (Protection of Children against Sexual Offences) and POSH (Prevention of Sexual Harassment) Acts, IPC book

Tools, Equipment and Other Requirements

Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit, music/PA system

Module 4: Maintain session area post yoga sessions

Mapped to SPF/N1182, v1.0

Terminal Outcomes:

- Assist in storage and maintenance of props and equipment

Duration: 15:00	Duration: 60:00
Theory – Key Learning Outcomes ● Discuss the ways to maintain props and equipment post usage ● Explain the importance of restoring session area post yoga session. ● Recall the importance of disposing the waste bins and discarded materials immediately post session. ● Discuss the implications of using damaged equipment ● Recall the importance of hygiene and sanitation regulatory at session area. ● Discuss the ways to maintain personal hygiene before and after the training session. ● Identify the sanitizing agents which are safe for both surface, props and equipment.	Practical – Key Learning Outcomes ● Create checklist of post session activities ● Demonstrate proper maintenance of props and equipment ● Demonstrate ways to update props and equipment stock ● Demonstrate ways to sanitize props and equipment before and after the usage. ● Demonstrate hygiene and sanitation sign-off before closing the session area. ● Prepare a sample of daily report on maintenance of session area.
Classroom Aids: Laptop, whiteboard, marker, projector, chart paper, clipboard	
Tools, Equipment and Other Requirements Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit, music /PA system,	

Module 5: Build an environmental friendly workplace

Mapped to SPF/N1169, v1.0

Terminal Outcomes:

- Identify effective waste management techniques at the workplace.
- Ways to make the workplace environmentally sustainable.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes ● Recognize the environment-friendly materials available to replace conventional materials. ● Discuss ways of disposing non-recyclable waste appropriately. ● Explain common sources of pollution and ways to minimize it.	Practical – Key Learning Outcomes ● Prepare statutory documents relevant to safety and hygiene. ● Demonstrate the methods of disposing non-recyclable waste. ● Report malfunctioning. (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment.
Classroom Aids: Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements Gloves, safety goggles, ladder	

Module 6: Employability Skills

Mapped to DGT/VSQ/N0101

Terminal Outcomes:

- Understand employability skills along with communication skills and constitutional values
- Able to set a goal and create a career plan, along with knowledge financial and legal knowledge

Duration: 15:00	Duration: 15:00
Theory – Key Learning Outcomes • Discuss the Employability Skills required for jobs in various industries. • Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen • Describe the role of digital technology in today's life • Explain entrepreneurship and opportunities available • Identify different types of customers and their needs • Explain skills required to become a 21st century professional • Teach to read and write basic English • Explain effective communication skills • Teach basic financial and legal knowledge	Practical – Key Learning Outcomes • Create a career plan • Implement Self-awareness, time management, critical thinking, problem solving • Create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary • Implement communication skills while handling different customers • Use appropriate basic English sentences/phrases while speaking. Differentiate between types of customers. • Create a biodata. • Use various sources to search and apply for jobs.
Classroom Aids: Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements Computer (PC) with latest configurations, Computer Tables, Computer Chairs, UPS, Scanner cum Printer	

On-the-Job Training

Mapped to Yoga Assistant- Sports

Mandatory Duration: 90:00	Recommended Duration: 00:00
Location: On Site	
Terminal Outcomes • Select equipment appropriate for the sports yoga sessions. • Prepare session area for the sports yoga sessions. • Maintain yoga props and equipment. • Demonstrate correct forms, posture, and techniques of yoga. • Promote a co-operative environment amongst participants to avoid any conflicts. • Follow safety protocols for injury prevention and medical emergency. • Maintain hygiene and sanitation at workplace.	

10. MEDIUM OF INSTRUCTION

- The Course Material will be available in English & Hindi medium.

11. ADMISSION PROCEDURE

- Prescribed application form available with the Prospectus, which can be procured from NIOS or its training centre or from NIOS website, www.nios.ac.in.
- Students may submit their application form round the year at the training centre or take admission online.
- The admission will be valid for five years.

12. COURSE FEE

- The Fee for the Course is \$ 300 for the foreign nationals and Rs. 6,000 for Indian Citizens.
- The centre may charge the separate fee of accommodation, food & other miscellaneous facilities accordingly.

13. SCHEME FOR EVALUATION & CERTIFICATION

For appearing in examination, the learners will apply on the prescribed format for examination. There will be evaluation of components, theory as well as the practical separately. NIOS will award the final certificate to the learners completing the programme successfully.

S. No.	Subject/Paper	Course Code	Max Marks & Time					Total Marks
			M. Marks for Theory	Hours	M. Marks for Practical	Hours	M. Marks for Internal Assignments	
1.	Yoga Assistants (Sports)		30	2	50	3	20	100
Grand Total								100

14. PASSING CRITERIA

Pass % aggregate for QP: 70 for certification.

(“Under the integration scheme, the passing criteria for Yoga Assistant-Sports as an academic subject shall be applied as per the prescribed norms.”)

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Module 6: Employability Skills

**MODULE-1: INTRODUCTION TO THE YOGA ASSISTANT – SPORTS
JOB ROLE (BRIDGE MODULE)**

1. Meaning, Purpose and Benefits of Yoga
2. Career Opportunities for a Yoga Assistant – Sports

KEY LEARNING OUTCOMES

Upon completion of this module, learners will be able to:

1. Clearly define Yoga and its historical roots, philosophy, and relevance in sports.
2. Differentiate Yoga from general physical exercise and fitness training using examples.
3. Describe key holistic benefits of Yoga, specifically its impact on physical, mental, and emotional health.
4. Identify potential career pathways and roles for Yoga professionals within the sports and fitness industry.



Notes

1

MEANING, PURPOSE AND BENEFITS OF YOGA

Dear learners, Yoga, obtained as a traditional legacy, has remained an integral part of Indian culture since ancient times. It is not only a priceless heritage, but a healthy lifestyle, a secret gift, which teaches human beings the art of living life. Yoga is not just an exercise but an art to make life holistic and blissful. Our saints and sages have been following the Yogaic lifestyle since time immemorial. As a matter of fact, during the past few decades, Yoga has come to occupy a place in our daily lives beyond the confinement of Ashrams and Sages.

In this unit, you will study the meaning of Yoga, evolution, perpose and benefits of Yoga as physical, mental and emotional health that helps the practitioner in achieving over all growth.

**OBJECTIVES**

After studying this unit, you will be able to:

- define Yoga based on its historical and philosophical meaning;
- describe the evolution and purpose of Yoga as a mind-body practice;
- demonstrate the benefits of Yoga on physical, mental, and emotional health;
- compare Yoga with conventional physical exercise;
- understand how Yoga supports athletes in performance, recovery, and focus.

MODULE-1

Introduction to the Yoga Assistant – Sports Job Role (Bridge Module)



Notes

Meaning, Purpose and Benefits of Yoga

1.1 WHAT IS YOGA?

Yoga is an ancient practice rooted in Indian philosophy, dating back to thousands of years. It is much more than just a series of physical postures or breathing exercises. Rather it is a holistic system designed to foster good health at multiple levels—physical, mental, emotional, and spiritual. The essence of Yoga lies in its ability to harmonize the body, breath, and mind, thereby, creating a state of inner balance and calmness.

The word ‘Yoga’, originates from the Sanskrit root ‘Yuj’, which means ‘to unite’ or ‘to join’. Traditionally, this union refers to the merging of the individual consciousness with the universal consciousness, signifying a profound state of oneness. In practical terms, it implies an inner alignment where the body, mind, and spirit work in harmony. This alignment cultivates physical strength, mental clarity, and emotional stability, allowing a person to navigate life with resilience and mindfulness.

1.2 WHY YOGA MATTERS TODAY?

In today’s fast-paced world, stress has become an inevitable part of life. Many people struggle with mental fatigue, emotional imbalance, and a lack of physical activity. Long working hours, prolonged screen time, and sedentary lifestyles contribute to physical discomfort, reduced mobility, and chronic health issues. These challenges often lead to increased stress levels, poor posture, and a general sense of fatigue.

1.3 YOGA AS A HOLISTIC SOLUTION

Amidst these modern challenges, Yoga emerges as a comprehensive approach to maintain health. Unlike high-impact workouts, Yoga emphasizes gentle movements that build strength, improve flexibility, and promote relaxation. It is not just a physical practice; it is a way to integrate the mind, body, and spirit. The core elements of Yoga—breath control (Pranayama), postures (Asanas), and meditation (Dhyana)—address the multifaceted nature of human health.

Breath Regulation and Nervous System

One of the fundamental aspects of Yoga is the regulation of breath. Techniques such as deep breathing and Pranayama help activate the parasympathetic nervous system, which counteracts the body’s stress response. By practicing controlled

breathing, individuals can lower their heart rate, reduce blood pressure, and enhance overall relaxation. This makes Yoga an effective tool for managing anxiety and fostering emotional stability.



Fig. 1.1: Pranayama

Physical Training without Strain

Yoga offers a balanced approach to physical fitness without causing undue strain. Asanas are designed to improve joint mobility, increase muscle strength, and enhance coordination. The focus on mindful movements and posture alignment reduces the risk of injuries, making Yoga suitable for people of all fitness levels. Whether it's a dynamic Vinyasa flow or a gentle Yin session, Yoga supports the body's natural range of motion.

The Integration of Yoga in Indian Practices

In India, apart from health, Yoga has a long-standing cultural significance as well. It is widely integrated into school curriculums to foster physical fitness and mental focus among students. Yoga therapy clinics also use specific Asanas and breathing techniques to assist patients with chronic conditions like diabetes, arthritis, and hypertension. Additionally, in the realm of sports, Yoga is increasingly utilized to enhance athletes' flexibility, mental endurance, and recovery.

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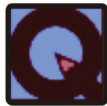
Meaning, Purpose and Benefits of Yoga

Global Adoption: From Chronic Pain to Preventive Health

Globally, Yoga has found its place in diverse contexts, from fitness centers to rehabilitation programs. It is particularly embraced for managing chronic pain, including back issues and joint stiffness. Physical therapists recommend Yoga to improve mobility, restore balance, and support long-term joint health. Emotional healing practices within Yoga, such as mindfulness meditation, are also used to address trauma and stress.

Embracing Yoga for Holistic Health

Ultimately, yoga's appeal lies in its ability to harmonize the body, breath, and mind. It serves both: as a preventive and therapeutic practice, promoting physical vitality, mental clarity and emotional balance. Whether used as a fitness routine or a holistic lifestyle choice, Yoga continues to gain global acceptance as a powerful tool for enhancing quality of life.



INTEXT QUESTIONS 1.1

Multiple Choice Questions:

1. What does the term 'Yoga' literally mean?
 - (a) To unite or join
 - (b) To perform exercise
 - (c) To control breath
 - (d) To sit in silence
2. Which of the following is a key mental benefit of Yoga?
 - (a) Increased weight loss
 - (b) Enhanced vision
 - (c) Emotional resilience
 - (d) Increased aggression

1.4 THE JOURNEY OF YOGA

Understanding the timeline of Yoga helps to trace its evolution from ancient spiritual practices to modern fitness routines. The journey of Yoga spans thousands of years, marked by cultural shifts, philosophical growth, and global acceptance. By exploring its timeline, we can appreciate how its foundational principles have adapted to meet the diverse needs of practitioners across different eras. This historical perspective not only deepens our respect for its heritage but also highlights its enduring relevance in today's world.



Notes

Time Period	Phase	Highlights
Pre-Vedic Era	Intuitive Movement	Nature-based breath-led movements
Vedic Period	Mantra Yoga	Chanting, breath coordination with sacred sounds
Upanishadic Era	Inquiry & Meditation	Self-inquiry, stillness, detachment
Classical Era	Ashtanga Yoga (Patanjali)	8-limbed path outlined in Yoga Sutras
Post-Classical Era	Hatha Yoga	Physical cleansing, postures, breath-based mastery
Modern Era	Yoga in Lifestyle & Sports	Global spread, therapeutic and athletic application

Fig. 1.2: Time Line-evolution of Yoga

1.5 THE EIGHT LIMBS OF YOGA

Patanjali's Ashtanga Yoga, often referred to as the eight-limbed path, offers a systematic approach to personal growth and spiritual development. Rooted in ancient wisdom, it serves as a comprehensive guide for harmonizing the body, mind, and spirit. The journey begins with ethical foundations guidelines for moral conduct and personal discipline and progresses through physical practice, breath control, and meditative techniques. Ultimately, it leads toward self-realization, where the practitioner experiences inner peace and a deep connection with the universal consciousness. This structured path not only cultivates physical and mental health but also fosters spiritual enlightenment.

1.6 BENEFITS OF YOGA

Beyond breath regulation, Yoga trains the body in a way that reduces strain and prevents injuries. Unlike conventional workouts that may involve high-impact movements, Yoga emphasizes flexibility, stability, and controlled motion. Postures (Asanass) are designed to enhance muscle strength, improve joint mobility, and promote balance without overexertion. This makes Yoga accessible and beneficial

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Meaning, Purpose and Benefits of Yoga

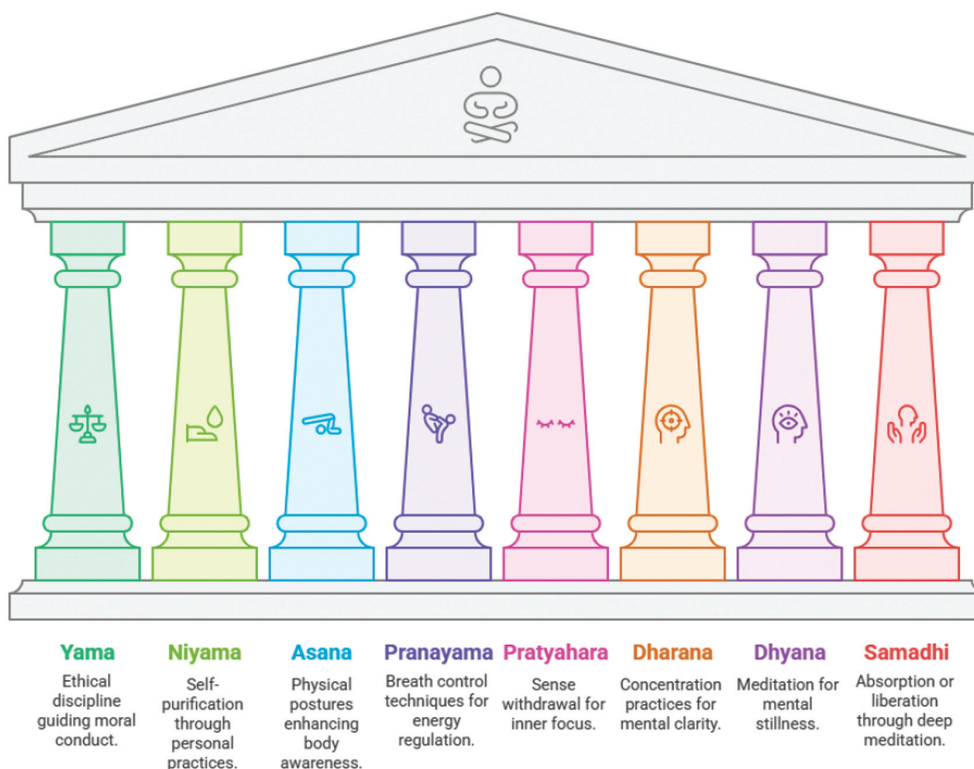


Fig. 1.3: Eight Limbs of Yoga

for individuals of all ages and fitness levels. The following figure shows the physical, mental and emotional benefits of Yoga

Characteristic	Physical	Mental	Emotional
 Improves	Flexibility and balance	Mental clarity and focus	Stress and anxiety
 Enhances	Muscle strength and tone	Cognitive function	Emotional stability and calmness
 Supports	Cardiovascular health	Concentration and problem-solving skills	Positive mood and well-being
 Boosts	Energy and vitality	Memory retention	Self-acceptance and compassion
 Aids	Weight management	Reduces mental fatigue	emotional resilience

Fig. 1.4: Benefits of Yoga



Notes

1.7 YOGA VS. PHYSICAL EXERCISE

Yoga and exercise may appear similar at first, but their underlying purpose and effects are fundamentally different. Exercise primarily focuses on enhancing physical fitness through repetitive, high-intensity movements aimed at building strength, endurance, and cardiovascular health. It often emphasizes external goals like muscle gain, weight loss, or athletic performance.

In contrast, Yoga is a holistic practice that not only strengthens the body but also nurtures the mind and spirit. Its purpose goes beyond physical conditioning to encompass mental clarity, emotional balance, and spiritual growth. Yoga integrates mindful movements, controlled breathing, and meditation to create inner harmony. While exercise pushes the body to its limits, Yoga encourages listening to the body, promoting relaxation and self-awareness alongside physical benefits.

Dear learners now you can understand both Yoga and exercise contribute to overall good health and that Yoga's unique integration of body, breath, and mind sets it apart as a more comprehensive practice for holistic health. The difference between Yoga and physical exercise in various aspect is given in the table 1.1.

Table 1.1: Yoga vs Physical exercise

Aspect	Yoga	Physical exercise
Breath	Central to all movements	Often ignored
Pace	Slow, mindful	Fast, repetitive
Objective	Balance, awareness, healing	Endurance, appearance, stamina
Safety	High due to breath & alignment focus	Risk of overtraining or injury
After-effect	Calming, focused	Fatigue or energy spike

1.8 ROLE OF YOGA IN SPORTS

In sports, maintaining peak physical performance and mental resilience is essential. Athletes constantly face the risk of injuries, mental fatigue, and performance pressure. Yoga has emerged as a powerful tool in the athletic world, offering a multidimensional approach to enhance performance, prevent injuries, and cultivate mental calmness. Unlike conventional training routines, Yoga integrates breath work, mindful movement, and meditation, providing a holistic framework to build physical strength and mental fortitude. From warming up the body with dynamic sequences like Surya Namaskar to calming the mind with techniques like Nadi Shodhana, Yoga equips athletes with practical strategies to thrive under pressure and recover efficiently.

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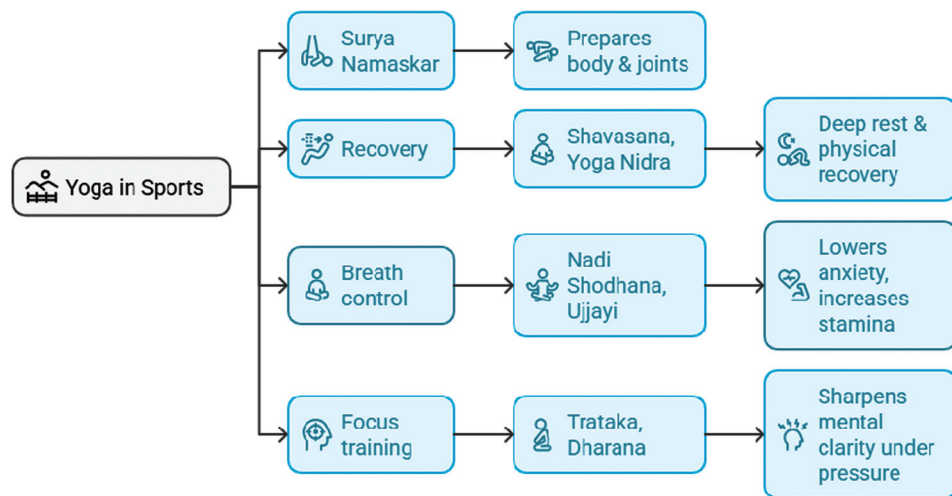


Fig. 1.5: Application of Yoga in sports

1.9 HOW YOGA WORKS INTERNALLY?

Yoga has profound impact on the body which goes beyond muscle flexibility and strength. At its core, Yoga works through the nervous system, creating a ripple effect across various organ systems. By activating the parasympathetic nervous

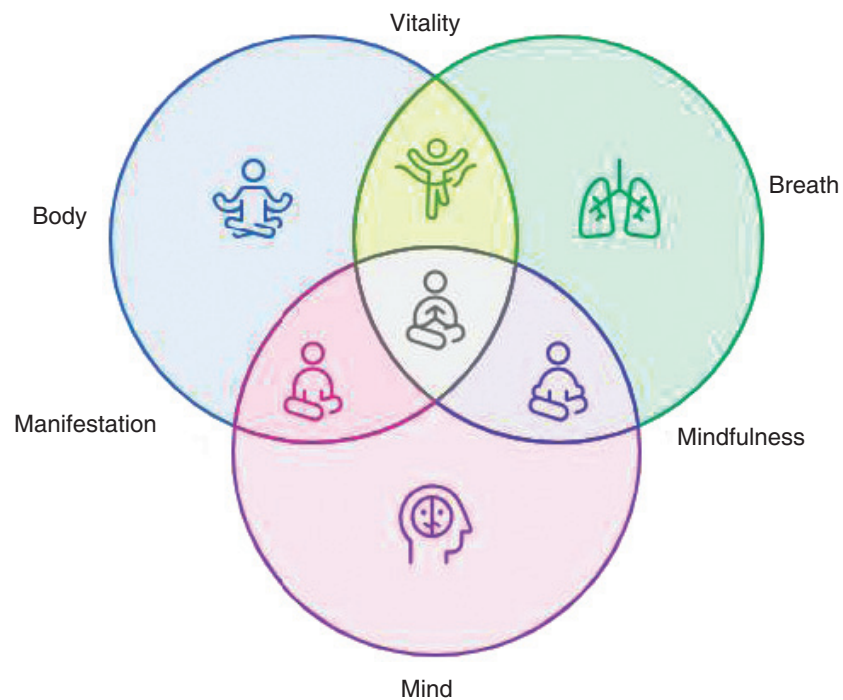


Fig. 1.6: Core of Yoga Practice

system often called the “rest-and-digest” mode Yoga naturally slows the heart rate, reduces the release of stress hormones like cortisol, and promotes healing and recovery. This physiological shift not only calms the mind but also supports essential bodily functions such as digestion, circulation, and immune response. Through breath regulation, mindful movements, and meditative practices, Yoga interacts between the nervous, respiratory, cardiovascular, and digestive systems to provide holistic fitness and vitality.

The impact of Yoga begins with consistent practice, where breath control serves as a fundamental element. As practitioners, synchronizing breath with movement, they activate the parasympathetic nervous system, promoting nervous system balance. This balance naturally leads to mental calmness, allowing the mind to process emotions more effectively and fostering a sense of inner calmness. Subsequently, physical recovery becomes more efficient as muscles relax and tension dissipates. This harmonious state of being not only enhances emotional clarity but also translates into improved performance, both physically and mentally, making Yoga a comprehensive practice for holistic health.

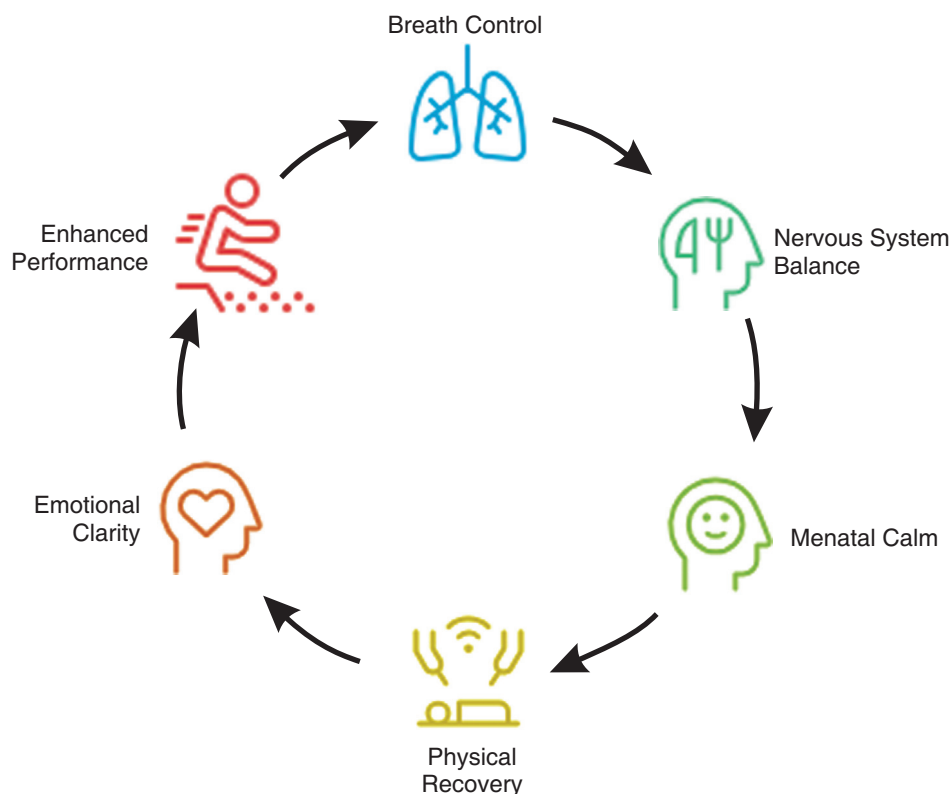


Fig. 1.7: Yoga's Impact Pathway

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Meaning, Purpose and Benefits of Yoga



INTEXT QUESTIONS 1.2

1. Name the eight limbs of Yoga.

.....

.....

2. How does Yoga works on our nervous systems?

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- The origin, meaning of Yoga and its relevance in today's context.
- The word 'Yoga', originates from the Sanskrit root 'yuj', which means 'to unite' or 'to join'.
- In modern times, Yoga emerges as a comprehensive approach to maintain health. The core elements of Yoga – breath control (Pranayama), postures (Asanas), and meditation (Dhyana) address various aspects of human health.
- The journey of Yoga transcends from pre-vedic era, to modern times. Patanjali's Ashtanga Yoga (referred as the eight limbed path), offers a systematic approach to personal growth and spiritual development.
- Yoga and physical exercises, though both contribute to overall health, the uniqueness of yoga in integrating body, breath and mind, makes it more comprehensive practise for realistic health.
- Over the years, Yoga has emerged as a powerful tool in the athletic world, offering a multidimensional approach to enhance performance, prevent injuries, and cultivate mental calmness.
- Yoga has a profound impact on overall health. It interacts between nervous, respiratory, cardiovascular, and digestive systems to provide holistic fitness and vitality.



TERMINAL QUESTIONS

1. Define Yoga. Describe how it provides a holistic solution to integrated wellness.
2. Briefly trace the evolution of Yoga. Explain the eight limbs of Yoga.
3. Differentiate between Yoga and physical exercise.
4. Describe the role of Yoga in sports.



ANSWER TO INTEXT QUESTIONS

1.1

1. (a)
2. (c)

1.2

1. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
2. By activating the parasympathetic nervous system.

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2

CAREER OPPORTUNITIES FOR A YOGA ASSISTANT – SPORTS

In the previous unit, you have learnt origin and meaning of Yoga and its relevance in today's context. As complete health is the responsibility of every human being. Overall health can be attained in daily life by adopting various techniques of Yoga like Asana, Pranayama, meditation etc.

We should be healthy at physical, mental and spiritual level; and to attain this, life style should be set in such a way that we can remain healthy and enjoy life. It is necessary to do yogic practice in order to stay healthy at every stage of life.

In this unit, you will study the career opportunities and the potential growth for yoga professionals.



OBJECTIVES

After studying this unit, you will be able to:

- identify the primary job roles and career paths available within the Yoga industry;
- explain the potential growth and advancement opportunities for Yoga professionals;
- explore emerging opportunities across health, sports, fitness, and related sectors.

2.1 CAREER OPPORTUNITIES FOR A YOGA ASSISTANT – SPORTS

Yoga assistants today are stepping into a wide range of professional environments. Their work is no longer limited to Yoga studios alone. In fact, schools, sports

academies, rehabilitation clinics, corporate offices, defense training camps, and online fitness platforms all need trained Yoga assistants. This growing demand is due to the increasing focus on fitness, mental health, and performance support across the sectors.

As a Yoga Assistant – Sports, your job is to support the lead trainer during sessions, guide warm-ups and cool-downs, manage props, correct basic posture errors, and ensure the safety and comfort of the participants. You act as a bridge between the athlete or client and the lead Yoga professional especially in high-performance sports setups where breath training, mental clarity, and flexibility are key.

Dear learners, let's look at the many places where Yoga assistants are now in demand and what you might be doing in each.

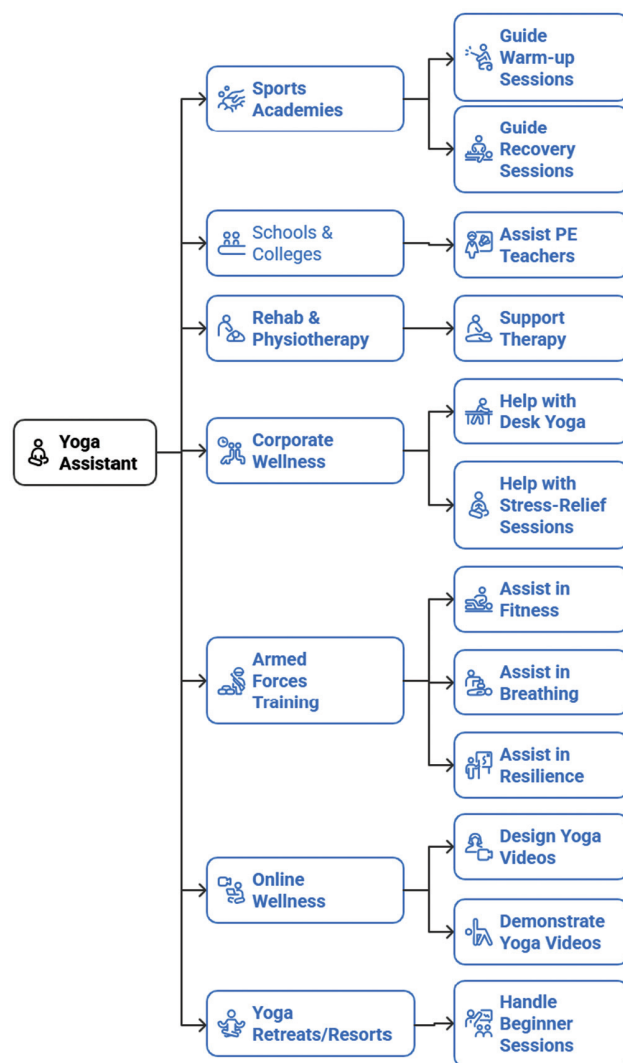


Fig. 2.1: Where can Yoga Assistant – Sports Work

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Introduction to the Yoga Assistant – Sports Job Role (Bridge Module)



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Career Opportunities for a Yoga Assistant – Sports

Each of these areas demands different skill combinations. For example, schools require you to be patient and clear in instruction, while rehab settings require soft touch and safety awareness. You don't need to be an expert – but you do need to be attentive, responsible, and cooperative.

Let's look at some lesser-known but growing job areas for trained Yoga assistants.

Career Area	Why It's Growing
 Youth Sports Programs	Kids need flexible, injury-free training
 Senior Fitness	Older adults benefit from guided movement
 Mental Health Camps	Yoga aids anxiety and emotional balance
 Corporate Retreats	Yoga adds stress relief and focus-building
 Tech Fitness Startups	Apps and AI-based yoga need assistants to design real-life practice flows

Fig. 2.2: Emerging Career Niches

2.2 SKILLS REQUIRED FOR YOGA ASSISTANT – SPORTS

Being a Yoga Assistant – Sports requires a unique blend of skills that go beyond mastering physical postures. As an integral part of a Yoga training environment, a Yoga assistant must combine technical expertise with interpersonal skill. They support the Yoga Assistant – Sports or Yoga Instructor – Sports, guide athletes through poses, ensure safety, and help maintain a positive and motivating atmosphere. In addition to physical skills like demonstrating asanas correctly, they must possess communication skills to convey instructions clearly, problem-solving abilities to address challenges, and a keen sense of observation to assess athletes' alignment and comfort. By cultivating these diverse skills, a Yoga assistant contributes significantly to the effectiveness and safety of Yoga sessions, helping athletes enhance their physical performance while fostering mental resilience. Fig. 2.3 shows skills that help trainee to success as Yoga Assistant – Sports.

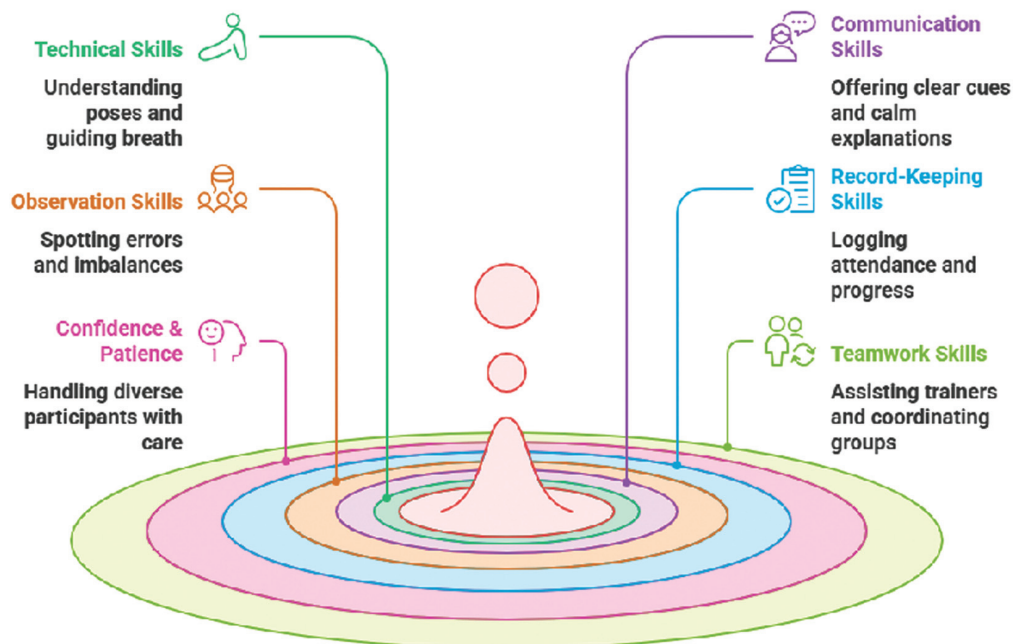
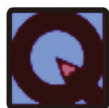


Fig. 2.3: Skills that Help You Succeed



INTEXT QUESTIONS 2.1

State True (T) or False (F):

- Skill and technical expertise is not required in Yoga. ()
- Yoga assistant act as a bridge between the client and the Yoga professional. ()

2.3 CAREER PATHWAY OF YOGA ASSISTANT – SPORTS

A career as a Yoga Assistant – Sports serves as a foundational step toward building a successful profession in fitness industry. Starting from this role, individuals gain hands-on experience in guiding athletes through Yoga practices, ensuring proper posture alignment, and promoting safe, effective training environments. The skills and insights gained at level of Yoga Assistant – Sports open doors to a variety of advanced opportunities. With further training and certification, a Yoga assistant can progress to roles such as Yoga Assistant – Sports, Yoga Instructor – Sports, or even a specialized coach in athletic rehabilitation and mobility training. Over time, experience and expertise can lead to senior roles, including Yoga program coordinator or fitness consultant. This career pathway not only enhances professional growth but also nurtures a deep understanding of the intersection between Yoga, fitness, and sports performance.



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Career Opportunities for a Yoga Assistant – Sports

Let's now look at the typical career path of a Yoga Assistant – Sports and how you can grow step by step.

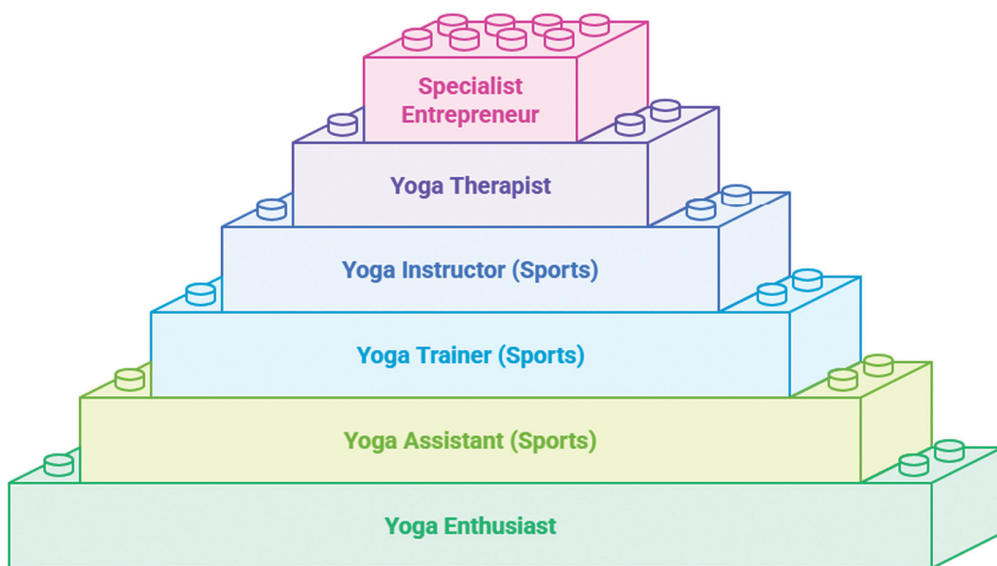
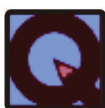


Fig. 2.4: Career Growth Pathway

Several national organizations like SPEFL-SC (Sports, Physical Education, Fitness, and Leisure Sector Skill Council) offer skill-based certifications. You can also pursue diploma or degree programs in Yoga Science or Sports Therapy to add to your qualifications. The more specialized your skill set, the more valuable you become – especially in sports environments where recovery, mental clarity, and discipline are as important as physical strength.



INTEXT QUESTIONS 2.2

Multiple-choice questions:

1. Which is a common breathing technique used in Yoga to calm the mind?
 - (a) Bhastrika
 - (b) Nadi Shodhana
 - (c) Simhasana
 - (d) Utkatasana
2. Which role is most aligned with a Yoga assistant in sports?
 - (a) Gym trainer
 - (b) Marketing manager

- (c) Support for safety, alignment, and motivation
- (d) Dietitian
- 3. Which skill is especially important for a Yoga assistant during sessions?
 - (a) Sales skills
 - (b) Observation and communication
 - (c) Singing ability
 - (d) Weight lifting



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- There is a growing demand for trained Yoga professionals. This growing demand is due to the increasing focus on fitness, mental health, and performance support across sectors.
- The trained Yoga Assistant can be occupied in youth sports programme, senior fitness programmes, mental health camps, corporate retreats, and tech fitness start-ups.
- A Yoga assistant in sports support Yoga Instructor, guide athletes through poses, ensure safety, and help maintain a positive and motivating atmosphere.
- A career as a Yoga Assistant – Sports serves as a foundational step towards building a successful profession in the fitness industry.



TERMINAL QUESTIONS

1. Explain the skills required for Yoga Assistant – Sports
2. Describe the career pathway of Yoga Assistant – Sports



ANSWER TO INTEXT QUESTIONS

2.1

- (a) False (b) True

2.2

1. (b) 2. (c) 3. (b)

MODULE-1

Introduction to the Yoga Assistant – Sports Job Role (Bridge Module)



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MODULE-2: PREPARE EQUIPMENT AND AREA FOR THE YOGA SESSIONS

3. Preparing for a Safe and Effective Yoga Session
4. Understanding and Managing Props, Equipment, and Accessories
5. Maintaining Records for Yoga Sessions

KEY LEARNING OUTCOMES

By the end of this module, participants will be able to:

1. Prepare the Yoga space with the necessary props and equipment.
2. Ensure the setup promotes safety, comfort, and effectiveness.
3. Maintain records and logbook entries for each session.
4. Identify and manage factors that can cause distractions.



Notes

3

PREPARING FOR A SAFE AND EFFECTIVE YOGA SESSION

In the previous unit, you have studied about the introduction of Yoga. Ashtang Yoga and the career opportunities for a Yoga Assistance. To maintain a healthy body, a healthy mind is essential. Also it is essential that the place for the practice of Yoga session should be suitable to nurture the body, calms the mind, and uplifts the spirit. The area for the Yoga session should be thoughtfully designed to accommodate the needs and abilities of all participants.

In this unit, we will discuss about the place/area for a safe and effective Yoga session.



OBJECTIVES

After studying this unit, you will be able to:

- understand factors to be considered while preparing for the Yoga session;
- understand the factors contributing to the effective Yoga sessions;
- discuss the factors that contribute towards the distractions during the Yoga sessions.

3.1 WHAT IS A SAFE AND EFFECTIVE YOGA SESSION?

A safe and effective Yoga session is one that promotes physical, mental, and emotional health while minimizing the risk of injury. It is thoughtfully designed to accommodate the needs and abilities of all participants, prioritizing proper technique, alignment, and gradual progression.

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



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Preparing for a Safe and Effective Yoga Session

A safe and effective Yoga session balances physical challenges with relaxation techniques, incorporating a variety of Asanas, Pranayama, and meditation. It aims to enhance fitness without causing strain or discomfort. Regular monitoring of participants' form, personalized adjustments, and encouraging a non-competitive mindset further support safety and effectiveness.

By integrating structured planning, mindful execution, and attentiveness to individual differences, a safe and effective Yoga session becomes a holistic practice that nurtures the body, calms the mind, and uplifts the spirit.

3.2 IMPORTANCE OF PREPARATION IN YOGA SESSIONS

In a sports context, Yoga sessions are crucial for enhancing athletes' performance, promoting flexibility, building core strength, and supporting recovery. As a Yoga Assistant – Sports, your role in preparation significantly impacts the success of the session. Proper preparation ensures that the Yoga trainer can conduct the session smoothly, minimizing interruptions and optimizing the athletes' experience.

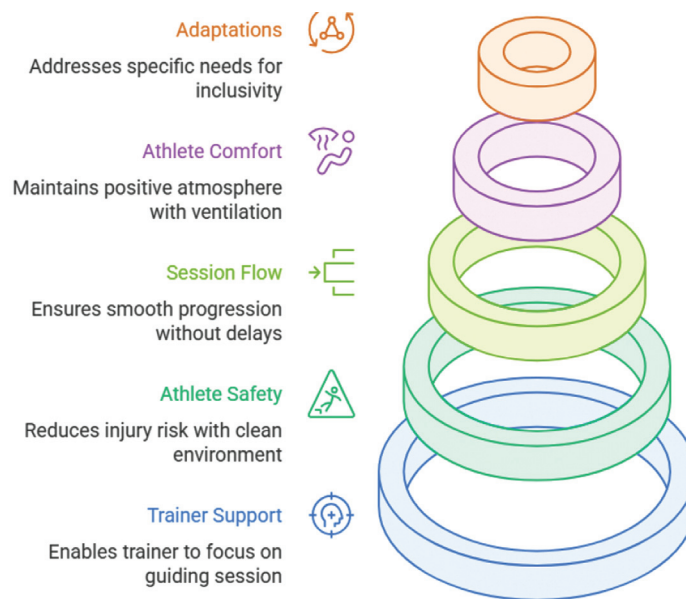


Fig. 3.1: Session Preparation Guidelines

3.3 FACTORS TO BE CONSIDERED WHILE PREPARING FOR THE YOGA SESSION

Dear learners, as a Yoga Assistant – Sports, your preparation tasks are crucial for the smooth and successful execution of a Yoga session. Proper preparation not only ensures a safe and comfortable environment but also supports the trainer in delivering an effective and engaging session. The factors to be considered while

preparing for the Yoga session can be divided into four key areas: space setup, assisting the trainer's preparation, considerations for athletes, and prop and equipment management.

