

ANNEXURE – 4

Minimum Essential Requisite Skill Lab, Equipment and Consumables

(To be checked at time of physical inspection)

SKILL LAB REQUIREMENTS FOR YOGA INSTRUCTOR

BATCH SIZE- 30 (Maximum)

Additional infrastructure facility which needs to be complied for a maximum batch of 30 students		
Category	Minimum Requirements	Multiples
Infrastructure Aspects Per Skill Center		
Skill Lab		
Skill Lab-(Yoga Hall)- (with proper ventilation)	1 Lab	Per Job Role
Skill Lab Size- Yoga Hall	1000 sq. ft. (with provision of drainage facility for neti kriya)	Per Skill Lab
Flooring((Yoga Hall)	Even Flooring- pvc with wall to wall carpeting/preferably wooden flooring	Per Skill Lab

EQUIPMENT LIST FOR YOGA – GENERAL

S No.	EQUIPMENTS- GENERAL	Number
1	YOGA MATS – 24*68 inches	30
2	YOGA BLANKETS	30
3	TOWELS - MEDIUM	36
4	GEYSER	1
5	BUCKET	5
6	MUGS	5
7	GLASSES (STEEL/PLASTIC)	36
8	5 LITRE KETTLE	1
9	CONTAINER (25 ltrs capacity)	2
10	YOGA CUSHIONS (optional)	36
11	SMALL TABLES FOR LECTURE	36
12	STUDENT CHAIRS(PLASTIC)	36
13	CANDLE STAND (WOODEN/METAL)	12

- Room temperature to be maintained as per climatic variations –
- Student uniform
- Student kit – study material + uniform + neti pot + sutra

THEORY AIDS FOR SKILL CENTRE -YOGA

C.	Theory Aids Per Skill Center		
C1.	PHYSIOLOGY/ANATOMY POSTER	1	Per Skill Lab /Yoga Hall
C2.	MUSCULOR SYSTEM POSTER	1	
C3.	SKELETAL MODEL	1	Per Skill Lab /Yoga Hall
C4	OM BOX WITH LIGHT	1	Per Skill Lab/Yoga Hall