

Instructions for Candidate of

Voluntary Certification of Yoga Professionals (Level 1 &2)



Do's

- Understand the Question Paper Pattern Placed below
- Go through the Syllabus and Yoga Guidebook
- Model Test Papers for Practice are available on <http://www.qualityindia.in/download/>
- You are advised to practice on OMR Sheet before appearing for the final examination. Visit <http://www.qualityindia.in/download/> or use the graphic given below
- You must carry print of Issued Admit Card & Any Government Issued Photo ID proof in ORIGINAL (Aadhar Card/Voter ID Card/Driving License/Passport). NOTE: The photo identity proof

must contain the same name as it appears on the Admit Card.

- Bring Stationery such as Ball Pen (Black or Blue) etc. for marking OMR Sheets
- Candidate should sit ONLY at his/her assigned seat
- Ensure to sign Attendance Sheet and note down answer sheet number for your record
- OMR sheet (Answer Sheet) will be taken back after completion of the exam by the Invigilator immediately
- You are NOT ALLOWED to take the question booklet
- Candidate is no way, allowed to leave exam centre during exam time.



Don'ts

- Any electronic device and/or Bag/Mobile/Gadget is Not Allowed to be carried inside the exam hall
- Use of Books, Notebooks, any Calculator, any memory device, any recording device etc. is not permitted in exam area.
- Any candidate found resorting to any unfair means or malpractice or any misconduct during the examination, including giving/receiving help

to/from any candidate during the test will be disqualified.

- DO NOT write your name or give any other indication of your identity on answer sheet to ensure your anonymity is maintained else it would be cancelled and the evaluation will not be done
- Entry to the Exam Centre after commencement of Exam Centre is not allowed under any circumstances
- No Candidate will be allowed to leave the examination hall till full examination time is over.



Result

1. There will be No Negative marking for wrong answers
2. If the student does not achieve an aggregate of 70% in theory and practical put together, he will be declared “Not Pass” and then he can take one more chance to reappear in any one of the module (theory or practical) he so desires by paying the applicable fee as given below. If the student wants to appear in both the modules then he has to register afresh by paying the full fee and his previous candidature will stand cancelled.

Scheme of Examination - Level 1

Stage	Question Type	Duration	Maximum Marks	Pass %age
Theory	50 Multiple Choice Question (MCQ) of 2 Mark Each	90 Min.	100 Marks	70%
Practical	Asana Demonstration and Viva Voce /Oral Exam	20 Min.	100 Marks	
All candidates to appear both for Theory and Practical exams. For final marking 30% weight of Theory and 70% weight of Practical will be taken. Overall 70% is required to pass the exam				

Syllabus - Level 1

	Particulars	Weightage
Knowledge	Introduction to Yoga and Yogic Practice	15 %
	Introduction to Human Body and Psyche	15 %
	Sukshma Vyayama, Surya Namaskar, and knowledge of shat kriyas	10 %
	Asanas	25 %
Skill	Pranayam & Meditation	15 %
	Instructing the students, Instructing skills	20 %

Scheme of Examination - Level 2

Stage	Question Type	Duration	Maximum Marks	Overall Passing %age
Theory	Total 80 MCQ 60 Multiple Choice Questions (MCQ) of 1 Mark each and 20 Multiple Choice Questions (MCQ) of 2 Mark each	2.30 Hours	100 Marks	70%
	Practical Asana Demonstration and Viva Voce/Oral Exam and teaching demonstration	20 Minutes	100 Marks	

All candidates to appear both for Theory and Practical exams. For final marking 50% weight of Theory & 50% weight of Practical will be taken. Overall 70% is required to pass the exam

Syllabus - Level 2

	Particulars	Weight age
Knowledge	Principles and Fundamentals of Yoga	20 %
	Introduction to Yoga Text	10 %
	Application of Yoga (Anatomy, Physiology, Psychology & Diet)	10 %
	Communication	10 %
	Sukshma Vyayama and Shat Kriyas	10 %
Skill	Surya Namaskar and Yogasana	20 %
	Pranayam and Mediation	10 %
	Teaching Practice	10 %

OMR for Practice

Applicant Name																			
A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B
C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C
D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D
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H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J
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M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
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P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
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Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
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Hindi <input type="radio"/>		B <input type="radio"/>

Applicant Number	Date
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4	4
5	5
6	6
7	7
8	8
9	9
0	0
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2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
0	0

1	A	B	C	D
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3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
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8	A	B	C	D
9	A	B	C	D
10	A	B	C	D
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