1. Space setup

One of the most important factors to be considered while preparing for the Yoga session is the setup of the practice space. Creating an organized and welcoming environment ensures that athletes can practice comfortably and safely.

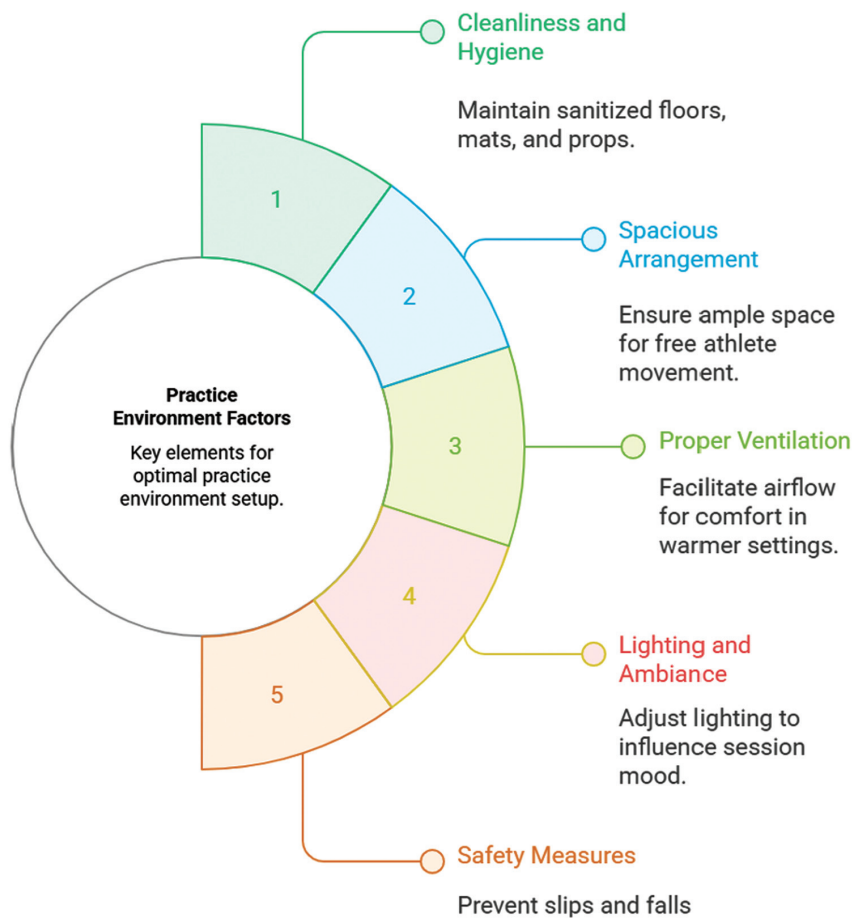


Fig. 3.2: Enhancing Practice Environment

2. Assisting the trainer's preparation

Another vital factor to be considered while preparing for the Yoga session is how effectively you assist the trainer. Your support enables the trainer to focus on guiding the athletes.

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



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MODULE-2

Prepare Equipment and Area for the Yoga Sessions



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Preparing for a Safe and Effective Yoga Session

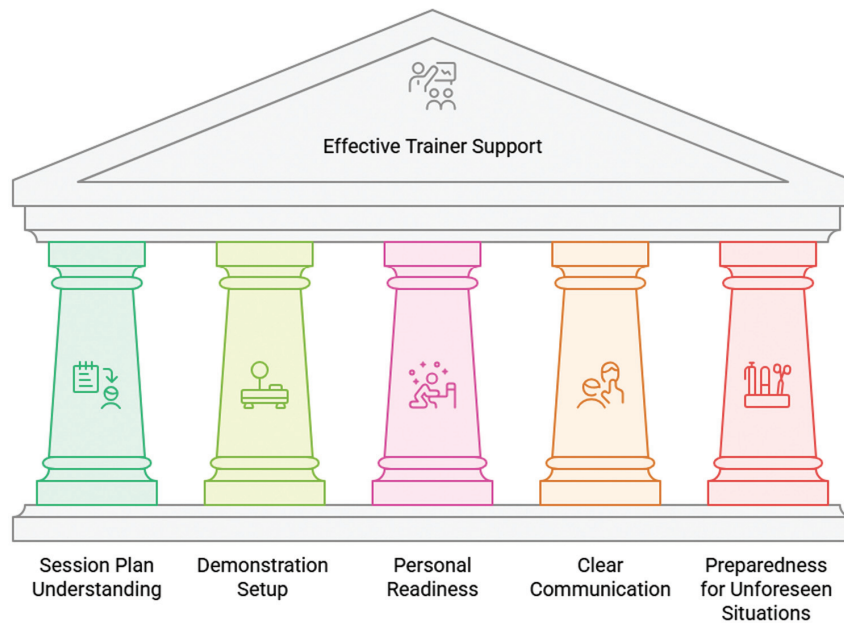


Fig. 3.3: Effective Trainer Support

3. Considerations for athletes

The third set of factors to be considered while preparing for the Yoga session revolves around the athletes. Your role is to ensure that they feel comfortable, safe, and well-supported.

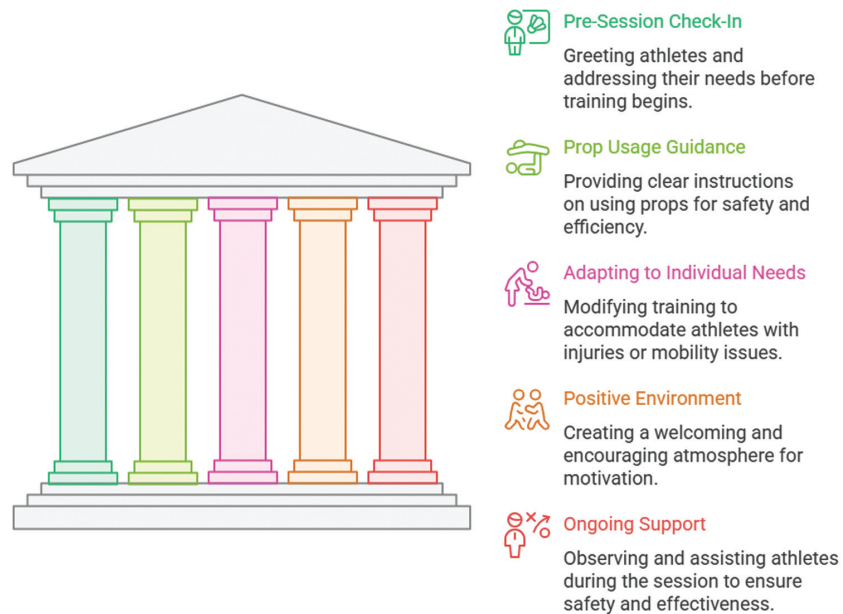


Fig. 3.4: Essential Elements of Effective Training



Notes

4. Prop and Equipment Management

The fourth set of factors to be considered while preparing for the Yoga session involves managing props and equipment efficiently. This ensures that the session runs without interruptions and maintains a hygienic standard.

By addressing these four key areas—space setup, assisting the trainer’s preparation, considerations for athletes, and prop and equipment management –you, as a Yoga Assistant – Sports, ensure that all essential factors are covered while preparing for the Yoga session. Your organized and proactive approach not only supports the trainer but also enhances the athletes’ experience. By focusing on these factors, you create a professional and safe environment that fosters effective practice and positive outcomes.

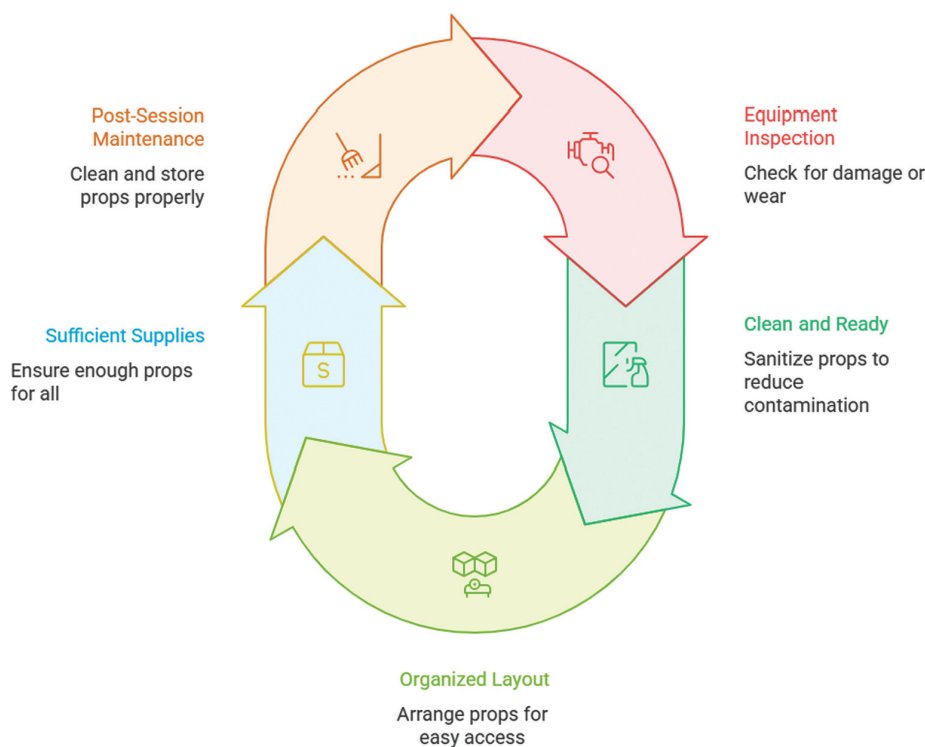
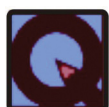


Fig. 3.5: Cycle of training session preparation



INTEXT QUESTIONS 3.1

Fill in the blanks:

- Good Yoga session should be quite and
- distractions are movements or objects that intercept the flow of Yoga practice.

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

Preparing for a Safe and Effective Yoga Session

3.4 FACTORS CONTRIBUTING TO EFFECTIVE YOGA SESSIONS FOR SPORTS

As a Yoga Assistant – Sports, your role is crucial in supporting the trainer to ensure that Yoga sessions are not only effective but also safe and engaging for athletes. The effectiveness of a Yoga session in a sports context depends on several key factors that contribute to athletes' physical and mental health. These factors can be broadly categorized into six areas: creating the right atmosphere and ambience, managing distractions, space layout for comfort and safety, supporting clear instruction, maintaining flow and safety, and adapting to individual needs

A. Creating the right atmosphere and ambience

One of the most important factors contributing to effective Yoga sessions is creating a conducive atmosphere. As a Yoga assistant, you can greatly influence the mood and focus of the session by setting up the environment thoughtfully.

Yoga can be practiced anywhere but not everywhere is ideal. A good session space is quiet, well-ventilated, has natural or soft lighting, and is large enough for movement. Whether the class is held in a school hall, sports center, or rooftop, it is the assistant's job to transform that space into a temporary Yoga zone.

Characteristic	Lighting	Sound	Scent & Air
Description	Natural, soft, warm light	Low-volume, calming instrumental music	Calming essential oils or incense
Setup Tips	Adjust to match the mood	Use portable speakers, soft acoustics	Open windows slightly for ventilation

Fig. 3.6: Elements of Yoga Atmosphere

Setting up the right atmosphere and ambience not only supports relaxation but also helps participants focus better. As a Yoga assistant, your role is to create a space that balances calmness and practicality.

B. Managing distractions

Distractions during Yoga sessions can significantly hinder the effectiveness of the practice. As a Yoga Assistant – Sports, it is your responsibility to proactively manage these distractions by addressing the situation thoughtfully. Distractions can come from various sources and can be categorized broadly into physical, environmental, behavioral, mental/emotional, and technical. Let us understand each distraction with examples and their solution in the following table.



Notes

1. Physical distractions

Physical distractions are movements or objects that interrupt the flow of Yoga practice, affecting focus and concentration.



Fig. 3.7: Physical Distractions

Examples:

1. Loud traffic sounds intruding from outside the practice space.

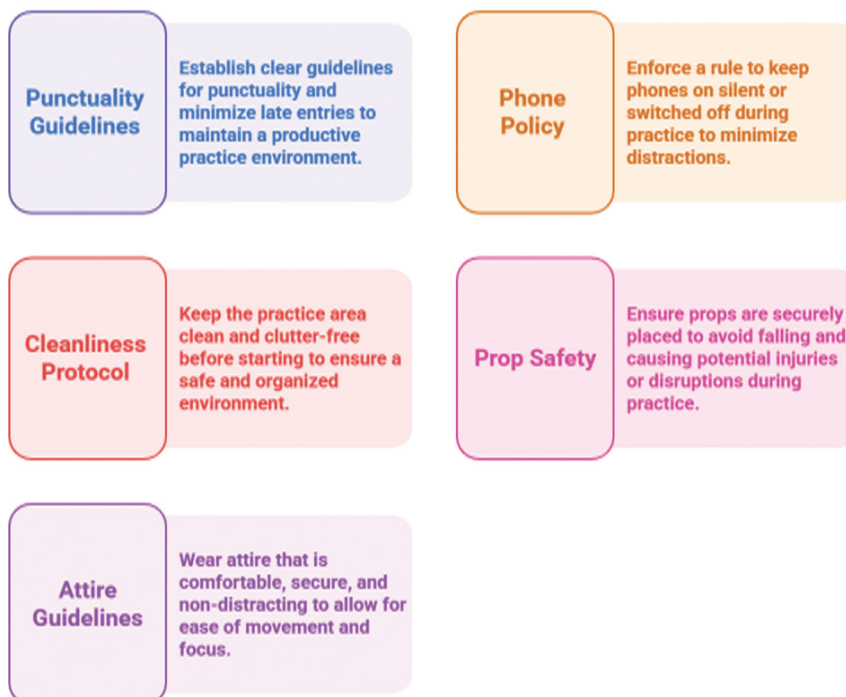


Fig. 3.8: Solutions to Physical Distractions

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



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Preparing for a Safe and Effective Yoga Session

2. Unpleasant smells from poor ventilation or leftover food.
3. Flickering or overly bright lights, straining the eyes and causing irritation.
4. A room that is too hot or too cold, making it difficult to perform asanas comfortably.

2. Behavioral distractions

Behavioral distractions are actions performed by participants that disrupt the group's concentration and harmony during the session.



Fig. 3.9: Behavioral Distractions

Examples:

1. Talking during practice, breaking the silence and concentration.
2. Fidgeting or unnecessary movements that catch others' attention.



Fig. 3.10: Solutions to Behavioral Distractions

3. Checking phones, creating a visual and mental distraction.
4. Imitating or copying others instead of focusing on individual practice.

3. Environmental distractions

Environmental distractions are elements within the practice space that cause discomfort, noise, or disruption, affecting the focus and tranquility of the session.



Fig. 3.11: Environmental Distractions

Examples:

1. Loud traffic sounds intruding from outside the practice space.
2. Unpleasant smells from poor ventilation or leftover food.
3. Flickering or overly bright lights, straining the eyes and causing irritation.
4. A room that is too hot or too cold, making it difficult to perform Asanas comfortably.



Fig. 3.12: Solutions to environmental distractions

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



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Prepare Equipment and Area for the Yoga Sessions



Notes

Preparing for a Safe and Effective Yoga Session

4. Mental/Emotional distractions

Mental and emotional distractions are internal thoughts, feelings, or mental states that disturb focus and hinder a mindful practice.



Fig. 3.13: Mental/Emotional Distractions

Examples:

1. Worrying about personal issues or upcoming tasks.



Fig. 3.14: Solutions to Mental/Emotional Distractions

2. Experiencing stress related to performance or external situations.
3. Daydreaming or getting lost in unrelated thoughts during poses.
4. Feeling nervous or anxious about achieving the correct posture.
5. Comparing one's abilities with others, leading to self-doubt.

5. Technical distractions (in online classes)

Technical distractions are issues related to technology that interrupt the flow of online Yoga practice and affect the overall learning experience.

Examples:

1. Poor audio quality, making it difficult to hear instructions.
2. Internet lag or buffering that causes video and audio disruptions.
3. Background noise from the instructor's or participants' environment.
4. Camera not working or getting disconnected during the session.



Fig. 3.15: Technical Distractions

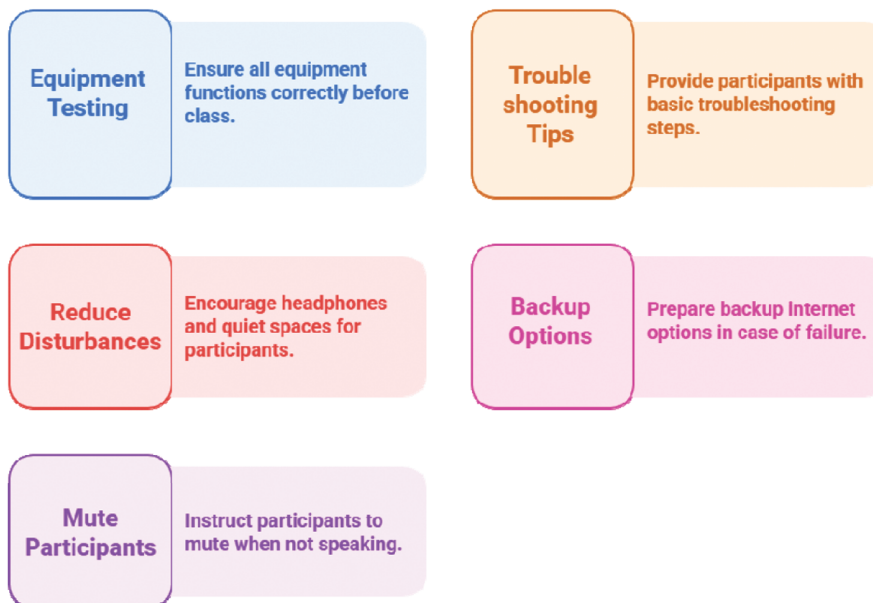


Fig. 3.16: Solutions to Technical Distractions

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

Preparing for a Safe and Effective Yoga Session

6. Instructional distractions

Instructional distractions arise when the teacher's communication style or demonstration methods cause confusion or discomfort during the practice.



Fig. 3.17: Instructional Distractions

Examples:

1. Speaking too fast, making it hard for participants to follow along.
2. Providing unclear or vague instructions, leading to incorrect posture or alignment.

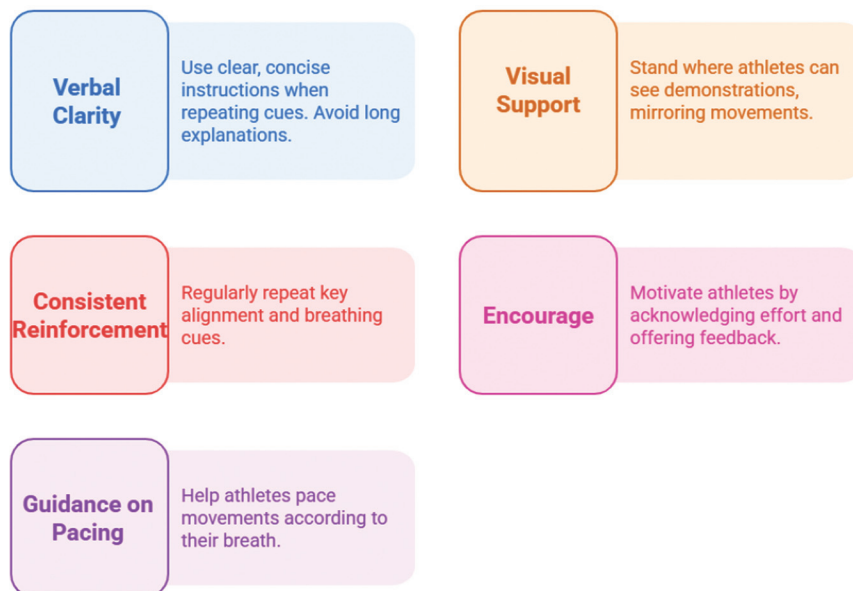


Fig. 3.18: Solutions to Instructional Distractions

3. Not demonstrating poses correctly or skipping visual guidance.
4. Using technical jargon without explaining it, leaving beginners confused.
5. Failing to check for understanding, resulting in inconsistent practice among participants.

Your role as a Yoga Assistant – Sports in managing distractions

As a Yoga Assistant – Sports, one of your key responsibilities is to maintain a distraction-free environment. Managing distractions effectively helps create a calm and focused practice space, allowing athletes to fully immerse themselves in the session. By proactively addressing potential disruptions, you enhance the quality of the Yoga experience for everyone involved.

- **Keep the space clean and quiet**
 - Regularly clean and organize the practice area to prevent clutter and distractions.
 - Ensure that the surroundings are free from noise, including background sounds and external disturbances.
- **Help arrange props properly**
 - Check that all props are securely placed before the session to avoid unexpected falls or noise.
 - Make sure props are easily accessible without causing clutter.
- **Remind everyone to silence phones**
 - Politely remind participants to switch their phones to silent or turn them off before the class begins.
 - Offer a designated area to keep phones away from the practice space.
- **Stay calm and focused yourself**
 - Maintain a composed and focused demeanor to set a positive example.
 - Your calm presence can help reduce tension and maintain the group's concentration.
- **Support the teacher silently**
 - Be attentive to the teacher's cues and assist without drawing unnecessary attention.
 - Quietly address minor disruptions, allowing the teacher to maintain the flow of the session.

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

Preparing for a Safe and Effective Yoga Session

Remember:

Less distraction = better focus = better Yoga!

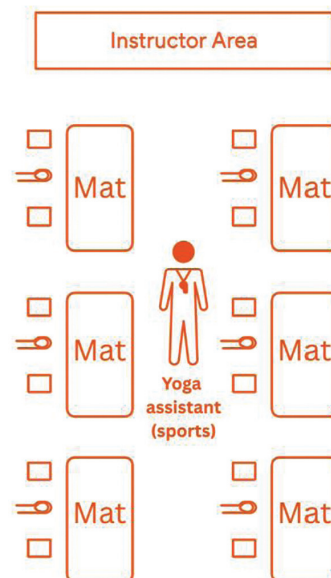
Your role as a Yoga Assistant – Sports is crucial in fostering an environment that supports mindful and uninterrupted practice. Stay proactive, calm, and supportive to make every session effective and enjoyable.

C. Space layout for comfort and safety

The layout of the practice area is an important factor that contributes significantly to the safety and comfort of athletes. As a Yoga assistant, you need to arrange the space thoughtfully to accommodate all participants and their movements. Let's visualize an effective class layout:

Table 3.1: Class layout for 6 participants

Space Component	Description
Instructor area	Positioned at the front to provide clear visibility and effective guidance
Mat placement	Six mats arranged in two rows of three, with a gap of 2–3 feet between each mat
Prop placement	Blocks and straps positioned on the left, within easy reach
Circulation space	Unobstructed pathways around the room for smooth movement and proper ventilation
Yoga Assistant – Sports	Changing position in order to observe clients position accurately



Note:

- Keep 2–3 feet between each mat
- Place blocks and straps within reach
- Leave clear space around walls for circulation

Proper spacing avoids accidental collisions, supports balance postures, and gives a sense of personal comfort. Always ask participants to return props to their spots after use, keeping the space tidy for the next group.

Fig. 3.19: Space Layout for 6 Participants



D. Supporting clear instruction

One of the most essential factors contributing to effective Yoga sessions is ensuring that instructions are clear and comprehensible. As a Yoga assistant, your role includes reinforcing the trainer's cues and assisting with demonstrations when needed.

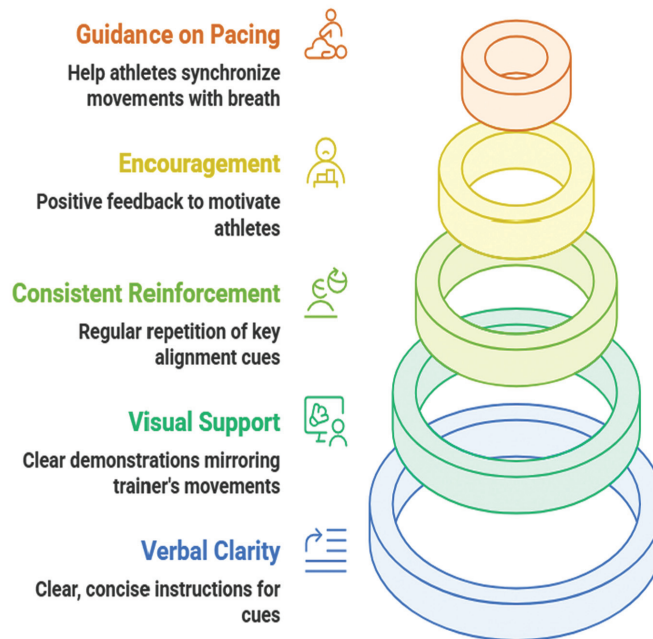


Fig. 3.20: Guidelines for Supporting Trainers Instructions

E. Maintaining flow and safety

Maintaining a smooth flow while ensuring safety is crucial for a successful Yoga session. As a Yoga Assistant – Sports, you must be vigilant and responsive throughout the practice.

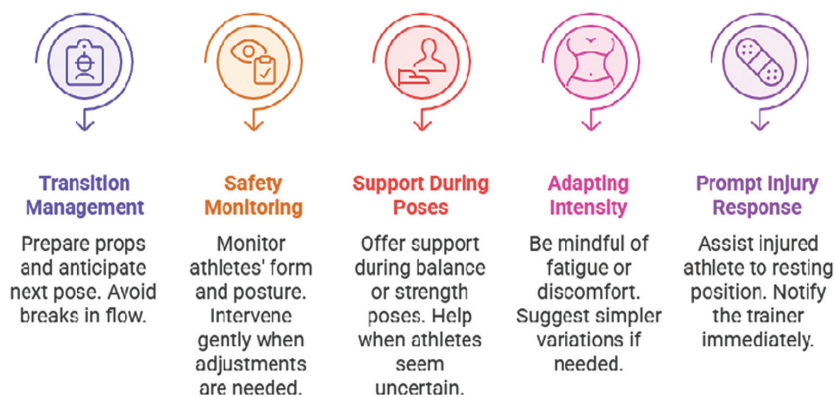


Fig. 3.21: Yoga Assistants Responsibilities

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

Preparing for a Safe and Effective Yoga Session

F. Adapting to individual needs

An effective Yoga session in a sports setting requires accommodating the varied physical and mental states of athletes. As a Yoga Assistant – Sports, your adaptability ensures inclusivity and safety.

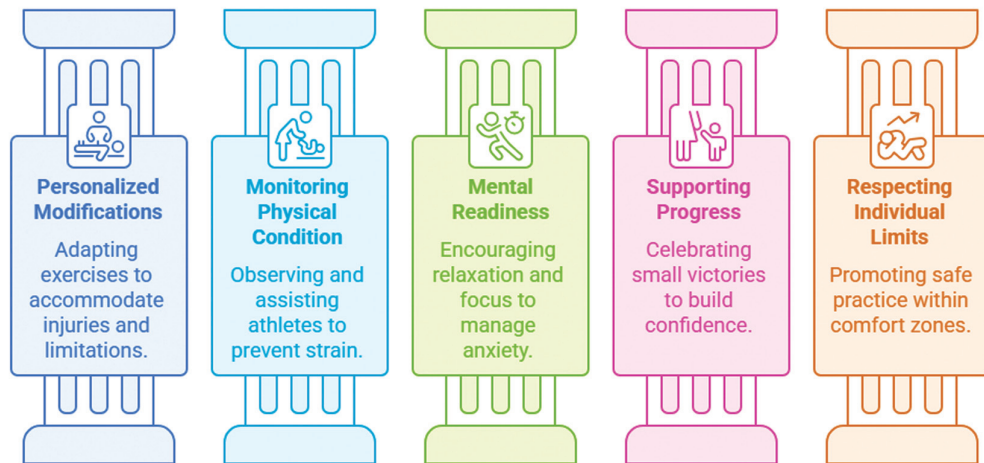
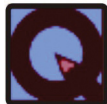


Fig. 3.22: Comprehensive Athlete Support

By addressing these six factors you, as a Yoga Assistant – Sports, play a vital role in delivering effective Yoga sessions. Your proactive involvement not only supports the trainer but also contributes to a positive and structured experience for athletes. By focusing on these areas, you help create a safe, engaging, and rewarding environment that enhances both fitness and performance.



INTEXT QUESTIONS 3.2

1. Match the column:

A

- (i) Physical distraction
- (ii) Behavioral distraction
- (iii) Environment distraction
- (iv) Mental distraction

B

- (a) Disrupt the concentration
- (b) movement
- (c) internal thoughts
- (d) Noise

2. Give any two factors to be considered, while preparing for the Yoga session.

.....

.....



Notes

3. What is the need for preparation in conducting Yoga session?

.....

.....

4. How can inadequate space planning affect a Yoga session?

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about;

- Yoga session has to be on safe and effective lines. A safe and effective Yoga session balances physical challenges with relaxation techniques.
- Proper preparation for a session, ensures that the trainer can conduct the sessions smoothly, minimizing interruptions, and optimizing the athletes experience.
- The major factors to be considered while preparing for Yoga session includes: space set up; assisting the trainer's preparation; considerations for athletes; and prop and equipment management.
- When designing Yoga session for sports few important factors should be kept into consideration: creating the right atmosphere and ambience; managing distractions; and space layout for comfort and safety etc.
- As a Yoga Assistant – Sports, one should manage distraction by: keeping the space clean and quiet; help arrange props properly; remind everyone to silence phones; stay calm and focussed yourself and support the teacher silently.



TERMINAL QUESTIONS

1. Explain the importance of organizing props and equipment before starting a Yoga session.
2. Describe the factors to be considered while preparing for the yoga session for sports.

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

Preparing for a Safe and Effective Yoga Session

3. Explain the factors that can cause distractions during a Yoga session and how to minimize them.



ANSWER TO INTEXT QUESTIONS

3.1

- (a) Well ventilated (b) Physical

3.2

1. Match the column
 - (i) (b) (ii) (a) (iii) (d) (iv) (c)
2. (i) space setup
(ii) assisting the trainers preparation
3. to enhance athletes performance
4. it can lead to distraction



Notes

4

UNDERSTANDING AND MANAGING PROPS, EQUIPMENT, AND ACCESSORIES

Dear learners, in the previous unit, you have studied about the preparation and important factors for conduction safe and effective Yoga sessions. Proper preparation ensures that the yoga trainer can conduct the session smoothly. Yoga practice is greatly enhanced by the use of different tools by providing support and stability, making the practice safer, accessible and more effective.

In this unit, we will study about various tools, different types of props, equipment and accessories used in Yoga. We will also discuss about the maintenance and proper handling of these equipments.



OBJECTIVES

After studying this unit, you will be able to:

- identify various types of props, equipment, and accessories used in Yoga;
- explain the correct usage and maintenance of Yoga props and equipment;
- understand the importance of proper handling and storage of props.

4.1 INTRODUCTION TO PROPS, EQUIPMENT, AND ACCESSORIES

Yoga practice is greatly enhanced by the use of props, equipment, and accessories. These supportive tools play a vital role in improving safety, comfort, and alignment during Yoga sessions, especially for athletes. Props, equipment, and accessories help make Yoga more accessible and adaptable to individuals with varying levels of flexibility, strength, and experience.

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

Understanding and Managing Props, Equipment, and Accessories

Props are items used to assist in maintaining proper posture, alignment, and stability during Yoga poses. Common examples include Yoga blocks, straps, and bolsters. They help bridge the gap between the body and the floor, allowing for deeper and more comfortable stretches.

Equipment refers to larger or more specialized items used to support specific movements or enhance the practice. This can include Yoga mats, Yoga wheels, resistance bands, and balance cushions. These items are essential for maintaining grip, balance, and comfort during dynamic or challenging postures.

Accessories are supplementary items that add comfort, support, or functionality to the practice. These can include Yoga towels, blankets, mat carriers, and eye pillows used during relaxation or meditation.

By understanding the correct usage and purpose of each prop, equipment, and accessory, Yoga practitioners can optimize their practice while minimizing the risk of injury. As a Yoga Assistant – Sports, it is essential to be familiar with these tools to assist the trainer in conducting safe and effective sessions.

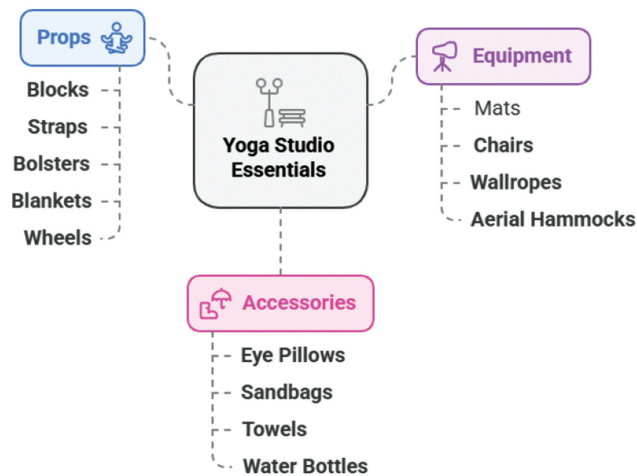


Fig. 4.1: Yoga Studio Essentials

Let's dive into each category, why they are essential in Yoga practice.

A. Use of Props in Yoga

Props make Yoga poses accessible, support alignment, and aid in balance. They also help reduce strain, making the practice safer and more effective.

- **Support:** Assist in holding poses without strain.
- **Alignment:** Maintain proper body posture.
- **Accessibility:** Make poses achievable for beginners.
- **Safety:** Prevent injuries by offering stability.

Table 4.1: Common Yoga Props and their Uses

Prop	Usage	Image
Yoga Block	Brings the ground closer for stability, supports balance and alignment	 Yoga block
Yoga Wheel	Enhances flexibility, supports backbends	 Yoga wheel
Yoga Strap	Extends reach during stretching, helps in maintaining form	 Yoga strap
Bolster	Provides cushioning during seated poses, supports relaxation and reduces joint stress	 Bolster
Blanket	Adds padding under knees or hips, comfort during seated or supine poses	 Blanket

Understanding the purpose of each prop helps you choose the right support during different types of Yoga sessions.


Notes

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



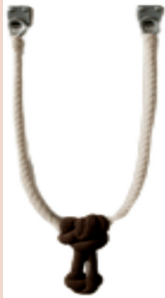
Notes

Understanding and Managing Props, Equipment, and Accessories

B. Use of Equipments in Yoga

While props enhance basic practice, some sessions require more specialized equipment. These tools are particularly useful in advanced practices or sports-specific Yoga sessions

Table 4.2: Common Yoga Equipments and their Uses

Prop	Usage	Image
Yoga Mat	Provides grip, prevents slipping, adds comfort and personal space.	 Yoga Mat
Chair	Assists in supported standing and seated poses, ideal for seniors or those with mobility issues.	 Chair
Wall Ropes	Supports inversions and deep stretches.	 Wall Ropes



Notes

Aerial Hammocks	Enables suspended Yoga, aids in flexibility and balance.	 Aerial Hammocks
Foam Roller	Muscle relaxation and myofascial release	 Foam Roller

Incorporating these tools effectively can elevate a Yoga practice, offering both challenge and support.

C. Use of Accessories in Yoga

Accessories help create a calming environment and ensure comfort during sessions. They are not directly used in poses but complement the overall experience.

Table 4.3: Common Yoga Accessories and their Uses

Accessory	Usage	Image
Meditation Cushion	Provides comfortable seating during meditation	 Meditation Cushion

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

Understanding and Managing Props, Equipment, and Accessories

Eye Pillow	Blocks light during relaxation or savasana	 Eye Pillow
Sandbags	Provides grounding and adds pressure during restorative poses.	 Sandbags

Thoughtfully chosen accessories enhance the atmosphere, promoting focus and relaxation.



INTEXT QUESTIONS 4.1

Fill in the blanks:

1. provides cushioning during seated poses.
2.brings the ground closer for stability, supports balance and alignment.
3. Wall ropes supports and
4. Yoga mat provides and

4.2 HANDLING AND MAINTAINING PROPS AND EQUIPMENT

Proper handling and maintenance of props and equipment are essential for ensuring safety, hygiene, and longevity during Yoga sessions. As a Yoga Assistant – Sports, it is your responsibility to manage these items effectively to support both the trainer and the athletes. Maintaining clean, functional, and well-organized props not only enhances the quality of the practice but also minimizes the risk of injury.

A. Handling Props and Equipment

Handling Yoga props and equipment can be done correctly and effortlessly by implementing the following guidelines to ensure their functionality and safety during practice.

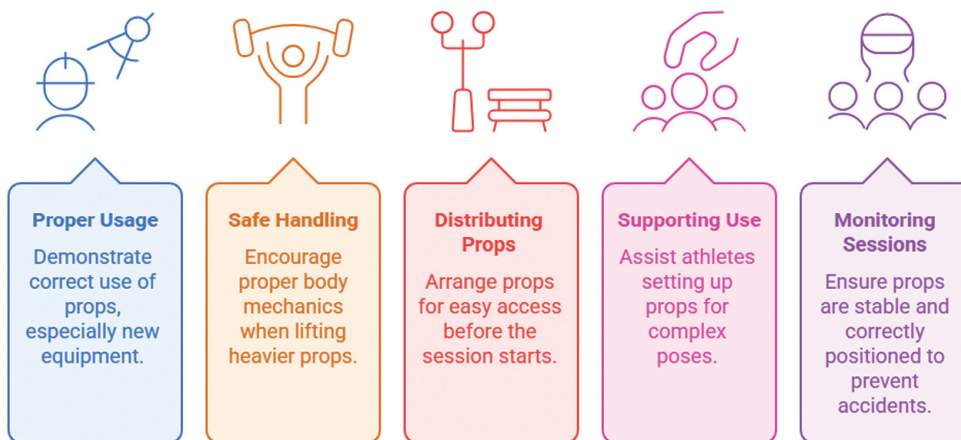


Fig. 4.2: Prop Handling Guidelines

B. Maintaining Props and Equipment

Regular maintenance of props and equipment helps keep the practice area safe and hygienic. As a Yoga Assistant – Sports, follow these guidelines to maintain quality and cleanliness:

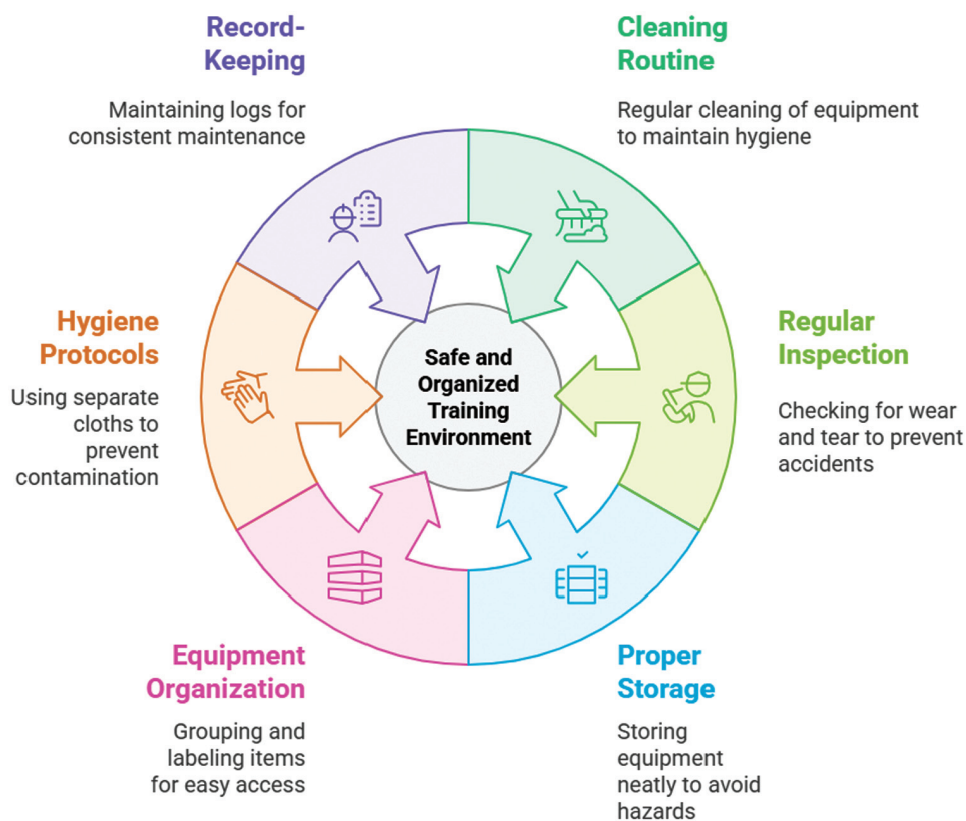


Fig. 4.3: Guidelines to Maintain Quality and Cleanliness



Notes

MODULE-2

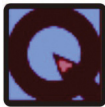
Prepare Equipment and Area for the Yoga Sessions



Notes

Understanding and Managing Props, Equipment, and Accessories

Handling and maintaining props and equipment effectively is crucial for a smooth and safe Yoga session. As a Yoga Assistant – Sports, you play a key role in ensuring that these items are ready for use, correctly handled, and properly maintained. By following best practices, you support the trainer’s ability to deliver safe, comfortable, and effective Yoga practices, while also fostering a hygienic and organized environment for all participants.



INTEXT QUESTIONS 4.2

1. Mention two important guidelines for proper handling of Yoga props and equipments.

.....

.....

.....

2. Why regular maintenance of props and equipments is needed?

.....

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- The use of props, equipment and accessories.
- The props like yoga block, yoga wheel etc. are used for support, alignment, accessibility and safety.
- The equipments like yoga mat, chair, wall ropes are useful in advanced practices or sports specific yoga sessions.
- Accessories like mediation cushion, eye pillow or sandbags are not directly used in poses but complement the overall experience.
- You also learned how to handle and maintain the props and equipment.



TERMINAL QUESTIONS

1. Explain the uses and kinds of props, equipment, and accessories used in Yoga sessions.
2. Describe the considerations for handling and maintaining props and equipments.



ANSWER TO INTEXT QUESTIONS

4.1

1. Bolster
2. Yoga block
3. inversions and deep stretches
4. grip and prevents slipping

4.2

1. (i) Proper usage (ii) safe handling
2. to keep practice area safe and hygienic

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

5

MAINTAINING RECORDS FOR YOGA SESSIONS

Dear learners, maintaining is a systematic process of collecting, organizing, storing and disposing of information. Records serve as valuable documents offering insights into past events and providing a basis for future strategic planning and decision making.

