



## QUALIFICATION FILE- Micro Credential

### Fundamentals of Yoga

- Short Term Training (STT)  Long Term Training (LTT)  Apprenticeship  
 Upskilling  Dual/Flexi Qualification  For ToT  For ToA
- General  Multi-skill (MS)  Cross Sectoral (CS)  Future Skills  OEM

NCrF/NSQF Level: 2

Submitted By:

Sports, Physical Education, Fitness and Leisure Sector Skill Council (SPEFL-SC)  
207, DLF Galleria Mall, Mayur Vihar Extension, Delhi- 110091

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## QUALIFICATION FILE- MICRO CREDENTIAL

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## Section 1: Basic Details

1.	<b>Qualification Name</b>	<b>Fundamentals of Yoga</b>	
2.	<b>Sector/s</b>	<b>Sports</b>	
3.	<b>National Qualification Register (NQR) Code &amp;Version</b> <i>(Will be issued after NSQC approval)</i>	NM-02-SP-02538-2024-V1-SPEFLSC, v1.0	4. <b>NCrF/NSQF Level:</b> 2
5.	<b>Brief Description of the Micro Credential</b>	The "Fundamentals of Yoga" micro-credential outlines essential principles and practices vital for a successful career in the fitness and wellness industry, specifically focusing on yoga. This micro-credential equips learners with an overview of yoga tailored for enhancing physical and mental well-being, improving flexibility, balance, and mindfulness.	
6.	<b>Eligibility Criteria for Entry for Student/Trainee/Learner/Employee</b>	<b>a. Entry Qualification &amp; Relevant Experience:</b>	
		<b>S. No.</b>	<b>Academic/Skill Qualification (with Specialization - if applicable)</b>
			<b>Required Experience (with Specialization - if applicable)</b>
		1.	Ability to read & write
7.	<b>Credits Assigned to this Qualification, Subject to Assessment</b> <i>(as per National Credit Framework (NCrF))</i>	0.5	8. <b>Common Cost Norm Category (I/II/III)</b> <i>(wherever applicable): NA</i>
9.	<b>Any Licensing requirements for Undertaking Training on This Qualification</b> <i>(wherever applicable)</i>	NA	
10.	<b>Expected Outcomes of the Micro Credential</b>	<b>Terminal learning outcomes are:</b> <ul style="list-style-type: none"> <li>Develop a foundational understanding of yoga training principles, including the associated job role</li> <li>Understand the basic human anatomy and physiology concepts relevant to yoga training</li> <li>Demonstrate essential yoga poses, ensuring correct form and alignment for a foundation in yoga practice</li> <li>Demonstrate foundational yogic breathing techniques, emphasizing breath awareness and control</li> <li>Understand the essentials of meditation, including mindfulness and concentration techniques</li> </ul>	

