



UTSAV FOUNDATION

(Session 2025-2026)

Course title : Yoga Assistant Level of course : 10+2

Introduction of the course

India's vast population is of young age. It is estimated that only 4.69% of India's workforce has formal skill training hence skilling is a major challenge for the economic growth of the nation. Vocational education is based on occupation and employment which is aimed to gain skills and experience directly linked to career in future which may offer better employment opportunities. The present course is designed in a way to give skill and education to the student at 10+2 level to get self employment.

Ayurveda is the oldest medical system of the world which deals with the science of life. The system has faith in the maintenance of health of a healthy person through its emphasis on a natural lifestyle. Ayurveda deals with the goal of maintaining the health of a healthy person and treating an ill person to restore health. Disease is conceived to be a state of imbalance or derangement of Dosha, Dhātu and Mala. The object of treatment is the maintenance of homeostasis of Doshas, Dhātus and Malas and the treatment is by the use of appropriate drugs, diets and activities drawn from nature for maintaining health and for treating a disease.

Since the declaration of June 21 as International Day of Yoga by the United Nations General Assembly (UNGA) on December 11, 2014; Ayurveda and Yoga has got a renewed worldwide attention. This has led to the demand for more skilled personnel in the field. Considering the future needs in the field of Ayurveda and Yoga, this course has been designed.

Objectives of the course

Overall Objectives of the course

- This course helps the learners to be trained technically and to become skillful and confident while applying and administering the therapies.
- After completing the course the learner will be able to get acquainted with the Principles of Yoga & Naturopathy and their practical applicability in day to day living both in healthy and diseased conditions.

Specific learning outcomes of the course

After completing the course the learner will be able to:

- Perform and demonstrate certain yogic practices as Yoga instructor
- Understand basic applications of Naturopathy
- Can further develop the imparted skills by taking further studies in the field of interest

Job Opportunities

After completion of the course the learner will be able to work as self employed by paying home visits to needy and bed ridden patients or else to work as Yoga assistant, Naturopathy aide, in Ayurvedic hospitals, Panchakarma clinics, Ayurveda dietetic centres, Ayurvedic herbal nursery, Yoga clinics, Life style centres, Wellness centres, Health Spa and resorts, Ayurvedic cosmetic clinics etc.,

Eligibility criteria

This course is open for those who have passed 10th class from any recognised board of school education.

Target group

Young persons seeking a vocational course in the field of Ayurveda and Yoga for their self employment and earn their livelihood.

Duration of the course – 2 years

Scheme of the study

Course	Theory	Practical	Total Essential contact Hrs
Panchakarma Assistant	80 Hours	160 Hours	240 Hours

Curriculum and course

The curriculum and course comprise two components theory and practical. The theory courses as given below are provided in the form of self study print material. The practical component /hands on experience shall be provided to each student at the study centre.

Theory

S.No.	Core subjects	Lessons (80 hours)
1.	Yoga Assistant	<ol style="list-style-type: none"> Principles of Yoga - 5 hrs Yogic Practices and Ashtanga Yoga - 10 hrs Yogic Asanas - 10 hrs Pranayama - 6 hrs Surya Namaskara - 6 hrs Sukshma Vyayama - 5 hrs Shatkarma or Shatkriya - 6 hrs Dhyana and Mudra - 6 hrs Principles of Nature Cure - 5 hrs Nature Cure Methods - I (<i>Akasha and Vayu Tatva</i>) - 8 hrs Nature Cure Methods - II (<i>Agni, Jala and Prithvi tatva</i>) - 8 hrs Latest Developments and Trends in Yoga - 5 hrs

Practicals

S.No.	Core Subjects	Practical contents (160 hours)
1.	Yoga Assistant	<ul style="list-style-type: none"> • Demonstration of Sukshma Vyayama (Leg Joints) • Sukshma Vyayama (Hand Joints) • Sukshma Vyayama (Eye Practices) • Abdominal Group Ssanas • Shakti Bandha • Relaxation Asanas • Meditative Asanas • Vajrasana Group • Standing Asanas • Backward Bending Asanas • Forward Bending Asana • Spinal Twisting Asanas • Inverted Asanas • Balancing Group of Asanas • Surya Namaskara • Pre-pranayama Practice • Stimulating Pranayama • Tranquilizing and Cooling Pranayama • Nadi Shodana Pranayama • Neti Kriya • Kunjal Kriya – Vaman Dhauti • Laghu Shankha Prachalana • Kapalabhati Kriya • Trataka Kriya • Hasta and Mana Mudra • Kaya and Adhara Mudra • Water Fast • Morning Walk • Hot Fomentation • Wet Pack

Assignments

In Each paper/Subject/Course 20 marks will be awarded to assignments. The assignments would be as follows

- Poster/ chart of asanas, pranayam (Minimum five) - 5 Marks
- Record preparation of methods used in nature cure system - 5 Marks
- Seminar presentation on any one of the topics - 10 Marks



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Medium of instruction

The medium of instruction is English & Hindi

Instructional system

- Self instructional printed material
- Assignment
- Practical /hands on experience
- Face to face doubt clearing sessions.
- Audio visual presentation.

Scheme for Evaluation & Certification

S.No.	Subject/Course/Paper	Theory		Practical		AssignmentsMax. Marks	Qualifying Percentage
1.	Yoga Assistant	Max. Marks	Hrs	Max Marks	Hrs	20	40% in theory and 50% in practical
		80	3	100	3		