In this unit, we will study about the systematic process of keeping records of important information to make them available when needed.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of keeping a logbook for recording Yoga sessions;
- identify the key components of a session logbook;
- demonstrate how to maintain accurate and organized session records.

5.1 WHAT IS LOGBOOK

A logbook is a record-keeping tool used to systematically document activities, observations, and important information related to specific tasks or events. In the context of Yoga sessions, a logbook is used to maintain detailed records of each session, including attendance, activities performed, progress made, and any notable incidents.

For a Yoga Assistant – Sports, maintaining a logbook is an essential responsibility as it helps track the efficiency of the sessions, monitor athletes' progress, and ensure that training practices are consistent and well-organized.



Notes

5.2 IMPORTANCE OF MAINTAINING A LOGBOOK

Keeping a logbook for Yoga sessions is essential for tracking progress, managing class details, and ensuring consistency in training. It acts as an official record of the activities conducted and serves as a reference for evaluating the effectiveness of the sessions.

Let's explore why maintaining a logbook is crucial for a Yoga Assistant.

Benefit	Description
 Documentation	Maintains accurate session records
 Progress Monitoring	Tracks improvements identifies performance gaps
 Professionalism	Systematic approach reflects organized conduct
 Assessment Aid	Evaluates practice success effectively
 Communication	Bridges trainer-assistant understanding

Fig. 5.1: Benefits of Logbook

5.3 SESSION LOGBOOK

A. Components of Logbook

A comprehensive logbook should include the following key elements:

Table 5.1: Key Components of a Yoga Session Logbook

S.No.	Component	Details
1.	Date and time	Records when the session took place
2.	Instructor details	Names of lead trainer and assistant
3.	Session theme	Session content summary
4.	Attendance	Number of attendees
5.	Activities performed	Asanas, breathing exercises, and warm-ups
6.	Observations	Notable progress or issues noted
7.	Feedback	Trainer or participant insights

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Maintaining Records for Yoga Sessions

B. How to Maintain a Class Logbook Efficiently

A class logbook for a Yoga session is a systematic record that captures key details about each class, including attendance, activities, progress, and any significant incidents. As a Yoga Assistant – Sports, maintaining an accurate and organized logbook is essential for tracking the effectiveness of each session and supporting athletes' progress over time.

Maintaining a class logbook efficiently involves following consistent practices and organizing the content logically. Here are some practical tips to ensure efficient logbook management:

1. Be Consistent with Entries

- **Record after each session:** Update the logbook immediately after class while the details are fresh in your mind.
- **Follow a standard format:** Use a uniform structure for every entry, making it easier to review and compare sessions.
- **Consistency in language:** Use simple, clear, and consistent terminology to avoid confusion later.

2. Include Essential Information

A class logbook should be comprehensive yet concise, focusing on key aspects of each session. The following sections should be consistently filled:

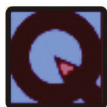
(a) Class Details:

- **Date and Time:** Clearly state when the class took place.
- **Location:** Mention the specific space or hall where the class was conducted.
- **Class Type:** Specify whether it was a flexibility, strength, recovery, or meditation session.
- **Duration:** Note the length of the class.

(b) Attendance Record:

- **Number of participants:** Record the total number of athletes present.
- **Names (if applicable):** List the names or roll numbers of those who attended.

- **Absentees:** Note the names of those who were absent.
 - **Late Arrivals:** Mention any participants who joined after the session started.
- (c) **Class Activities and Structure:**
- **Warm-up routine:** Briefly describe the warm-up exercises or poses.
 - **Main practice:** List the key Yoga poses or sequences practiced.
 - **Cool-down:** Describe the relaxation or breathing exercises done at the end.
 - **Modifications:** Note any adjustments made to poses based on athletes' needs.
- (d) **Performance and Observations**
- **Overall class mood:** Reflect on the general energy and enthusiasm of the group.
 - **Group challenges:** Mention any common difficulties faced, like balance issues or flexibility challenges.
 - **Progress highlights:** Record noticeable improvements or successful poses.
 - **Individual notes:** Briefly mention if any athlete excelled or needed extra assistance
- (e) **Feedback and Suggestions**
- **Trainer's feedback:** Summarize any suggestions given by the trainer for future sessions.
 - **Athletes' feedback:** Note any comments or insights shared by the participants.
 - **Recommendations:** Highlight areas for improvement or focus in the next class.



INTEXT QUESTION 5.1

State True or False:

1. There is no need to update the logbook. ()
2. Date and time is important component of log book. ()

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Maintaining Records for Yoga Sessions

3. Use a Clear and Structured Format

A well-organized logbook makes information easy to locate and understand, ensuring that each entry is consistent, concise, and useful for future reference. As a Yoga Assistant – Sports, maintaining a structured format is crucial for keeping the logbook efficient and easy to navigate.

Tips for Creating a Clear and Structured Logbook Format:

(a) Standardize the Layout

- Use a consistent structure for every entry to maintain uniformity.
- Include headers for essential sections like date, class type, attendance, activities, observations, and feedback.
- Keep the layout visually balanced, avoiding clutter or overly dense text.

(b) Utilize Tables for Clarity

- Tables are an effective way to present attendance, class details, and activity summaries.
- Use clear headings and maintain consistent column widths for readability.

(c) Use Bullet Points for Details

- When describing activities, use bullet points to break down complex routines or sequences.
- Keep each point short and direct, focusing on the key aspects.

Example:

- **Warm-Up:** Plank variations to engage the core
- **Main Practice:**
 - Boat Pose for core activation
 - Bridge Pose for lower back strength
- **Cool-Down :** Reclined twist for spinal relaxation

(d) Include Checkboxes for Attendance

- Add a checkbox column to mark athletes' presence easily.
- This quick visual check makes it easy to see who attended.



Notes

Example:

Name	Attended (√/×)
Athlete A	√
Athlete B	×

(e) Categorize by Session Types:

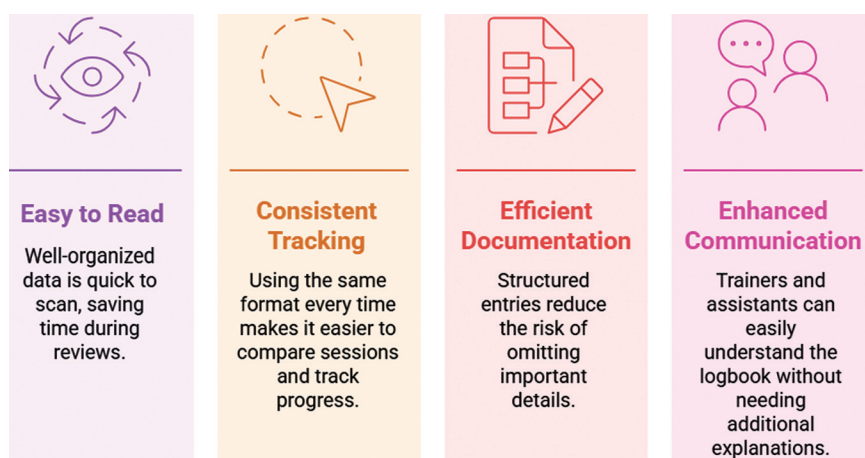
- Group entries based on the type of session, such as flexibility, strength, or recovery.
- This categorization makes it easy to review specific types of training over time.
- Use color coding or labels to distinguish between different class types.

(f) Highlight Key Observations:

- Use bold text or underlining for critical observations, making them stand out at a glance.
- For example:
 - **Observation:** Improved endurance during dynamic poses.
 - **Challenge:** Difficulty maintaining balance in Warrior III pose.

Benefits of a Clear and Structured Format:

By using a clear and structured format, you ensure that the class logbook remains an efficient and valuable tool for documenting and analyzing Yoga sessions. As a Yoga Assistant – Sports, this organized approach not only supports trainers but also contributes to a well-managed and professional training environment.

**Fig. 5.2: Benefits of Clear and Structured Format**

MODULE-2

Prepare Equipment and Area for the Yoga Sessions



Notes

Maintaining Records for Yoga Sessions

4. Maintain Accuracy and Clarity

- **Fact-based entries:** Record only observed facts rather than assumptions or opinions.
- **Brief and specific:** Be precise with descriptions, using short phrases rather than long narratives.
- **Avoid personal bias:** Focus on collective performance rather than singling out individuals unnecessarily.

5. Ensure Organization and Accessibility

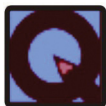
- **Date and Session Numbering:** Number each session chronologically for easy tracking.
- **Categorization:** Use tabs or sections to separate different types of classes or themes.
- **Easy Retrieval:** Keep the logbook in a designated space where it is easily accessible to trainers and assistants.
- **Digital Backups:** If maintaining a digital logbook, use cloud storage to prevent data loss.

6. Regularly Review and Update

- **Periodic checks:** Regularly review past entries to identify patterns or recurring challenges.
- **Update incomplete sections:** Complete any pending information at the earliest to maintain accuracy.
- **Reflect on progress:** Use the logbook to analyze how athletes are progressing over time, adjusting the sessions accordingly.

Table 5.2: Example Logbook Entry

Date	Trainees	Attendance	Class Type	Activities	Observations	Feedback	Trainer
20 May 2025	Athlete 1	√	Flexibility and Recovery	Warm-up: Dynamic stretches; Main: Pigeon pose, Forward Fold; Cool-down: Savasana	Improved hip mobility; difficulty in deep stretches	Include more gradual warm-ups	Coach Ani
	Athlete 1	×					
	Athlete 1	√					
	Athlete 1	×					
	Athlete 1	√					
Summary	Total	3/5	● The session focused on flexibility and recovery. ● Most athletes improved hip mobility, though some struggled with deeper stretches. ● Recommendations include integrating more gradual warm-up routines.				



INTEXT QUESTIONS 5.2

1. Why is maintaining a log book important for a Yoga assistant?

.....

.....

2. What is the use of tables in logbook?

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- The logbook and its importance. A logbook is a record-keeping tool used to systematically document activities observations, and important information related to specific tasks or events.
- The session logbook includes date and time, instruction details, session theme, attendance, activities performed, observation and feedback.
- You also learned in details the steps to maintain the logbook.
- By using a class and structured format, the logbook becomes easy to read, enhances communication, helps in consistent tracking, and its an efficient form of documentation.



TERMINAL QUESTIONS

1. What is a logbook? Explain its importance.
2. Explain the steps to maintain a logbook efficiently.



ANSWER TO INTEXT QUESTIONS

5.1

1. False
2. True

5.2

1. for tracking progress and managing class details
2. Tables are used to present attendance, class details and activities summeries.



Notes

**MODULE-3: DEMONSTRATE BASIC ASANAS AND ASSIST
ATHLETES DURING THE SESSIONS**

6. Props, Equipment and Safety
7. Types of Yoga and Postural Techniques
8. Injury Prevention and Emergency Protocols
9. Behavioural and Ethical Conduct in Yoga Spaces

KEY LEARNING OUTCOMES

By the end of this module, participants will be able to:

1. Use Yoga props and equipment safely during sessions.
2. Identify and correct incorrect postures and techniques.
3. Prevent injuries and respond to emergencies effectively.
4. Maintain professional conduct and address inappropriate behavior.



Notes

6

PROPS, EQUIPMENT, AND SAFETY

Dear learners, in previous unit, you have learnt about various tools, different types of props, equipment and accessories used in Yoga. Yogas props and equipment are integral to modern yoga practice especially in sports setting whether you are assisting elite athletes or beginners, props help maintain alignment, support flexibility and reduce the risk of injury.

In this unit, we will study about the correct and safe usage, safety measures and proper maintenance of each prop.



OBJECTIVES

After studying this unit, you will be able to:

- identify common Yoga props and equipment used during sessions;
- understand the correct and safe usage of each prop;
- recognize potential hazards associated with improper prop use;
- apply safety measures to minimize injury risks during sessions;
- demonstrate effective prop maintenance and storage practices.

6.1 IN-SESSION USAGE OF YOGA PROPS AND EQUIPMENTS

Yoga props enhance practice by providing support, allowing for deeper stretches, improving alignment and modifying poses to suit various physical abilities, common props like block, straps and bolsters help beginners access poses, allow all practitioners to hold poses longer to release tension and assist with balance and stability. They are versatile tools that increase accessibility, improve the safety and

MODULE-3

Demonstrate Basic Asanas and Assist Athletes During the Sessions



Props, Equipment, and Safety

effectiveness of poses, and enable a deeper, more personalized yoga experience for everyone. As a yoga assistant, your role is to ensure that props are used correctly and safely while maintaining a hygienic environment.

Let's begin by identifying the most used Yoga props and equipments along with their safety tips understanding their significance in session

In-session usage of common Yoga props and equipment with examples

1. Yoga Block

Yoga blocks are essential props used to enhance flexibility, balance, and alignment during Yoga sessions, especially in sports settings. Yoga blocks come in three main types, each offering unique benefits.

Types of Yoga Block

- **Foam Blocks** are lightweight, soft, and comfortable, making them ideal for beginners or restorative practices.
- **Cork Blocks** are heavier and more stable, offering a firm grip that is well-suited for standing poses like Trikonasana.
- **Wooden Blocks** are the most sturdy and durable but can feel hard, making them more suitable for advanced practitioners who need solid support during balance-intensive poses.

Choosing the right block depends on the athlete's experience level and the type of practice. As a Yoga Assistant – Sports, it is crucial to understand how to use blocks correctly, ensure safety, and be aware of potential risks associated with improper usage.

Benefits of using a Yoga Block

Yoga blocks play a pivotal role in supporting athletes during challenging poses. Here's how they help:

Example

In Trikonasana, a Yoga block enhances stability, alignment, and safety by bringing the ground closer to the athlete. Placing a block under the lower hand helps maintain balance, reduces strain on the hamstrings, and keeps the torso open, promoting proper posture. It also allows athletes to deepen the stretch without forcing their bodies into an uncomfortable position. Using a block in this pose helps maintain a straight line from the hip to the shoulder, which is essential for achieving the correct form.



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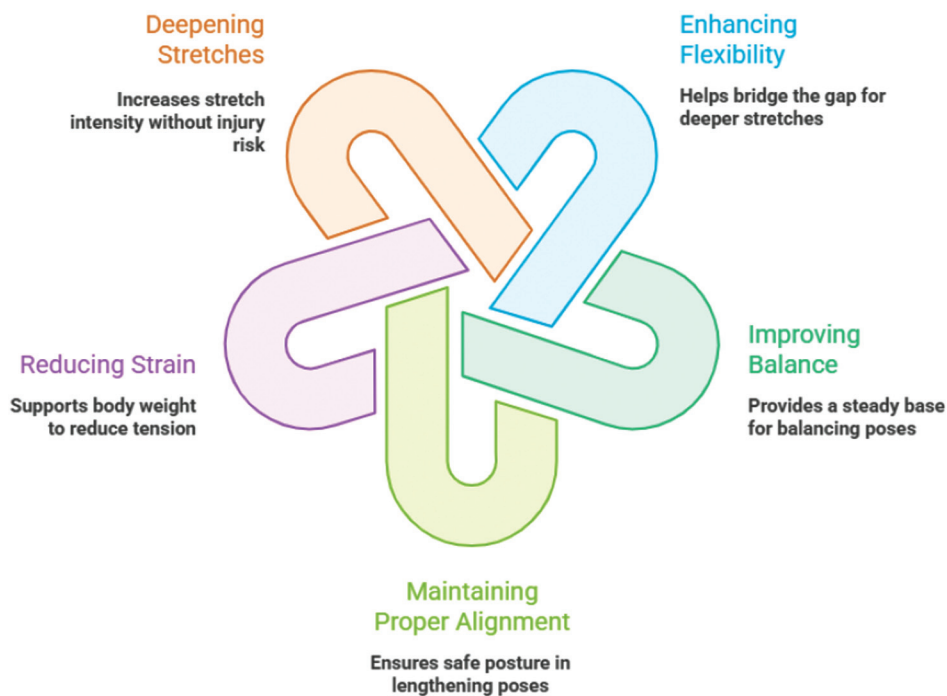


Fig. 6.1: Benefits of Using Yoga Block



Fig. 6.2: Trikonasana with Yoga Block

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Correct Usage of a Yoga Block

To maximize safety and effectiveness, it's essential to use Yoga blocks correctly:

(a) Height Adjustment

1. **Flat (maximum height):** Use when greater support is needed.
2. **Side (medium height):** Ideal for moderate flexibility.
3. **Upright (lowest height):** Best for minor adjustments.

Tip: Choose the height based on the athlete's flexibility and the requirements of the pose.

(b) Hand Placement

1. Always place the entire palm or fingertips flat on the block.
2. Avoid gripping the edges, as this can lead to instability.
3. During standing poses like Trikonasana, position the block directly under the shoulder for optimal support.

(c) Stable Surface

1. Place the block on a flat, and non-slip surface.
2. Always check stability before bearing weight on the block.

Example: Use a non-slip mat under the block during poses like Revolved Triangle (Parivrtta Trikonasana).

Potential Risks and Prevention

Improper use of Yoga blocks can lead to injuries. Here are common mistakes and their consequences:

Table. 6.1: Yoga Block: Mistakes, Risks and Prevention

Mistake	Potential Injury	How to Prevent
Gripping the block instead of flat palm	Wrist strain	Teach proper hand placement
Leaning too much on the block	Shoulder or lower back strain	Encourage balanced weight distribution
Block on uneven surface	Slips or falls	Always place on a stable, non slip mat
Using the wrong block height	Misalignment and discomfort	Assess flexibility and adjust height accordingly
Over-reliance on the block	Lack of muscle engagement, imbalance	Use as an aid, not as a crutch

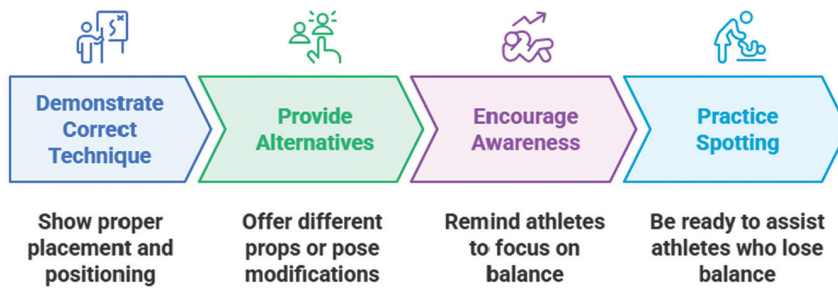


Fig. 6.3: Tips for Safe Usage of Yoga Block

As a Yoga Assistant – Sports your role is to ensure that athletes use blocks safely by guiding proper techniques, monitoring usage, and maintaining stable environments.

2. Yoga Strap

Yoga straps are versatile and essential props used to enhance flexibility, maintain alignment, and support deeper stretches during Yoga sessions, particularly in sports settings. They are made of durable materials like cotton, nylon, or polyester, and come with adjustable buckles for length customization. As a Yoga Assistant – Sports, it is crucial to understand how to use straps correctly, ensure safety, and be aware of potential risks associated with improper usage.

Types of Yoga Straps

Yoga straps come in different lengths and materials, each serving specific purposes:

1. **Cotton Straps:** Soft and durable, offering a good grip; ideal for flexibility exercises.
2. **Nylon Straps:** Lightweight and slightly slippery, suitable for strength training and dynamic movements.
3. **Polyester Straps:** Firm and resilient, maintaining their shape even under tension; good for resistance exercises.
4. **Buckle Variants:** Metal D-ring, plastic cinch, and looped ends for adjustable length and easy fastening.

Choosing the right strap depends on the athlete's needs and the intensity of the practice.

Benefits of Using a Yoga Strap

Yoga straps play a pivotal role in supporting athletes during challenging poses. Here's how they help:



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Props, Equipment, and Safety

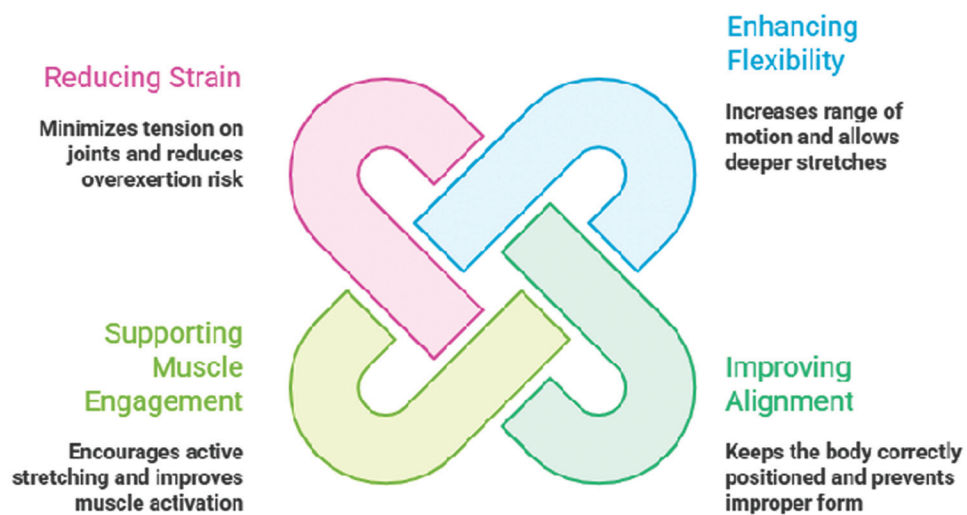


Fig. 6.4: Benefits of Using Yoga Strap

Example:

In a Seated Forward Bend (Paschimottanasana), a Yoga strap enhances flexibility by allowing athletes to maintain a straight spine while reaching for their feet. The strap bridges the gap between the hands and feet, preventing rounded backs and promoting safe stretching.



Fig. 6.5: Paschimottanasana with Yoga Strap

Correct usage of a Yoga Strap

To maximize safety and effectiveness, it's essential to use Yoga straps correctly:

(a) Adjusting Length

1. Short Length: Suitable for arm stretches or binding poses.
2. Medium Length: Ideal for seated forward bends and leg extensions.
3. Full Length: Best for overhead stretches and postures requiring extended reach.
4. Tip: Adjust the strap to fit the athlete's height and flexibility level.

(b) Proper Grip

1. Hold the strap firmly but without gripping too tightly.
2. Use both hands to maintain equal tension and alignment.
3. Avoid wrapping the strap too tightly around limbs, as it may restrict blood flow.

(c) Secure Fastening

1. Use the buckle to adjust the loop size securely, especially during dynamic movements.
2. Ensure the strap is not twisted or uneven before starting the pose.
3. Example: In Bound Angle Pose (Baddha Konasana), loop the strap around the feet and tighten to maintain the leg position.

Potential Risks and Prevention

Improper use of Yoga straps can lead to injuries. Here are common mistakes and their consequences:

Table. 6.2: Yoga Strap: Mistakes, Risks and Prevention

Mistake	Potential Injury	How to Prevent
Using a too-tight strap	Reduced blood circulation	Leave a gap for comfort
Gripping too tightly	Wrist and forearm strain	Relax the grip and maintain a gentle hold
Uneven strap length	Misalignment of shoulders or hips	Adjust before starting the stretch
Pulling forcefully while stretching	Muscle strain or ligament injury	Use gradual, gentle tension instead of abrupt pulls
Not fastening properly	Strap slipping or loosening during pose	Double-check the buckle and strap position before starting



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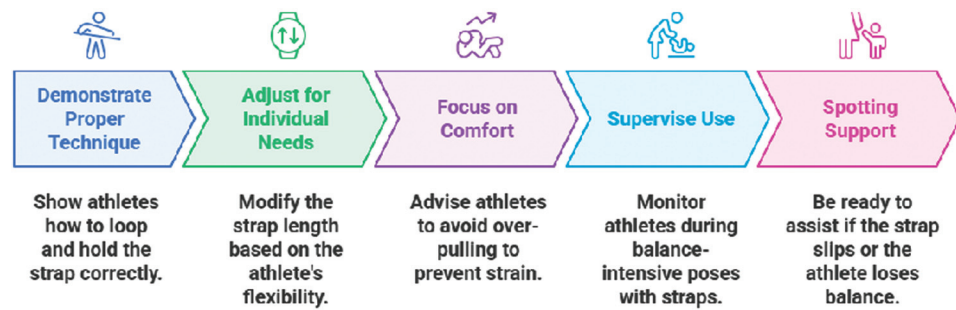


Fig. 6.6: Tips for Safe usage of Yoga Strap

As a Yoga Assistant – Sports, it is your responsibility to ensure that athletes use Yoga straps safely. This involves guiding them on proper technique, monitoring their use during practice, and being prepared to assist in case of instability or discomfort. Educate athletes on choosing the appropriate strap length and using it to complement their flexibility without causing strain.

3. Yoga Bolster

Yoga bolsters are supportive props designed to enhance comfort, alignment, and relaxation during Yoga sessions. They are typically cylindrical or rectangular, filled with cotton, foam, or synthetic fibers, and covered with durable fabric. Bolsters are widely used in restorative Yoga, prenatal Yoga, and sports Yoga to provide cushioning and support. As a Yoga Assistant – Sports, it is essential to understand the correct use of bolsters, ensure safety, and be aware of potential risks associated with improper usage.

Types of Yoga Bolsters

Yoga bolsters come in various shapes and sizes, each offering unique benefits:

- 1. Cylindrical Bolsters:** Long and round, providing support for backbends and reclining poses.
- 2. Rectangular Bolsters:** Flat and stable, suitable for seated poses and gentle back support.
- 3. Pranayama Bolsters:** Slim and long, specifically designed for breathing exercises.
- 4. Mini Bolsters:** Smaller and compact, ideal for neck support and targeted cushioning.

Choosing the right bolster depends on the athlete's needs and the specific Yoga practice.

Benefits of Using a Yoga Bolster

Yoga bolsters play a pivotal role in providing comfort and support during Yoga sessions. Here's how they help:

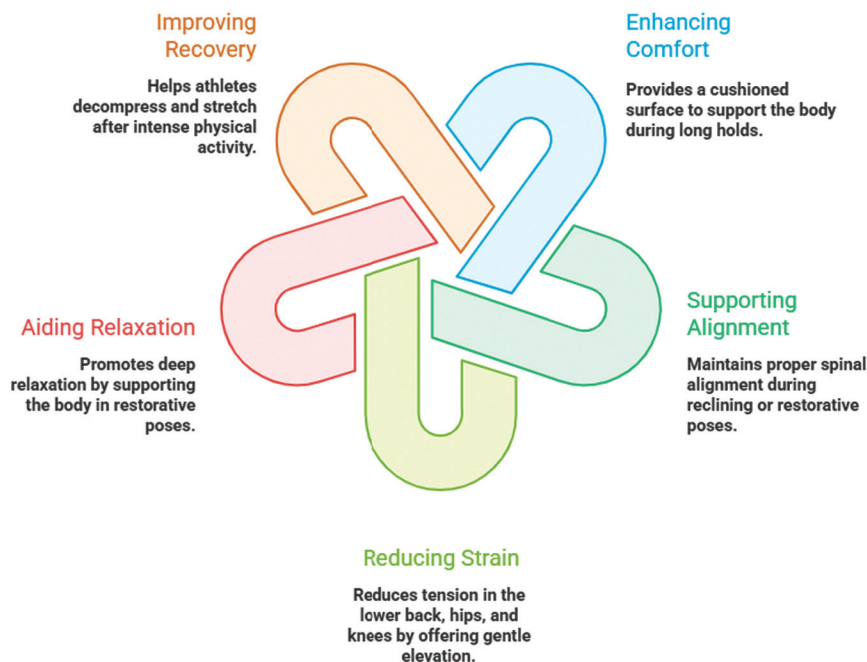


Fig. 6.7: Benefits of Using Bolster

Example:

In Child's Pose (Balasana), placing a bolster under the torso enhances comfort by supporting the abdomen and chest. This reduces strain on the lower back and allows the athlete to relax completely, promoting deeper breathing and calming the nervous system.



Fig. 6.8: Balasana with Bolster



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Correct usage of a Yoga Bolster

To maximize comfort and safety, it's essential to use Yoga bolsters correctly:

(a) Positioning

1. **Under the spine:** Place the bolster lengthwise along the spine to support backbends.
2. **Under the knees:** Use during reclining poses to relieve lower back tension.
3. **Between the legs:** Useful in side-lying poses for hip support.
4. **Under the torso:** In forward bends, a bolster can cushion the abdomen and support the chest.

(b) Stabilizing the Bolster

1. Ensure the bolster is placed on a flat, stable surface.
2. Position it so that it does not roll or slide during use.
3. For added stability, place the bolster on a non-slip mat.

(c) Supporting different Body Types

1. Adjust the position or add a folded blanket on top if the bolster height is not sufficient.
2. Use smaller bolsters for petite athletes and larger ones for taller individuals.

Potential Risks and Prevention:

Improper use of Yoga bolsters can lead to discomfort or injury. Here are common mistakes and their consequences:

Table. 6.3: Bolster: Mistakes, Risks and Prevention

Mistake	Potential Injury	How to Prevent
Placing the bolster on an uneven surface	Rolling or sliding during poses	Always place on a stable, non-slip mat
Using a too-high bolster in seated poses	Strain on the lower back or knees	Choose the right size based on the athlete's height
Leaning too far back without support	Strain on the neck and upper spine	Add a smaller bolster or cushion under the head
Over-relying on the bolster for balance	Loss of muscle engagement, posture misalignment	Use the bolster as a support, not a crutch
Poor alignment while lying on the bolster	Hyperextension of the lower back	Align the bolster correctly under the spine or hips

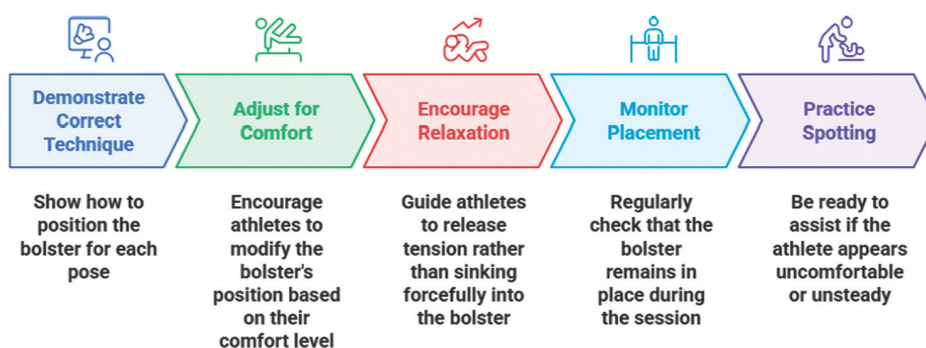


Fig. 6.9: Tips for Safe Usage of Bolster

As a Yoga Assistant – Sports, your role is to ensure that athletes use bolsters safely by guiding proper positioning and providing support as needed. Bolsters should be positioned thoughtfully to enhance comfort without compromising alignment. Educate athletes on choosing the appropriate bolster size and height based on their individual needs and the specific pose.

4. Yoga Blanket

Yoga blankets are versatile props that provide comfort, support, and stability during Yoga sessions, especially in sports settings. Made from durable, soft materials like cotton or wool, they are often folded, rolled, or layered to offer cushioning, warmth, and alignment assistance. As a Yoga Assistant – Sports, it is essential to know how to use blankets correctly, ensure safety, and minimize risks associated with improper usage.

Types of Yoga Blankets:

Yoga blankets come in various materials and styles, each serving different purposes:

1. **Cotton Blankets:** Soft, breathable, and easy to fold, making them versatile for various poses.
2. **Wool Blankets:** Warm and dense, suitable for providing extra cushioning and insulation during relaxation.
3. **Mexican Serape Blankets:** Colorful and tightly woven, ideal for folding into firm support.
4. **Fleece Blankets:** Lightweight and warm, suitable for gentle or restorative practices.

Choosing the right blanket depends on the athlete's needs and the type of practice.



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Props, Equipment, and Safety

Benefits of using a Yoga Blanket

Yoga blankets are invaluable for adding comfort and support during Yoga sessions. Here's how they help:

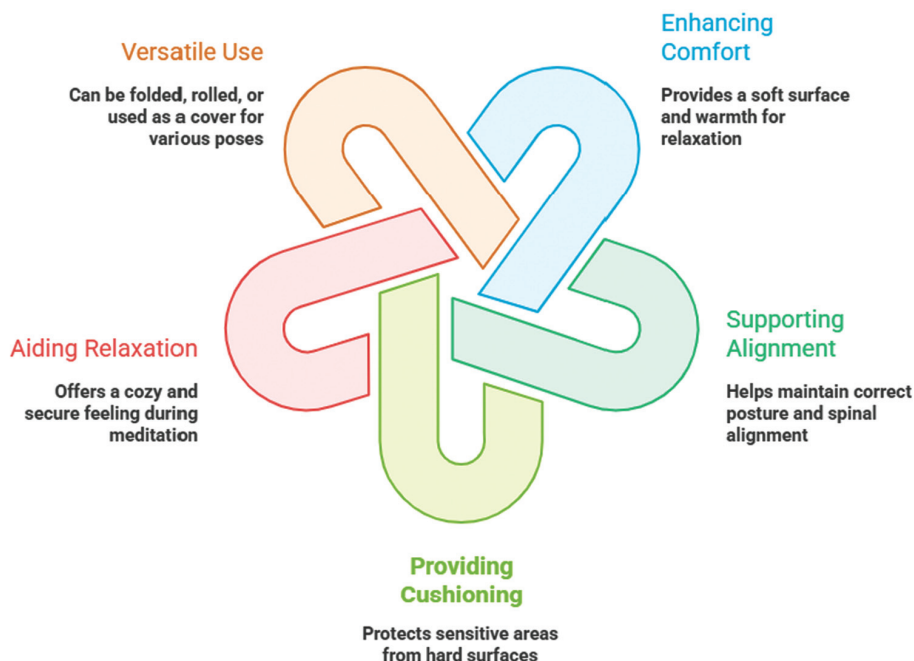


Fig. 6.10: Benefits of Using Yoga Blanket

Example:

In Virasana (Hero Pose), sitting directly on the floor can be challenging for athletes with tight quadriceps or limited ankle flexibility. A Yoga blanket plays a crucial role in making the pose more comfortable and accessible by elevating the hips and reducing pressure on the knees and ankles.



Fig. 6.11: Virasana with Yoga Blanket

Correct Usage of a Yoga Blanket

To maximize safety and comfort, it's essential to use Yoga blankets correctly:

(a) Folding Techniques:

1. **Flat fold:** Used for minimal cushioning or support under hands and knees.
2. **Tri-fold:** Creates a thicker layer, ideal for seated poses or under the head.
3. **Rolled blanket:** Used as a bolster replacement or neck support.
4. **Layered blanket:** Stacks multiple folds for added height, useful in seated meditation.

(b) Positioning:

1. **Under the hips:** Elevates the pelvis during seated forward bends.
2. **Under the knees:** Softens the floor during kneeling poses.
3. **Behind the neck:** Supports the cervical spine during relaxation poses.
4. **Under the shoulders:** Prevents neck strain in poses like Shoulder Stand.

(c) Safety Considerations:

1. **Stability:** Make sure the blanket is properly folded and placed on a non-slip mat.
2. **Firmness:** Use tightly woven blankets for better stability in supportive poses.
3. **Proper size:** Choose the right size and thickness according to the athlete's body proportions.

Potential Risks and Prevention:

Improper use of Yoga blankets can lead to discomfort or injury. Here are common mistakes and their consequences:

Table. 6.4. Yoga Blanket: Mistakes, Risks and Prevention

Mistake	Potential Injury	How to Prevent
Using a slippery or loosely folded blanket	Loss of balance or slipping	Fold securely and place on a non-slip surface
Incorrect height adjustment	Misalignment in seated poses	Adjust thickness based on the athlete's flexibility



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Mistake	Potential Injury	How to Prevent
Wrapping too tightly around the body	Restricted movement or discomfort	Leave enough space for natural movement
Using an unevenly folded blanket	Instability during balancing poses	Smooth out folds and make even layers
Relying too heavily on a soft blanket	Lack of proper support during posture	Use firmer blankets when structural support is needed

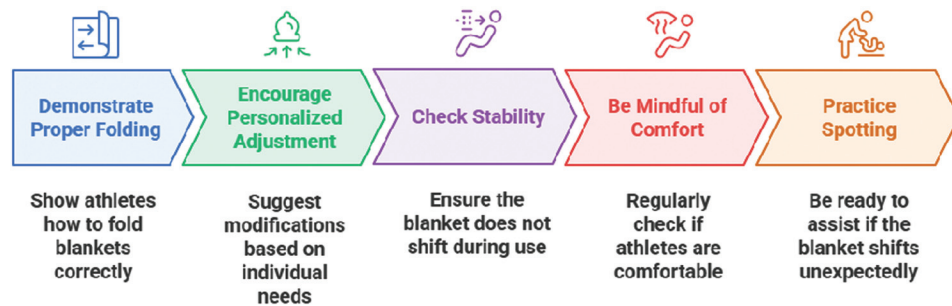


Fig. 6.12: Tips for Safe Usage of Yoga Blanket

As a Yoga Assistant – Sports, your role is to ensure that athletes use Yoga blankets safely and effectively. Educate athletes on folding techniques and positioning to optimize comfort and support. Regularly monitor the use of blankets during practice to ensure stability and proper alignment.

5. Yoga Chair

Yoga chairs are specialized props used to support balance, stability, and alignment during various Yoga poses. Typically made of sturdy metal or wood, these chairs often have an open back and no armrests, allowing for greater range of movement. Yoga chairs are widely used in therapeutic, Iyengar, and sports Yoga settings to assist athletes in performing challenging poses safely. As a Yoga Assistant – Sports, it is essential to know how to use Yoga chairs correctly, ensure safety, and be aware of potential risks associated with improper usage.

Types of Yoga Chairs

Yoga chairs come in different designs and materials, each offering unique benefits:

- 1. Standard metal chair:** Sturdy, durable, and foldable, commonly used for balance and support.

2. **Backless Yoga chair:** Open-back design to facilitate a wider range of movements.
3. **Wooden Yoga chair:** Heavy and stable, ideal for long-duration poses and therapeutic use.
4. **Chair with cushion:** Provides extra comfort for sitting postures or back support.

Choosing the right chair depends on the type of Yoga practice and the specific needs of the athlete.

Benefits of using a Yoga Chair

Yoga chairs play a pivotal role in supporting athletes during challenging poses. Here's how they help:

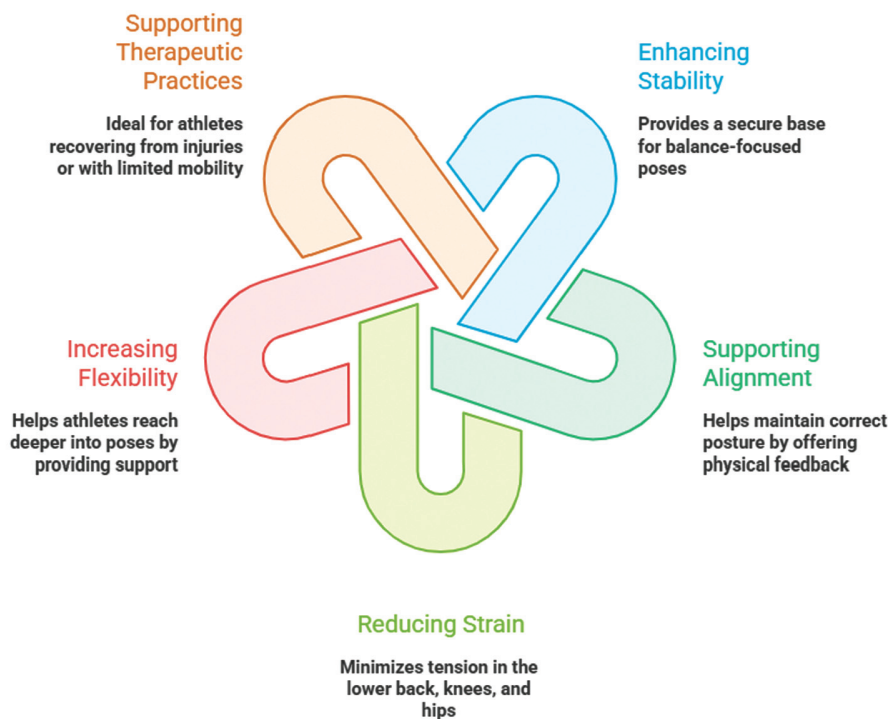


Fig. 6.13: Benefits of Using Yoga Chair

Example:

In Chair-Assisted Adho Mukha Svanasana (Downward-Facing Dog), using a Yoga chair helps athletes maintain alignment and deepen the stretch while reducing strain on the wrists and shoulders. Placing the hands on the seat or backrest of the



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chair allows the athlete to focus on lengthening the spine and engaging the core without the fear of sliding or losing balance, promoting stability and controlled extension.

This setup also helps athletes achieve a more effective hamstring and calf stretch by slightly elevating the hands, making the pose more accessible for those with tight hamstrings or limited flexibility.



Fig. 6.14: Adho Mukha Svanasana with Chair

Correct usage of a Yoga Chair

To maximize safety and effectiveness, it's essential to use Yoga chairs correctly:

(a) Positioning

1. **Stable surface:** Place the chair on a non-slip mat to prevent sliding.
2. **Height consideration:** Use a chair that matches the athlete's height and flexibility.
3. **Backrest usage:** Utilize the backrest for support in balancing or stretching poses.

(b) Hand and Foot Placement

1. **Firm grip:** Hold the chair firmly but without excessive force.
2. **Balanced weight distribution:** Keep weight evenly distributed between the hands and feet when using the chair for support.
3. **Foot stability:** Position feet flat on the floor or mat to maintain balance.



Notes

(c) Adjusting the Chair

1. **Backless option:** Remove the backrest when deeper bending or inversion is required.
2. **Angle adjustment:** Tilt the chair slightly if needed, but ensure it remains stable.
3. **Supportive cushion:** Add a cushion for poses requiring prolonged sitting.

Potential Risks and Prevention

Improper use of Yoga chairs can lead to injuries. Here are common mistakes and their consequences:

Table. 6.5: Chair: Mistakes, Risks and Prevention

Mistake	Potential Injury	How to Prevent
Placing the chair on a slippery surface	Risk of sliding and falling	Always use a non-slip mat under the chair
Holding the chair too tightly	Wrist or forearm strain	Maintain a relaxed grip, especially during balancing
Using a too-tall or too-short chair	Misalignment of the spine and hips	Choose a chair that fits the athlete's height
Leaning too far back without support	Lower back strain	Position the chair close to a wall for added stability
Over-reliance on the chair	Lack of muscle engagement and core activation	Use the chair as an aid, not as the main support

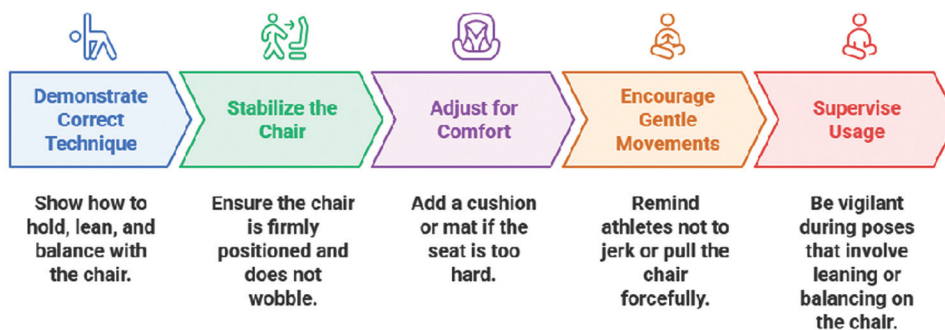


Fig. 6.15: Tips for Safe Usage of Chair

As a Yoga Assistant – Sports, your role is to ensure that athletes use Yoga chairs safely by guiding proper positioning and providing support when needed. Always check the chair's stability before the session and demonstrate the correct way to hold and balance on the chair. Regularly monitor athletes' usage to ensure they are not overly reliant on the chair for balance.