11.	<b>Training Duration by Modes of Training Delivery</b> ( <i>Specify Total Duration as per selected training delivery modes and as per requirement of the qualification</i> )	<input checked="" type="checkbox"/> Offline <input type="checkbox"/> Online <input type="checkbox"/> Blended <i>(Refer Blended Learning Annexure for details)</i> <table border="1" data-bbox="920 204 2018 368"> <thead> <tr> <th data-bbox="920 204 1341 268">Training Delivery Modes</th> <th data-bbox="1341 204 1576 268">Theory (Hours)</th> <th data-bbox="1576 204 1816 268">Practical (Hours)</th> <th colspan="2" data-bbox="1816 204 2018 268">Total (Hours)</th> </tr> </thead> <tbody> <tr> <td data-bbox="920 268 1341 316">Classroom (offline)</td> <td data-bbox="1341 268 1576 316">5</td> <td data-bbox="1576 268 1816 316">10</td> <td colspan="2" data-bbox="1816 268 2018 316">15</td> </tr> <tr> <td data-bbox="920 316 1341 368">Online</td> <td data-bbox="1341 316 1576 368"></td> <td data-bbox="1576 316 1816 368"></td> <td colspan="2" data-bbox="1816 316 2018 368"></td> </tr> </tbody> </table>				Training Delivery Modes	Theory (Hours)	Practical (Hours)	Total (Hours)		Classroom (offline)	5	10	15		Online				
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Online																				
12.	<b>Assessment Criteria</b>	<table border="1" data-bbox="920 405 2018 512"> <thead> <tr> <th data-bbox="920 405 1099 469">Theory (Marks)</th> <th data-bbox="1099 405 1279 469">Practical (Marks)</th> <th data-bbox="1279 405 1496 469">Project (Marks)</th> <th data-bbox="1496 405 1715 469">Viva (Marks)</th> <th data-bbox="1715 405 1868 469">Total (Marks)</th> <th data-bbox="1868 405 2018 469">Passing %age</th> </tr> </thead> <tbody> <tr> <td data-bbox="920 469 1099 517">50</td> <td data-bbox="1099 469 1279 517">100</td> <td data-bbox="1279 469 1496 517"></td> <td data-bbox="1496 469 1715 517"></td> <td data-bbox="1715 469 1868 517">150</td> <td data-bbox="1868 469 2018 517">70</td> </tr> </tbody> </table>	Theory (Marks)	Practical (Marks)	Project (Marks)	Viva (Marks)	Total (Marks)	Passing %age	50	100			150	70						
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50	100			150	70															
13.	<b>Is the Job Role Amenable to Persons with Disability</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <b>If “Yes”, specify applicable type of Disability:</b>																		
14.	<b>How Participation of Women will be Encouraged</b>	Here are some practical strategies that can be implemented: <ol style="list-style-type: none"> <li>1. Partner with women’s organizations, yoga studios, fitness clubs, and community centers to spread awareness.</li> <li>2. Use platforms to highlight the benefits of fitness training for women, featuring testimonials from female yoga professionals and participants.</li> <li>3. Employ experienced female instructors and mentors to create a relatable learning environment.</li> <li>4. Offer classes at various times to accommodate different schedules, including evenings and weekends.</li> <li>5. Provide access to yoga resources, reading materials, and equipment that cater to women’s needs.</li> <li>6. Highlight career opportunities for women in the yoga &amp; fitness industry</li> </ol>																		
15.	<b>Other Indian Languages in which the Micro Credential will be implemented.</b>																			
16.	<b>Is similar Micro Credential Qualification(s) available on NQR-if yes, justification for this qualification</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <b>URLs of similar Qualifications:</b>																		
17.	<b>Name and Contact Details of Submitting / Awarding Body SPOC</b> <i>(In case of CS or MS, provide details of both Lead AB &amp; Supporting ABs)</i>	Name: Tahsin Zahid Email: ceo@sportsskills.in Contact No.: 011-47563351 Website: www.sportsskills.in																		
18.	<b>NSQC Approval Date:</b> 30/04/2024	<b>19. Validity Duration:</b> 3 Years	<b>20. Next Review Date:</b> 30/04/2027																	

## Section 2: Training Related

1.	<b>Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)</b>	Class 10th pass with specialization in yoga with 1 year of academic/industry experience and 1 year of training experience.
2.	<b>Master Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)</b>	Class 12th pass with specialization in yoga with 2 years of academic/industry experience and 2 years of training experience.
3.	<b>Tools and Equipment Required for Training</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (If "Yes", details to be provided in Annexure)

## Section 3: Assessment Related

	<b>Assessor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)</b>	Class 12th pass with specialization in yoga with 2 years of academic/industry experience and 2 years of training experience.
	<b>Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)</b>	
	<b>Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)</b>	
	<b>Assessment Mode (Specify the assessment mode)</b>	<b>Mode:</b> <input type="checkbox"/> Online Only <input type="checkbox"/> Offline Only <input type="checkbox"/> Blended
	<b>Tools and Equipment Required for Assessment</b>	<input checked="" type="checkbox"/> Same as for training <input type="checkbox"/> Yes <input type="checkbox"/> No (details to be provided in Annexure-if it is different for Assessment)

## Section 4: Evidence of Need of the Micro Credential

As per the NCVET Guidelines for evidence of need, provide the required Annexure/Supporting documents.

