

The NIOS

National Institute of Open Schooling (NIOS) has been set up by the MHRD, Govt. of India, as an autonomous body to cater to the Educational, Vocational and Training needs of school dropouts, working adults, and other prioritized groups up to pre-degree level. It offers complete schooling including Basic Education, Secondary, and Senior Secondary Courses, and a host of Vocational Education, and Life Enrichment programmes. With the current enrollment of 2.78 million, it is the largest Open Schooling system in the World!

Vocational Education & Training

NIOS offers many Vocational Education and Training (VET) Programmes. These programmes are of six-months, one-year and two years duration and offered in different areas such as Agriculture, Business & Commerce, Computer & IT, Engineering & Technology, Health & Para Medical, Home Science & Hospitality Management, Teacher Education, and Secretarial Practice. The focus of the Vocational Education programmes of NIOS is to ensure opportunities for development of useful vocational skills. These programmes essentially includes skills to make the learners both employable and entrepreneurs.

Modalities for Vocational Programmes

The Vocational Education Programmes of NIOS are offered through Vocational Training Centres called AVIs (Accredited Vocational Institutes), which provide face to face learning opportunities as well as practical training to trainees.

Yoga Teachers' Training Programme

The Yoga Teachers' Training Programme is a certificate programme providing in-depth knowledge of yoga practices and pedagogy of yoga. The programme is open to all those who are interested to become Yoga Teachers, and is open for both Indian and foreign nationals.

Course Content

The course curriculum consists of five subjects (three theory and two practical training)

1. Philosophy and Physiology of Yoga



2. Human Body, Diet and Shatkarma
3. Applied Yoga
4. Yogic Asanas, Pranayams, and Meditations
5. Yoga Teaching Skill (Micro/Macro-teaching)

Medium of Instruction

The media of instruction are Hindi, English, and Sanskrit.

Instructional Strategy

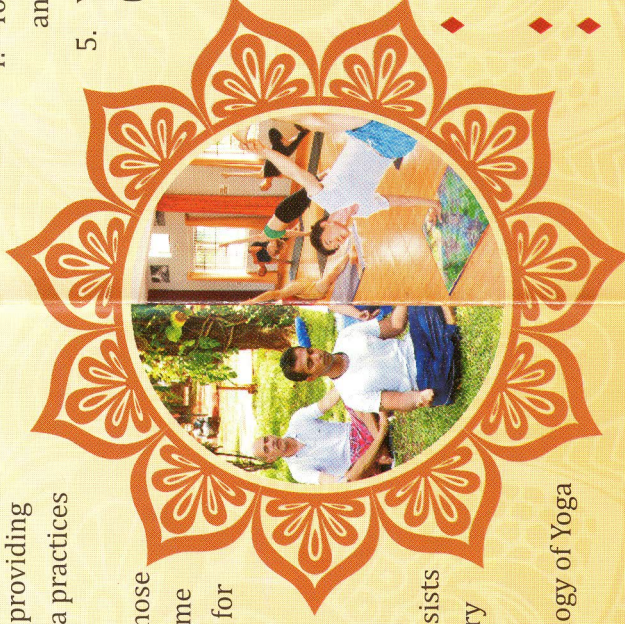
- ◆ Self-instructional printed material
- ◆ Audio and Video Material
- ◆ Hands on Experience/ Practical-Training

Eligibility Criteria

- ◆ Minimum 12th class pass or equivalent from any recognised board of School Education/University.

Duration of Course

One month residential.



Scheme of Study

- ◆ Theory - 30%
- ◆ Hands on Training - 50%
- ◆ Learner Portfolio - 20%

Scheme for Evaluation and Certification

- ◆ Passing Criteria: A candidate should secure 50% marks in all components separately, to be eligible for certification.

Admission Procedure

- ◆ Prescribed application form is available with the Prospectus, which can be purchased from NIOS or its Training Centres or free of cost from NIOS website: www.nios.ac.in.
- ◆ Students may submit their application form round the year at the training centres or take admission online.
- ◆ The admission will be valid for five years.