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6. Yoga Mat

A Yoga mat is an essential piece of equipment that provides cushioning, grip, and stability during Yoga sessions, especially in sports settings. It acts as a protective barrier between the athlete and the floor, enhancing comfort and safety. As a Yoga Assistant – Sports, it is crucial to understand the correct use of Yoga mats, ensure their cleanliness, and be aware of potential risks associated with improper usage.

Types of Yoga Mats

Yoga mats come in various materials, thicknesses, and textures, each suited for different types of practice:

1. **PVC mats:** Durable and sticky, providing excellent grip, suitable for dynamic Yoga sessions.
2. **TPE mats:** Eco-friendly, lightweight, and non-toxic, offering moderate cushioning.
3. **Rubber mats:** Natural, biodegradable, and highly grippy, ideal for sweaty practices.
4. **Cotton mats:** Breathable and soft, best for restorative Yoga or as a layer over a standard mat.
5. **Travel mats:** Thin and foldable, convenient for carrying, but less cushioned.

Choosing the right mat depends on the type of practice, athlete preferences, and training environment.

Benefits of Using a Yoga Mat

Yoga mats play a pivotal role in supporting athletes during Yoga practice. Here's how they help:

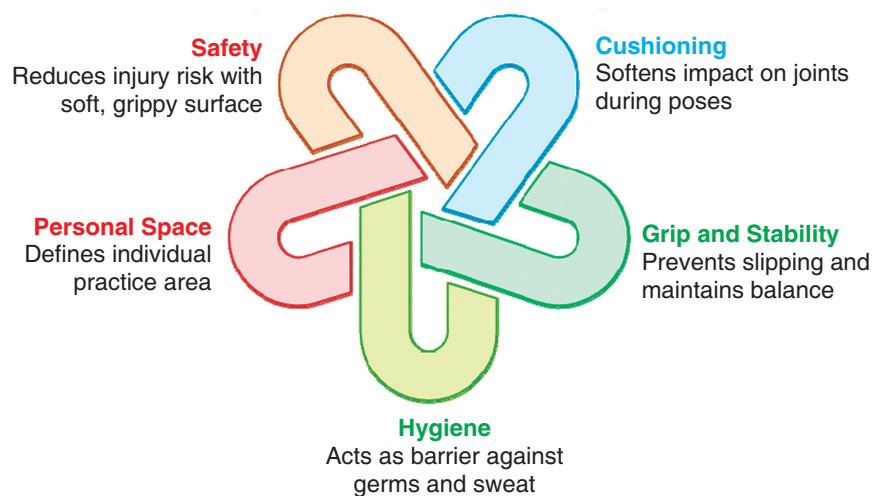


Fig. 6.16: Benefits of Using Yoga Mat



Notes

Example

In Viparita Karani (Legs Up the Wall Pose), a Yoga mat enhances comfort and stability by providing a cushioned surface for the lower back, pelvis, and shoulders. The soft yet firm support helps maintain relaxation in the pose, allowing athletes to comfortably hold the position without pressure points. Additionally, the non-slip texture of the mat keeps the body grounded, preventing any shifting during extended holds, thereby promoting a sense of balance and calm.



Fig. 6.17: Viprith Karni on Mat

Correct usage of a Yoga Mat

To maximize safety and effectiveness, it's essential to use Yoga mats correctly:

(a) Mat placement:

1. **Flat surface:** Always place the mat on a flat, even floor to prevent bunching or sliding.
2. **Non-slip base:** Ensure that the underside grips the floor, especially on smooth surfaces.
3. **Alignment Marks:** Some mats have alignment lines to guide proper foot and hand placement.

(b) Hand and Foot Placement

1. **Full contact:** Ensure that the entire palm and sole are in contact with the mat to maximize grip.
2. **Even distribution:** Distribute body weight evenly across the mat to prevent wrinkling or sliding.
3. **Maintaining distance:** Keep hands and feet shoulder-width apart in poses like Downward Dog to maintain stability.

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(c) Maintenance and Hygiene

1. **Regular cleaning:** Wipe the mat with a disinfectant solution after every session.
2. **Deep cleaning:** Wash periodically to remove accumulated sweat and dirt.
3. **Storage:** Roll the mat with the clean side facing out to prevent contamination.
4. **Drying:** Air dry thoroughly before rolling to prevent mold and odor.

Potential Risks and Prevention

Improper use of Yoga mats can lead to injuries. Here are common mistakes and their

Table. 6.6: Yoga Mat: Mistakes, Risks and Prevention

Mistake	Potential Injury	How to Prevent
Using a worn-out or torn mat	Slips and falls	Replace mats when they show signs of wear
Placing the mat on a slippery surface	Mat sliding during dynamic poses	Use a non-slip pad underneath or place on a textured floor
Not cleaning the mat regularly	Skin irritation or infections	Clean after each use and deep clean weekly
Using a mat that is too thin for high-impact poses	Joint pain or bruising	Choose a thicker mat for practices involving floor contact
Rolling up a damp mat	Mold and unpleasant odor	Allow the mat to dry completely before storing

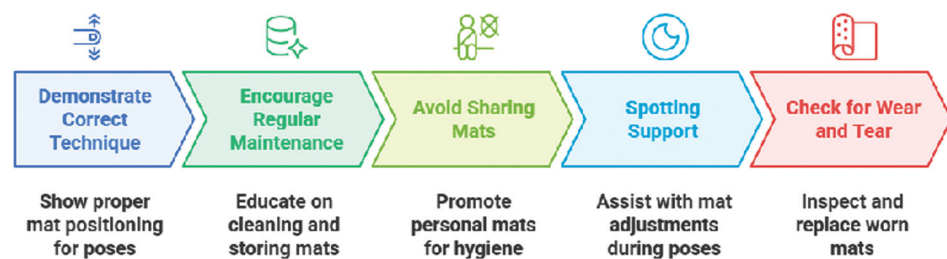
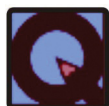


Fig. 6.18: Tips for Safe Usage of Yoga Mat

As a Yoga Assistant – Sports, it is your responsibility to ensure that athletes use Yoga mats safely and correctly. Educate athletes about selecting mats based on their practice type and individual needs. Demonstrate proper placement, grip techniques, and maintenance routines. By guiding athletes on safe and correct usage, you help them maintain stability and comfort while reducing the risk of injury.



INTEXT QUESTIONS 6.1

Fill in the blanks:

- Improper use of yoga straps can lead to
- bolsters are flat and stable, suitable for seated poses and gentle back support.
- and are types of Yoga mats.



Notes

6.2 GENERAL SAFETY MEASURES TO BE TAKEN WHILE USING PROPS

When using props during Yoga practice, it is essential to prioritize safety to enhance performance while minimizing the risk of injury. Props such as Yoga blocks, straps, bolsters, blankets, chairs, and walls are widely used to support posture, improve alignment, and increase flexibility. However, incorrect use or lack of maintenance can lead to injuries. Below are key safety measures to consider when using props in Yoga practice:

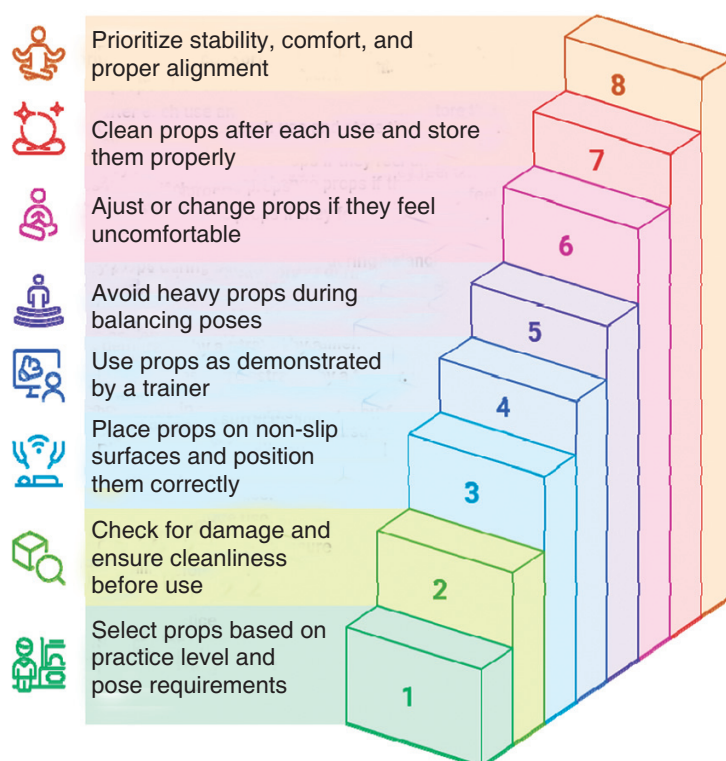


Fig. 6.19: General Safety Steps for Yoga Props

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Safe Handling Practices during Sessions:

Safe handling practices during Yoga sessions are essential to prevent injuries, maintain hygiene, and ensure a positive experience for all participants. Whether using props, guiding movements, or adjusting postures, it is crucial to follow safety protocols that promote both physical and emotional health. Proper handling techniques not only enhance the effectiveness of the session but also build trust between the Yoga Assistant – Sports and the practitioners. By adopting mindful practices and being attentive to individual needs, Yoga sessions can be conducted safely and efficiently.



Fig. 6.20: Safe Handling Practices while using Props

6.3 REAL-WORLD SCENARIOS

- **Scenario 1:** A Yoga block tips over during a balancing pose, causing the athlete to stumble.
Response: Immediately check for injury, provide a more stable prop, and guide on proper block usage.
- **Scenario 2:** A strap snaps during a stretching exercise.
Response: Stop the practice, assess the athlete's condition, and replace the faulty strap.
- **Scenario 3:** An athlete complains of slipping on a mat during a dynamic pose.
Response: Dry the mat, use a non-slip towel, or replace the mat if the surface is worn out.

6.4 INCORPORATING SAFETY IN TRAINING

As a Yoga Assistant – Sports, it is crucial to maintain a safe environment by ensuring the proper use of props. Props such as blocks, straps, and bolsters play

a significant role in supporting athletes during complex poses. However, when not used correctly, they can lead to injuries. Therefore, adopting a proactive approach to prop safety is essential.

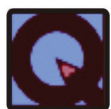
Example:

During a Yoga Session focused on deep stretching, one of the athletes used a foam block to support the backbend. Due to improper placement, the block slipped, causing a minor fall. To prevent similar incidents, the Yoga Assistant educated the group about stabilizing props on flat, non-slippery surfaces and regularly checking the condition of foam blocks for wear and tear.

Best Practices for Prop Safety

- **Educate continuously:** Regularly reinforce the importance of using props safely during every session. For example, remind athletes to position blocks on stable surfaces and check for any damage before use.
- **Conduct safety drills:** Simulate situations where props might slip or fail, allowing athletes to practice safely reacting to such incidents. This prepares them to handle real-life situations more confidently.
- **Document incidents:** Maintain a log of any prop-related accidents, including details of what happened, the corrective measures taken, and units learned. This practice helps track patterns and improves future safety protocols.

By emphasizing continuous education, proactive practice, and thorough documentation, Yoga assistants can significantly minimize risks associated with prop usage, creating a safer and more effective training environment. Let me know if you need more examples or suggestions!



INTEXT QUESTIONS 6.2

1. State True (T) and False (F)
 - (a) Leaning too much on the block during Yoga practice is good. ()
 - (b) One should use both the hands while using Yoga strap ()
 - (c) Yoga bolsters provide comfort and support during Yoga session. ()
 - (d) All types of chairs can be used during Yoga practice. ()

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Props, Equipment, and Safety



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you learnt about:

- The usage of Yoga props and equipments, such as Yoga block; Yoga mat; Yoga strap, Yoga bolster, Yoga blanket, and Yoga chair in the session.
- General safety measure to be taken while using props.
- Best practice for pop safety is to educate continuously; conduct safety drills, and document prop related incidents.



TERMINAL QUESTIONS

1. Explain the usage of Yoga block; Yoga bolster; and Yoga chair.
2. What are the general safety measures to be taken while using props during Yoga practice.
3. What is the correct method of using Yoga blocks?
4. Mention any two common mistakes of using Yoga strap.



ANSWER TO INTEXT QUESTIONS

6.1

1. (a) injuries (b) Rectangular (c) PVC and rubber

6.2

1. (a) False (b) True (c) True (d) False



Notes

7

TYPES OF YOGA AND POSTURAL TECHNIQUES

Dear learners, Yoga as a practice has evolved over thousands of years, leading to the development of various styles and approaches. As a Yoga Assistant, it is essential to know the fundamental types of Yoga, their unique benefits, and how to guide athletes in maintaining proper posture during sessions. Correct posture is vital for enhancing athletic performance, preventing injuries, and maintaining balance and alignment.

In this unit, you will study about different types of Yoga, common postural errors and their corrections.



OBJECTIVES

After studying this unit, you will be able to:

- identify the different types of Yoga and their primary focus;
- understand the key differences between Yoga practices;
- recognize common postural errors and their corrections;
- apply correct posture techniques during practice.

7.1 DIFFERENT TYPES OF YOGA AND THEIR FOCUS

Yoga, obtained as a traditional legacy, has remained an integral part of Indian culture since ancient times. It is not only a priceless heritage, but a healthy lifestyle, a secret gift, which teaches human beings the art of living life. Yoga is not just an

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exercise but an art to make life holistic and blissful. Our saints and sages have been following the Yogic lifestyle since time immemorial. As a matter of fact, during the past few decades, Yoga has come to occupy a place in our daily lives beyond the confinement of Ashrams and Sages.

By choosing the appropriate type of Yoga, athletes can effectively support their training regimen, whether aiming to build strength, endurance, flexibility, or recovery. Integrating these practices into sports training can significantly enhance overall fitness and performance.

Dear learners, let's begin by exploring the primary types of Yoga and their specific focus.

Yoga is a diverse practice encompassing various styles, each designed to achieve specific physical, mental, or spiritual outcomes. Athletes often integrate Yoga into their training to enhance flexibility, strength, endurance, or relaxation. Understanding the types of Yoga and their unique benefits is crucial for selecting the most suitable practice based on athletic goals. Here are the key types of Yoga commonly used in sports training:

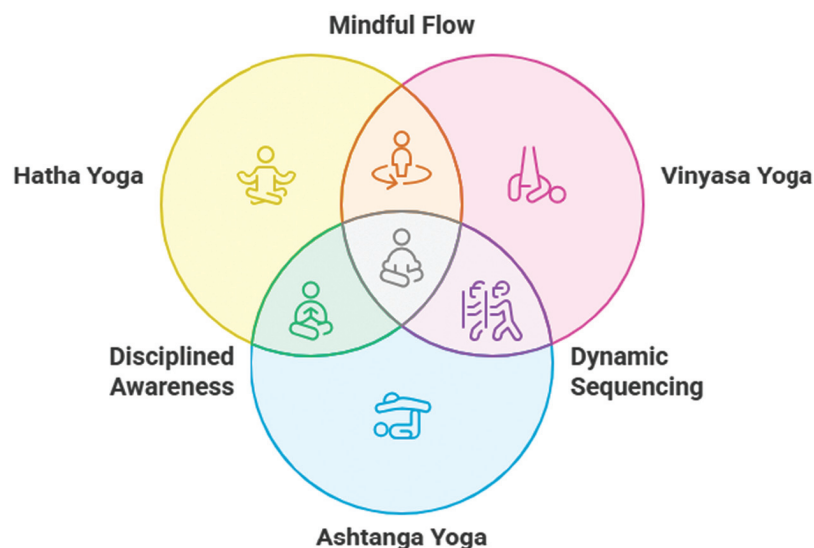


Fig. 7.1: Unity and Diversity in Yoga Styles

1. Hatha Yoga: Improving Flexibility and Muscle Control

Hatha Yoga emphasizes static postures and controlled breathing, making it ideal for athletes aiming to improve flexibility and muscle control. Holding poses for

longer periods enhances muscular endurance while promoting a calm mental state.

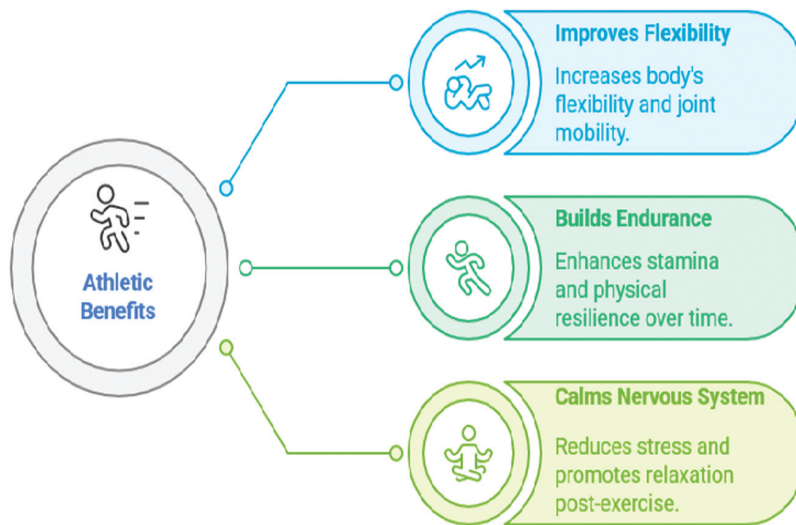


Fig. 7.2: Athletic Benefits of Hatha Yoga

Suitable for: Endurance athletes, flexibility training, recovery sessions.

Example Asanas: Tadasana, Vrikshasana.



Fig. 7.3: Tadasana



Fig. 7.4: Vrikshasana

2. Vinyasa Yoga: Building Cardiovascular Fitness and Coordination

Vinyasa Yoga involves a dynamic flow, transitioning smoothly from one pose to another. This fluidity mirrors continuous sports movements, making it excellent for cardiovascular fitness and coordination.

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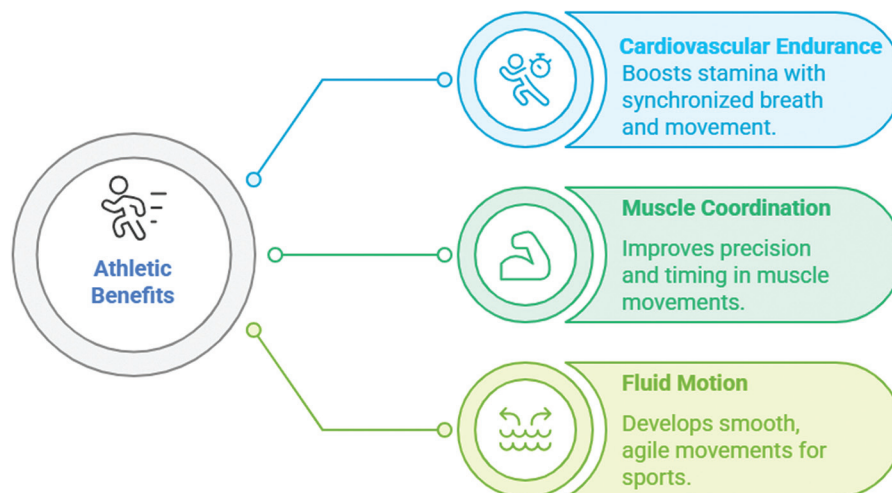


Fig. 7.5: Athletic Benefits of Vinyasa Yoga

Suitable for: High-intensity sports, endurance training.

Example Asanas: Sun Salutations, Plank to Chaturanga, Downward Dog.

Surya Namasakar – The Sun Salutation

- A classical sequence of 12 Powerful Poses for Strength, Flexibility & Inner Calm
- Traditionally done at sunrise, facing the sun.
- Regular practice of Surya Namasakar, Balances body, breath, and energy
- It acts as a full-body workout + moving meditation



Fig. 7.6: Step 1: Pranamasana



Fig. 7.7: Step 2: Hastauttanasana



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Fig. 7.8: Step 3: Padahasthasana



Fig. 7.9: Step 4: Ashwa Sanchalanasana



Fig. 7.10: Step 5: Dandasana

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Fig. 7.11: Step 6: Ashtanga Namaskara



Fig. 7.12: Step 7: Bhujangasana



Fig. 7.13: Step 8: Adho Mukha Svanasana



Fig. 7.14: Step 9: Ashwa Sanchalanasana (Opposite Leg)



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Fig. 7.15: Step 10: Padahasthasana



Fig. 7.16: Step 11: Hastauttanasana



Fig. 7.17: Step 12: Pranamasana

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Fig. 7.18: Surya Namaskar

3. Ashtanga Yoga: Developing Strength and Mental Discipline

Ashtanga Yoga is a structured, physically demanding practice focusing on strength, stamina, and mental focus. Athletes involved in strength-based sports benefit from its rigorous sequences.

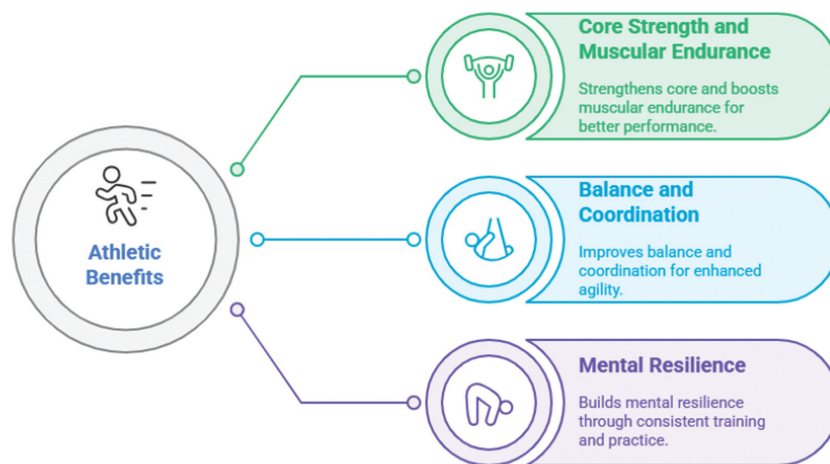


Fig. 7.19: Athletic Benefits of Ashtanga Yoga

Suitable for: Strength training, combat sports, power athletes.

Example Asanas: Warrior I, Naukasana



Fig. 7.20: Warrior I



Fig. 7.21: Naukasana

4. Power Yoga: Enhancing Strength, Endurance, and Athletic Performance

Power Yoga is a vigorous, fitness-oriented form that combines strength and dynamic movements. It helps athletes build power and endurance, aligning well with sports requiring strength and reflexes.



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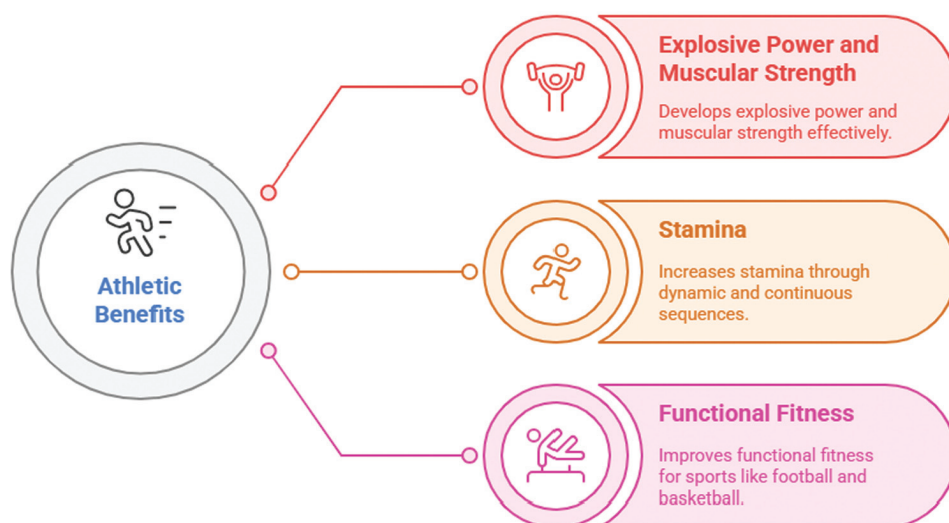


Fig. 7.22: Athletic Benefits of Power Yoga

Suitable for: High-performance athletes, powerlifting, endurance sports.

Example: Bakasana and Chaturanga dandasana



Fig. 7.23: Bakasana



Fig. 7.24: Chaturanga Dandasana

5. Restorative Yoga: Fostering Recovery and Relaxation

Restorative Yoga focuses on passive stretching and relaxation, helping athletes recover from intense training by relieving muscle tension. Holding poses for extended periods aids physical and mental recovery.

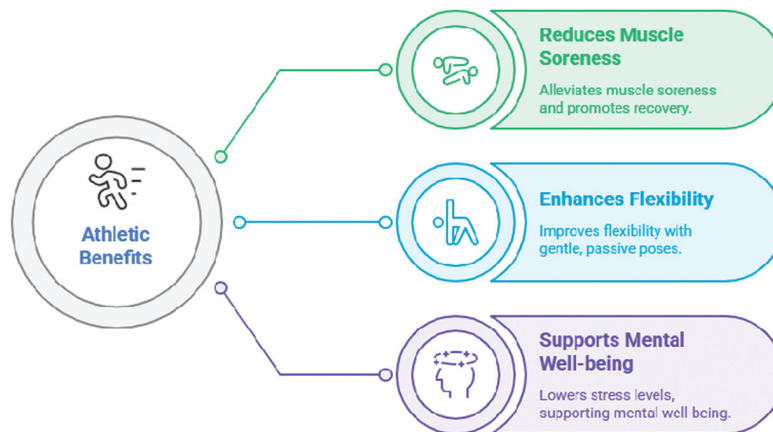


Fig. 7.25: Athletic Benefits of Restorative Yoga

Suitable for: Post-training recovery, injury management.

Example: Supta Baddha Konasana, Setu Bandha Sarvangasana



Fig. 7.26: Supta Baddha Konasana



Fig. 7.27: Setu Bandha Sarvangasana

6. Iyengar Yoga: Precision and Alignment

Iyengar Yoga is a form of Hatha Yoga that focuses on precise alignment and the use of props like blocks, straps, and bolsters. It emphasizes holding poses for



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longer periods to build strength, stability, and body awareness. This method is highly therapeutic and beneficial for athletes seeking to correct posture or recover from injuries.

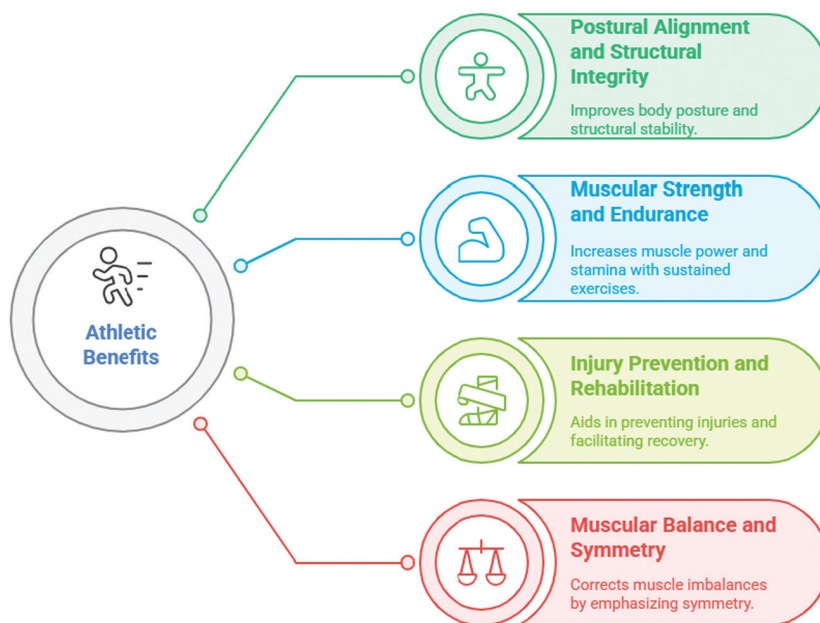


Fig. 7.28: Athletic Benefits of Iyengar Yoga

Suitable for: Rehabilitation, injury prevention, enhancing muscular balance.

Example: Vipararith Karni (with bolster), Supta Virasana



Fig. 7.29: Vipararith Karni (with Bolster)



Fig. 7.30: Supta Vajrasana



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7. Kundalini Yoga: Building Inner Strength and Mental Clarity

Kundalini Yoga focuses on awakening energy (Kundalini) through dynamic breathing techniques, chanting, meditation, and repetitive movements. It is a spiritual practice aimed at increasing awareness and mental clarity, but it also benefits athletes by enhancing respiratory efficiency and mental resilience.

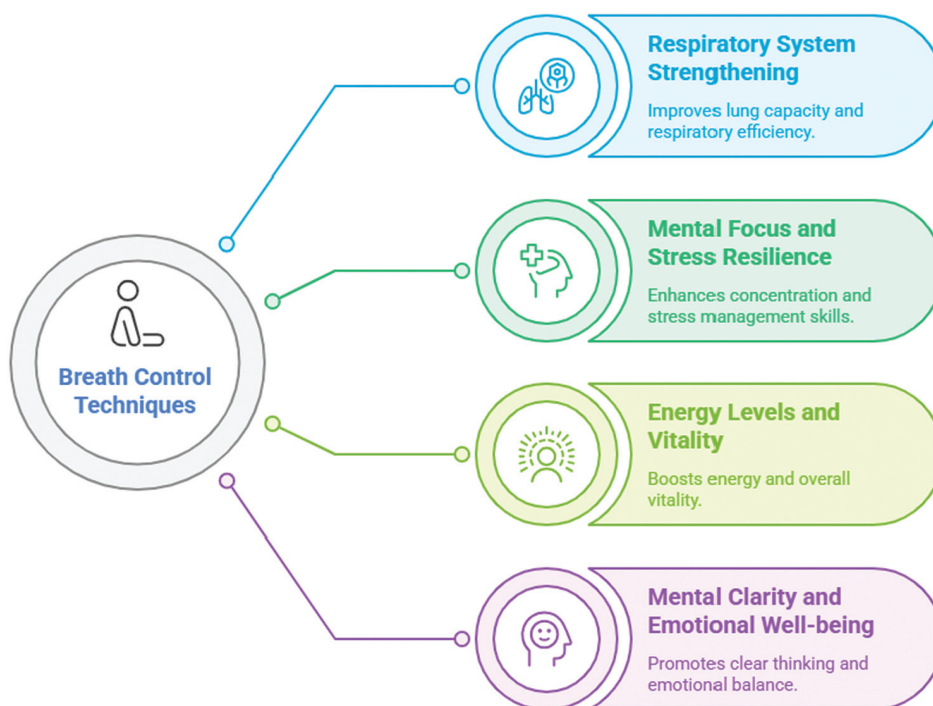


Fig. 7.31: Athletic Benefits of Kundalini Yoga

Suitable for: Mental conditioning, stress management, improving breathing capacity.

Example: Kapalbhatai, Spinal Flex

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Fig. 7.32: Kapalbhati



Fig. 7.33: Spinal Flex

8. Bikram Yoga: Enhancing Strength, Flexibility, and Detoxification

Bikram Yoga is a form of hot Yoga practiced in a room heated to approximately 105°F (40°C) with 40% humidity. It consists of a fixed sequence of 26 postures and 2 breathing exercises. The heat promotes flexibility, detoxification, and increased cardiovascular endurance, making it a rigorous practice suited for athletes looking to build strength and stamina while also flushing out toxins.

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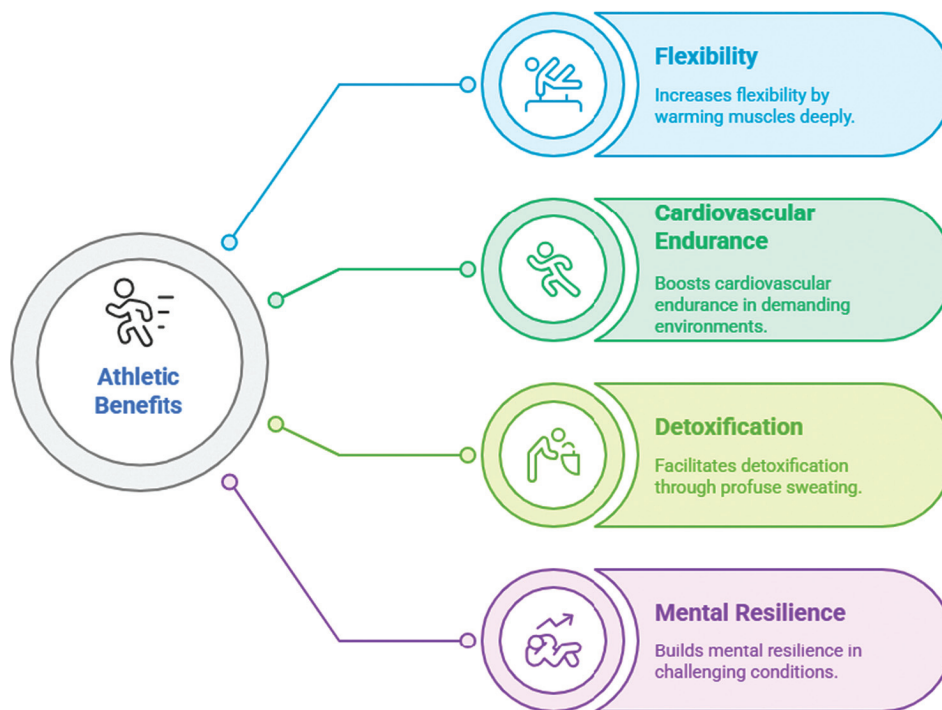


Fig. 7.34: Athletic Benefits of Bikram Yoga

Suitable for: Endurance athletes, weight management, improving flexibility.

Example: Dandayamana Janu, Dhanurasana



Fig. 7.35: Dandayama Janu

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Fig. 7.36: Dhanurasana

7.2 UNDERSTANDING POSTURAL TECHNIQUES

Maintaining correct posture is essential for effective Yoga practice, especially in sports settings where balance and alignment are crucial. Postural awareness reduces the risk of injury, enhances muscle engagement, and improves performance.

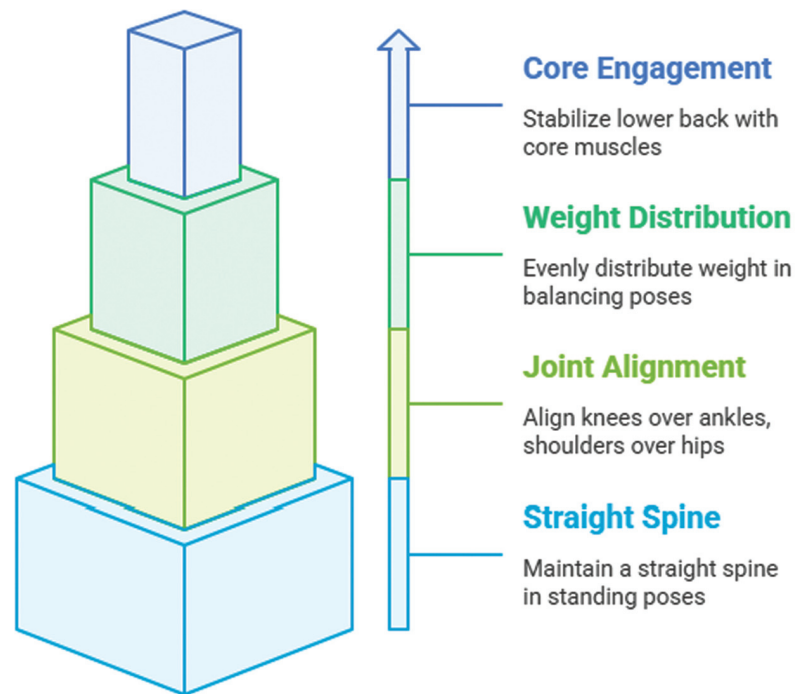
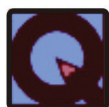


Fig. 7.37: Yoga Alignment Principles

Correct posture is not just about form – it's about integrating balance, breath, and awareness. Let's look at common postural mistakes and how to correct them. Following are some common postural mistakes and corrections.

Table. 7.1: Common Postural Mistakes and Corrections

Mistake	Correction
Rounding the back in Forward Fold	Keep spine elongated, hinge from hips, soften knees if needed
Hyperextending the knee in Warrior I	Slightly bend the knee to avoid strain, align knee over ankle
Leaning forward in Tree Pose	Ground through the standing leg, keep the pelvis neutral
Dropping the head in Downward Dog	Lengthen neck, gaze between feet, press through hands



INTEXT QUESTIONS 7.1

1. Match the column:

A

- (i) Hath Yoga
- (ii) Vinyasa Yoga
- (iii) Ashtanga Yoga
- (iv) Iyengar Yoga
- (v) Kundalini Yoga

B

- (a) building inner strength and mental clarity
- (b) developing strength and mental discipline
- (c) precision and alignment
- (d) improving flexibility and muscle control
- (e) building cardiovascular fitness and coordination

7.3 PRACTICAL APPLICATION – TEACHING CORRECT POSTURES

Dear learners, as a Yoga Assistant – Sports, your job is to support the Yoga Trainer/ Instructor in guiding learners to apply correct postures by following techniques.

- **Verbal cues:** Use clear, concise instructions to guide athletes into correct alignment.
Example: “Draw your shoulder blades down and engage your core.”
- **Physical adjustments:** Gently assist athletes in aligning their limbs, especially in complex poses.
- **Visual demonstration:** Perform the correct version of the pose while highlighting key points.
- **Using props:** Use blocks or straps to aid alignment, especially in poses that challenge flexibility.



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7.4 INCORRECT EXECUTION OF YOGA TECHNIQUES

As a Yoga Assistant – Sports, your job is to observe quietly and make sure learners are safe and focused. Watch for:

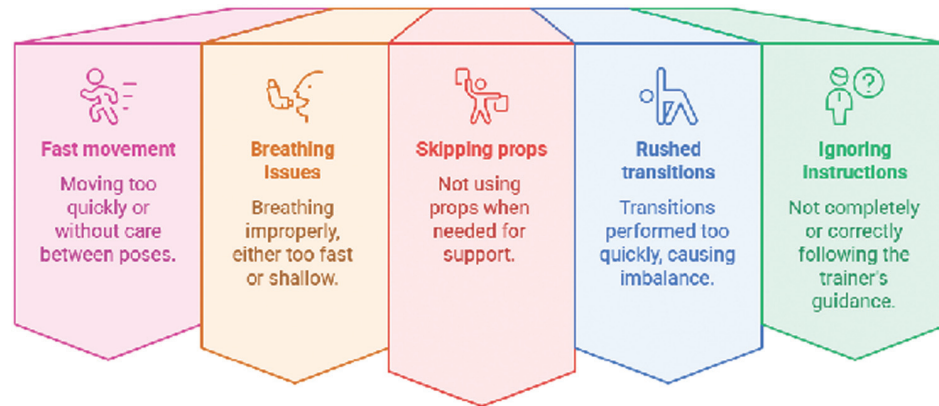


Fig. 7.38: Yoga Assistant Observation Plan

7.5 COMMON TECHNIQUE MISTAKES AND THEIR EFFECTS

Every part of a Yoga session should be done with care and control. Mistakes in posture, breathing, or transitions can affect the body and mind. Table 7.2 highlight common mistakes in techniques.

Fig. 7.2: Yoga: Technique, Mistakes and Effect

Technique	Common Mistake	Possible Effect
Asana (pose)	Jerky movements, skipping warm-up	Muscle strain, joint pain
Pranayama	Breathing too fast or through the mouth	Dizziness, breathlessness
Kriyas (cleansing)	Using too much force, wrong order	Fatigue, nausea
Transitions	Moving too fast or carelessly	Loss of balance, risk of injury
Relaxation	Fidgeting, eyes open, shallow breathing	Poor recovery, low mental focus

How to Support the Learners

Here's how you can help:

- Stay alert without interrupting the session
- Offer props like blocks or straps when needed (ask the trainer first)

- Guide breathing by reminding learners to slow down and match movement with breath
- Report serious issues to the trainer privately after class
- Encourage calm, mindful movement and discourage rushing or forcing

Correcting errors in Yoga requires a mindful and respectful approach, especially when working with athletes or Yoga practitioners. It is essential to prioritize safety during postural adjustments to avoid injury or discomfort. One of the first steps is to obtain consent, as not every individual may feel comfortable with physical adjustments. When performing adjustments, it is crucial to be gentle, applying minimal pressure to guide movements rather than forcing alignment.

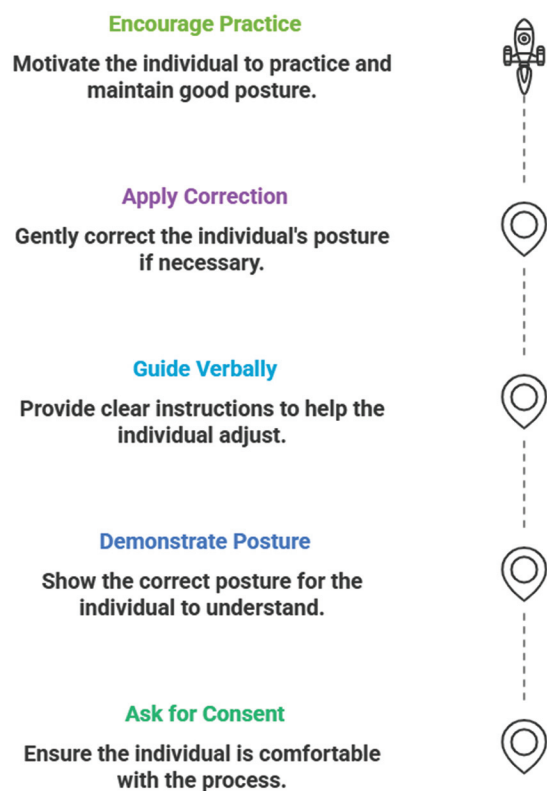


Fig 7.39: Safe Postural Adjustment Routine

Encouraging self-adjustment is a proactive way to help athletes become more aware of their own body positioning, promoting independence and self-correction. Additionally, it is vital to avoid pushing joints beyond their natural range to prevent overstretching or strain. Throughout the adjustment process, it is equally important to monitor the athlete's breathing, ensuring they maintain a steady and relaxed breath pattern, as this indicates comfort and ease during the adjustment.