1.	Government /Industry initiatives/ requirement (Yes/No): Yes
2.	Number of Industry validation provided: 30
3.	Estimated number of people to be trained: 300

## Section 5: Annexure Check List

Specify Annexure Number and Name.

1.	<b>Annexure:</b> NCrf/NSQF level justification based on NCrf Level/NSQF descriptors <i>(Mandatory)</i>	Yes
2.	<b>Annexure:</b> Learning Outcomes and Assessment Criteria <i>(Mandatory)</i>	Yes
3.	<b>Annexure:</b> Assessment Strategy <i>(Mandatory)</i>	Yes
4.	<b>Annexure:</b> List of tools and equipment relevant for qualification <i>(Mandatory – Except in case of online course)</i>	Yes
5.	<b>Annexure:</b> Blended Learning <i>(Mandatory in case selected mode of delivery is “Blended Learning”)</i>	Yes
6.	<b>Annexure:</b> Acronym and Glossary <i>(Optional)</i>	Yes

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Annexure: Evidence of Level

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NCrF/NSQF Level Descriptors	Key requirements of the job role/ outcome of the qualification	How the job role/ outcomes relate to the NCrF/NSQF level descriptor	NCrF/NSQF Level
<b>Professional Theoretical Knowledge/Process</b>	Understand basic yoga principles, including asanas (poses), pranayama (breathing techniques), and meditation.	Learners will grasp foundational yoga concepts and practices suitable for beginner-level practitioners, aligning with the basic theoretical knowledge expected at this level.	2
<b>Professional and Technical Skills/ Expertise/ Professional Knowledge</b>	Demonstrate basic yoga asanas, breathing techniques, and relaxation methods.	Learners will develop practical skills in performing fundamental yoga poses and techniques, reflecting the hands-on expertise required at this level.	2
<b>Employment Readiness &amp; Entrepreneurship Skills &amp; Mind-set/Professional Skill</b>	Develop basic instructional skills to guide beginners in yoga practices safely and effectively.	Learners will acquire the initial capability to instruct and assist others in basic yoga practices, supporting the readiness to engage in entry-level yoga teaching or personal practice.	2
<b>Broad Learning Outcomes/Core Skill</b>	Enhance physical flexibility, strength, and mental focus through consistent yoga practice.	Learners will improve their physical and mental well-being, demonstrating the broad learning outcomes typical for a foundational level course.	2
<b>Responsibility</b>	Adhere to safety guidelines and ethical practices in yoga instruction and personal practice.	Learners will be responsible for ensuring safe practice environments and upholding ethical standards, matching the responsibility level expected at NSQF Level 2.	2

## Annexure: Learning Outcomes and Assessment Criteria

Detailed learning outcomes and assessment criteria for the qualification are as follows:

S. No.	Learning Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
1.	Ensure the understanding of the basic principles and philosophy of yoga, including its history and different types of yoga.	5	10		
2.	Identify and demonstrate fundamental yoga asanas (poses) with correct alignment and technique.	5	10		
3.	Perform basic pranayama (breathing techniques) and understand their benefits and applications.	10	15		
4.	Perform e basic meditation techniques and understand their role in yoga.	5	15		
5.	Carry out a personal yoga practice routine that includes asanas, pranayama, and meditation.	5	15		
6.	Implement safety guidelines for yoga practice to prevent injuries and promote well-being.	5	15		
7.	Demonstrate the ability to guide a basic yoga session, including warm-up, asanas, pranayama, and relaxation.	5	15		
8.	Evaluate and reflect on personal progress and experiences in yoga practice.	5	10		
<b>Total Marks</b>		<b>45</b>	<b>105</b>		

## Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

*Mention the detailed assessment strategy in the provided template.*

### <1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

### 2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

### 3. Assessment Quality Assurance levels/Framework:



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- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

## 4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from assessment location
- Centre photographs with signboards and scheme specific branding

## 5. Method of verification or validation:

- Surprise visit to the assessment location

## 6. Method for assessment documentation, archiving, and access

- Hard copies of the documents are stored

**On the Job:**

1. Each module (which covers the job profile of Automotive Service Assistant Technician) will be assessed separately.
2. The candidate must score 60% in each module to successfully complete the OJT.
3. Tools of Assessment that will be used for assessing whether the candidate is having desired skills and etiquette of dealing with customers, understanding needs & requirements, assessing the customer and perform Soft Skills effectively:
  - Videos of Trainees during OJT
  -
4. Assessment of each Module will ensure that the candidate is able to:
  - Effective engagement with the customers
  - Understand the working of various tools and equipment

## Annexure: Tools and Equipment

List of Tools and Equipment

Batch Size: 30

Sno.	Name of Equipment	Minimum No.of Equipment required (per batch of 30)	Specification	Mandatory Equipment
1.	Sample performance report	1	Each	Yes
2.	Alcohol-based sanitizer	1	Each	Yes
3.	Surface disinfectant	1	Each	Yes
4.	Copy of IPC (Indian Penal Code 96-106) book	1	Each	Yes
5.	Copy of POCSO (Protection of Children against Sexual Offences) and POSH (Prevention of Sexual Harassment) Acts	1	Each	Yes
6.	First aid kit	1	Nos	Yes
7.	Yoga mats	30	Each	Yes
8.	Yoga blocks	30	Each	Yes
9.	Yoga straps	30	Each	Yes
10.	Meditation cushions	10	Each	No
11.	Poster of yoga asanas	2	Nos	Yes
12.	Speaker for guided meditations	1	Each	No
13.	Poster of human anatomy	2	Nos	Yes

### Classroom Aids

The aids required to conduct sessions in the classroom are:

1. Laptop
2. Whiteboard
3. Marker
4. Projector
5. Chart paper
6. Clipboards
7. Height & Weight chart

## Annexure: Industry Validations Summary

S. No	Organization Name	Representative Name	Designation	Contact Address	Contact Phone No	E-mail ID	LinkedIn Profile (if available)
1.	ELITE FITNESS	Sandeep	Owner	Karnataka	98455-52624	sandeep_4543@yahoo.co.in	
2.	Ian Fitness	Srinivas Priyanka	Manager	Karnataka	9739100962	Srinivas.priyanka@ianfitnessventure.com	
3.	ZABT Fitness Club	Vikram	Manager	Karnataka	8762883999	infor@zabtfitness.com	
4.	ZUESE Fitness Club	Adithya Pai	Manager	Karnataka	9164973777	info@zuesefitness.in	
5.	Absolute Fitness	Hari Prakash	Manager	Tamil Nadu	9150418332	hariprakashdb@gmail.com	
6.	Aesthetic Fitness	Ajilan H	Manager	Karnataka	7411847765	astheticfitness@gmail.com	
7.	Fit Map	Satish	Manager	Telangana	081213 30777	regionalmanager@fitmap.in	
8.	Fast Fitness	Amal Kumar roy	Owner	West Bengal	9831234454	sales@fastfitnessindia.com	
9.	Fitness Zone	Yogbal Anima	Manager	Tamil Nadu	99523 23339	Yogbal88.fitnesszones@gmail.com	
10.	Grit Fitness	Pompy Rao	Owner	Kolkata	9831883716	gritfitnesskolkata@gmail.com	
11.	Groundsport Fitness	Royster Dsouza	Manager	Karnataka	81054 22 007	info.groundsport@gmail.com	
12.	Health dot com	Saranraj N	Manager	Tamil Nadu	094424 37327	info@healthdotcom.in	
13.	Kahlian Technology PVT.ltd.	Kumari Manorma	HR head	Maharashtra	7715800004	help@skilladvisor.in	
14.	New Karisidheshwar gym	Maltesh Kurubar	Manager	Karnataka	9901129869	mddilshad9806@gmail.com	
15.	Mettle The Gym	Bharat Kumar	Manager	Telangana	9030555533	mettlethegym@gmail.com	
16.	My choice Gym-Fitness centre	Mohammed saleem gaur	Manager	Karnataka	9480073559	aneeschampion@gmail.com	
17.	Nuclear Fitness	Pawan Kumar	Manager	Karnataka	8212565786	nuclear.fitness@gmail.com	
18.	O2 Gym	Harsha	Manager	Telangana	7287020202	myo2gym@gmail.com	
19.	Physique Gym	Yunus Jamadar	Manager	Karnataka	9620057340	Gym-vijaykumersh1993@gmail.com	
20.	Politechno	Aniruddh tiwari	Director	Maharashtra	9819482231	aniruddh@politechno.in	
21.	Pulse 8 Elite	David	Functional Trainer	Hyderabad	7032936695	pulse8gym@gmail.com	