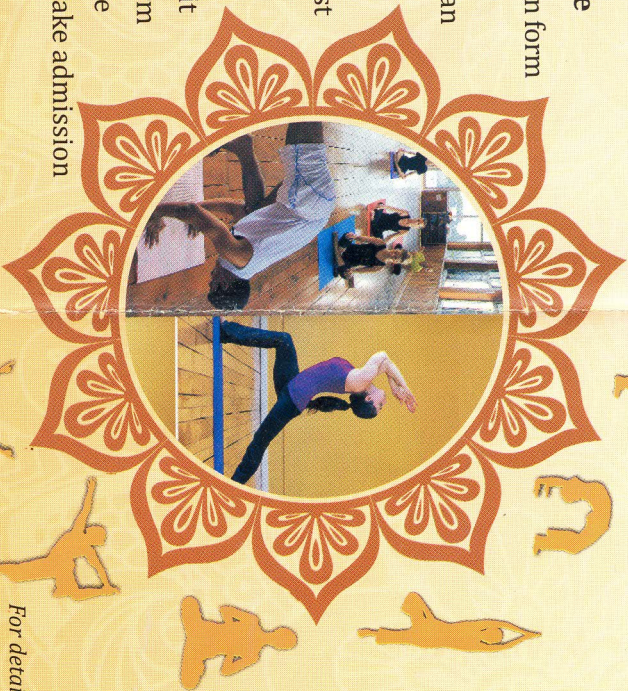
Course Fee

- ◆ The Fee for the programme is \$500 for foreign nationals and ₹ 10,000/- for Indian citizens. The fees includes the cost of Study Material, Examination, and Practical Training.

- ◆ The centre may charge separate fee for accommodation, food, and other facilities.

Job Opportunities

Successful learners may get jobs as a Yoga Teacher or equivalent in the Yoga Institutions, Yoga Centres, Health Clubs, Naturopathy Hospitals and schools, colleges, etc.



For details contact:

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☎ Toll Free Number: 1800180 9393

🌐 Website: www.nios.ac.in



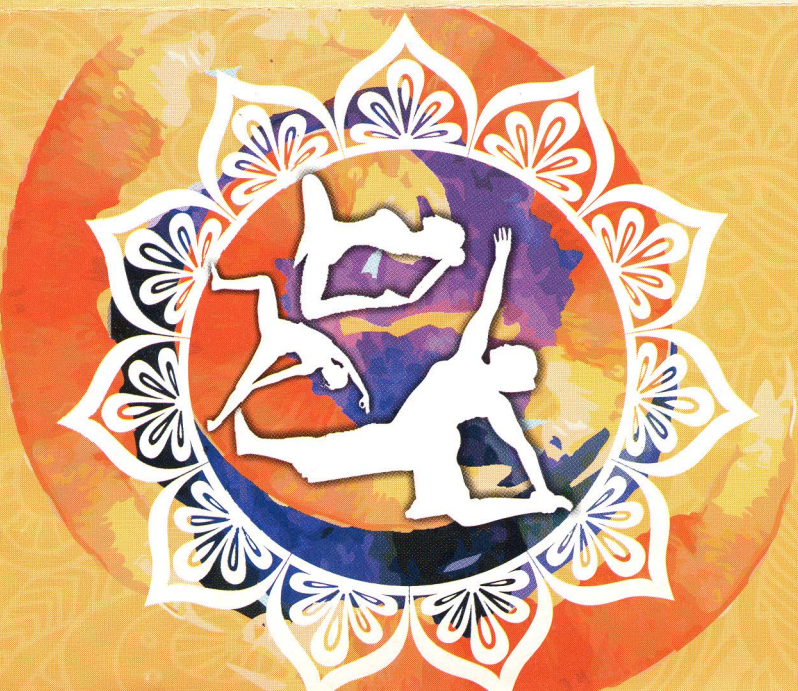
National Institute of Open Schooling

ISO 9001 : 2008 Certified

(An Autonomous Institution Under MHRD, Govt of India)
A 24-25, Sector-62, Institutional Area, NOIDA, UP

YOGA

Teachers' Training Programme



National Institute of Open Schooling