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By adhering to these safety measures, Yoga Assistant – Sports can create a supportive and injury-free environment while helping athletes achieve correct postural alignment.



INTEXT QUESTIONS 7.2

Multiple-choice questions:

1. During a Yoga session, an athlete complains of discomfort while performing a deep lunge. What should you do?
 - (a) Encourage them to push through the pain
 - (b) Modify the posture by using a block for support
 - (c) Ignore and move on to the next pose
 - (d) Ask them to skip the exercise entirely
2. You notice an athlete holding their breath during a challenging pose. What is the best approach?
 - (a) Correct them and guide them to breathe steadily
 - (b) Ignore it as breath control is not essential
 - (c) Increase the difficulty to challenge their endurance
 - (d) Allow them to continue, as it shows effort
3. An athlete performing a balance pose loses stability frequently. What should you do?
 - (a) Encourage them to keep trying without changes
 - (b) Suggest using a wall or chair for support
 - (c) Move on to a more advanced posture
 - (d) Criticize their lack of coordination



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you learnt about:

- Various types of yoga commonly used in sports training.
- The key types are Hatha Yoga; Vinyasa Yoga; Ashtanga Yoga; Power Yoga; Restorative Yoga; Iyengar Yoga; Kundalini Yoga; and Bikram Yoga.

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- You also learnt about teaching correct postures like verbal cue; physical adjustments; verbal demonstration; and using props.
- Identifying common technique mistakes while performing Asanas and their remedial measures are hallmark of a Yoga Assistant.



TERMINAL QUESTIONS

1. Explain Hatha Yoga; Vinyasa flow; and Iyengar Yoga.
2. What are the practical application aspects in teaching correct postures.
3. State common technique mistakes and their effect.



ANSWER TO INTEXT QUESTIONS

7.1

1. (d)
2. (e)
3. (b)
4. (c)
5. (a)

7.2

1. (b)
2. (a)
3. (b)

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8

INJURY PREVENTION AND EMERGENCY PROTOCOLS

Dear learners, in the previous unit, you have learnt about different types of yoga with props knowledge of Yoga the practitioner can avail the optimum benefits to get complete health. Overall health can be attained in daily life by adopting different types of yoga. It is necessary to do Yoga practice in order to stay healthy and to prevent injuries.

In this unit, you will study about common types of injuries that may occurs during Yoga session and their preventing measures.



OBJECTIVES

After studying this unit, you will be able to:

- identify common types of injuries that may occur during Yoga sessions;
- understand the causes leading to injuries in Yoga;
- apply preventive techniques to minimize injury risks;
- execute emergency protocols effectively during medical situations.

8.1 COMMON INJURIES IN YOGA PRACTICE

Yoga is generally a safe practice when performed mindfully, but injuries can occur when techniques are incorrect, when the body is pushed beyond its limits, or when the environment is unsuitable. Understanding the common types of injuries helps practitioners take preventive measures and practice Yoga safely.



1. Muscle Strains

Muscle strains occur when a muscle is overstretched or torn, typically due to excessive force or improper technique. Commonly affected areas include the hamstrings, lower back, and shoulders.

Causes

1. Overstretching during deep poses, such as splits or Paschimottanasana.

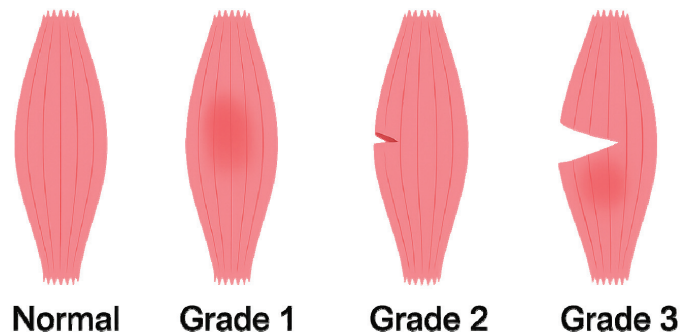


Fig. 8.1: Muscle Strain

2. Sudden, forceful movements while transitioning between poses.
3. Inadequate warm-up, leading to stiff muscles being forced into intense positions.
4. Poor muscle engagement, especially in poses requiring core stability.

Prevention

1. **Warm-up:** Always start with a dynamic warm-up to prepare the muscles.
2. **Gradual stretching:** Increase flexibility gradually rather than forcing the body into deep stretches.
3. **Proper technique:** Maintain alignment to avoid overstretching.
4. **Listen to your body:** Avoid pushing beyond your comfort level, especially during intense poses.
5. **Use props:** Utilize blocks or straps to support tight muscles.

2. Ligament Sprains

Sprains involve overstretching or tearing of ligaments, often caused by twisting or jerking movements. The knees, wrists, and ankles are particularly susceptible.

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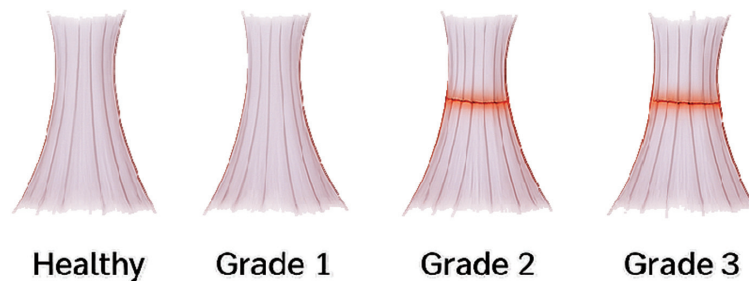


Fig. 8.2: Ligament Sprain

Causes

1. Improper alignment in poses like Warrior II or Trikonasana
2. Lack of stability during balancing postures, leading to unexpected shifts.
3. Rapid transitions between poses without mindful adjustments.
4. Excessive force applied during stretching of ligaments.
5. Practicing on uneven or slippery surfaces.

Prevention

1. **Stable footing:** Practice on non-slip mats to reduce twisting or slipping.
2. **Controlled transitions:** Move slowly when shifting between poses to maintain balance.
3. **Avoid over-rotation:** Limit the range of motion in joints to prevent overstretching.
4. **Strengthen supporting muscles:** Incorporate stability exercises to protect joints.
5. **Proper alignment:** Ensure the knees and toes point in the same direction during standing poses.

3. Joint Injuries (Knee, Shoulder, Wrist)

These injuries can occur due to excessive pressure on joints, particularly when alignment is compromised. The knees, shoulders, and wrists are most vulnerable.

Causes

1. Hyperextension of the knees in standing poses like Triangle or Warrior I.
2. Placing excessive weight on the wrists during poses like Plank or Crow.
3. Poor shoulder engagement while performing Chaturanga, leading to rotator cuff strain.

- Using too much force while transitioning between arm balances.

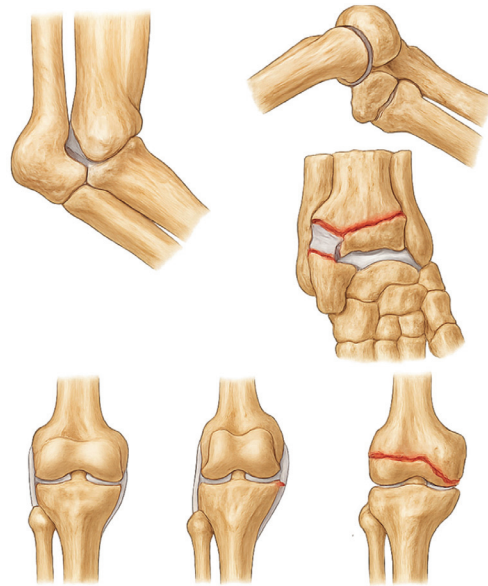


Fig. 8.3: Joint Injuries

Prevention

- Alignment awareness:** Keep joints stacked (e.g., shoulders over wrists) during weight-bearing poses.
- Modify high-impact poses:** Use knee pads or double mats for knee support.
- Engage core:** Activate the core to reduce joint stress, especially in arm balances.
- Prop usage:** Use blocks to decrease the load on wrists and knees.
- Build gradually:** Start with simpler variations before progressing to advanced postures.

4. Lower Back Injuries

Lower back pain or injury often results from poor spinal alignment or excessive bending.

Causes

- Rounding the spine in forward folds, creating uneven pressure.
- Hyperextending the lower back during poses like Cobra or Wheel.



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3. Lack of core engagement, leading to spinal compression.
4. Repetitive practice of deep backbends without proper technique.
5. Excessive twisting in seated or standing poses.

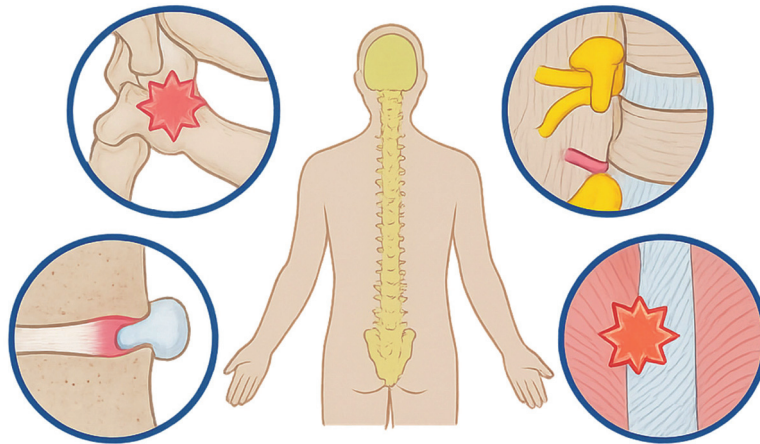


Fig. 8.4: Back injuries

Prevention

1. **Engage the core:** Strengthen the core muscles to support the spine.
2. **Proper curvature:** Maintain a natural lumbar curve in forward folds.
3. **Avoid hyperextension:** Limit backbends to your flexibility range.
4. **Strengthen the back:** Incorporate postures like Cobra and Locust to build spinal strength.
5. **Gentle twisting:** Keep the spine elongated when twisting to avoid compression.

5. Neck and Cervical Spine Injuries

Strain or injury to the neck occurs when the cervical spine is improperly aligned or excessively loaded, especially in headstands or shoulder stands.

Causes

1. Poor alignment during inversions, putting direct pressure on the neck.
2. Lack of neck support during poses requiring shoulder elevation.
3. Abrupt movements while transitioning between inverted poses.

4. Prolonged holding of neck-heavy postures without breaks.

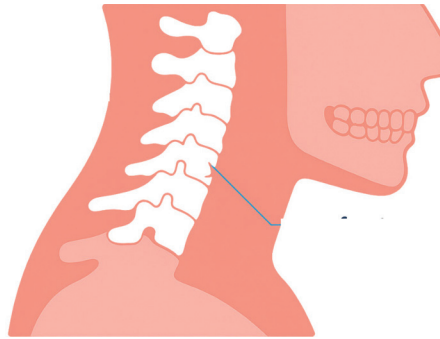


Fig. 8.5: Neck Injuries

Prevention

1. **Alignment checks:** Avoid excessive bending or dropping of the neck in poses.
2. **Support the neck:** Use blankets or cushions in shoulder stands to maintain the natural curve.
3. **Avoid sudden movements:** Move the neck slowly between positions, especially in inversions.
4. **Strengthen neck muscles:** Incorporate gentle neck stretches and strengthening exercises.
5. **Correct head Position:** Keep the neck in line with the spine during poses like Plank or Chaturanga.

6. Wrist and Elbow Pain

Wrist and elbow pain are common due to weight-bearing in poses like Plank and Downward Dog.

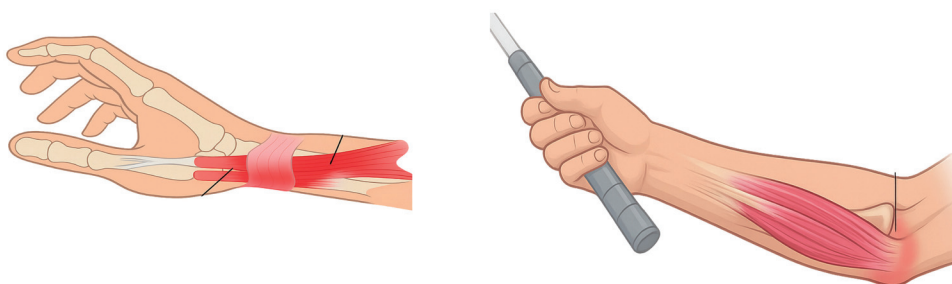


Fig. 8.6: Wrist and Elbow Injuries



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Causes

1. Incorrect hand placement, leading to uneven pressure distribution.
2. Bearing excessive weight on the heel of the palm rather than spreading it across the fingers.
3. Weak forearm and wrist muscles unable to support the body weight.
4. Performing arm balances without wrist warm-up or conditioning.
5. Practicing on hard or uneven surfaces.

Prevention

1. **Weight distribution:** Spread fingers wide and press into the whole hand to reduce wrist pressure.
2. **Modify poses:** Use fists or forearms instead of flat palms when wrists are sore.
3. **Wrist flexibility:** Practice gentle wrist circles before weight-bearing poses.
4. **Strengthen forearms:** Include exercises like wrist curls and grip training.
5. **Use props:** Employ Yoga wedges to reduce the angle of wrist extension.

7. Hip and Groin Injuries

These injuries result from deep external rotation or overstretching the hip flexors.

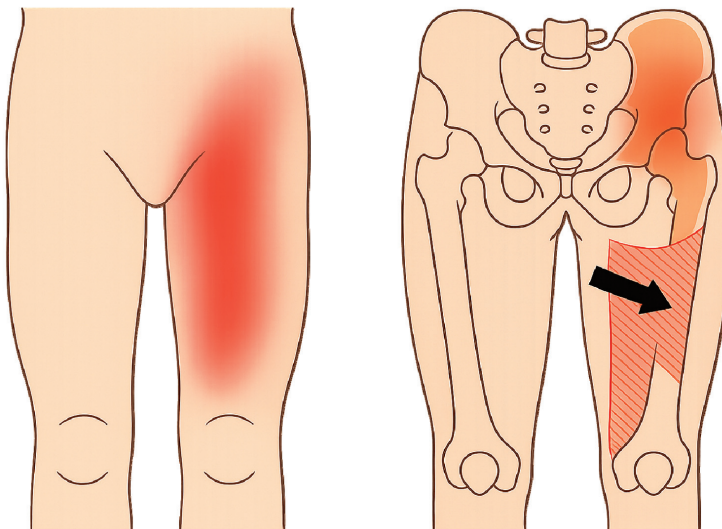


Fig. 8.7: Hip and Groin Injuries

Causes

1. Forcing legs into deep rotation, such as in Pigeon Pose or Lotus.
2. Overstretching the hip flexors in lunges or splits.
3. Practicing advanced poses without sufficient hip flexibility.
4. Holding deep stretches for prolonged periods without proper support.
5. Ignoring warning signs like discomfort or sharp pain.

Prevention

1. **Gradual opening:** Start with mild hip stretches and progress to deeper ones.
2. **Balanced practice:** Alternate between internal and external hip rotations to maintain joint balance.
3. **Prop support:** Use blankets or bolsters under the hips for comfort in poses like pigeon.
4. **Gentle twisting:** Avoid forceful rotation in deep hip openers.
5. **Active engagement:** Keep the muscles around the hips engaged rather than passively sinking into the stretch.

8. Hamstring Injuries

Tight hamstrings are prone to injury during forward bends or leg lifts.

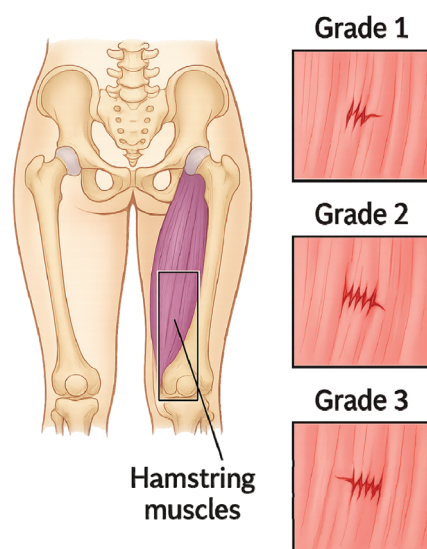


Fig. 8.8: Hamstring Injuries



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Causes

1. Forcing forward folds without sufficient warm-up.
2. Pulling too hard on the legs in seated stretches.
3. Using excessive force in poses like Standing Forward Bend.
4. Ignoring tightness and pushing beyond the body's limits.

Prevention

1. **Ease into forward folds:** Bend the knees slightly before fully extending the legs.
2. **Active stretching:** Engage the thigh muscles to protect the hamstrings.
3. **Controlled movements:** Avoid jerking or bouncing during stretches.
4. **Strengthen hamstrings:** Incorporate leg curls and bridge variations.
5. **Use straps:** Aid flexibility with straps in seated forward bends.

9. Shoulder and Rotator Cuff Strain

These injuries occur when the shoulders are inadequately supported or improperly aligned.

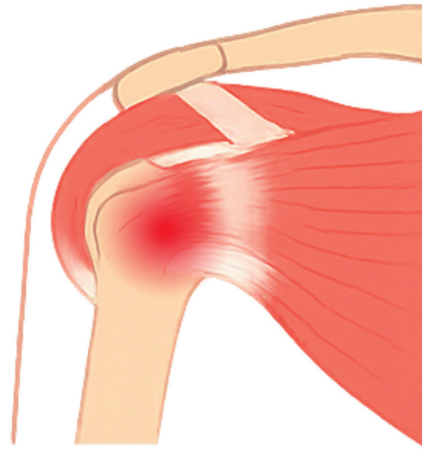


Fig. 8.9: Shoulder Injuries

Causes

1. Lowering too far in Chaturanga, straining the rotator cuff muscles.
2. Failing to retract the shoulders during plank variations.
3. Dropping the shoulders below elbow height in arm balances.

4. Insufficient scapular engagement during weight-bearing poses.
5. Overuse from repetitive shoulder-intensive sequences.

Prevention

1. **Proper shoulder engagement:** Pull shoulder blades down and back during arm balances.
2. **Build shoulder stability:** Practice strengthening poses like Dolphin and Plank.
3. **Avoid over-rotation:** Keep the elbows slightly bent to avoid joint strain.
4. **Chaturanga safety:** Keep the shoulders no lower than the elbows during descent.
5. **Modify asanas:** Use wall support for shoulder-intensive poses.

10. Ankle and Foot Injuries

Imbalance or incorrect foot alignment in standing poses can lead to sprains or strains.

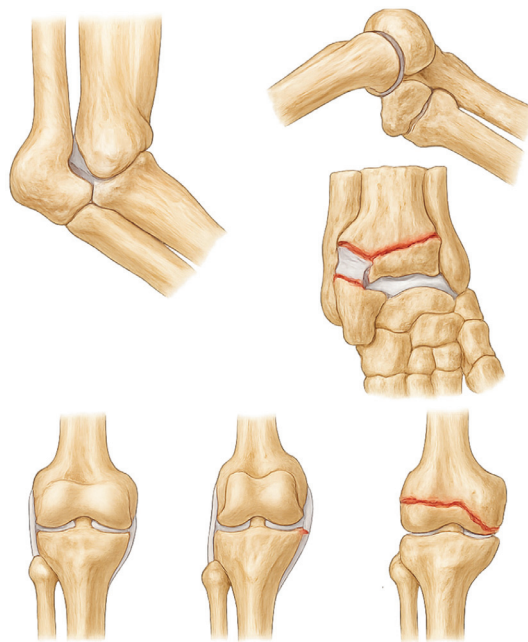


Fig. 8.10: Ankle and foot injuries

Causes

1. Rolling the ankle inward or outward during poses like Warrior III.
2. Practicing on slippery mats without proper grip.



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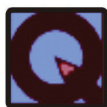
Injury Prevention and Emergency Protocols

3. Uneven weight distribution, especially in lunging poses.
4. Sudden shifts in balance causing ankle twists.
5. Wearing improper footwear before or after practice.

Prevention

1. **Proper foot alignment:** Keep the feet grounded and aligned in standing poses.
2. **Strengthen the ankles:** Practice balance exercises like Tree Pose to build stability.
3. **Use support:** Place a block under the heel if balance is challenging.
4. **Gradual progression:** Avoid advanced balancing poses without foundational stability.
5. **Warm up ankles:** Perform ankle circles before starting practice.

After understanding the common injuries in sports Yoga their causes and prevention, it is equally important to focus on types of injuries as well and first aid. It is essential to understand different types of injuries that can occur and the corresponding first aid techniques. Being equipped with this knowledge enables Yoga assistants (sports) to respond promptly and effectively, minimizing the impact of injuries and ensuring a safer practice environment. Let's now explore into the types of injuries commonly encountered in sports Yoga and the appropriate first aid responses for each.



INTEXT QUESTIONS 8.1

Fill in the blanks:

1. Over stretching during deep Yoga poses can cause strains.
2. To prevent ligament sprains one should practice on mats.
3. Joint injuries can occur due to on joints.
4. Lower back pain or injury often results from alignment or bending.

8.2 TYPES OF INJURIES AND FIRST AID TECHNIQUES

Sports Yoga can sometimes lead to injuries ranging from mild sprains to severe fractures. Understanding the injury type and applying appropriate first aid helps

ensure quick recovery and minimal disruption to training. Let us understand some common types of injuries

(a) Musculoskeletal Injuries (Sprains, Strains, Cramps)

- **Causes:** Improper alignment, sudden movements, overexertion.
- **Symptoms:** Swelling, bruising, restricted movement, severe pain.



Fig. 8.11: First Aid for Musculoskeletal Injuries

(b) Soft Tissue Injuries (Bruises, Cuts, Abrasions)

- **Causes:** Impact, friction, improper technique.
- **Symptoms:** Discoloration, bleeding, raw or scraped skin.



Fig. 8.12: First Aid for Soft Tissue Injuries

(c) Bone Injuries (Fractures, Dislocations)

- **Causes:** Falls, improper alignment, excessive force.
- **Symptoms:** Severe pain, deformity, swelling, immobility.



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Fig. 8.13: First Aid for Bone Injuries

(d) Nerve Injuries (Nerve Compression or Pinched Nerves)

- **Causes:** Overstretching, improper alignment, or repetitive movements.
- **Symptoms:** Tingling, numbness, sharp pain, weakness in the affected area.



Fig. 8.14: First Aid for Nerve Injuries

(e) Joint Injuries (Dislocations or Subluxations)

- **Causes:** Sudden force, incorrect alignment during poses, or over-rotation.
- **Symptoms:** Visible deformity, severe pain, limited movement, swelling.



Fig. 8.15: First Aid for Joint Injuries

(f) Heat-related Injuries (Heat Exhaustion, Dehydration)

- **Causes:** Practicing in hot environments or not hydrating adequately.
- **Symptoms:** Dizziness, headache, excessive sweating, muscle cramps.

**Fig. 8.16: First Aid for Heat related Injuries**

By understanding these additional injury types and their first aid responses, Yoga assistants (sports) can be better prepared to handle unexpected situations. To ensure quick and effective responses, it is important to have a well-stocked first aid kit readily available. Let's take a look at some common first aid items that are essential for managing injuries in a sports Yoga environment.

8.3 COMMON FIRST AID ITEMS CHECKLIST

- Elastic Bandages
- Sterile Gauze Pads
- Hydration Tablets
- Disinfectant Wipes
- Instant Heat Packs
- Disposable Gloves
- Tweezers
- Small Towel
- Cold Packs
- Pain Relief Spray
- Muscle Rub Ointment
- Supportive Braces
- Emergency Blanket
- CPR Mask
- scissors&Sterile Saline Solution
- Hand Sanitizer

**Fig. 8.17: First Aid**

While being prepared with the right first aid items is essential, prevention is always better than cure. Implementing general injury prevention techniques can significantly reduce the risk of injuries during sports Yoga sessions. Let's explore some effective strategies to create a safer and more supportive practice environment

8.4 GENERAL INJURY PREVENTION TECHNIQUES

Injury prevention is a fundamental aspect of maintaining a safe and effective Yoga practice, particularly when engaging in athletic or dynamic routines. Whether practicing independently or under the guidance of a Yoga Assistant – Sports, understanding the core principles of injury prevention helps reduce the risk of strains, sprains, joint issues, and muscle fatigue. Adopting following preventive techniques ensures that Yoga practice remains a positive and beneficial experience, fostering long-term physical health and fitness.



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Fig. 8.18: Foundations of Safe Yoga Practice

By following these prevention strategies, practitioners can reduce the risk of injuries while enhancing their Yoga practice's safety and effectiveness.

8.5 EMERGENCY PROTOCOLS DURING INJURY IN YOGA SESSIONS

During a Yoga session, injuries can occur despite following safety protocols. It is essential to respond promptly and efficiently to minimize the impact and ensure the recovery of the athlete. The first step is to assess the situation by identifying the severity of the injury through observation and by asking the injured person about their condition. Once the situation is evaluated, immediate care should be provided based on the nature of the injury. This may include basic first aid measures such as applying ice to reduce swelling or elevating the injured limb to minimize discomfort.

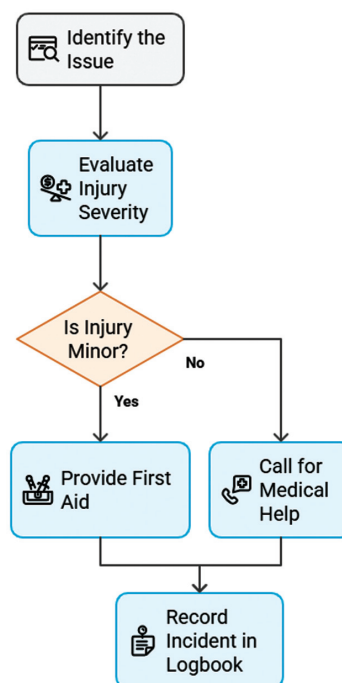


Fig. 8.19: Emergency Response During Injury

If the injury appears severe or life-threatening, it is crucial to call for medical assistance immediately. While waiting for help to arrive, keeping the athlete calm is of utmost importance. Using reassuring and comforting words can significantly reduce panic and help the individual feel more secure. In addition to managing the injury, documenting the incident accurately is essential. Recording the details of the injury, the initial response, and any first aid administered ensures proper follow-up care and legal compliance. Taking these systematic steps during an emergency not only ensures the safety of participants but also fosters a responsible and professional environment within the Yoga session.

8.6 PRACTICAL TIPS FOR HANDLING INJURIES

Managing injuries during Yoga sessions requires quick response and proactive safety measures. Here are some essential tips to enhance injury management:

- **Keep a first aid kit handy:** Ensure it contains essentials like bandages, antiseptic, ice packs, and a CPR mask. Regularly check for expired items.
- **Promote self-awareness:** Educate athletes to recognize the difference between healthy discomfort and injury pain, fostering mindful practice.
- **Use non-slip mats:** Opt for high-quality mats to reduce the risk of slipping, especially during balance poses.
- **Conduct safety drills:** Regularly practice emergency responses to build confidence in handling injuries calmly and efficiently.

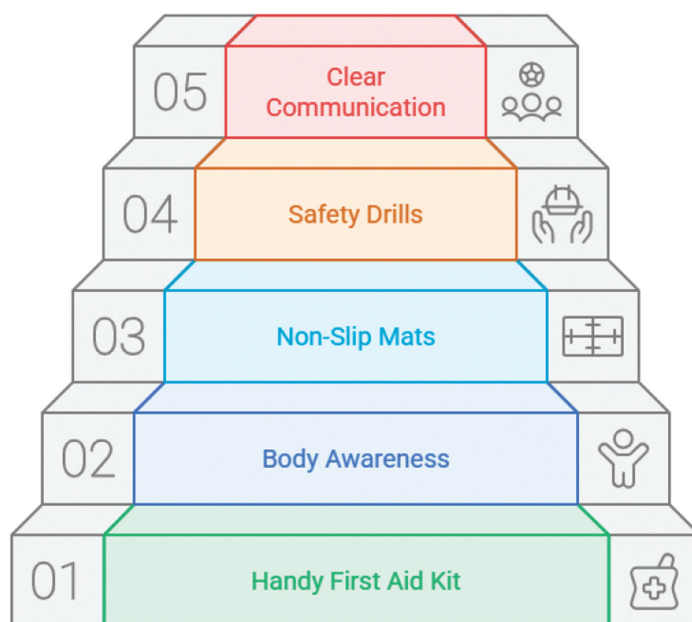


Fig. 8.20: Steps to Enhance Athlete Safety

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Demonstrate Basic Asanas and Assist Athletes During the Sessions



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- **Communicate safety protocols:** Clearly outline safety expectations at the start of each session and encourage athletes to report any discomfort immediately.

Implementing these practical tips helps maintain a safe and supportive environment, reducing the risk of injuries and ensuring a quick, organized response when incidents occur.

By incorporating these practical tips, Yoga assistant can significantly reduce the risk of injuries and create a more secure environment for athletes. Consistent application of these practices not only safeguards fitness but also induces confidence among participants, promoting a more focused and harmonious Yoga experience.

8.7 SIGNS OF MEDICAL EMERGENCY AND REMEDIAL MEASURES

A medical emergency during a Yoga class is any sudden health crisis or injury that poses an immediate threat to an individual's life or overall health. While Yoga is generally a safe practice, certain incidents can still occur, especially during intense or advanced sessions. Knowing the signs of a medical emergency and how to respond appropriately is crucial for maintaining safety in a Yoga setting.

1. Fainting

- **What you see:** The person collapses and becomes unresponsive.
- **What to do:** Lay them flat on their back, raise their legs slightly to improve circulation, and keep the surrounding area clear of people and obstacles.

2. Difficulty Breathing

- **What you see:** Fast breathing, visible panic, or clutching the chest.
- **What to do:** Help them sit upright comfortably, speak in a calm and reassuring voice, and alert the trainer immediately.

3. Muscle Pain or Injury

- **What you see:** A learners may stop moving, hold a body part protectively, or show signs of pain.
- **What to do:** Stop all activity for that learners, notify the trainer at once, and ensure no further stretching or movement is attempted.

4. Vomiting or Sudden Illness

- **What you see:** Complaints of stomach ache, nausea, or headache, possibly followed by vomiting.
- **What to do:** Move the learners to a quiet and private space and provide tissue or a bucket if necessary.

5. Dizziness or Weakness

- **What you see:** Pale appearance, unsteady movement, or complaints of feeling lightheaded.
- **What to do:** Help the person sit or lie down in a safe spot. If the room is warm, offer fresh air or gentle fanning.

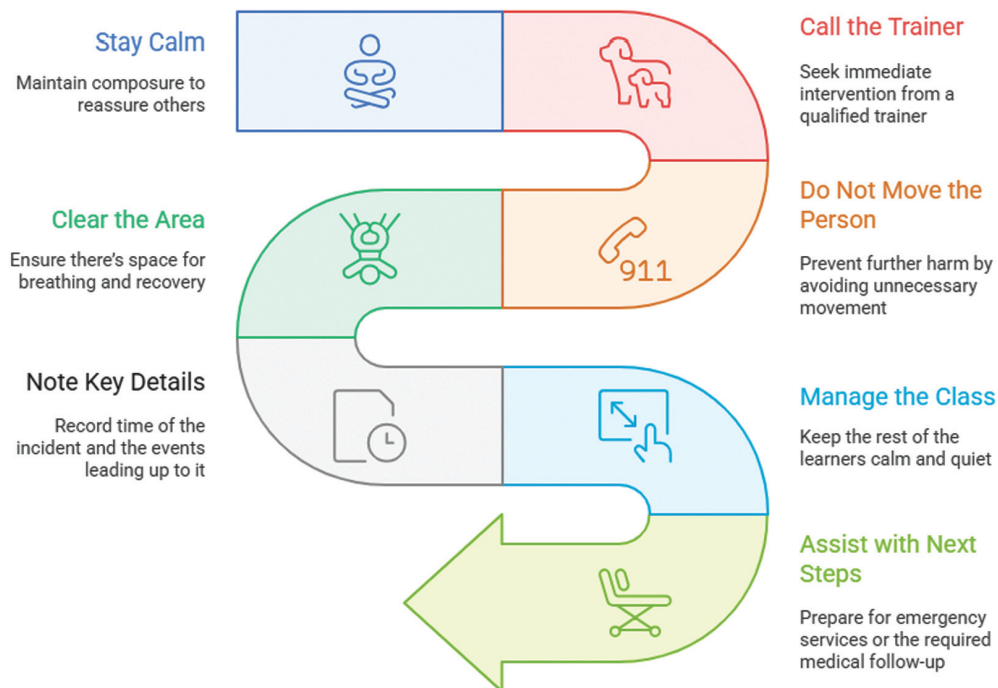


Fig. 8.21: Medical Emergency Response

Recognizing the signs of a medical emergency in a sports Yoga setting is the first crucial step in ensuring athlete safety. Once an emergency is identified, it is essential to act promptly and effectively. One of the most critical life-saving techniques in such situations is performing CPR, particularly hands-only CPR, which is simple and effective in sudden cardiac arrest cases. Let's explore how to perform hands-only CPR to maximize survival chances.

Hands-Only CPR

In situations where a person is unresponsive and not breathing, performing CPR can be lifesaving. Hands-only CPR is an effective technique, especially for those untrained in full CPR.

Note: Do not give hands-only CPR if the person is breathing normally or has a detectable pulse.



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Steps for Hands-Only CPR

1. **Check Responsiveness:** Tap the person and shout to see if they respond.
2. **Call Emergency Services:** If unresponsive, immediately call for medical help.
3. **Position Your Hands:** Place the heel of one hand at the center of the chest, and place the other hand on top, interlocking fingers.
4. **Perform Chest Compressions:**
 - o Push hard and fast, compressing at least 2 inches deep.
 - o Maintain a rate of 100-120 compressions per minute.
5. **Do Not Stop:** Continue until medical help arrives or the person regains consciousness.

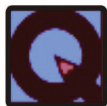
Why Hands-Only CPR?

- 1 It's easy to perform and highly effective.
- 1 Increases survival rates when done correctly.
- 1 Suitable for sudden cardiac arrest cases, especially in public places.



Fig. 8.22: Hands Only CPR: STEP 1, 2, 3

By mastering the signs of medical emergencies and knowing how to perform hands-only CPR, Yoga Assistants – Sports can ensure a safer practice environment and respond effectively in critical situations.

**INTEXT QUESTIONS 8.2**

1. Why hands only CPR is useful?

.....

.....

.....

2. What remedial measure should be taken in case of 'Fainting'?

.....

.....

.....

**WHAT HAVE YOU LEARNT**

Dear learners, in this unit:

- you were made to learn about common injuries while practicing Yoga.
- These injuries can be in the form of muscle strain; ligament sprain; joint injuries; lower back injuries; neck and cervical spine injuries; waist and elbow pain; hip and groin injuries; hamstring injuries; shoulder and rotator cuff strain; and ankle and foot injuries.
- You learned about the causes as well as preventive measures to be taken when an athlete encounters such injuries.
- Each injury type has a specific first aid technique.
- There are some emergency protocols during injury in Yoga sessions.
- A Yoga Assistant – Sports should also be able to identify signs of medical emergency and opt for suitable remedial measures.

**TERMINAL QUESTIONS**

1. Enumerate the common injuries incurred while practicing Yoga.
2. Describe the signs of medical emergency and respective remedial measures.



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3. List the common first aid items. Explain the first aid technique for musculoskeletal and soft tissue injuries.
4. Mention any two injury prevention techniques.
5. Write short note on CPR.



ANSWER TO INTEXT QUESTION

8.1

1. muscles
2. non-slip
3. excessive pressure
4. poor spinal, excessive

8.2

1. It is easy to perform and highly effective.
2. Liedown the person on the back and raise his/her legs slightly to improve circulation.



Notes

9

BEHAVIORAL AND ETHICAL CONDUCT IN YOGA SPACES

Dear learners, Yoga has a multidimensional approach leading to holistic approach of individuals. Righteous behaviour and ethics in yoga are moral guidelines that promote harmony, respect for others and self discipline. Behavioral ethics in yoga spaces involves cultivating integrity, fairness and respect through the yoga practice. Key ethical behaviours include honoring physical and personal boundaries by asking permission for adjustments, providing honest and constructive feedback and creating an inclusive and supportive environment. Additionally, it involves maintaining professionalism by respecting learners privacy, avoiding comparisons and managing difficult learners dynamics with compassion and awareness.

In this unit, you will study about the importance of maintaining professional and respectful behaviour during yoga sessions.

**OBJECTIVES**

After studying this unit, you will be able to:

- understand the importance of maintaining professional and respectful behavior during Yoga sessions;
- recognize inappropriate behavior and harassment in the workplace;
- learn the procedures for reporting inappropriate behavior and maintaining a safe environment.

9.1 WHY PROFESSIONAL CONDUCT MATTERS IN YOGA

As a Yoga assistant, maintaining professional behavior is essential to create a safe, respectful, and positive environment. Whether working with athletes, clients, or

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fellow staff members, your conduct should reflect integrity, empathy, and ethical standards.

9.2 IDENTIFYING INAPPROPRIATE BEHAVIOR

Inappropriate behavior in a Yoga session or training environment refers to actions, gestures, or communication that violate professional, ethical, or respectful conduct. Such behavior can disrupt the safe, supportive, and inclusive atmosphere essential for effective learning and practice. Identifying inappropriate behavior is crucial to maintaining the dignity, safety, and comfort of all participants.

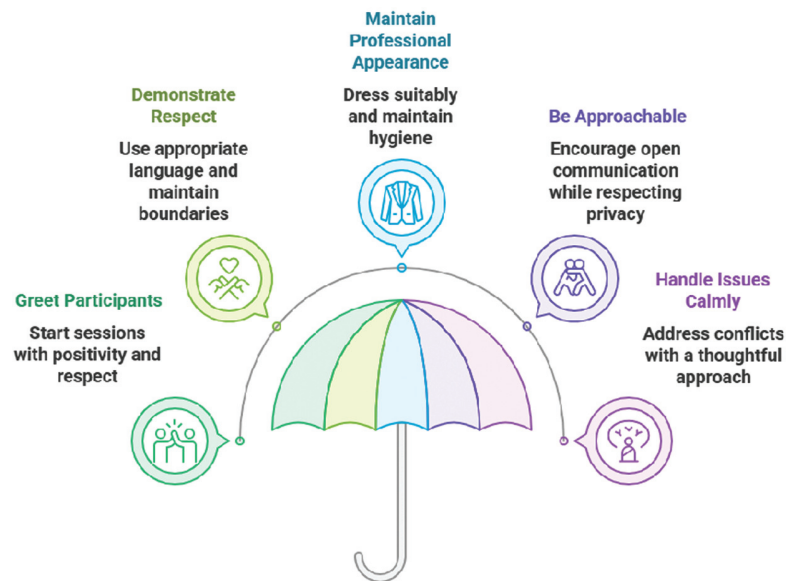


Fig. 9.1: Elements of Professional Conduct

Types of Inappropriate Behavior in Yoga Settings

Inappropriate behavior refers to any action, verbal expression, or physical gesture that violates the expected standards of conduct within a Yoga training environment. Such behavior can range from minor disruptions to serious offenses like harassment or bullying. Recognizing these behaviors early helps in maintaining a positive and inclusive environment for all participants.

1. Verbal Misconduct

Verbal misconduct involves the use of inappropriate, offensive, or harmful language that negatively affects others.

- **Example 1:** A trainer harshly criticizes an athlete's performance in front of the entire class, saying, "You are way too stiff for Yoga, maybe this isn't for you."

- **Example 2:** A participant makes insensitive jokes about someone's body or appearance during the session.

Why it's inappropriate: Such remarks can damage self-esteem, create discomfort, and foster a hostile environment.

Better approach: Address performance issues privately and use constructive feedback. Encourage respectful communication among participants.

2. Physical Misconduct

Physical misconduct includes unwanted or inappropriate physical interactions during a session.

- **Example 1:** A trainer pushes an athlete deeper into a stretch without consent, causing pain.
- **Example 2:** A participant deliberately trips another as a prank during group activities.

Why It's Inappropriate: Any physical force or unwanted touch can result in injuries and violates personal boundaries.

Better Approach: Always seek consent before physical adjustments and emphasize safety during group activities.

3. Sexual Harassment

Sexual harassment involves unwelcome advances, comments, or physical contact of a sexual nature.

- **Example 1:** A trainer makes a comment about how a participant's attire enhances their figure.
- **Example 2:** A participant repeatedly tries to initiate physical contact despite visible discomfort from the other person.

Why it's inappropriate: Such actions create an unsafe and uncomfortable atmosphere and can constitute legal violations.

Better approach: Maintain professional boundaries, and promptly address any reports of inappropriate behavior.

4. Bullying and Intimidation

Bullying includes acts intended to belittle, dominate, or harm another person, either physically or emotionally.

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- **Example 1:** An experienced participant mocks a beginner's lack of flexibility, saying, "Maybe you should try something easier."
- **Example 2:** A group intentionally excludes one member from discussions or group activities.

Why it's inappropriate: Bullying erodes self-confidence and can make the targeted person feel unwelcome.

Better approach: Create a supportive environment where every participant feels valued, regardless of their skill level.

5. Disruptive Behavior

Disruptive behavior interferes with the smooth flow of the session and distracts other participants.

- **Example 1:** A participant frequently answers phone calls during the session, disturbing others.
- **Example 2:** A trainer engages in a loud argument with a participant about technique in front of the group.

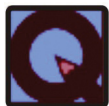
Why It's Inappropriate: Such actions break concentration, hinder learning, and diminish the session's quality.

Better Approach: Set clear rules regarding phone use and address conflicts privately after the session.

6. Unprofessional Conduct

Unprofessional conduct includes behaviors that do not align with the ethical and professional standards expected in a Yoga environment.

- **Example 1:** A trainer arrives at the session visibly intoxicated or unfit to teach.
- **Example 2:** A participant neglects personal hygiene, causing discomfort to others.
- **Why It's Inappropriate:** Such behavior compromises safety and disrespects the professionalism required in training.
- **Better Approach:** Maintain high personal standards and address hygiene issues respectfully and privately.



INTEXT QUESTIONS 9.1

State True (T) and False (F):

- (a) Harshly criticizing any trainer in front of others is verbal misconduct. ()
- (b) Maintaining professional behaviour is not essential in Yoga spaces. ()

9.3 WHY IDENTIFYING INAPPROPRIATE BEHAVIOR MATTERS

Promptly identifying and addressing inappropriate behavior ensures the safety, comfort, and security of everyone involved. It helps maintain a positive learning environment, upholds the integrity of the Yoga practice, and fosters mutual respect among participants. Failing to address such behavior can lead to a toxic atmosphere, reduced class participation, and potential legal consequences.



Fig. 9.2: Steps to Identify Inappropriate Behavior

9.4 REPORTING INAPPROPRIATE BEHAVIOR

It's crucial to address inappropriate conduct promptly to maintain a safe and respectful environment.

- **Step 1:** Identify the behavior clearly and calmly.
- **Step 2:** Report the incident to a supervisor or designated authority.
- **Step 3:** Document the incident with details of what occurred.
- **Step 4:** Follow up to ensure appropriate action has been taken.