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22.	New Siddheshwar Gym	Sadanand G	Manager	Karnataka	7975930627	Gym-vivansahil13@gmail.com
23.	Shri Sai Gym	Vinod Jadhav	Manager	Karnataka	9611110899	sudip.79das2014@gmail.com
24.	Steel Gym	Kunal	Trainer	Telangana	9542999999	info.steelgym@gmail.com
25.	Fit Villa Center Pvt. Ltd.	Apurva Gaurav	Administrator	Uttar Pradesh	7503677206	fitvillafitness@gmail.com
26.	Fitness Mandi	Shabishta Ansari	Fitness Center Head	Uttar Pradesh	8882686122	info@fitnessmandi.com

## Annexure: Training Details

## Training Projections:

Year	Estimated Training # of Total Candidates	Estimated training # of Women	Estimated training # of People with Disability
2024-25	100	NA	NA
2025-26	100	NA	NA
2026-27	100	NA	NA

*Data to be provided year-wise for next 3 years*

## Annexure: Blended Learning

### Blended Learning Estimated Ratio & Recommended Tools:

**Refer NCVET "Guidelines for Blended Learning for Vocational Education, Training & Skilling"**

S. No.	Select the Components of the Qualification	List Recommended Tools – for all Selected Components	Offline : Online Ratio
1	<input type="checkbox"/> Theory/ Lectures - Imparting theoretical and conceptual knowledge		
2	<input type="checkbox"/> Imparting Soft Skills, Life Skills, and Employability Skills /Mentorship to Learners		
3	<input type="checkbox"/> Showing Practical Demonstrations to the learners		
4	<input type="checkbox"/> Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training		
5	<input type="checkbox"/> Tutorials/ Assignments/ Drill/ Practice		
6	<input type="checkbox"/> Proctored Monitoring/ Assessment/ Evaluation/ Examinations		
7	<input type="checkbox"/> On the Job Training (OJT)/ Project Work Internship/ Apprenticeship Training		

## Annexure: Acronym and Glossary

### Acronym

Acronym	Description
<b>AA</b>	Assessment Agency
<b>AB</b>	Awarding Body
<b>ISCO</b>	International Standard Classification of Occupations
<b>NCO</b>	National Classification of Occupations
<b>NCrF</b>	National Credit Framework
<b>NOS</b>	National Occupational Standard(s)
<b>NQR</b>	National Qualification Register
<b>NSQF</b>	National Skills Qualifications Framework
<b>OJT</b>	On the Job Training

### Glossary

Term	Description
<b>Qualification</b>	A formal outcome of an assessment and validation process which is obtained when a competent body determines that an individual has achieved learning outcomes to given standards
<b>Qualification File</b>	A Qualification File is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
<b>Sector</b>	A grouping of professional activities based on their main economic function, product, service or technology.