Training of Yoga Teachers
(Senior Citizens' Homes (SCHs) and IRCA[1]s under the jurisdiction of MSJE[2])

Background

The MSJE under its jurisdiction has a number of SCHs and IRCAs across the length and breadth of India. It has been a constant endeavor of the Ministry to provide assistance in various ways leading to improvement in the quality of life of the Senior Citizens[3] and the Addicts[4] undergoing rehabilitation. One of the services provided to these individuals is Yoga. It cannot be over-emphasized that the discipline of Yoga being inherently holistic goes a long way in rehabilitation, preservation and promotion of health. Regular practice of Yoga can contribute immensely to the well-being and quality of life of these individuals.

Indian Yoga Association (IYA) is an association of all the important Yoga Institutions in the country. The expertise of Yoga in India is the possession of IYA. With its innumerable Member Institutions spread all over the country, IYA is in an advantageous position to fulfill the need of MSJE in providing Yoga training to the Senior Citizens and the Addicts as mentioned above.

Initial Proposal

1. Identify the SCHs and IRCAs of MSJE where training is to be provided to the Yoga Teachers
2. Identify the Member Institutions of IYA in or near the above mentioned locations of SCHs and IRCAs.
3. Contact the respective Member Institutions and identify teachers who can be empaneled as Master Trainers

[1] IRCA refers to "Integrated Rehabilitation Centre for Addicts"
[2] MSJE refers to "Ministry of Social Justice and Empowerment"
[3] Senior Citizen is one above 60 years of age.
[4] Alcohol and Drug Addicts

4. The minimum Qualification of these Yoga Teachers (say a Certificate or a Diploma holder) to be decided by the Standing Accreditation and Academic Committee (SAAC). The qualification of the Teacher will be ascertained by the respective Yoga Institution.
5. Remuneration to the Yoga Teachers to be provided by MSJE (but assured by IYA) depending upon the number of hours devoted for Yoga teaching. {For say 4 hours every day (5 days a week – 2 hours in the morning and 2 hours in the evening), a monthly remuneration of Rs. 32000/- works out to Rs. 400/- per session}.
6. Yoga Institutions which facilitate the Teacher's Training will be called Empaneled Yoga Institutes for Yoga Training Programs of MSJE
7. The module / protocol of Yoga practices to be taught to the inmates will be framed by the SAAC. There will be two modules: one for Senior Citizens and another for Addict Rehabilitation. The same module will be adhered to by all the Yoga teachers all over the country without undue modification. Revision and up-gradation of these modules will be periodically done by the SAAC.
8. All nominated Yoga Teachers will undergo a familiarization session / Workshop conducted online by SAAC (IYA) as regards the module so that all of them are clear and teach the same practices.
9. A Yoga Teacher will submit his monthly report to IYA → MSJE in the given format.
10. Feedback forms from the inmates will be taken every three months in the given format by the Teachers and submitted to IYA vide their respective Institutions.
11. Course delivery will be online through Video Conference platforms provided by IYA for batches of 30 participants at a time
12. Text books will be provided in the digital format (PDF); this will be the responsibility of MSJE

Commencement Date

It is proposed to commence rendering Yoga Teaching Services to SCHs and ICRAs by 1st January, 2021

Budget to conduct Training programmes for Yoga Teachers in SCHs and IRCAs

Sl No.	Item	Cost	
		SCHs	**IRCAs**
1	Module Creation (5 Members in Task Force)	₹ 50,000.00	₹ 50,000.00
2	Module Document or Manual (15 to 20 pages)	₹ 25,000.00	₹ 25,000.00
3	**Orientation Workshops** 3-day workshops will be conducted by IYA Experts. Workshop Fees per day for THREE Facilitators = Rs. 25000/-	₹ 75,000.00	₹ 75,000.00
4	**Re-Orientation Workshops** 3-day workshops will be conducted by IYA Experts. Workshop Fees per day for THREE Facilitators = Rs. 25000/- **Once in SIX months**	₹ 75,000.00	₹ 75,000.00
5	Online VC Platform fees @ Rs 1200/- per candidate	₹ 36,000.00	₹ 36,000.00
6	Honorarium to IYA	₹ 50,000.00	₹ 50,000.00
7	Contingencies (to IYA)	₹ 25,000.00	₹ 25,000.00
		₹ 3,36,000.00	₹ 3,36,000.00

Above budget has been prepared with following considerations:

- Items 1 and 2 are one-time expenses for creation of modules
- Item 3 to 7 are costs of training a batch of 30 yoga teachers