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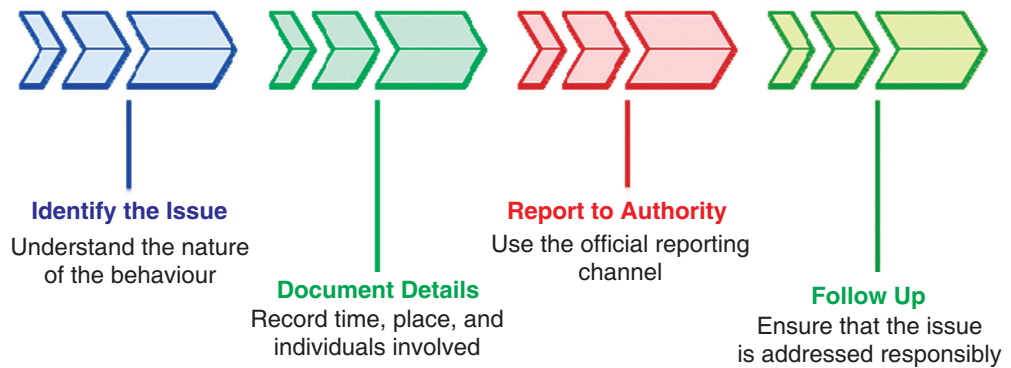


Fig. 9.3: Steps to Report Inappropriate Behavior

9.5 CREATING A RESPECTFUL ENVIRONMENT

Creating a respectful environment in Yoga sessions is essential for fostering trust, inclusivity, and a positive atmosphere. A respectful environment encourages open communication, cooperation, and mutual support, allowing athletes to practice safely and confidently. Yoga Assistant–Sports play a crucial role in setting the tone for respect through clear communication, professional conduct, and a proactive approach to handling issues that may arise.

Key Elements of a Respectful Environment

1. Establishing Clear Guidelines

At the start of each session, clearly outline behavioral expectations. This includes respecting personal space, maintaining hygiene, and refraining from disruptive behavior. Clearly defined rules help set the foundation for mutual respect and cooperation.

- **Example:** “During adjustments, please indicate if you are uncomfortable. Your comfort is our priority.”

2. Encouraging Open Communication

Creating a space where athletes feel comfortable voicing concerns is vital. Encourage participants to speak up if they feel uneasy or experience discomfort during the session.

- **Example:** “If you ever feel uncomfortable with a pose or adjustment, let me know immediately.”

3. Practicing Empathy and Understanding

Show empathy by actively listening to participants and validating their feelings. Acknowledge their concerns without judgment and offer support when needed.

- **Example:** “I understand that this pose may feel challenging. Let’s modify it to suit your comfort level.”

4. Leading by Example

As a Yoga Assistant – Sports demonstrate respectful behavior consistently. Use positive language, maintain professionalism, and show consideration for individual differences and abilities.

- **Example:** “Great effort! Remember, everyone’s body responds differently, and it’s okay to take it slow.”

By fostering a respectful environment and handling complaints with professionalism, Yoga Assistant – Sports ensure that their sessions remain inclusive, supportive, and conducive to personal growth. Promoting positive conduct is not just about avoiding inappropriate behavior but actively fostering a culture of respect.

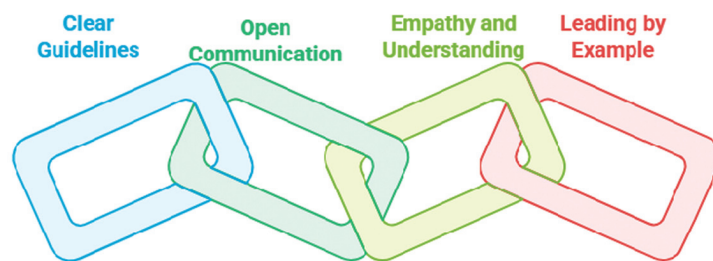


Fig. 9.4: Key Elements of a Respectful Environment

9.6 HANDLING COMPLAINTS PROFESSIONALLY

Handling complaints promptly and professionally is crucial in maintaining a respectful environment. Addressing issues with care shows that you value the security of all participants and are committed to continuous improvement.

Step 1: Listen Actively

When a complaint arises, give the person your full attention. Listen without interrupting, showing genuine interest in their perspective.

- **Example:** “I appreciate you sharing this with me. Please tell me more about what happened.”



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Behavioral and Ethical Conduct in Yoga Spaces

Step 2: Acknowledge the Concern

Express understanding and empathy towards the individual's feelings. Acknowledge their experience without passing judgment.

- **Example:** "I understand why you feel that way, and I'm here to support you."

Step 3: Remain Neutral and Calm

Avoid reacting emotionally or defensively. Maintain a composed demeanor and focus on understanding the issue objectively.

- **Example:** "Let's discuss this calmly so that I can fully understand the situation."

Step 4: Investigate the Matter

Gather facts by speaking to all involved parties if necessary. Take notes and document the incident for accurate record-keeping.

- **Example:** "I will talk to the other participants as well to get a complete picture."

Step 5: Offer a Resolution

Based on your findings, suggest practical solutions that address the concern. Be transparent about the steps you will take to resolve the issue.

- **Example:** "To ensure this doesn't happen again, we will implement more structured communication during partner exercises."

Step 6: Follow up

After addressing the complaint, check in with the individual to see if they feel their concern was resolved satisfactorily. This reinforces your commitment to maintaining a respectful environment.

- **Example:** "I wanted to follow up and see if you feel more comfortable after our adjustments."

Tips for Yoga Assistant – Sports

- **Stay Professional:** Never react defensively to complaints; instead, treat them as opportunities to improve.

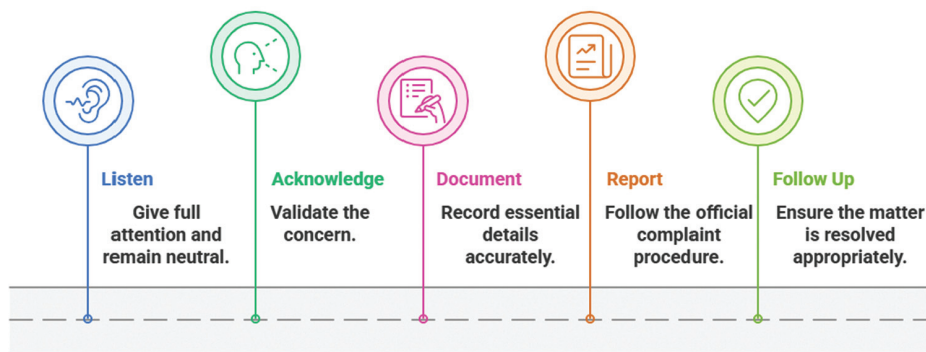


Fig 9.5: Steps for Handling Complaints

- **Maintain Confidentiality:** Protect the privacy of those involved by keeping discussions discreet.
- **Document Incidents:** Keep records of complaints and resolutions for reference and accountability.
- **Educate and Train:** Conduct regular sessions on maintaining respectful interactions and handling conflicts constructively.

Why it Matters

Handling complaints professionally shows your commitment to creating a positive, respectful Yoga environment. When participants feel heard and valued, it fosters a sense of trust and community. Moreover, addressing concerns constructively helps prevent future conflicts and upholds the reputation of the training environment.



INTEXT QUESTIONS 9.2

1. List any two steps for handling the complaints professionally.

.....

.....

.....

2. Write any one behavioral quality of Yoga assistant.

.....

.....

.....



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MODULE-3

Demonstrate Basic Asanas and Assist Athletes During the Sessions



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Behavioral and Ethical Conduct in Yoga Spaces



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- The significance of professional conduct in Yoga.
- You also learnt about different types of inappropriate behaviour in a Yoga setting like verbal misconduct; physical misconduct, sexual harassment, bullying and intimidation; disruptive behaviour, and unprofessional conduct.
- It is essential to address the inappropriate conduct promptly to maintain a safe and respectful environment.
- A Yoga Assistant – Sports should also create a respectful environment for Yoga sessions.
- A Yoga Assistant – Sports should also address the complains patiently and professionally.



TERMINAL QUESTIONS

1. Explain different types of inappropriate behaviour in Yoga settings.
2. What are the key elements of a respectful environment for a Yoga session.



ANSWER TO INTEXT QUESTIONS

9.1

- (a) True
- (b) False

9.2

1. (i) Listen with full attention and remain neutral.
(ii) Validate the concern
2. Integrity and empathy

**MODULE-4: MAINTAIN SESSION AREA POST YOGA
SESSIONS**

10. Maintenance and Care of Props and Equipment
11. Post Session Area Management
12. Hygiene and Sanitation in Yoga Environment

KEY LEARNING OUTCOMES

By the end of this module, participants will be able to:

1. Maintain and organize props, equipment, and the session area.
2. Implement hygiene and sanitation practices.
3. Dispose of waste responsibly and manage damaged equipment.
4. Use safe sanitizing agents for surfaces and props.



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10

MAINTENANCE AND CARE OF PROPS AND EQUIPMENT

Dear learners, maintenance and care of props and equipment is a set of proactive and reactive measures to keep them in good working order, extend their life span, and ensure safety by preventing breakdowns, minimizing downtime, and reducing long-term costs.

In this unit, we will study about the importance of maintaining Yoga props and equipment after usage.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of maintaining Yoga props and equipment after usage;
- discover implications of using damaged equipment;
- identify the sanitizing agents which are safe for both surface, props, and equipment.

10.1 MAINTAINING YOGA PROPS AND EQUIPMENT AFTER YOGA PRACTICE

Maintaining Yoga props and equipment after each use is essential for hygiene, longevity, and safety. Proper care prevents the spread of germs, keeps equipment in good condition, and ensures a professional and welcoming environment. As a Yoga Assistant – Sports, it is your responsibility to clean, inspect, and store props appropriately.

MODULE-4

Maintain Session Area Post Yoga Sessions



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Maintenance and Care of Props and Equipment

Why Maintenance of Yoga Props is Essential?

Regular maintenance of Yoga props and equipment is crucial because:

- **Hygiene:** Sweaty and dirty props can harbor bacteria, leading to infections.
- **Safety:** Damaged or worn-out equipment can cause injuries.
- **Longevity:** Proper care extends the lifespan of Yoga props.
- **Professionalism:** Clean and well-maintained equipment reflects positively on the training environment.

Table. 10.1: Common Yoga Props and Equipment Maintenance

Prop/equipment	Material	Maintenance Frequency
Yoga Mats	Rubber, PVC	After every use
Yoga Blocks	Foam, Cork, Wood	Weekly or as needed
Yoga Straps	Cotton, Nylon	Weekly
Yoga Bolsters	Cotton, Polyester	Monthly
Exercise Balls	PVC, Rubber	Weekly
Resistance Bands	Latex, Fabric	After every use
Yoga Wheels	ABS Plastic	Weekly
Chairs/Benches	Metal, Wood	Weekly

Step-by-Step Maintenance Process for Each Prop

A. Yoga Mats

Yoga mats accumulate sweat, dirt, and bacteria during each session. Keeping them clean is essential for both hygiene and comfort.

Maintenance frequency: After every use

Cleaning Steps

1. **Shake off debris:** Dust off any particles or dirt.
2. **Surface wipe:** Use a mat cleaner or a solution of water and mild soap.
3. **Disinfect:** Spray with a diluted vinegar solution (1:3 vinegar to water).
4. **Drying:** Hang in a well-ventilated area or lay flat to air dry.
5. **Deep clean:** Once a month, soak in warm water with a few drops of essential oil (like tea tree) and rinse thoroughly.

Inspection

- Check for cracks, splits, or rough patches that could compromise grip.
- Inspect for areas that have become too soft or worn out.

**Structural Care**

- Roll up carefully to avoid creases.
- Store in a cool, dry place away from direct sunlight to prevent material degradation.

Usage Tips

- Alternate the rolling direction to prevent curling at the edges.
- Use a carrying strap to avoid overstretching

B. Yoga Blocks (Foam, Cork, Wood)

Yoga blocks provide support and stability but can accumulate sweat and dust.

Maintenance Frequency: Weekly or as needed

Cleaning Steps**1. Foam Blocks**

- Wipe with a damp cloth and mild soap.
- Allow to air dry completely.

2. Cork Blocks

- Use a cloth with water and vinegar solution.
- Do not soak to avoid warping.

3. Wood Blocks

- Wipe with a cloth dampened with wood cleaner.
- Apply natural oil occasionally to maintain the finish.

Inspection

- Check for cracks, dents, or compressed areas, especially in foam blocks.
- For cork and wood blocks, inspect for splinters or rough edges.

Structural Care

- Store in a moisture-free environment to prevent mold, especially for cork.
- Avoid stacking heavy objects on top of foam blocks to maintain shape.

Usage Tips

- Rotate the usage sides to prevent uneven wear.
- Sand down rough patches on wooden blocks when necessary.

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C. Yoga Straps (Cotton, Nylon)

Straps absorb sweat and can develop an unpleasant odor if not cleaned regularly.

Maintenance Frequency: Weekly

Cleaning Steps

1. Machine Wash

- Use a gentle cycle with mild detergent.
- Place in a laundry bag to protect metal buckles.

2. Hand Wash

- Soak in warm soapy water.
- Rinse thoroughly and air dry.

3. Drying

- Avoid using a dryer as it may shrink the fabric.

Inspection

- Check for frayed edges or tears, particularly around buckles.
- Ensure the metal or plastic buckles are intact and functional.

Structural Care

- Keep away from sharp objects to avoid cuts or tears.
- Roll and store properly to avoid tangling and knotting.

Usage Tips

- Avoid excessive stretching beyond the fabric's capacity.
- Replace when elasticity reduces or fabric becomes weak.

D. Yoga Bolsters

Bolsters can harbor allergens and dust, especially when shared.

Maintenance Frequency: Monthly

Cleaning Steps

1. Remove Cover: Wash the fabric cover separately in cold water.

2. Clean Inner Cushion

- Air the cushion in the sun to reduce odor.
- Spot clean with a damp cloth if necessary.

3. Reassemble: Once both parts are dry, put the cover back on.

Inspection

- Look for flattened areas or loss of shape.
- Check seams for splits or loose stitching.

**Structural Care**

- Fluff or rotate regularly to maintain even distribution of stuffing.
- Keep in a dry, well-ventilated space to prevent moisture buildup.

Usage tips

- Avoid placing heavy objects on top to preserve shape.
- Use a removable cover to reduce direct wear.

E. Exercise Balls

Sweat and dust can make exercise balls slippery, increasing the risk of accidents during Yoga practice. Regular maintenance not only ensures safety but also prolongs the lifespan of the equipment.

Maintenance frequency: Weekly

Cleaning Steps**1. Wipe Down**

- Use a disinfectant wipe after each use to remove sweat and dust.

2. Deep Clean

- Weekly, wash the ball with a mild soap solution and rinse thoroughly.
- Let it air dry completely before storing.

Inspection

- Inspect the ball for flattened areas or signs of uneven inflation.
- Check seams for splits or loose stitching, especially if the ball is used frequently.
- Press down on the ball to check for consistent firmness. If the ball feels overly soft, it may need reinflation.

Structural Care

- Inflate the ball according to manufacturer instructions to maintain optimal pressure.
- Keep away from sharp objects and direct sunlight to prevent damage.

Usage Tips

- Avoid overinflating, as this can weaken the material.
- Store partially deflated when not in use for extended periods.

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F. Chairs/Benches (Metal, Wood)

Chairs and benches are essential for supported poses but can become unsafe if loose or damaged. Proper maintenance ensures stability and longevity.

Maintenance Frequency: Weekly

Cleaning Steps

1. Wipe Down

- Use a disinfectant wipe for metal surfaces and a damp cloth for wood.

2. Deep Clean

- Monthly, use furniture polish on wooden parts to maintain finish.
- Check for rust on metal parts and treat promptly.

Inspection

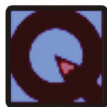
- Gently shake the chair to check for wobbling.
- Ensure that the seat padding remains firm and intact.
- Sit on the chair and move slightly to test stability.

Structural Care

- Keep in a dry, well-ventilated area to prevent rust or wood decay.
- Avoid stacking chairs if they are not designed for it.

Usage Tips

- Do not exceed the weight capacity recommended by the manufacturer.
- Use protective pads on the legs to prevent slipping on smooth floors.



INTEXT QUESTIONS 10.1

Match the column:

A	B
Prop/Equipment	Maintenance Frequency
1. Yoga mats	(a) Monthly
2. Yoga bolsters	(b) Weekly
3. Yoga straps	(c) Weekly or as needed
4. Yoga blocks	(d) After every use

10.2 MAINTENANCE LOG BOOK FOR PROPS AND EQUIPMENTS

This maintenance logbook is designed to efficiently track multiple maintenance activities for various Yoga equipment in a single entry. The structure allows easy recording of cleaning, inspection, repair, and replacement activities in one row, ensuring a comprehensive yet straightforward format.

Key Elements of the Logbook

1. **Date:** Date when maintenance was performed.
2. **Maintenance type:** Cleaning, inspection, repair, or replacement.
3. **Equipment:** List of items maintained (can include multiple items).
4. **Status:** Current condition after maintenance (e.g., Good, Needs Repair, Replaced).
5. **Action taken:** Brief description of the maintenance performed.
6. **Next schedule:** Planned date for the next maintenance activity.
7. **Staff:** Name or initials of the person responsible.

Table 10.2: Sample Maintenance Logbook

Date	Maintenance type	Equipment	Status	Action taken	Next schedule	Staff
15-May-2025	Cleaning	Yoga Mats, Exercise Balls, Yoga Straps	Good	Wiped with disinfectant, air dried	16-May-2025	A.S.
15-May-2025	Inspection	Yoga Blocks, Yoga Wheels	Yoga Wheel needs repair	Checked for cracks, padded Yoga Wheel	22-May-2025	N.P.
15-May-2025	Repair	Yoga Wheel	Usable	Padded crack with protective tape	29-May-2025	M.V.
15-May-2025	Replacement	Resistance Band	New	Replaced frayed band	22-May-2025	R.G.

This logbook format is streamlined to capture multiple equipment maintenance activities at once, reducing redundancy and making it easier to track. It allows for quick updates and clear documentation of ongoing maintenance efforts.



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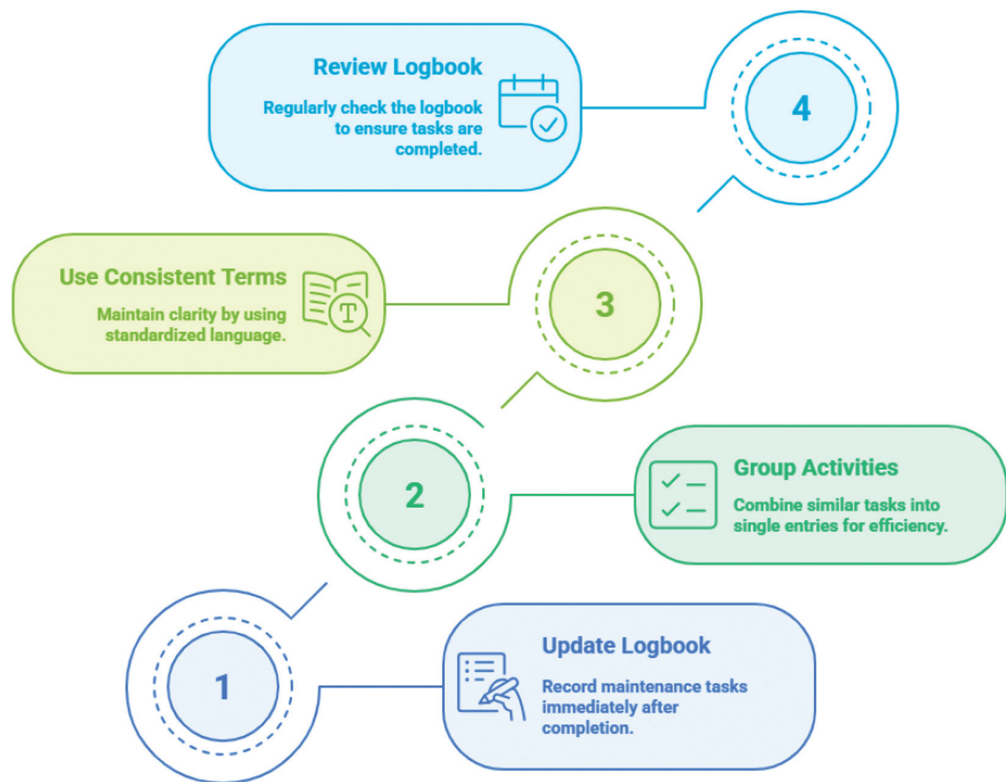


Fig. 10.1: Efficient Maintenance Logging Guide

Following the above tips ensures that the maintenance of multiple pieces of equipment can be recorded efficiently, making it suitable for busy sports Yoga environments.

10.3 HOLISTIC APPROACH TO MAINTENANCE

To create a safe and professional environment, Yoga assistants (sports) must adopt a proactive and consistent maintenance strategy. This approach includes:

Maintaining Yoga props and equipment after each use is essential for creating a safe, clean, and inviting training environment. By following proper cleaning procedures and conducting regular maintenance checks, Yoga Assistants – Sports can ensure equipment longevity and maintain hygiene standards. Being proactive and consistent with maintenance practices not only enhances the professional appeal of the Yoga space but also ensures comfort and safety for all athletes.

However, the consequences of neglecting maintenance can be severe. Damaged or poorly maintained equipment can lead to safety risks, reduced training efficiency, and even professional liability. Addressing these issues requires a holistic approach to maintain a safe, professional, and welcoming environment.

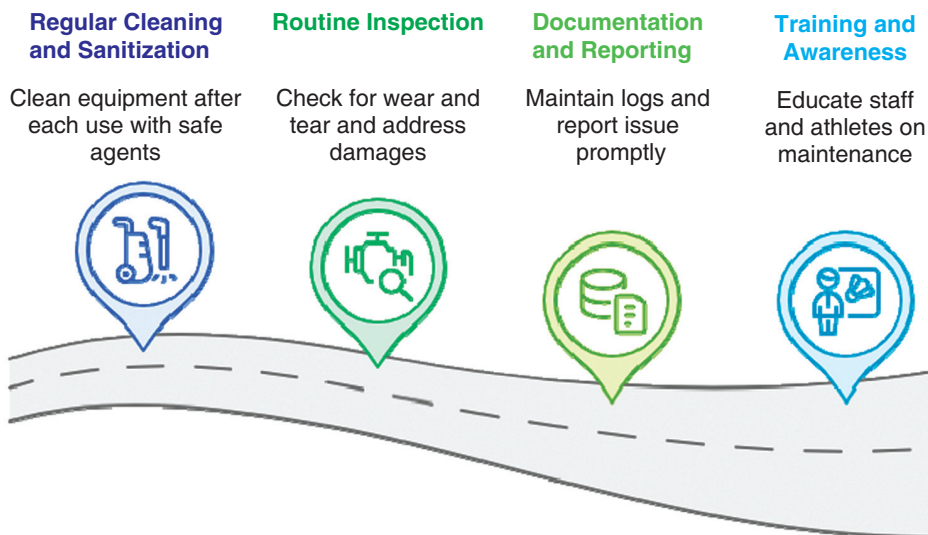


Fig. 10.2: Equipment Maintenance Protocol

10.4 IMPLICATIONS OF USING DAMAGED EQUIPMENTS

In sports Yoga, the safety and functionality of props and equipment play a critical role in ensuring both athlete performance and safety. Using damaged or poorly maintained equipment can lead to a range of issues, from physical injuries to reputational damage. Understanding these implications helps Yoga assistant and facility managers maintain a safe and professional environment.

1. Safety and Health Risks

The most immediate risk of using damaged equipment is physical injury. Cracked Yoga blocks, torn straps, and worn-out mats can cause accidents such as slips, falls, and loss of balance. Additionally, damaged surfaces may harbor bacteria and fungi, leading to skin infections and respiratory issues.

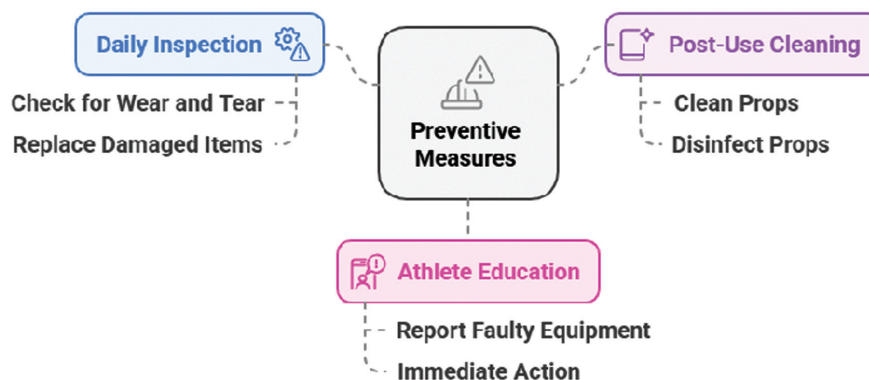


Fig. 10.3: Preventive Measures for Safety Equipments

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2. Training Inefficiency and Disruption

Damaged equipment compromises the quality of training sessions, as unstable or unreliable props make it difficult for athletes to maintain proper alignment and stability. Instructors may need to pause sessions to address issues, causing disruptions that affect the training flow.

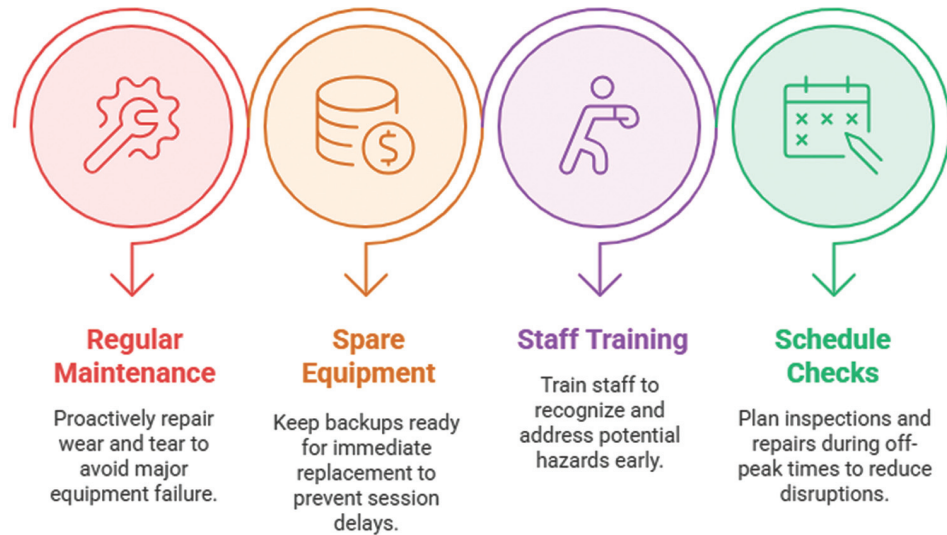


Fig. 10.4: Proactive Strategies for Maintaining Equipment

3. Psychological and Emotional Impact

Athletes rely on well-maintained equipment to feel safe and supported during practice. Damaged or improperly cleaned props can lead to anxiety, loss of trust, and distraction during sessions. A professional environment that prioritizes cleanliness and maintenance fosters a sense of security, boosting athlete confidence and concentration.

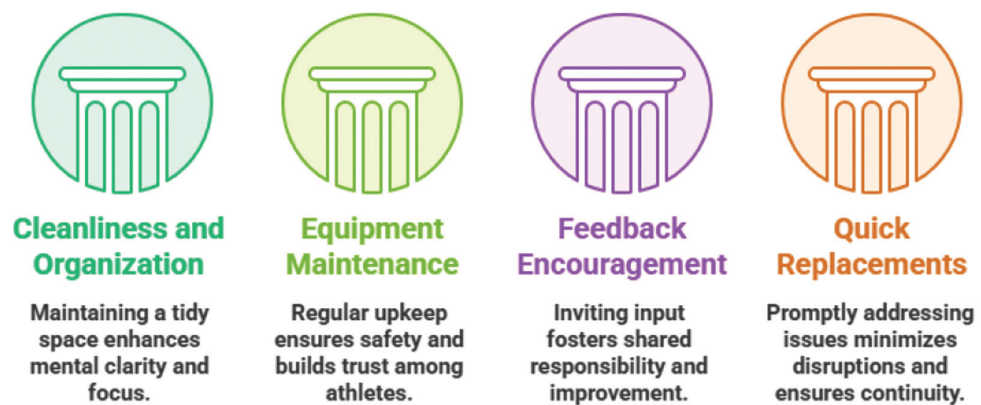


Fig. 10.5: Impact of Cleanliness and Maintenance

4. Professional and Reputational Concerns

For Yoga assistant and facility managers, the condition of equipment reflects directly on professionalism. Damaged or poorly maintained props can lead to negative reviews and client dissatisfaction. A facility known for unsafe practices can lose credibility and client trust.

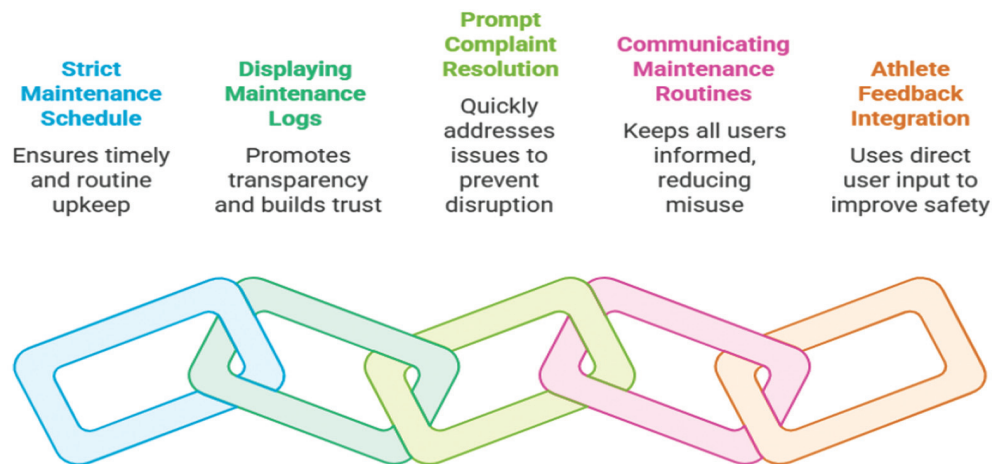


Fig. 10.6: Foundation of Professional Maintenance

5. Financial and Operational Impact

Neglecting maintenance can lead to costly repairs or replacements. If an injury occurs due to faulty equipment, the facility may face legal liability and financial compensation claims. Moreover, poor maintenance practices may increase insurance premiums and affect coverage eligibility.

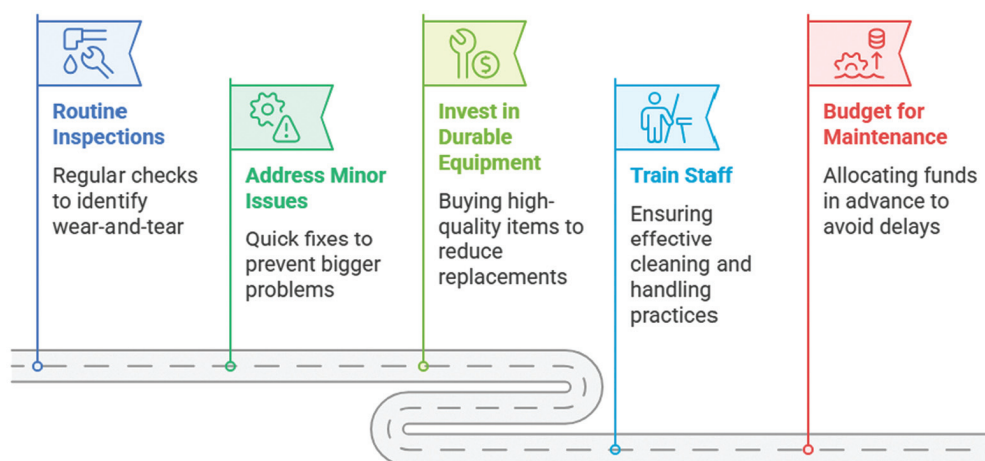


Fig. 10.7: Cost Effective Maintenance Strategies



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6. Legal and Insurance Challenges

If an athlete is injured due to damaged equipment, legal consequences may follow. Facilities may face lawsuits, compensation claims, and potential increases in insurance premiums.

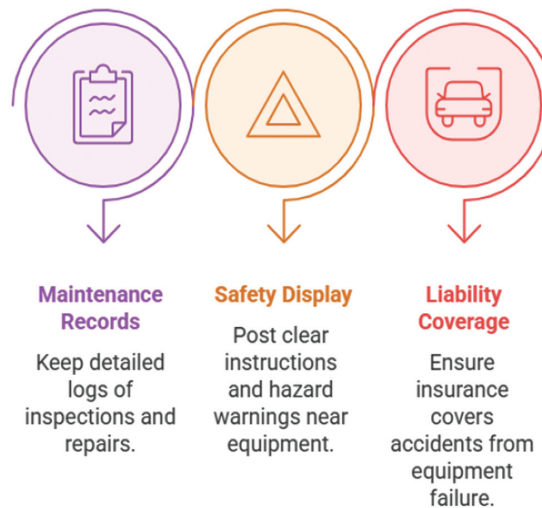
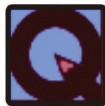


Fig. 10.8: Preventive Legal Measures

Using damaged equipment in sports Yoga poses significant risks to safety, training efficiency, athlete confidence, and facility reputation. By implementing consistent maintenance protocols and promoting athlete awareness, trainers can minimize these risks and create a safer, more professional environment.



INTEXT QUESTIONS 10.2

Fill in the blanks:

1. The risk of using damage equipment is
2. By following procedures, Yoga assistant can ensure equipment longevity.
3. Neglecting maintenance can lead to

10.5 SANITIZING AGENTS SAFE FOR SURFACES, PROPS, AND EQUIPMENTS

Maintaining cleanliness in Yoga and sports facilities is crucial for the health and safety of practitioners. Using the right sanitizing agents helps ensure that surfaces, props, and equipment remain free from harmful bacteria, viruses, and fungi.

However, it's essential to choose agents that are effective yet safe for different materials, ensuring no damage while maintaining hygiene.

Types of Sanitizing Agents for Yoga Props and Equipment

Maintaining hygiene in Yoga and sports facilities is crucial for the safety of practitioners. Proper sanitization not only protects against bacteria, viruses, and fungi but also ensures the longevity of the equipment. Different sanitizing agents are used depending on the type of surface, material, and level of contamination. Below is a comprehensive guide to the most effective sanitizing agents and their safe usage.

1. Alcohol-Based Disinfectants (60-70% Isopropyl)

These disinfectants kill bacteria and viruses by denaturing proteins. They are ideal for quick disinfection.

Characteristic	Description
Examples	Lysol, Savlon, Dettol
Suitable For	Non-porous, High-touch areas
Benefits	Kills bacteria/viruses, Dries quickly
How to Use	Spray, let sit, wipe
Precautions	Flammable, Avoid contact, Use sparingly

Fig. 10.9: Alcohol-Based Disinfectants Usage Guide

2. Quaternary Ammonium Compounds (Quats)

Quats are effective against bacteria and viruses and leave a disinfectant film.

Characteristic	Description
Examples	Lizol, Colin
Suitable For	Metal, plastic, studio floors, yoga mats
Benefits	Long-lasting protection, pleasant fragrance, safe
How to Use	Dilute, mop/wipe, no rinsing
Precautions	Avoid inhalation, wear gloves, not for porous surfaces

Fig. 10.10: Quats Usage Guide



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3. Chlorine-Based Disinfectants (Sodium Hypochlorite)

Chlorine-based disinfectants are effective against viruses and bacteria, making them suitable for deep cleaning.

Characteristic	Description
Examples	Harpic, Domex
Suitable For	Toilets, floors
Benefits	Kills pathogens
How to Use	Pour, leave, scrub
Precautions	No mixing

Fig. 10.11: Sodium Hypochlorite Usage Guide

4. Phenolic Disinfectants

Phenolic compounds are commonly used for floor cleaning and maintaining hygiene in high-traffic areas.

Characteristic	Description
Examples	Dettol, White Phenyl
Suitable For	Floors, washrooms
Benefits	Odor elimination, hygiene
How to Use	Mix, mop, air dry
Precautions	Avoid contact, keep away

Fig. 10.12: Phenolic Disinfectants Usage Guide

5. Hydrogen Peroxide (3%)

Hydrogen peroxide is an effective, non-toxic, and biodegradable sanitizer that breaks down into water and oxygen. It is widely used for disinfecting surfaces and equipment.



Characteristic	Description
Examples	Savlon, Pharma-grade
Suitable For	Yoga mats, wounds, fabrics
Benefits	Kills germs, deodorizes, safe
How to Use	Dilute, spray, wipe/soak, rinse
Precautions	Test fabrics, store dark, avoid eyes

Fig. 10.13: Hydrogen Peroxide Usage Guide

6. Soap and Detergent-Based Cleaners

Soap-based cleaners are effective in breaking down oils, sweat, and light dirt but are not strong disinfectants.

Characteristic	Description
Examples	Vim Liquid Dishwash Gel, Surf Excel Liquid Detergent
Suitable For	Cleaning fabric, soft surfaces, and mats
Benefits	Gentle, removes grease, economical
How to Use	Dilute, rinse, and air dry
Precautions	Not for disinfecting, avoid prolonged wetness

Fig. 10.14: Soap and Detergent Based Cleaners Usage Guide

7. Natural and Eco-Friendly Cleaners

Natural solutions are useful for light cleaning and are safe for regular use.

Selecting the right sanitizing agent for Yoga props and equipment is essential for maintaining hygiene while preserving the quality of materials. While alcohol-based solutions and HOCl are great for quick disinfection, natural options like vinegar and tea tree oil are better suited for routine cleaning. Always follow manufacturer recommendations for both cleaning agents and equipment to ensure safety and longevity. Proper maintenance practices not only enhance safety but also create a pleasant and welcoming environment for practitioners.

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Characteristic	Vinegar Solution	Tea Tree Oil Spray
Suitable For	Wooden props, natural fiber mats	Routine cleaning, light disinfection
Benefits	Non-toxic, biodegradable, deodorizes	Safe for most organic materials
How to Use	Mix 1:1 with water, spray	Add drops to water, spray
Precautions	Strong odor, ensure ventilation	Patch test for allergies

Fig. 10.15: Natural Cleaners Usage Guide

Best Practices for Sanitizing Yoga Props and Equipment

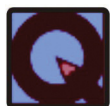
1. **Routine cleaning:** Establish a daily routine for high-contact items like mats and blocks.
2. **Spot cleaning:** Address spills and sweat marks immediately to prevent bacteria buildup.
3. **Post-session sanitation:** Clean mats and commonly used props after each session.
4. **Deep Cleaning schedule:** Perform thorough sanitization at least once a week for all equipment.
5. **Proper drying:** Always air dry sanitized items to prevent moisture buildup and mold.
6. **Personal hygiene:** Encourage practitioners to use personal mats and towels to minimize contamination.
7. **Storage:** Store sanitized props in a clean, ventilated area to maintain freshness.

Tips for Choosing the Right Sanitizing Agent

- **Material compatibility:** Check the manufacturer's guidelines for each prop to ensure the sanitizing agent will not damage the surface.

- **Allergy considerations:** Opt for hypoallergenic products when possible, especially in shared spaces.
- **Eco-friendly choices:** Use biodegradable and non-toxic cleaners to minimize environmental impact.
- **Cost-effectiveness:** Choose products that provide long-lasting protection without frequent reapplication.
- **Personal safety:** Wear gloves and use in well-ventilated areas when handling chemical-based sanitizers.

Using safe and effective sanitizing agents is crucial for maintaining hygiene in Yoga and sports facilities. Regular cleaning not only ensures the safety of practitioners but also prolongs the lifespan of equipment. By selecting the right agents and following recommended practices, Yoga assistant and facility managers can maintain a clean, welcoming, and hygienic environment conducive to physical and mental well-being.



INTEXT QUESTIONS 10.3

1. Name any four sanitizing agents for Yoga props and equipments.

.....

.....

2. Write any one tip for choosing the right sanitizing agent.

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- Maintaining of Yoga props and equipment after each use is essential for hygiene, longevity and safety.
- All the props: Yoga mats, Yoga block, Yoga straps, Yoga bolsters, and exercise balls.

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Notes

Maintenance and Care of Props and Equipment

- The key elements of the logbook for props and equipments are date; maintenance type; equipment; status; action taken; next schedule; and staff.
- The use of damaged equipments can lead to safety and health risk; training inefficiently and disruption; cause psychological and emotional impact; professional and reputational concerns financial and operational impact; legal and insurance challenges.
- The right sanitizing agents helps ensure that surfaces, props and equipments remain free from harmful bacteria, viruses, and fungi. There are various sanitizing agents which can be used to address respective concerns.



TERMINAL QUESTIONS

1. Describe the maintenance process for Yoga props.
2. State the characteristic of different types of sanitizing agents.



ANSWER TO INTEXT QUESTIONS

10.1

1. (d)
2. (a)
3. (b)
4. (c)

10.2

1. Physical injury
2. proper cleaning
3. costly repairs

10.3

1. (i) Alcohol based disinfectants
(ii) Quats
(iii) Chlorine-based disinfectants
(iv) Phenolic disinfectants
2. Eco-friendly and cost effective



Notes

11

POST-SESSION AREA MANAGEMENT

Dear learners, in the previous unit, you have learnt about the importance and care of Yoga props and equipment. Efficient management is very important to keep the yoga space clean and hygienic. Also space management requires maintaining good ventilation and peaceful atmosphere by minimizing noise and distraction to enhance the calming environment.

In this unit, you will study about the post-session management of Yoga space.



OBJECTIVES

After studying this unit, you will be able to:

- understand the significance of restoring the session area after completing the Yoga session in order to maintain a clean, safe, and professional environment;
- demonstrate the ability to properly dispose of waste bins and discarded materials immediately after the session to ensure hygiene and order in the practice space.

11.1 RESTORING SESSION AREA AFTER A YOGA SESSION

Why restoring the session area is important

Restoring the session area after Yoga practice is not just about cleaning; it is about maintaining a healthy and welcoming environment. It helps in:

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Post-Session Area Management

- **Hygiene maintenance:** Removing sweat, dust, and other residues reduces the risk of infections.
- **Safety assurance:** Clearing props and equipment helps prevent accidents.
- **Professionalism:** A clean, well-organized space leaves a positive impression on athletes.
- **Preparation for next use:** Ensures the area is ready for the next class without requiring extra time for setup.

Key Steps to Restore the Session Area after Yoga Practice

Restoring the session area involves multiple tasks, from cleaning to organizing props. Here's a detailed breakdown of the process:

Step 1: Immediate waste disposal

After the session, immediately collect any trash left behind, including tissues, wrappers, and disposable water bottles.

