



Yoga

Category: Demo-Skills

Yoga @India Skills Competition 2021

Background

IndiaSkills under the Ministry of Skill Development and Entrepreneurship and National Skill Development Corporation (NSDC), introducing “YOGA” under “Demo Skills” category in collaboration with Beauty & Wellness Sector Skill Council (B&WSSC) through IndiaSkills competitions-2021. The Art of Living, the has also come on board as a Title Sponsor for this competition.

To create a stronger awareness for imbibing YOGA in our daily lives & gain the physical, mental & emotional wellness which comes by through an authentic yoga practice & helps build immunity leading to a healthy lifestyle.

Participating in this competition will open doors for all yoga enthusiasts falling in the eligibility criteria to aspire & adopt Yoga as a serious livelihood opportunity with a well-defined career progression path under the wellness domain. It will also bring in recognition and aspiration at National level for the winner.

Considering future alignment with Industry and employment benefits, this skill is aligned with job role of **“Yoga Instructor B&W”, NSQF Level -4; QP Code – BWS/Q2201.**

A competition for this trade would bring about knowledge of best practices being followed by the Yoga Gurus.

PROCESS & CRITERIA FOR PARTICIPATION

Pre Screening criteria

- Stage 1 - Multiple Choice questions of overall Yoga knowledge
- Stage 2 - Asana demonstration
- Stage 3 - Final screening via Live video : Interview on communication and knowledge delivery

State/Zonal Competition

- Participants to be tested on demonstration & subject knowledge of yoga philosophy.

Regional Competition

- Participants to be tested on demonstration & subject knowledge of yoga philosophy at an advanced level.

National Competition

- Participants to be tested on demonstration & subject knowledge of yoga philosophy at an advanced level