- **Trash bins:** Empty and replace liners.
- **Hazardous waste:** Use sealed hygiene bins for tissues or used bandages.
- **Recyclables:** Sort plastic bottles and other recyclables.
- **Sanitize bins:** Wipe with a disinfectant to prevent odor and contamination.

Step 2: Cleaning Yoga mats and props

Step 3: Surface cleaning and disinfection

Maintaining clean surfaces prevents the buildup of dust and germs.

- **Floors:**
 - Sweep to remove dirt and debris.
 - Mop with a disinfectant solution, focusing on high-contact areas.
- **Equipment surfaces:** Wipe down benches, chairs, and any shared equipment.
- **High-touch points:** Sanitize doorknobs, light switches, and handrails.
- **Ventilation systems:** Clean air vents and fans to reduce dust circulation.

Step 4: Air quality and freshness

Maintaining fresh air circulation helps in odor management and ensures a pleasant environment for the next session.

- **Air out the space:** Open windows or use exhaust fans for 15–20 minutes.

- **Natural air fresheners:** Use essential oils like lavender or eucalyptus for a calming scent.
- **Air purifiers:** Operate air purifiers for a few minutes to remove allergens and odors.

Step 5: Hygiene stations and supplies

Having well-stocked hygiene stations encourages athletes to maintain cleanliness.

- **Hand sanitizer:** Refill dispensers near entry and exit points.
- **Disinfectant wipes:** Keep wipes available for athletes to clean their own mats and equipment.
- **Post-session signage:** Display reminders to clean personal equipment before and after use.

Step 6. Maintenance and monitoring

Consistency is key to maintaining a hygienic environment. Regular checks help ensure the area remains clean and safe.

- **Daily checklist**
 - Inspect mats, props, and equipment for cleanliness.
 - Refill sanitizing stations.
- **Weekly deep cleaning**
 - Steam clean mats and wash all fabric items.
 - Disinfect hard-to-reach surfaces and corners.
- **Monthly maintenance**
 - Clean ventilation systems and replace air filters.
 - Check for wear and tear on equipment and replace as needed.

Step 7. Educating athletes on post-session cleanliness

Encourage athletes to participate in keeping the space clean by:

- **Briefing before the session**
 - Explain the importance of cleaning mats and using hygiene stations.
- **Providing cleaning supplies**
 - Keep easy-to-use sprays and wipes accessible.
- **Setting an example**
 - Demonstrate how to properly wipe down mats and equipment.

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Post-Session Area Management

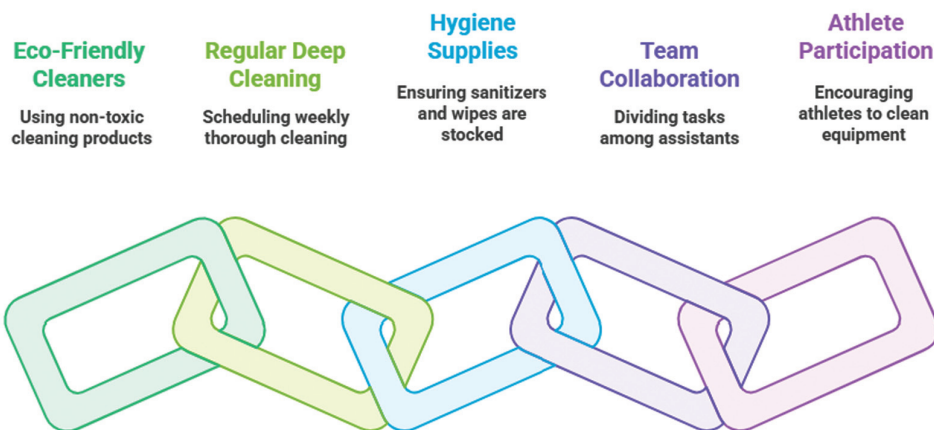


Fig. 11.1: Best Practices for Maintaining the Session Area

Table. 11.1: Challenges and Solutions

Challenge	Solution
Stubborn Stains on Mats	Use a mixture of baking soda and water to scrub gently.
Unpleasant Odors After Cleaning	Add a few drops of essential oil to the cleaning solution.
Disorganized Props	Introduce a color-coded system for quick identification and storage.
Wet or Slippery Floors	Use fast-drying disinfectant and display caution signs.
Overwhelmed with Cleaning Tasks	Implement a cleaning schedule and assign roles to team members.



Consistency

Regular cleaning routines after each session ensure ongoing hygiene.



Quick Action

Immediate response to spills prevents stains and maintains cleanliness.



Thoroughness

Cleaning hidden areas ensures comprehensive hygiene.



Documentation

Keeping records helps track cleaning frequency and maintenance needs.



Athlete Education

Encouraging athletes to participate in cleaning promotes shared responsibility.

Fig. 11.2: Session Area Restoration Tips

Restoring the session area after Yoga practice is essential for maintaining hygiene, safety, and professionalism. By following a systematic approach that includes cleaning, organizing, and ventilating, Yoga Assistants – Sports can ensure a clean

and inviting environment. Regular maintenance not only enhances athlete experience but also prolongs the life of Yoga equipment.

Creating a Positive Training Environment

Maintaining Yoga props and equipment consistently is essential for creating a safe, motivating, and welcoming environment where athletes feel valued and secure. When the training area is well-maintained, athletes develop a sense of trust and loyalty, knowing that their safety is prioritized. This positive atmosphere not only encourages regular participation but also boosts long-term engagement and community spirit.

Furthermore, maintaining a professional environment through diligent equipment care helps trainers project competence and dedication. It shows that trainers value both safety and client satisfaction, reinforcing a positive culture within the facility. By being proactive and consistent with maintenance practices, Yoga assistants (sports) can prevent accidents, enhance training quality, and build rapport with clients. A well-maintained training space not only safeguards physical fitness but also fosters a professional and nurturing environment conducive to personal growth and athletic development.



INTEXT QUESTIONS 11.1

State True (T) and False (F):

1. After the Yoga session immediate waste disposal is not necessary. ()
2. Yoga area must have open windows for good air quality and freshness. ()

11.2 APPROPRIATE WASTE DISPOSAL

While maintaining Yoga props and equipment is crucial for creating a positive training environment, it is equally important to address cleanliness and hygiene through proper waste disposal. After each session, managing waste correctly not only sustains a clean and safe atmosphere but also upholds the professional standards of the facility. Let's explore the essential steps for effective waste disposal after Yoga sessions.

Step-by-Step Guide to Proper Waste Disposal Post-Yoga Session

Step 1: Initial assessment of the area

After the session ends, perform a quick walkthrough of the space:

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Post-Session Area Management

- **Check high-use areas:** look near mats, equipment storage, and entrance areas.
- **Identify waste types:** make a mental note of where general, recyclable, and hygiene waste is concentrated.
- **Collect personal items:** place any left-behind belongings in the lost and found.

Step 2: Segregate waste according to type

Proper segregation is key to maintaining hygiene and promoting recycling.

- **General waste**
 - Pick up scattered items like wrappers, bottles, and paper towels.
 - Dispose of these in general trash bins.
- **Recyclable waste**
 - Separate plastic bottles and paper.
 - Rinse out any liquids before disposal.
- **Hygiene Waste**
 - Carefully collect used tissues and sanitary items.
 - Place them in a covered bin lined with a biodegradable bag.
- **Cleaning waste**
 - Dispose of used wipes and disposable cleaning cloths in a designated cleaning waste bag.
- **Hazardous waste**
 - Broken props or blood-stained materials should be bagged separately and clearly labeled.



Fig. 11.3: Labelled Dustbins



Step 3: Safe handling and disposal of hygiene waste

Hygiene waste requires careful handling to prevent contamination:

- **Wear protective gear:** Use disposable gloves when handling used tissues or sanitary items.
- **Double bagging:** Place waste in a small bag first, then seal it in a larger bin liner.
- **Sealing:** Tie the bag tightly to prevent leaks and odors.
- **Disposal:** Place the sealed bag in the facility's designated hygiene waste bin.

Step 4: Cleaning and disinfecting waste bins

Bins can become breeding grounds for bacteria if not cleaned regularly.

- **Empty bins daily:** Remove waste as soon as the session ends.
- **Sanitize the bin:** Wipe the inside and outside with a disinfectant solution.
- **Dry thoroughly:** Ensure bins are dry before placing new liners.
- **Use odor control:** Sprinkle baking soda at the bottom or use odor-absorbing liners.

Step 5: Maintaining waste disposal areas

Keeping disposal areas tidy and organized is essential for efficiency.

- **Keep bins clearly marked:** Label bins as “General waste,” “Recyclables,” “Hygiene waste,” and “Hazardous waste.”
- **Regular inspections:** Check for overflowing bins or items placed incorrectly.
- **Access to cleaning supplies:** Maintain easy access to sanitizing wipes and hand sanitizers near waste bins.
- **Ventilation:** Open windows or use air purifiers to keep the space odor-free.

5. Educating athletes on waste disposal protocols

Encourage athletes to take responsibility for their own waste.

- **Pre-session briefing:** Remind athletes to use designated bins for different types of waste.

MODULE-4

Maintain Session Area Post Yoga Sessions



Notes

Post-Session Area Management

- **Visible signage:** Use posters that clearly illustrate where to dispose of various items.
- **Verbal reinforcement:** Make occasional announcements about proper disposal practices.
- **Incentives:** Praise athletes who consistently follow the protocol.

6. Safety precautions for handling waste

Handling waste safely minimizes the risk of contamination.

- **Wear gloves:** Always use disposable gloves when handling hygiene or hazardous waste.
- **Wash hands thoroughly:** Use soap and water or a hand sanitizer after disposing of waste.
- **Avoid direct contact:** Use tongs or tools when picking up potentially contaminated items.
- **Dispose of gloves properly:** Remove and dispose of gloves safely, avoiding contact with skin.



Fig. 11.4: Waste Handling Key Tips for Yoga Assistant – Sports

Proper waste disposal after a Yoga session is essential for maintaining a hygienic and pleasant environment. By implementing organized waste segregation, handling hygiene waste with care, and keeping bins clean, Yoga Assistant – Sports can significantly improve the safety and comfort of the training space. Educating athletes about their role in maintaining cleanliness further enhances the collective responsibility for a well-maintained facility.

Best Practices for Safe and Sustainable Cleaning in Yoga Spaces

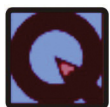
- Always use eco-friendly cleaning products to reduce environmental impact.

- Wear gloves when handling waste to minimize contact with potential contaminants.
- Maintain proper ventilation during cleaning to prevent inhalation of fumes.
- Keep cleaning supplies well-organized and accessible.



Fig. 11.5: Waste Handling Essentials

Cleanliness is not just about hygiene – it reflects the Yoga assistant’s professionalism and attention to detail. A well-maintained session area enhances client satisfaction and fosters a positive atmosphere.



INTEXT QUESTIONS 11.2

1. Why segregation of waste according to type is necessary?

.....

.....

2. Write any two tips for handling the waste.

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt about:

- Restoring the session area after a Yoga practice session, is necessary for cleaning, maintaining a healthy and welcoming environment.



Notes

MODULE-4

Maintain Session Area Post Yoga Sessions



Notes

Post-Session Area Management

- Key step in restoring the area after Yoga session includes immediate waste disposal, cleaning Yoga mats and props, surface cleaning, and disinfection, air quality and freshness, hygiene stations and supplies, maintenance and monitoring; and educating athletes on post session cleanliness.
- After each session, there should be proper management of waste which not only sustains a clean and safe atmosphere, but also upholds the professional standards of the facility.



TERMINAL QUESTIONS

1. Describe step by step method to proper waste disposal post Yoga session.
2. Explain the process of restoration of Yoga area after the session.



ANSWER TO INTEXT QUESTIONS

11.1

1. False
2. True

11.2

1. To maintain hygiene and promoting recycling
2. (i) Be-proactive
(ii) Regular bin checks



Notes

12

HYGIENE AND SANITATION IN THE YOGA ENVIRONMENT

Dear learners, in the previous unit, you have learnt about the significance of restoring the session area for clean, safe and professional environment. Hygiene and sanitation in a yoga environment, rooted in the yogic concept of an encompasses the physical purity of the body, mind and surroundings and the management of waster and preventing contamination . A clean environment, free from dust, debris and harmful organisms is essential for effective breathing and overall well-being.

In this unit, we will study about the importance hygiene and sanitation in the Yoga environment.



OBJECTIVES

After studying this unit, you will be able to:

- understand what is hygiene and sanitation;
- understand importance of hygiene and sanitation regulatory in the session area;
- discuss the ways to maintain personal hygiene before and after the training session.

12.1 HYGIENE AND SANITATION

Maintaining hygiene and sanitation in a sports Yoga environment is essential for ensuring safety and comfort. Hygiene involves personal and environmental practices like washing hands, cleaning mats, and maintaining cleanliness to reduce infection risks. Sanitation focuses on keeping the space clean by managing waste, disinfecting surfaces, and controlling contamination.

MODULE-4

Maintain Session Area Post Yoga Sessions



Notes

Hygiene and Sanitation in the Yoga Environment

By combining hygiene and sanitation practices, Yoga Assistants (Sports) create a safe, welcoming, and professional environment, allowing athletes to focus on their practice without health concerns. Let us understand the importance of maintaining hygiene and sanitation in detail.

12.2 THE IMPORTANCE OF MAINTAINING HYGIENE AND SANITATION

Sustaining hygiene and sanitation in the Yoga session area is vital to ensure the good health of practitioners and create a safe, comfortable, and respectful environment. A clean session area not only prevents the spread of infections but also positively impacts the mental and physical health of participants. Here are some key reasons why maintaining hygiene and sanitation in the session area is crucial.

1. Prevention of Infections and Illnesses

Yoga sessions often involve close physical contact with mats, props, and shared surfaces. Sweat, skin oils, and respiratory droplets can accumulate, making the area a potential breeding ground for bacteria, viruses, and fungi. Maintaining hygiene through regular cleaning and disinfection minimizes the risk of infections, such as athlete's foot, fungal rashes, or respiratory illnesses.

2. Enhanced Safety and Comfort

A clean environment reduces the risk of slipping due to sweat accumulation or dirt on mats and floors. This is particularly important during physically demanding sessions where stability and grip are essential. Additionally, a tidy and sanitized area enhances comfort, allowing practitioners to focus on their movements without distraction.

3. Mental Health and Concentration

A hygienic and orderly environment positively affects mental clarity and focus. Yoga practice thrives on mindfulness, and a cluttered or dirty space can hinder concentration and relaxation. The act of maintaining cleanliness also fosters discipline and respect for the practice space, reinforcing the mental and spiritual aspects of Yoga.

4. Professionalism and Client Satisfaction

For Yoga assistant and facility managers, maintaining high hygiene standards reflects professionalism and dedication to client welfare. Participants feel more valued and respected when the environment is consistently clean and welcoming. Poor hygiene, on the other hand, can tarnish the reputation of the facility and lead to negative feedback.

5. Prolonged durability of equipment

Proper hygiene and sanitation practices not only protect the health of users but also extend the lifespan of equipment. Mats, straps, bolsters, and other props can deteriorate faster when exposed to sweat, dirt, and moisture without regular cleaning. Investing in hygiene practices preserves the quality and functionality of these essential tools.

6. Compliance with health and safety regulations

Yoga centers and studios are often required to adhere to specific health and safety standards. Maintaining hygiene and sanitation not only ensures compliance but also minimizes the risk of legal complications related to hygiene violations. Adhering to these protocols demonstrates a commitment to public health.



Notes



Fig. 12.1: Practical Tips for Maintaining Hygiene and Sanitation

Maintaining hygiene and sanitation in the session area is not just a routine practice but a vital part of creating a safe, respectful, and enjoyable environment for Yoga practitioners. By integrating regular cleaning, proper equipment maintenance, and

MODULE-4

Maintain Session Area Post Yoga Sessions



Notes

Hygiene and Sanitation in the Yoga Environment

personal hygiene protocols, Yoga assistant and facility managers can foster a culture of health and safety. This commitment to hygiene not only reflects professionalism but also ensures a positive experience for everyone involved.



INTEXT QUESTION 12.1

Fill in the blanks:

1. A clean environment reduces the risk of
2. Proper hygiene and sanitation practices extend the of equipment.

12.3 HYGIENE ROUTINE: BEFORE AND AFTER THE CLASS

Maintaining a hygiene routine before and after a Yoga class is essential to ensure safety, comfort, and overall health. Not only does it protect against infections, but it also contributes to a respectful and pleasant environment for all participants. Here's a detailed breakdown of the recommended hygiene practices:

Before Class: Detailed Hygiene Practices

1. Personal cleansing

- Washing your hands, feet, and face before class is crucial for eliminating dirt, sweat, and any contaminants picked up from your surroundings. This simple act reduces the transmission of germs and prepares the body for a fresh practice.
- **Additional tip:** Use mild soap and lukewarm water to avoid skin irritation, especially if you have sensitive skin.



Fig. 12.2: Washing Hands, Face and Feet

2. Clean and Comfortable Attire

- Wearing freshly laundered, breathable clothes helps in maintaining personal comfort and hygiene during Yoga. Tight, unclean, or sweaty clothes can cause skin irritation and bacterial growth, especially when sweat accumulates.
- **Pro tip:** Choose clothes made of moisture-wicking fabrics like cotton or bamboo blends, which help absorb sweat and allow the skin to breathe.



Fig. 12.3: Wearing Clean Clothes

3. Hair Management

- Tying up long hair reduces distractions and keeps sweat from dripping onto the face. It also minimizes the transfer of natural oils from hair to the mat or equipment, keeping the practice space cleaner.
- **Recommended styles:** Ponytails, braids, or buns work best for keeping hair secure and off the face.



Fig. 12.4: Tying up Hair



Notes

MODULE-4

Maintain Session Area Post Yoga Sessions



Notes

Hygiene and Sanitation in the Yoga Environment

4. Preparedness with Essentials

- Bringing a towel and water bottle ensures that you stay hydrated and can wipe off sweat as needed. A small, quick-dry towel works well for mopping up perspiration without leaving dampness on your mat.
- **Hydration tip:** Sip small amounts of water before the class to maintain hydration without feeling heavy.



Fig. 12.5: Prepared with Essentials

After Class: Essential Hygiene Practices

1. Sweat Management

- Post-session, it's crucial to wash or wipe off sweat to prevent bacterial growth and maintain personal freshness. This practice reduces the chances of developing skin conditions like rashes or fungal infections.
- **Quick fix:** Use alcohol-free wipes if you can't wash immediately. These can remove sweat without causing skin dryness.



Fig. 12.6: Sweat Management

2. Changing Clothes

- Changing into dry clothes immediately after class helps avoid dampness that could lead to chafing or rashes. Keep a fresh set of clothes in your bag for a quick change post-session.
- **Comfort tip:** Opt for loose, breathable fabrics that allow the skin to cool down gradually.



Fig. 12.7: Change Clothes

3. Refreshing the Body

- Rinsing off with water or using a damp cloth to wipe down exposed areas, like arms, neck, and feet, helps remove sweat and maintain a fresh feeling after practice.
- **Alternative:** In case of no shower access, use a body mist or natural deodorant for a quick refresh.



Fig. 12.8: Refresh Body



Notes

MODULE-4

Maintain Session Area Post Yoga Sessions



Notes

Hygiene and Sanitation in the Yoga Environment

4. Sanitizing and Cleaning Equipment

- After every session, sanitize your hands and clean your personal mat and towel. Using a disinfectant spray or wipe ensures that no bacteria or fungi remain, keeping the mat safe for future use.
- **Equipment care:** Allow your mat to air dry after cleaning to prevent moisture buildup and unpleasant odors.



Fig. 12.9: Sanitize Equipments

12.4 PERSONAL HYGIENE KIT (WHAT TO CARRY)

A small hygiene kit is useful, especially for sessions in sports facilities or when training continues after Yoga.

1. **Small towel:** To wipe sweat during or after class
2. **Hand sanitizer or soap:** For cleaning hands when water is not available
3. **Spare T-shirt:** To change into after a sweaty session
4. **Wet wipes or napkins:** For quick clean-ups
5. **Hair band or clip:** To tie up long hair neatly
6. **Toothbrush or mouth freshener (optional):** To stay fresh for long sessions



Fig. 12.10: Personal Hygiene Kit

By incorporating these hygiene practices into your routine, you contribute to a more mindful, respectful, and health-conscious Yoga community.



INTEXT QUESTIONS 12.2

Multiple-choice questions:

1. After a Yoga session, you notice some props are not properly sanitized. What should you do?
 - (a) Leave them for the next session
 - (b) Quickly stack them without cleaning
 - (c) Sanitize them before storing
 - (d) Ask the participants to clean them themselves
2. You find that some equipment used during the session is slightly damaged. What is your best course of action?
 - (a) Use it in the next session anyway
 - (b) Report the damage and replace the equipment
 - (c) Hide it so no one uses it
 - (d) Repair it immediately without reporting



Notes

MODULE-4

Maintain Session Area Post Yoga Sessions



Notes

Hygiene and Sanitation in the Yoga Environment

3. During cleanup, you notice leftover waste and spills in the session area. What should you do first?
 - (a) Ignore it and leave
 - (b) Dispose of waste immediately and clean spills
 - (c) Ask the next group to handle it
 - (d) Cover the area with a mat
4. A participant notices a foul odor in the practice area before the session starts. What could be the most effective response?
 - (a) Spray air freshener without addressing the cause
 - (b) Investigate the source and improve ventilation
 - (c) Ignore it as it's not your responsibility
 - (d) Tell the participant to adapt to the environment
5. A participant accidentally spills water on the floor during the session. What should you do?
 - (a) Ignore it and continue the class
 - (b) Immediately clean it to prevent slipping
 - (c) Wait until the end of the session to clean
 - (d) Blame the participant for being careless



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- The significance of hygiene and sanitation, and its importance for the Yoga session area.
- Appropriate hygiene and sanitation, leads to prevention of infection and illnesses; enhanced safety and comfort; mental health and concentration; professionalizing and client satisfaction, prolonged durability of equipment and compliance with health and safety regulations.
- Hygiene routine before the session includes personal cleaning, clean and comfortable attire, hair management and preparedness with essential things like towel or water bottle.

Hygiene and Sanitation in the Yoga Environment

- After session essential hygiene practices includes revert management, changing clothes, refreshing the body and sanitizing and clearing the equipment.
- A practitioner should also caring a personal hygiene kit for the session.



TERMINAL QUESTIONS

1. Enumerate hygiene routine to be adopted before and after the Yoga session.
2. Describe the significance of maintaining hygiene and sanitation in the Yoga session.



ANSWER TO INTEXT QUESTIONS

12.1

1. Slipping
2. life span

12.2

1. (c)
2. (b)
3. (b)
4. (b)
5. (b)

MODULE-4

Maintain Session Area Post Yoga Sessions



Notes

**MODULE-5: BUILD AN ENVIRONMENTAL FRIENDLY
WORKPLACE**

13. Environment-Friendly Materials Available to Replace Conventional Materials
14. Ways of Disposing Non-Recyclable Waste Appropriately
15. Common sources of Pollution and Ways to Minimize It

KEY LEARNING OUTCOMES

By the end of this module, participants will be able to:

1. Identify eco-friendly materials and practices.
2. Manage non-recyclable waste effectively.
3. Minimize pollution within Yoga environments.
4. Encourage sustainable practices in Yoga spaces.



Notes

13

ENVIRONMENT-FRIENDLY MATERIALS AVAILABLE TO REPLACE CONVENTIONAL MATERIALS

Dear learners, environment-friendly alternatives to conventional materials are available across various sectors, driven by the need to reduce environmental impact. Additionally, innovative and emerging sustainable materials, offer new pathways for greener construction and production processes, ultimately supporting a good environment.

In this unit, you will study about environment-friendly materials and sustainable water management practices.



OBJECTIVES

After studying this unit, you will be able to:

- recognize environment-friendly materials used in Yoga practice;
- implement sustainable waste management practices.

13.1 ENVIRONMENT-FRIENDLY MATERIALS USED IN YOGA PRACTICE

The practice of Yoga is deeply rooted in principles of harmony, balance, and respect for the environment. To truly embody these values, it is essential to use environment-friendly materials in Yoga practice. These materials not only reduce environmental impact but also provide a safer, more holistic experience for practitioners. By choosing sustainable options, Yoga Assistant – Sports can create a mindful and responsible practice space. Below is a comprehensive guide to environment-friendly materials commonly used in Yoga settings.

MODULE-5

Build an Environmental Friendly Workplace



Notes

Environment-Friendly Materials Available to Replace Conventional Materials

1. Natural Fiber Yoga Mats

Natural fiber Yoga mats are gaining popularity as sustainable alternatives to traditional PVC or synthetic mats. These mats are crafted from biodegradable and renewable resources, offering both comfort and environmental benefits.

- **Materials:** Organic cotton, jute, natural rubber
- **Benefits**
 - Biodegradable and compostable, reducing landfill waste
 - Free from toxic chemicals like PVC and phthalates
 - Naturally anti-slip, providing excellent grip and stability
- **Usage Tips**
 - Opt for mats certified by GOTS (Global Organic Textile Standard).
 - Avoid mats with synthetic additives or chemical coatings.

2. Sustainable Yoga Props

Yoga props are essential for enhancing flexibility, alignment, and stability during practice. Choosing sustainable materials for these props ensures durability while minimizing environmental harm.

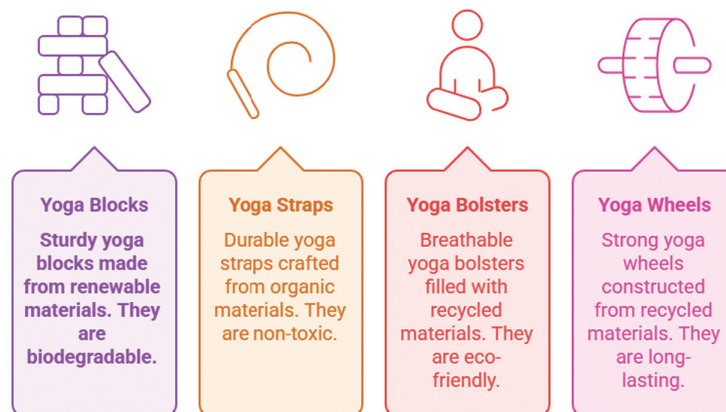


Fig. 13.1: Sustainable Yoga props

Why choose sustainable props?

1. Reduces reliance on non-renewable resources
2. Minimizes chemical exposure, promoting a healthier practice environment



Notes

3. Organic and Natural Yoga Clothing

Clothing made from synthetic materials like polyester can release microplastics during washing, contributing to environmental pollution. Switching to organic and natural fabrics helps reduce this impact while offering comfort and breathability.

- **Materials:** Organic cotton, bamboo, hemp
- **Benefits**
 - Hypoallergenic and skin-friendly
 - Breathable and moisture-wicking
 - Reduces microfiber pollution compared to synthetic fabrics
- **Certifications to look for**
 - OEKO-TEX Standard 100 (ensures no harmful chemicals)
 - Fair Trade (supports ethical labor practices)

4. Eco-Friendly Accessories

Accessories used in Yoga sessions should reflect the same commitment to sustainability. This includes items like water bottles, towels, and carry bags.



Fig. 13.2: Eco-Friendly Accessories

Why use eco-friendly accessories?

1. Reduces waste from disposable alternatives
2. Supports a zero-waste lifestyle by encouraging reuse

MODULE-5

Build an Environmental Friendly Workplace



Notes

Environment-Friendly Materials Available to Replace Conventional Materials

5. Sustainable Cleaning Products

Maintaining cleanliness in a Yoga space without harming the environment requires thoughtful selection of cleaning products. Natural and biodegradable solutions help maintain hygiene without leaving harmful residues.

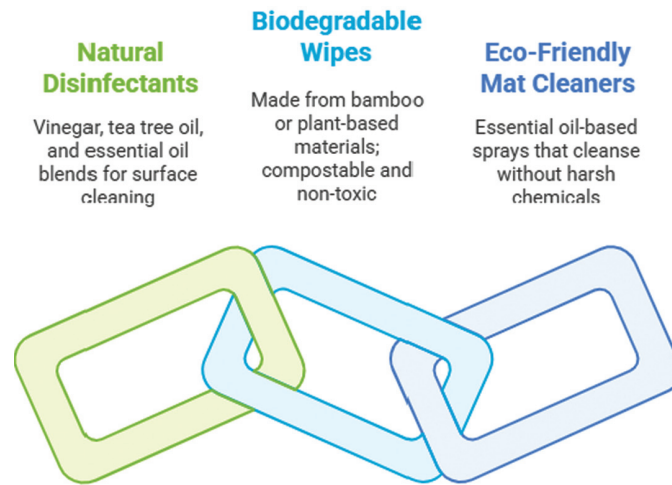


Fig. 13.3: Sustainable Cleaning Products

- **Usage tip:** Dilute vinegar with water and add a few drops of essential oil for a cost-effective and fragrant cleaning solution.

6. Environmentally Conscious Flooring

Choosing sustainable flooring options not only enhances the aesthetic appeal of a Yoga space but also supports environmental conservation. These materials are durable, easy to clean, and align with the eco-friendly ethos of Yoga practice



Fig. 13.4: Eco-Friendly Flooring

- **Natural wood flooring:** Certified sustainable wood; aesthetically pleasing and biodegradable.

7. Minimizing Plastic Use in Yoga Spaces

Reducing plastic use is essential for maintaining an eco-friendly Yoga environment. Simple adjustments can make a significant impact on sustainability.



Fig. 13.5: Encourage Use of Reusables

8. Incorporating Green Practices in Daily Yoga Sessions

Maintaining an eco-friendly Yoga space goes beyond using sustainable products. It also involves daily practices that reduce waste and support environmental health.

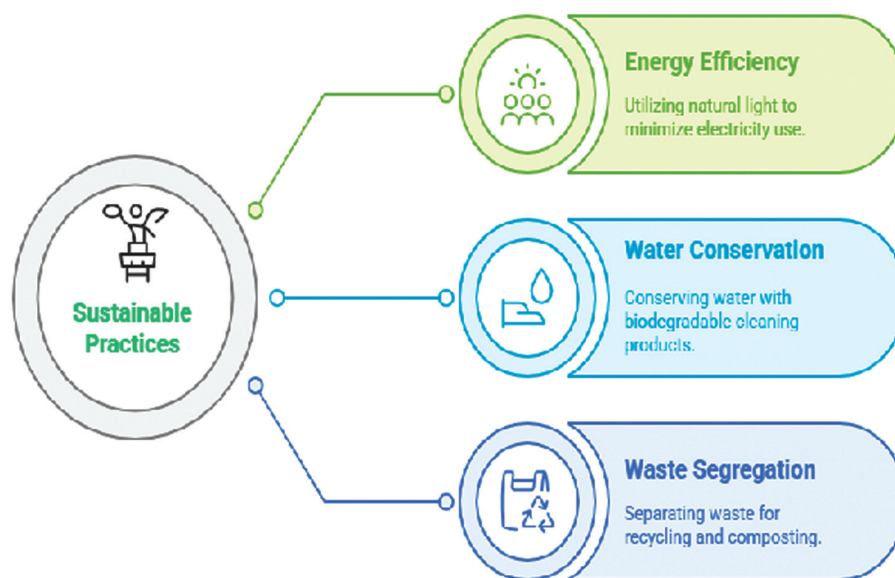


Fig. 13.6: Sustainable Practices

Adopting environment-friendly materials in Yoga practice not only aligns with the holistic values of Yoga but also contributes to environmental conservation. By making mindful choices about mats, props, clothing, and cleaning products, Yoga



Notes

MODULE-5

Build an Environmental Friendly Workplace



Notes

Environment-Friendly Materials Available to Replace Conventional Materials

Assistant – Sports can create a sustainable and responsible practice space. Incorporating these practices demonstrates a commitment to both personal health and the planet's health, fostering a more conscious and harmonious Yoga experience.



INTEXT QUESTIONS 13.1

Fill in the blanks:

1. Organic and fabrics should be used for Yoga clothing.
2. Eco-friendly accessories waste from disposable alternatives.



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- The environment friendly materials used in yoga practice such materials can create a mindful and responsible practice space.
- There is a use of natural fiber yoga mats made of organic cotton, jute and natural rubber.
- There is also an increased usage of organic and natural yoga clothing which includes organic cotton, bamboo and hemp.
- There are also eco-friendly accessories and sustainable clearing products which are readily avoidable.
- Incorporating green practices can lead to reduction of waste and support environmental health.



TERMINAL QUESTIONS

1. Enumerate various environment-friendly materials used while Yoga sessions.
2. How sustainable waste management practices can be implemented?



ANSWERS TO INTEXT QUESTIONS

13.1

- (i) Natural (ii) Reduce



Notes

14

WAYS OF DISPOSING NON-RECYCLABLE WASTE APPROPRIATELY

Dear learners, in the previous unit, you have learnt about the environment-friendly materials used in yoga practice. Effective waste management prioritizes reduction, reuse and recycling to minimise the amount of recyclable waste. Thus, prevent environmental contamination.

In this unit, we will study about the importance of disposing of non-recyclable waste.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of disposing of non-recyclable waste correctly;
- identify common non-recyclable items in Yoga spaces;
- implement sustainable practices for managing non-recyclable waste.

14.1 WHAT IS NON-RECYCLABLE WASTE

Non-recyclable waste refers to the items that cannot be processed for reuse or recycling. In Yoga settings, this often includes synthetic materials, damaged props, and disposable items that are contaminated or degraded. Proper disposal is crucial to maintain hygiene and environmental responsibility. In a Yoga training environment, maintaining cleanliness and hygiene is paramount. One significant challenge that often arises is the proper management and disposal of non-recyclable waste.

MODULE-5

Build an Environmental Friendly Workplace



Notes

Ways of Disposing Non-recyclable Waste Appropriately

14.2 IMPORTANCE OF PROPER DISPOSAL OF NON-RECYCLABLE WASTE

Proper disposal of non-recyclable waste is crucial for maintaining a safe, clean, and sustainable environment, especially in Yoga spaces. Incorrect disposal can lead to health risks, environmental harm, and legal issues. Contaminated waste can harbor bacteria, spread infections, and attract pests, compromising hygiene and safety. Additionally, improperly discarded items like PVC mats can release toxic substances, polluting soil and water. Adhering to waste management regulations helps avoid fines and maintains the reputation of the Yoga center. Moreover, responsible disposal practices reflect a commitment to sustainability, aligning with the mindful principles of Yoga. Following section will help you to understand the non-recyclable waste in Yoga spaces and how to dispose them.

14.3 TYPES OF NON-RECYCLABLE WASTE IN YOGA SPACES

In Yoga settings, non-recyclable waste often includes synthetic materials, damaged props, and disposable items that are contaminated or degraded. Proper disposal of such waste is crucial to maintain hygiene and uphold environmental responsibility. Managing non-recyclable waste in Yoga environments can be challenging, but with the right approach, it is possible to maintain a safe and clean space while minimizing environmental impact.

Types of Non-recyclable Waste in Yoga Spaces

In a Yoga training environment, cleanliness and hygiene are of utmost importance. However, managing non-recyclable waste effectively remains a common challenge. Unlike recyclable materials, non-recyclable waste cannot be processed for reuse and requires specific disposal methods to avoid contamination. Here are the most common types of non-recyclable waste found in Yoga spaces:



Fig. 14.1: Biohazardous Waste Disposable Process



Notes

1. Personal hygiene products

Yoga sessions often involve the use of disposable hygiene items such as tissues, wipes, and masks, especially for personal cleaning or adhering to hygiene protocols. Female-dominated classes may also generate sanitary waste like pads or menstrual products.

2. Yoga props and equipment

Yoga mats made from synthetic materials like PVC or rubber, when worn out, become non-recyclable due to their complex composition. Additionally, damaged props like blocks, straps, and wheels, often comprising mixed materials, are hard to recycle.



Fig. 14.2: Disposal of Non-Recyclable Props

3. Cleaning and maintenance materials

After Yoga sessions, cleaning often generates waste like disposable mop cloths, chemically treated wipes, and contaminated cleaning rags. These items, once used, are unsuitable for recycling.

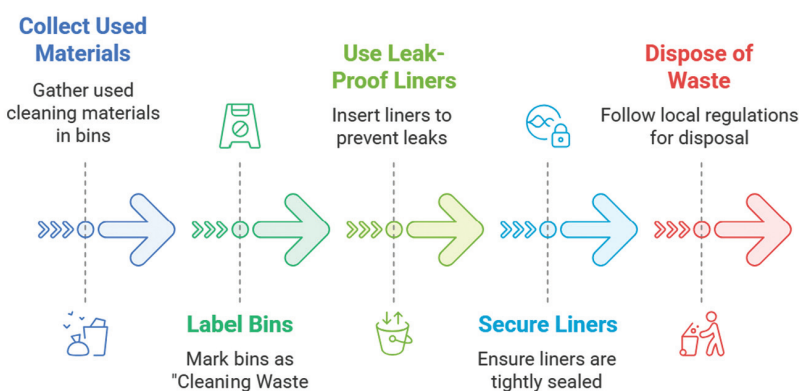


Fig. 14.3: Disposal of Cleaning Materials

MODULE-5

Build an Environmental Friendly Workplace



Notes

Ways of Disposing Non-recyclable Waste Appropriately

4. Food and drink packaging

Participants who bring snacks or drinks may generate non-recyclable waste like plastic wrappers, multi-layered foil packaging, and disposable cups. Often, food residues make these items non-recyclable.

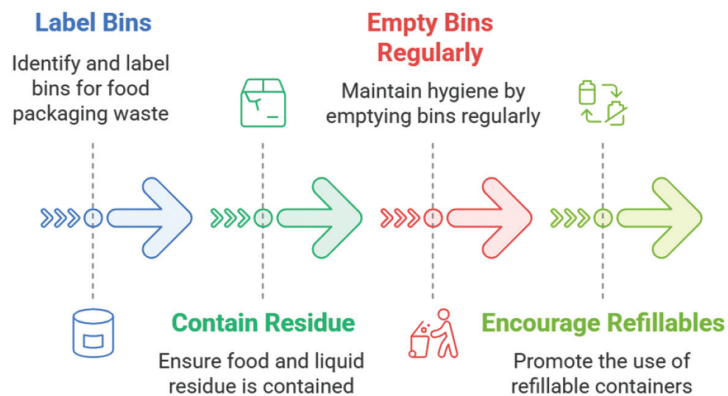


Fig. 14.4: Disposal of Food Packaging Wastes

14.4 BEST PRACTICES FOR MANAGING NON-RECYCLABLE WASTE

Implementing structured waste management practices helps maintain a clean environment while reducing environmental impact. Here are some best practices to manage non-recyclable waste efficiently:

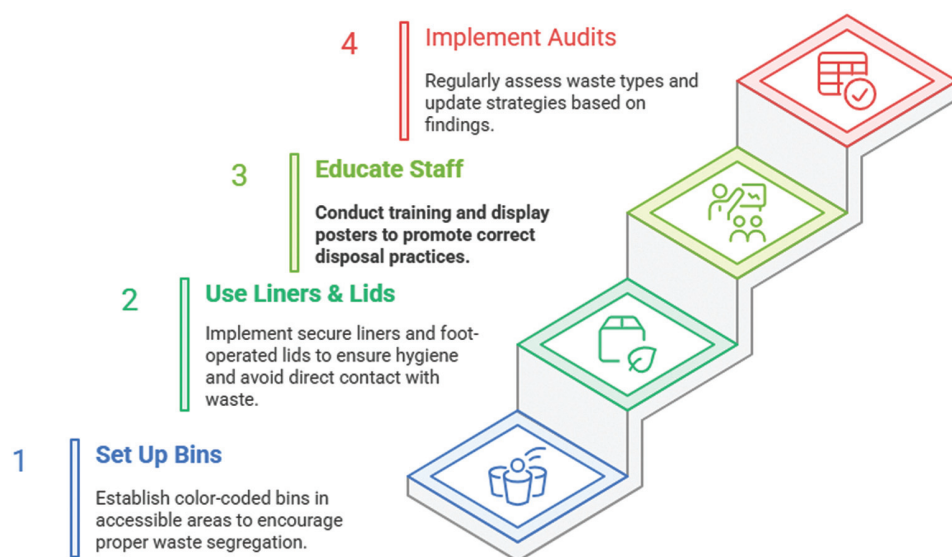


Fig. 14.5: Best Practices for Managing Non-Recyclable Waste

Use Secure Liners and Lids

- Line bins with durable, leak-proof liners to contain any liquids.
- Use bins with foot-operated lids to reduce hand contact and enhance hygiene.
- Regularly replace liners and securely tie them before disposal to prevent spills.

Educate and Train Staff

- Conduct regular training sessions on proper waste segregation and the importance of hygiene.
- Educate practitioners about correct disposal practices and the significance of using the right bins.
- Display informative posters in common areas to reinforce good practices.

Implement Waste Audits

- Regularly assess the types and volumes of non-recyclable waste generated.
- Adapt waste management strategies based on audit findings to improve efficiency.
- Keep records of waste audits as part of hygiene compliance and environmental responsibility.

14.5 SUSTAINABLE ALTERNATIVES TO REDUCE NON-RECYCLABLE WASTE

To create an eco-friendly Yoga environment, it is vital to minimize non-recyclable waste through sustainable practices. Here are some practical strategies:

Promote refillable water bottles

- Install water refill stations within the facility to reduce single-use plastic.
- Encourage participants to bring their own bottles by offering small incentives.
- Offer branded reusable bottles made from stainless steel or BPA-free materials.



Notes

MODULE-5

Build an Environmental Friendly Workplace



Notes

Ways of Disposing Non-recyclable Waste Appropriately

Encourage Cloth Towels Over Disposable Wipes

- Provide washable towels made of organic cotton or bamboo for personal use.
- Offer laundry services or washing stations to maintain hygiene.
- Educate participants on the environmental impact of disposable wipes and promote reusable alternatives.

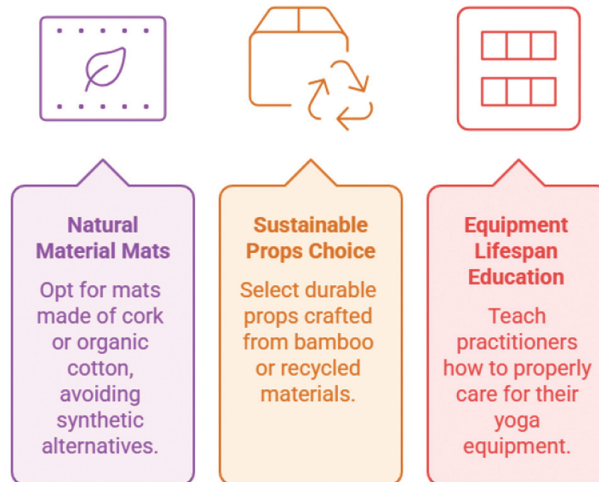


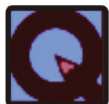
Fig. 14.6: Sustainable Alternatives for Non-Recyclable Wastes

Host Awareness Programs

- Conduct workshops on sustainable practices and the importance of waste management.
- Create visual displays highlighting the impact of non-recyclable waste and promoting eco-friendly practices.
- Encourage participants to share their sustainable practices through community boards or social media.

Repurpose Before Disposal: a Sustainable Approach

Before discarding non-recyclable items, it is essential to explore ways to repurpose them. Repurposing not only extends the life of items but also significantly reduces waste, supporting a more sustainable and mindful Yoga environment. By creatively reusing materials, Yoga Assistant – Sports can minimize their environmental footprint while also promoting resourcefulness within the community.



INTEXT QUESTIONS 14.1

Fill in the blanks:

- (i) For eco-friendly yoga environment, encourage the use of over disposable wipes.
- (ii) Conduct workshops on practices and importance of waste management.

Table. 14.1: Creative Repurposing Ideas for Common Non-Recyclable Wastes

Item	Repurposing Ideas
Worn-out Yoga mats (PVC)	Cut into smaller pieces to use as non-slip pads under rugs or as cushioning for garden kneeling pads.
Broken Yoga blocks	Use pieces as doorstops, plant holders, or soft padding under heavy objects.
Old straps and bands	Repurpose as tie-downs for rolled mats or secure loose items during transport.
Torn Yoga wheels	Use as decorative elements in garden spaces or as unique plant supports.
Disposable wipes (if unused)	Use for cleaning outdoor equipment or non-sensitive surfaces.
Plastic packaging (clean)	Cut into strips and weave into mats or baskets for Yoga props storage.
Foam padding from mats	Convert into seat cushions for Yoga benches or additional support during seated poses.
Synthetic towels or cloths	Repurpose as cleaning rags for mats, floors, or equipment.

Additional Strategies

- **Reusable Hygiene Kits:** Offer eco-friendly kits containing washable towels, reusable masks, and sanitizers.
- **Reduce Packaging Waste:** Choose minimal or plastic-free packaging when selling mats and props.
- **Natural Cleaning Products:** Use eco-friendly cleaning solutions that minimize environmental harm.

By adopting these sustainable practices, Yoga Assistant – Sports can maintain a clean, responsible, and eco-conscious practice space. Educating both staff and practitioners on proper waste management fosters a culture of mindfulness and environmental stewardship, aligning with the core principles of Yoga itself.



Notes

MODULE-5

Build an Environmental Friendly Workplace



Notes

Ways of Disposing Non-recyclable Waste Appropriately



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- Non-recyclable waste refers to the items that cannot be processed for reuse or recycling.
- Proper disposal of non-recyclable waste is necessary for maintaining a safe, clean and sustainable environment especially while conducting Yoga sessions.
- The major types of non-recyclable waste in yoga spaces includes personal hygiene products, Yoga props and equipment, cleaning and maintenance materials, and food and drink packaging.
- Sustainable alternatives to reduce non-recyclable waste includes promotion of refillable water bottles, encouraging cloth towels over disposable wipes, and organizing awareness programs.
- Yoga Assistant – Sports can also encourage reusable hygiene kits, reduce packaging waste, and natural cleaning products.



TERMINAL QUESTIONS

1. Explain the major types of non-recyclable waste in Yoga spaces.
2. What are sustainable alternatives to reduce non-recyclable waste.
1. Write any one practice for managing non-recyclable waste.
2. How to minimize plastic usage in Yoga spaces?



ANSWER TO INTEXT QUESTIONS

14.1

- (i) Cloth towel
- (ii) Sustainable



Notes

15

COMMON SOURCES OF POLLUTION AND WAYS TO MINIMIZE IT

Dear learners, in the previous unit, you have learnt about ways of disposing non-recyclable waste. Pollution is the detrimental contamination of natural substances, or pollutant, that cause adverse changes to air, water and soil, impacting human and animal health and disrupting the environment's ability to function naturally.

In this unit, you will study about the common sources of pollution and its impact of health.



OBJECTIVES

After studying this unit, you will be able to:

- understand the common sources of pollution in Yoga environments;
- recognize the impact of pollution on health and practice quality;
- implement practical methods to reduce pollution in Yoga settings.

15.1 POLLUTION IN YOGA ENVIRONMENTS

Maintaining purity, cleanliness, and tranquility in a Yoga space is essential for fostering a positive practice atmosphere. However, various forms of pollution can compromise both the environment and the quality of practice. Understanding the sources of pollution, recognizing their impact, and implementing effective solutions are crucial steps to creating a safe and inspiring Yoga environment.

Despite being spaces dedicated to health and mindfulness, Yoga environments are not immune to pollution. Whether it is indoor air quality, surface contamination, noise disruption, or improper waste management, pollution can significantly affect

MODULE-5

Build an Environmental Friendly Workplace



Notes

Common Sources of Pollution and Ways to Minimize It

the physical and mental health of practitioners. Addressing these challenges requires a holistic approach to maintain a safe and supportive practice space.

15.2 IMPACT OF POLLUTION ON HEALTH AND PRACTICE QUALITY

Pollution within Yoga spaces not only compromises ambiance but also poses significant health risks and affects the overall quality of practice. Addressing these issues is crucial for maintaining a safe and supportive environment where both practitioners and trainers can thrive.

1. Health risks in Yoga spaces

Practicing Yoga in a polluted environment can diminish the health benefits that Yoga aims to provide. Different types of pollution within Yoga settings can impact health in several ways:

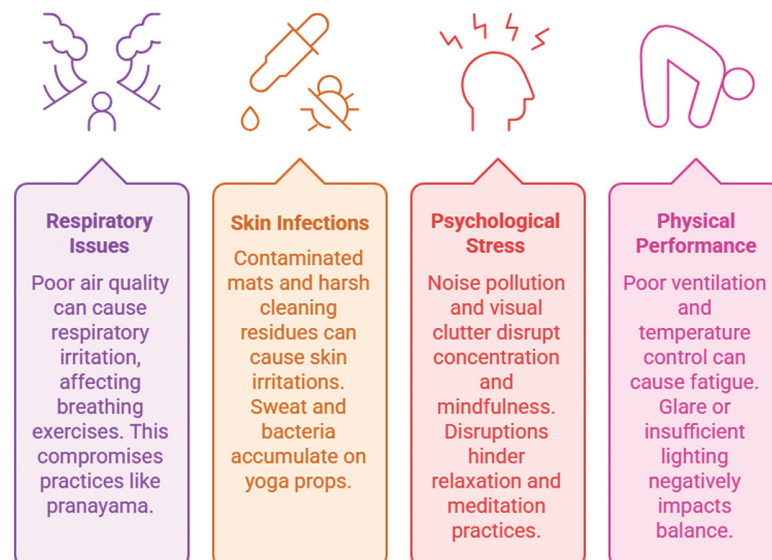


Fig. 15.1: Health Risks in Yoga Spaces

2. Impact on Practice Quality

Beyond health risks, pollution also undermines the quality of Yoga practice, affecting both the mental and physical experience of practitioners.

Maintaining a pollution-free environment through proper ventilation, regular cleaning, and mindful space management is essential to ensure a healthy, focused, and positive practice experience. In the next section, we will explore into the common sources of pollution within Yoga environments and explore practical methods to minimize their impact. By addressing the root causes, Yoga Assistant

– Sports can create a safer and more harmonious practice space, promoting both physical fitness and mental calmness.

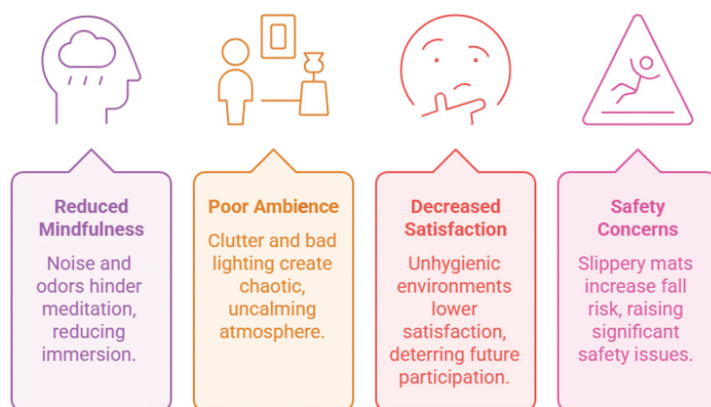


Fig. 15.2: Impact of Pollution on Practice Quality

15.3 COMMON SOURCES OF POLLUTION IN YOGA ENVIRONMENTS

Even in spaces dedicated to fitness and mindfulness, Yoga environments can experience pollution. The sources of pollution can be both external and internal, often going unnoticed until they start impacting air quality, hygiene, or overall comfort. Identifying these sources and implementing effective measures is essential to maintain a healthy and serene practice space.

1. Indoor Air Pollution

Indoor air pollution is one of the most common issues in Yoga environments, particularly in urban areas or closed settings. Poor air quality can negatively impact breathing, concentration, and overall health.

Table. 15.1: Ways to Minimize Indoor Air Pollution

Common Source	Way to Minimize
Dust and allergens	Regular cleaning of mats, props, and floors to reduce buildup.
Volatile organic compounds (VOCs)	Use of TOC cleaning products and natural Yoga mats.
Poor ventilation	Enhance ventilation by using air purifiers and opening windows.
Incense and essential oils	Limit use, especially during high-intensity sessions.
Outdoor air infiltration	Keep windows closed during peak pollution times, use air purifiers.



Notes

MODULE-5

Build an Environmental Friendly Workplace



Notes

Common Sources of Pollution and Ways to Minimize It

2. Surface Contamination

Surfaces used during Yoga practice can accumulate sweat, oils, and residues from personal care products, leading to bacterial growth and unpleasant odors.

Table. 15.2: Ways to Minimize Surface Contamination

Common Source	Way to Minimize
Sweat and body fluids	Regular sanitization of mats, blocks, and equipment after each session.
Cleaning agents	Use natural, hypoallergenic cleaning solutions to reduce residue.
Personal care products	Encourage the use of personal mat towels during practice.
Surface contamination	Establish designated cleaning zones to prevent cross-contamination.
Hygiene practices	Implement personal hygiene protocols, including wiping mats before and after use.

3. Noise Pollution

Yoga environments thrive on calmness and quiet, but noise pollution can disrupt concentration and relaxation, leading to a less effective practice.

Table. 15.3: Ways to Minimize Noise Pollution

Common Source	Way to Minimize
Traffic noise	Install acoustic panels or curtains to block external noise.
Mechanical sounds	Regular maintenance of equipment to minimize disruptive noises.
Human activities	Implement a 'Silence Zone' policy to reduce conversations and notifications.
External disturbance	Use calming ambient music to mask background noise.
Peak traffic hours	Schedule sessions during quieter times to reduce external noise impact.

4. Light Pollution

Yoga requires a balanced and soothing ambiance, but excessive or poorly managed lighting can disturb focus and relaxation.

Table. 15.4: Ways to Minimize Light Pollution

Common Source	Way to Minimize
Harsh fluorescent lighting	Use dimmable LED lights for softer, adjustable illumination.
Bright outdoor lights	Install window shades to block glare while maintaining a serene space.
Improper lighting angles	Position lights indirectly to avoid glare on mats or mirrors.
Unnatural light quality	Choose warm-toned bulbs that mimic natural daylight.
Distracting light placement	Use wall sconces or indirect lighting to create a calm, focused atmosphere.



Notes

5. Waste Pollution

Improper waste management within the Yoga space can lead to hygiene issues, odors, and even pest infestations.

Table. 15.5: Ways to Minimize Waste Pollution

Common Source	Way to Minimize
Improper waste segregation	Use clearly labeled bins for general, recyclable, and hygiene waste.
Overflowing bins	Schedule regular waste disposal to prevent accumulation.
Personal hygiene waste	Educate practitioners on proper disposal practices and use dedicated hygiene waste bins.
Odor and leakage	Use durable, leak-proof liners in bins to contain waste and prevent odors.
Mixed waste issues	Set up dedicated waste stations to ensure proper segregation of different waste types.

Maintaining a pollution-free Yoga environment requires a proactive approach to identifying and addressing common sources of contamination. By implementing practical strategies like enhancing ventilation, practicing surface hygiene, managing noise, optimizing lighting, and properly disposing of waste, Yoga Assistant – Sports can create a more mindful, healthy, and welcoming space. Embracing sustainable practices not only improves the physical environment but also aligns with the holistic values that Yoga promotes, fostering a balanced and harmonious practice atmosphere.

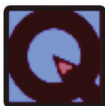
MODULE-5

Build an Environmental Friendly Workplace



Notes

Common Sources of Pollution and Ways to Minimize It



INTEXT QUESTIONS 15.1

Multiple-choice questions:

1. What is an eco-friendly alternative to plastic Yoga blocks?
(a) Foam blocks (b) Cork blocks
(c) Painted wooden blocks (d) Rubber blocks
2. What is the best way to manage waste in a Yoga studio?
(a) Use one bin for all waste
(b) Burn all the trash after sessions
(c) Separate dry and wet waste in different bins
(d) Ask clients to take their waste home
3. Which cleaning practice is best to reduce pollution?
(a) Use strong chemical cleaners daily
(b) Use eco-friendly and natural cleaning agents
(c) Never clean unless it looks dirty
(d) Spray air freshener multiple times
4. What should be avoided to reduce plastic waste in the Yoga environment?
(a) Cloth Yoga straps (b) Paper-based signboards
(c) Single-use plastic bottles (d) Reusable Yoga mats
5. Which of the following helps keep the Yoga space pollution-free?
(a) Burning incense all day (b) Opening windows for fresh air
(c) Using plastic curtains (d) Using scented candles



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt about:

- Maintaining purity, cleanliness, and tranquility in Yoga space is essential for fostering a positive practices atmosphere for yoga sessions.

Common Sources of Pollution and Ways to Minimize It

- Pollution can impact health and practice quality by increasing health risks, and affect practice quality.
- Common sources of pollution in Yoga environment includes indoor air pollution, surface contamination, noise pollution, light pollution, and waste pollution.



TERMINAL QUESTIONS

1. What are the ways to minimize indoor air pollution, light pollution, and noise pollution.
2. How does pollution impacts health and practice quality of a Yoga session.



ANSWER TO INTEXT QUESTIONS

15.1

1. (d)
2. (c)
3. (b)
4. (d)
5. (b)

MODULE-5

Build an Environmental Friendly Workplace



Notes

YOGA ASSISTANT – SPORTS

REVISIONAL EXERCISE

Module 1: Introduction to the Yoga Assistant – Sports Job Role (Bridge Module)

Multiple-choice questions:

1. What does the term ‘Yoga’ literally mean?
 - (a) To unite or join
 - (b) To perform exercise
 - (c) To control breath
 - (d) To sit in silence
2. Which of the following is a key mental benefit of yoga?
 - (a) Increased weight loss
 - (b) Enhanced vision
 - (c) Emotional resilience
 - (d) Increased aggression
3. Which is a common breathing technique used in yoga to calm the mind?
 - (a) Bhastrika
 - (b) Nadi Shodhana
 - (c) Simhasana
 - (d) Utkatasana
4. Which role is most aligned with a yoga assistant in sports?
 - (a) Gym trainer
 - (b) Marketing manager
 - (c) Support for safety, alignment, and motivation
 - (d) Dietitian
5. Which skill is especially important for a yoga assistant during sessions?
 - (a) Sales skills
 - (b) Observation and communication
 - (c) Singing ability
 - (d) Weight lifting

Answer the following questions:

1. Explain the role of a yoga assistant in enhancing sports performance.

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2. What are the skills required for Yoga Assistant – Sports?

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3. What are some career opportunities for a yoga assistant beyond yoga studios?

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4. Discuss how yoga can benefit athletes in terms of mental health.

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-
-
5. Describe career pathway of Yoga Assistant – Sports

Module 2: Prepare Equipment and Area for the Yoga Session

Multiple-choice questions:

1. During a yoga session, you notice a mat with a tear that could cause someone to trip. What is the best course of action?
 - (a) Ignore it since no one has complained
 - (b) Tape it up quickly and proceed
 - (c) Replace it immediately to ensure safety
 - (d) Instruct participants to be cautious around it
2. Why is it important to maintain 2–3 feet distance between mats?
 - (a) For artistic setup
 - (b) To make room for music systems
 - (c) To avoid collisions and support balance
 - (d) For aesthetic balance
3. You notice participants frequently tripping over loose straps on the floor. What should you do?
 - (a) Remove all straps from the session
 - (b) Instruct participants to keep them rolled up
 - (c) Place straps on designated hooks or shelves
 - (d) Ignore it since they are part of the practice
4. What is one reason to keep a yoga session logbook?
 - (a) To compare yoga schools
 - (b) To track participant progress
 - (c) To organize marketing
 - (d) To record music choices
5. What should be checked before using yoga equipment as a yoga assistant?
 - (a) Damage or tear
 - (b) Length and width
 - (c) Colour
 - (d) Brand label

Answer the following questions:

1. Explain the importance of organizing props and equipment before starting a yoga session.
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2. What are prop handling guidelines during yoga session?
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3. Discuss the factors that can cause distractions during a yoga session and how to minimize them.
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4. Why is maintaining a logbook important for a yoga assistant?
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5. How can inadequate space planning affect a yoga session?
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Module 3: Demonstrate Basic Asanas and Assist Athletes During the Sessions

Multiple-choice questions:

1. During a yoga session, an athlete complains of discomfort while performing a deep lunge. What should you
 - (a) Encourage them to push through the pain
 - (b) Modify the posture by using a block for support
 - (c) Ignore and move on to the next pose
 - (d) Ask them to skip the exercise entirely
2. You notice an athlete holding their breath during a challenging pose. What is the best approach?
 - (a) Correct them and guide them to breathe steadily
 - (b) Ignore it as breath control is not essential
 - (c) Increase the difficulty to challenge their endurance
 - (d) Allow them to continue, as it shows effort
3. An athlete performing a balance pose loses stability frequently. What should you do?
 - (a) Encourage them to keep trying without changes
 - (b) Suggest using a wall or chair for support
 - (c) Move on to a more advanced posture
 - (d) Criticize their lack of coordination
4. You are assisting a group of athletes with varying flexibility levels. How should you approach the session?
 - (a) Demonstrate only advanced poses
 - (b) Offer different variations of each pose
 - (c) Focus only on the most flexible athletes
 - (d) Instruct everyone to follow the same posture strictly
5. An athlete feels a sharp pain while stretching. What should your immediate action be?
 - (a) Tell them to continue and push through
 - (b) Move on to the next exercise without addressing it
 - (c) Stop the stretch immediately and assess the pain
 - (d) Encourage them to stretch deeper

Answer the following questions:

1. Explain correct usage of yoga blocks and straps.

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2. List common injuries that can occur during yoga session.

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3. What are the athletic benefits of Hatha yoga?

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4. What are common postural mistakes and corrections?

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5. List key elements for creating a respectful environment?

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Module 4: Maintain Session Area Post Yoga Sessions

Multiple-choice questions:

1. After a yoga session, you notice some props are not properly sanitized. What should you do?
 - (a) Leave them for the next session
 - (b) Quickly stack them without cleaning
 - (c) Sanitize them before storing
 - (d) Ask the participants to clean them themselves
2. You find that some equipment used during the session is slightly damaged. What is your best course of action?
 - (a) Use it in the next session anyway
 - (b) Report the damage and replace the equipment
 - (c) Hide it so no one uses it
 - (d) Repair it immediately without reporting
3. During cleanup, you notice leftover waste and spills in the session area. What should you do first?
 - (a) Ignore it and leave
 - (b) Dispose of waste immediately and clean spills
 - (c) Ask the next group to handle it
 - (d) Cover the area with a mat
4. A participant notices a foul odor in the practice area before the session starts. What could be the most effective response?
 - (a) Spray air freshener without addressing the cause
 - (b) Investigate the source and improve ventilation
 - (c) Ignore it as it's not your responsibility
 - (d) Tell the participant to adapt to the environment
5. A participant accidentally spills water on the floor during the session. What should you do?
 - (a) Ignore it and continue the class
 - (b) Immediately clean it to prevent slipping
 - (c) Wait until the end of the session to clean
 - (d) Blame the participant for being careless

Answer the following questions:

1. Why is maintenance of yoga props essential?

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2. List implications of using damaged equipments.

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3. How to educate athletes on post session cleanliness?

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4. What are before session hygiene practices?

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5. Why restoring session area is important?

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Module 5: Build an Environment-friendly Workplace

Multiple-choice questions:

1. What is an eco-friendly alternative to plastic yoga blocks?
 - (a) Foam blocks
 - (b) Cork blocks
 - (c) Painted wooden blocks
 - (d) Rubber blocks
2. What is the best way to manage waste in a yoga studio?
 - (a) Use one bin for all waste
 - (b) Burn all the trash after sessions
 - (c) Separate dry and wet waste in different bins
 - (d) Ask clients to take their waste home
3. Which cleaning practice is best to reduce pollution?
 - (a) Use strong chemical cleaners daily
 - (b) Use eco-friendly and natural cleaning agents
 - (c) Never clean unless it looks dirty
 - (d) Spray air freshener multiple times
4. What should be avoided to reduce plastic waste in the yoga environment?
 - (a) Cloth yoga straps
 - (b) Paper-based signboards
 - (c) Single-use plastic bottles
 - (d) Reusable yoga mats
5. Which of the following helps keep the yoga space pollution-free?
 - (a) Burning incense all day
 - (b) Opening windows for fresh air
 - (c) Using plastic curtains
 - (d) Using scented candles

Answer the following questions:

1. How to minimize plastic usage in yoga spaces?

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2. List types of non-recyclable wastes in yoga spaces.

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3. Mention some creative repurposing ideas for non-recyclable wastes.

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4. Discuss are the impact of pollution.

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5. How to minimize waste pollution in yoga centres?

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EMPLOYABILITY SKILLS

Employability skills- 60 hours (DGT/VSQ/N0102)

Employability skills is available at the following location:

<https://www.skillindiadigital.gov.in/content/list>

Scan the QR code below to access the e book

Scan the QR code for Employability skills for 60 hr



<https://www.skillindiadigital.gov.in/content/list>

Employability and entrepreneurship module

Yoga Assistant - Sports

Guidelines for Practical Examination

Practical Paper - Yoga Assistant - Sports

Maximum marks: 50

Time: 3.00 hrs

Marking Scheme:

Activities	Marks Allotted	Remarks
Practical job - any two (one for writing on answer sheet and other for demonstration/performance)	20	(10 × 2)
Practical Record/File & chart (flex)	10	
Viva-Voce	10	
Internal Assessment i.e. Discipline, Performance, Personality etc. (during the training period)	10	(given by centre)
Total Marks	50	

Breakup of Practical Activities:

(i) Written practical activity

- Understanding the objective 02
- Principles and Methods 05
- Overview 01
- Result 02

Total marks 10

(ii) Demonstration/Performance activity

- Preparation 02
- Assistance during demonstration/performance 02
- Correction in posture/performance 02
- Time management & effective communication skills 04

Total marks 10

Grand total marks 20

Guidelines for Practical Examiner

- Four practical activities should be given to the students from the list of practicals, and they have the option to perform any two activities.
- All required material (Tools, equipments etc.) should be available at the disposal of the examiner.
- Different sets of practical exercises can be given to different examinees.

List of Practical Activities

S.No.	Practical	Practical – Key Learning Outcomes	Remarks
Module 1: Introduction to the Yoga Assistant – Sports Job Role Bridge Module Duration: 10:00 Hrs.			
1.	To classify different types of yoga	Classify different types of yoga	
2.	To create a career progression chart of a sports yoga professional	Create a career progression chart of a sports yoga professional	
Module 2: Prepare Equipment and Area for the Yoga Sessions Duration: 30:00 hrs.			
3.	To create pre-session checklist	Create pre-session checklist	
4.	To demonstrate the use of yoga props and equipment.	Demonstrate the use of yoga props and equipment.	
5.	To examine the equipment for any kind of damages.	Examine the equipment for any kind of damages.	
6.	To demonstrate arrangement of lighting, temperature, and ventilation appropriate for a comfortable yoga session.	Demonstrate arrangement of lighting, temperature, and ventilation appropriate for a comfortable yoga session.	
7.	To update session logbook	Update session logbook	
Module 3: Demonstrate basic asanas and assist athletes during the sessions Duration: 60:00 hrs.			
8.	To demonstrate basic yoga asanas (pose)	Demonstrate basic yoga asanas (pose)	
9.	To demonstrate correct forms, posture, and techniques to make session effective and injury free.	Demonstrate correct forms, posture, and techniques to make session effective and injury free.	
10.	To calculate the number of props and equipment required for a given number of athletes.	Calculate the number of props and equipment required for a given number of athletes.	
11.	To demonstrate the usage of props and equipment safely and effectively.	demonstrate the usage of props and equipment safely and effectively.	
12.	To demonstrate asanas to develop endurance, strength, coordination, flexibility, etc.	Demonstrate asanas to develop endurance, strength, coordination, flexibility, etc.	

13.	To demonstrate ways to find if the injury is major or minor.	Demonstrate ways to find if the injury is major or minor.	
14.	To demonstrate the process of administering first aid for common injuries.	Demonstrate the process of administering first aid for common injuries.	
15.	To perform CPR (Cardio-Pulmonary Resuscitation)	Perform CPR (Cardio-Pulmonary Resuscitation)	
16.	To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	
17.	To apply gender-sensitive, non-discriminatory language.	Apply gender-sensitive, non-discriminatory language.	
Module 4: Maintain Session Area Post Yoga Sessions Duration: 60:00 hrs.			
18.	To create checklist of post session activities	Create checklist of post session activities	
19.	To demonstrate proper maintenance of props and equipment	Demonstrate proper maintenance of props and equipment	
20.	To demonstrate ways to update props and equipment stock	Demonstrate ways to update props and equipment stock	
21.	To demonstrate ways to sanitize props and equipment before and after the usage.	Demonstrate ways to sanitize props and equipment before and after the usage.	
22.	To demonstrate hygiene and sanitation sign-off before closing the session area.	Demonstrate hygiene and sanitation sign-off before closing the session area.	
23.	To prepare a sample of daily report on maintenance of session area.	Prepare a sample of daily report on maintenance of session area.	
Module 5: Build an Environmental Friendly Workplace Duration: 20:00 hrs.			
24.	To prepare statutory documents relevant to safety and hygiene.	Prepare statutory documents relevant to safety and hygiene.	
25.	To demonstrate the methods of disposing non-recyclable waste.	Demonstrate the methods of disposing non-recyclable waste.	
26.	To report malfunctioning. (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment	Report malfunctioning. (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment	
Module 6: Employability Skills Duration: 15:00 hrs.			
27.	To create a career plan	Create a career plan	
28.	To implement Self-awareness, time management, critical thinking, problem solving	Implement Self-awareness, time management, critical thinking, problem solving	

29.	To create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary	Create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary.	
30.	To implement communication skills while handling different customers	Implement communication skills while handling different customers.	
31.	To use appropriate basic English sentences/ phrases while speaking. Differentiate between types of customers.	Use appropriate basic English sentences/ phrases while speaking. Differentiate between types of customers.	
32.	To create a biodata.	Create a biodata.	
33.	To use various sources to search and apply for jobs.	Use various sources to search and apply for jobs.	

Yoga Assistant – Sports

Guidelines for OJT

Practical Paper - Yoga Assistant - Sports

Maximum marks: 20

15 days Workshop / Yoga Session

Time: 6.00 hrs

Marking Scheme:

• Preparation of Yoga Session	05
• Demonstration & Performance activity	05
• Assistance during demonstration & performance	03
• Correction in posture & performance during Yoga Practices	03
• Behaviour & effective communication skills	04
Total marks	20

Guidelines for Head of Institution to evaluate the Learners

The internal and external evaluation of learners shall be conducted on the basis of the following parameters:

1. Completeness of Check list

According to the Training Activities, a check list will be prepared by Trainee such as Props, Equipment, and Post Session activities.

2. Practical Applications

Performance of CPR (Cardio-Pulmonary Resuscitation)

Demonstration of Yoga Practices; Effective Techniques, Usages of Props and Equipment safely & effectively, First Aid in Emergency during Training, Hygiene & Sanitation etc.

3. Qualities and Personality of a Yoga Assistant Sports

Behaviour & Ethics & Values - Discipline, Performance, Punctuality, Communication Skills etc.

4. Yoga Lifestyle

5. Voice Projection

6. Observation and Assistance,

7. Correction during Practice

8. Preparation of a Yoga Class

9. Preparatory Steps Prior to Yoga Practice

10. Safety Measures and Precautions

On the Job Training (OJT)

S.No.	Practical	Practical – Key Learning Outcomes	Remarks
Module 2: Prepare equipment and area for the yoga sessions Duration: 30:00 hrs.			
1.	To create pre-session checklist	Create pre-session checklist	
2.	To demonstrate the use of yoga props and equipment.	Demonstrate the use of yoga props and equipment.	
3.	To examine the equipment for any kind of damages.	Examine the equipment for any kind of damages.	
4.	To demonstrate arrangement of lighting, temperature, and ventilation appropriate for a comfortable yoga session.	Demonstrate arrangement of lighting, temperature, and ventilation appropriate for a comfortable yoga session.	
5.	To update session logbook	Update session logbook	
Module 3: Demonstrate basic asanas and assist athletes during the sessions Duration: 60:00 hrs.			
6.	To demonstrate basic yoga asanas (pose)	Demonstrate basic yoga asanas (pose)	
7.	To demonstrate correct forms, posture, and techniques to make session effective and injury free.	Demonstrate correct forms, posture, and techniques to make session effective and injury free.	
8.	To calculate the number of props and equipment required for a given number of athletes.	Calculate the number of props and equipment required for a given number of athletes.	

9.	To demonstrate the usage of props and equipment safely and effectively.	Demonstrate the usage of props and equipment safely and effectively.	
10.	To demonstrate asanas to develop endurance, strength, coordination, flexibility, etc.	Demonstrate asanas to develop endurance, strength, coordination, flexibility, etc.	
11.	To demonstrate ways to find if the injury is major or minor.	Demonstrate ways to find if the injury is major or minor.	
12.	To demonstrate the process of administering first aid for common injuries.	Demonstrate the process of administering first aid for common injuries.	
13.	To perform CPR (Cardio-Pulmonary Resuscitation)	Perform CPR (Cardio-Pulmonary Resuscitation)	
14.	To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	
15.	To apply gender-sensitive, non-discriminatory language.	Apply gender-sensitive, non-discriminatory language.	
Module 4: Maintain session area post yoga sessions Duration: 60:00 hrs.			
16.	To create checklist of post session activities	Create checklist of post session activities	
17.	To demonstrate proper maintenance of props and equipment	Demonstrate proper maintenance of props and equipment	
18.	To demonstrate ways to update props and equipment stock	Demonstrate ways to update props and equipment stock	
19.	To demonstrate ways to sanitize props and equipment before and after the usage.	Demonstrate ways to sanitize props and equipment before and after the usage.	
20.	To demonstrate hygiene and sanitation sign-off before closing the session area.	Demonstrate hygiene and sanitation sign-off before closing the session area.	
21.	To prepare a sample of daily report on maintenance of session area.	Prepare a sample of daily report on maintenance of session area.	

Certificate of OJT

Date:

*Certify that Mr. Ms.
completed the **OJT on NIOS Yoga Assistant-Sports Programme** in our School/ College/
Organisation/ Institute of Yoga & Naturopathy.
from to*

*Her/His OJT Yoga Assistant-Sports Programme was (Excellent/
Good/ Satisfactory).*

I wish him/her for best future.

Signature

Name of HOD/Principal

Seal of School/College/Institution

National Institute of Open Schooling, Noida
Practical Training/Workshop Schedule (PCP)
Yoga Assistant - Sports

Duration of the Course: 360 Hours (Theory – 75 Hrs. Practical – 105 Hrs. and OJT – 90 Hrs)

Approximate 3 months = 24 days (3 months × 04 weeks × 02 days) × 5.00 Hrs. = 120 Hrs.

And 03 workshop × 10 days each × 05 Hrs. per day = 150 Hrs.

S.No.	Day & Duration	Practical Training: Topics	Instructions to the Teacher/ Faculty in First Session	PCP/Practical Training: Topics	Instructions to the Teachers/ Faculty in Second Session
Module 1: Introduction to the Yoga Assistant – Sports Job Role Bridge Module					
Day-1	Saturday	To classify different types of yoga.	● Prepare a PPT/ chart to show the classification of different types of yoga. ● Encourage interaction and discussion.	Meaning, Purpose and Benefits of Yoga	● Lecture emphasizing on benefits of different types of Yoga through PPTs/case based learning/audio-visual aid.
Day-2	Sunday	To create a career progression chart of a sports yoga professional	● Prepare a PPT/ chart to show the progression in sports yoga professional.	Career Opportunities for a Yoga Assistant – Sports	● Lecture through audio-visual aid and real case successful examples.
Module 2: Prepare Equipment and Area for the Yoga Sessions					
Day-3	Saturday	To create pre-session checklist	● Guide the trainees to design a sample of pre-session check list. ● Encourage interaction and discussion.	Preparing for a Safe and Effective Yoga Session	● Demonstrate through PPT/ audio visual methods and show sample plan for safety during Yoga session.
Day-4	Sunday	To demonstrate the use of yoga props and equipment.	● Guide the trainees to use of yoga props and equipment under supervision of trainer.	Understanding and Managing Props, Equipment, and Accessories	● Lecture cum demonstration through audio - visual methods.
Day-5	Saturday	To examine the equipment for any kind of damages.	● Demonstration and activity based learning. ● Checklist based learning.	Maintaining Records for Yoga Sessions	● Lecture cum discussion to design records for yoga session.
Day-6	Sunday	To demonstrate arrangement of lighting, temperature, and ventilation appropriate for a comfortable yoga session.	● Demonstration and activity based learning. ● Checklist based learning. ● Cover red flag signs	To update session logbook (Practical)	● Guide trainees to design a sample customized logbook
Module 3: Demonstrate Basic Asanas and Assist Athletes During the Session					
Day-7	Saturday	To demonstrate basic yoga asanas (pose)	● Divide trainees in small groups and observe their demonstration. ● Record and interpret the findings.	Props, Equipment, and Safety	● Demonstrate through PPT/ Audio-visual aid.

Day-8	Sunday	To demonstrate correct forms, posture, and techniques to make session effective and injury free.	● Trainees will divide into pair and perform/ demonstrate yogasana. ● Assess data under supervision.	Types of Yoga and Postural Techniques	● Audio-visual aid method/ case discussion/ reciprocal learning.
Day-9	Saturday	To calculate the number of props and equipment required for a given number of athletes.	● Conduct a small group activity to make list and requirement of equipments. ● Assess them under supervision.	Injury Prevention and Emergency Protocols	● Demonstrate through PPT/ Audio-visual aid method/ case discussion/ reciprocal learning. ● Cover red flag signs
Day-10	Sunday	To demonstrate the usage of props and equipment safely and effectively.	● Allow trainees to demonstrate correct technique method under supervision.	Behavioural and Ethical Conduct	● Audio-visual aid method/ case discussion/ reciprocal learning.
Day-11	Saturday	To demonstrate asanas to develop endurance, strength, coordination, flexibility, etc.	● Trainees will collaborate in small groups and demonstrate under the supervision of trainer. ● Trainer will record their difficulty level.	To demonstrate ways to find if the injury is major or minor.(Practical)	● Demonstrate, peer learning, reflect to practice and analyze. ● Red flag indicators.
Day-12	Sunday	To demonstrate the process of administering first aid for common injuries.	● Demonstrate, peer learning, reflect to practice on different medical conditions. ● Red flag indicators.	To perform CPR (Cardio-Pulmonary Resuscitation) (Practical)	● Demonstration and return demonstration under supervision. ● Red flag indicators.
Day-13	Saturday	To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	● Mock drill and facility mapping exercise under supervision.	To apply gender-sensitive, non-discriminatory language. (Practical)	● Conduct a role-play activity to demonstrate appropriate behavior at workplace ● Cover red flag signs

Module 4: Maintain session area post yoga sessions

Day-14	Sunday	To create checklist of post session activities	● Demonstrate and activity based learning. ● Check list based learning	Maintenance and Care of Props and Equipment	● Demonstration method and audio-visual method on maintenance and care.
Day-15	Saturday	To demonstrate proper maintenance of props and equipment	● Demonstrate and activity based learning. ● Check list based learning	Post Session Area Management	● Demonstrate and conduct a short guided practice session.
Day-16	Sunday	To demonstrate ways to update props and equipment stock	● Demonstrate and activity based learning. ● Check list based learning	Hygiene and Sanitation in Yoga Environment To demonstrate hygiene and sanitation sign-off before closing the session area. (Practical)	● Lecture and group discussion. ● Demonstration through guided practice. ● Experiential learning.

Day-17	Saturday	To demonstrate ways to sanitize props and equipment before and after the usage.	● Demonstration through guided practice. ● Experiential learning.	To prepare a sample of daily report on maintenance of session area. (Practical)	● Guide the trainees to design a sample of daily report on maintenance. ● Encourage interaction and discussion.
Module 5: Build an Environmental Friendly Workplace					
Day-18	Sunday	To prepare statutory documents relevant to safety and hygiene.	● Demonstration and hands on practice. ● Group work and co-operative learning.	Environment-friendly Materials Alternatives to Replace Conventional Materials	● Demonstrate and conduct a short guided practice session. ● Problem based learning.
Day-19	Saturday	To demonstrate the methods of disposing non-recyclable waste.	● Demonstration through guided practice. ● Experiential learning.	Ways of Disposing Non-recyclable Waste Appropriately	● Demonstration and design based learning through PPT/ audio-visual aid.
Day-20	Sunday	To report mal-functioning. (fumes/sparks/ emission/vibration /noise) and lapse in maintenance of equipment.	● Demonstration and activity based learning. ● Equipment audit exercise.	Common Sources of Pollution and Ways to Minimize It Yoga Assistant – Sports: Revisional Exercise	● Demonstrate and conduct a short guided practice session. ● Problem based learning.
Module 6: Employability Skills					
Day-21	Saturday	To create a career plan	● Guide the trainees to design a sample career plan.	To implement Self-awareness, time management, critical thinking, problem solving (Practical)	● Activity based learning, self reflection exercise, time management activity.
Day-22	Sunday	To create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary	● Demonstration and hands on practice on computer lab. ● Practice sample task.	To implement communication skills while handling different customers	● Conduct role play and simulation through group division. ● Feedback and reflection.
Day-23	Saturday	To use appropriate basic English sentences/phrases while speaking. Differentiate between types of customers.	● Role play and activity based learning.	To create a biodata.	● Demonstration ● Hands on training. ● Peer review method
Day-24	Sunday	To use various sources to search and apply for jobs.	● Demonstration and guided practice. ● Online and offline sources. ● Practice live demonstration on profile creation on Linked in site etc.	Summary	● Quiz/Group discussion ● Q and A

Yoga Assistant – Sports Program - 10 Days Workshop (First)

Yoga Assistant – Sports Program - 10 days workshop (First)				
10 days workshop (First)	Topic of PCP and practical training in first session	Necessary guidelines for Yoga teacher/expert	Topic of PCP and practical training in first session	Necessary guidelines for Yoga teacher/expert
1-10 Days	1. To classify different types of yoga 2. To demonstrate the use of yoga props and equipments. 3. To calculate the number of props and equipment required for a given number of athletes. 4. To demonstrate basic yoga asnas (pose). 5. To implement self awareness, time management, critical thinking, problem solving 6. To demonstrate the usage of props and equipments safely and effectively 7. To demonstrate ways to find if the injury is major or minor. 8. To demonstrate the process of administering first aid for common injuries. 9. To create check list to post session activity 10. To demonstrate ways to sanitize props and equipment before and after usage	● Will elaborate on the subject from a theoretical perspective. ● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	● Theoretical part ● Project work/ assignment	● Will enlighten the theoretical part. ● Will help to identify the prescribed spots in the practical manual. ● Will highlight their main characteristics. ● Will conduct project work. ● Will assign practical/ sessional work for home.

Yoga Assistant – Sports Program - 10 Days Workshop (Second)

Yoga Assistant – Sports Program - 10 days workshop (Second)				
10 days workshop (Second)	Topic of PCP and practical training in (Second) session	Necessary guidelines for Yoga teacher/expert	Topic of PCP and practical training in second session	Necessary guidelines for Yoga teacher/expert
1-10 Days	1. To demonstrate basic yoga asanas (pose) 2. To demonstrate correct forms, posture, and techniques to make session effective and injury free. 3. To use appropriate basic English sentences/phrases while speaking 4. To Examine the equipments for any kind of damages 5. To demonstrate the usage of props and equipment safely and effectively. 6. To demonstrate asanas to develop endurance, strength, coordination, flexibility, etc. 7. To demonstrate the process of administering first aid for common injuries. 8. To perform CPR (Cardio-Pulmonary Resuscitation) 9. To demonstrate hygiene and sanitization sign – of before closing the session area 10. To demonstrate the method of disposing on recyclable waste.	● Will elaborate on the subject from a theoretical perspective. ● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	● Theoretical part ● Project work/ assignment	● Will enlighten the theoretical part. ● Will help to identify the prescribed spots in the practical manual. ● Will highlight their main characteristics. ● Will conduct project work. ● Will assign practical/ sessional work for home. ● Will check the work in the next workshop.

Yoga Assistant – Sports Program - 10 days workshop (Third)

Yoga Assistant – Sports Program - 10 days workshop (Third)				
10 days workshop (Third)	Topic of PCP and practical training in (Third) session	Necessary guidelines for Yoga teacher/expert	Topic of PCP and practical training in (Third) session	Necessary guidelines for Yoga teacher/expert
1-10 Days	1. To demonstrate basic yoga asanas (pose) 2. To demonstrate correct forms, posture, and techniques to make session effective and injury free. 3. To demonstrate asanas to develop endurance, strength, coordination, flexibility, etc. 4. To demonstrate the usage of props and equipment safely and effectively. 5. To report malfunctioning (fumes/sparks/emission/vibration/noise) and laps in maintenance of equipment 6. To demonstrate ways to find if the injury is major or minor. 7. To demonstrate the process of administering first aid for common injuries. 8. To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster. 9. To implement communication skills while handling different costumers 10. To apply gender-sensitive, non-discriminatory language.	● Will elaborate on the subject from a theoretical perspective. ● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	● Theoretical part ● Project work/ assignment	● Will enlighten the theoretical part. ● Will help to identify the prescribed spots in the practical manual. ● Will highlight their main characteristics. ● Will conduct project work. ● Will assign practical/ sessional work for home. ● Will check the work in the next workshop.

Yoga Assistant – Sports

Guideline for OJT - 15 days Program (Time duration 90:00 hrs.)

- Conduct training sessions as per the different stages of periodization.
- Conduct performance analysis of athletes.
- Create an advance sports specific yoga program for athletes.
- Guide athletes with correct intensity, frequency, and techniques to make yoga program effective and injury free.
- Create advance meditation program for athletes to enhance performance.
- Follow safety protocols for injury prevention and medical emergency.



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