

CYAI MINUTES OF MEETING  
March 14-15, 2015 at Kailvalyadhama

Board Attendees: Ms. Divya Naithani on behalf of Mrs. Hansa Yogendra, Dr. Stoma Stephen Parker on behalf of Swami Veda Bharati, Dr. Ananda Balayogi Bhavnani, Swami Amrta Suryananda, Shri OP Tiwari, Dr. HR Nagendra, Dr. Rajan Narayanan

Other Member Organization Attendees: Pandit Radhey Shyam Mishra, Shri Subodh Tiwari, Prof. RS Bhogal, Shri Hiten Ghia (representing Bhavan's Yoga Bharati)

March 14 - Only discussion were held on the following topics after opening with invocation by Shri OP Tiwari

- 9:20 am            Review of Exams prepared by the Committee –  
An overview of the exam schematics was presented by Dr. Rajan Narayanan, follow which all present were given a copy of all the three prepared exams to review and make suggestions by writing them on the sheet. See resolutions on next day.
- 5:00 pm            Potential Role Government of India in Furthering CYAI Objectives – Dr. Nagendra provided a quick overview. See resolutions on next day.
- 5:20 pm            Setting up Administrative cell at Kaivalyadhama – Shri Subodh Tiwari provided an overview. See resolutions on the next day.
- 5:50 pm            Planning for Expanding Board and elections within the next year – Dr. Narayanan brought to attention the request of Yogiraj Amrit Desai and expiry of current Board in two years. Considering the by-laws requirement, action is need to identify fellows and masters. For action taken, see resolutions on the next day.
- 6:30 pm            CYAI Reference book development – Dr. Narayanan explained the thought. After consideration, it was decided that no immediate resolution action was necessary.
- 6:40 pm            Logo issues were discussed – points brought out by Acharya Gowrishankarananda
- 7:00 pm            Measured Yoga Therapy – Consideration to make it a Yoga Therapy standard was presented by Dr. Narayanan. No immediate resolution action was thought necessary. Interested institutions can invest in the EPI device and test it for a while.

On March 15 - All resolutions were voted and approved.

RESOLUTION 1 - The three exams respectively prepared for certification of instructors, teachers and therapists have been examined by the Board, and the content is viewed as adequate as the first effort in this direction, and preparations be made towards administering three levels of examinations with the following understanding:

1. CORE EXAM TEAM - Prof. Bhogal, Dr. Parker and Dr. Narayanan, having evolved as the working team in the examinations that were presented to the Board, serve as the core team to further this process.
2. FURTHER STRENGTHENING OF CONTENT - This core team take any input from Dr. Nagarathna as suggested by Dr. Nagendra to update the therapy exam to include lifestyle modification questions. Also all members are invited to contribute further questions in all areas. While the bulk of such questions will likely be used to further build the bank of questions that has been initiated, in some areas that could be further strengthened, questions may be added to the current exams. Specifically in the case of Case Evaluations for Therapists it should be possible to add a few more cases. Dr. Bhavnani's enthusiastic response in this matter is noted and we hope he and others will contribute a few cases within the next month or so.
3. PLANNING FOR ADMINISTRATION OF EXAMS – Shri Subodh Tiwari and Dr. Nagendra take the lead to contact TCS (Tata Consultancy Services) to explore the possibility of implementing the exams online in the same manner as the Common Admission Test of the Indian Institutes of Management. Dr. Narayanan and Dr. Parker will make similar inquiries in the USA with Prometrics and Educational Testing Services. All Board members are encouraged to identify and make the initial contact with potential contractors for this task. The final selection of the contractor to administer the exam will be decided by the Board on a future date.
4. APPLICABILITY OF THE EXAMS – In future, further applicability will be decided by the Board. At this stage, the exams may be taken as an option only by those who are certified by member institutions, and those passing the exams will get an additional certificate directly from CYAI. It is expected that this additional certificate will be comparable to a licensing or certification as in the case of physicians or chartered accountants. At this time, these exams will be available only in English.
5. HOPEFUL TARGET FOR LAUNCH – In the interest of bringing a higher level of credibility for CYAI with these exams, the Board will seek to launch the first administration of these exams as soon as possible, but no later than March 2016, with announcements and registration of candidates about 4 to 6 months prior to the exam date.
6. BOARD INVOLVEMENT IN FURTHER EXAM REVIEW – Since the examinations will likely become a critical element of credibility of CYAI and will continue to evolve, in all in-person Board Meetings for the next few years, the Board will seek to review the questions and exams, and in between such meetings, individual Board members may meet any member of the Core Exam Team to review the exams further.
7. MAINTAINING SECRECY OF EXAM QUESTIONS – To ensure that examination questions are not leaked out, but ensure that we are able to move forward with its further development, the following protocol will be maintained:
  - (a) Complete exams and their drafts will not be maintained on any hard disk of a computer or be transmitted by email;
  - (b) The three members of the Core Exam Team will maintain a copy as a protected file on a flash

drive that will be kept secure;

(c) The Core Exam Team will ensure a high level of integrity to ensure that other than Board members or their appointed representatives who seek review, these exams will be shared with nobody else.

(d) If any loss of flash drives or exposure of it to unauthorized people is suspected, members of the Core Exam Team will take immediate action to inform each other and the Board, and take appropriate action with regard to exams.

8. NOTE ON EXAMS –By ensuring that only those who have been certified by an accredited institution may take the exam, we expect that the practical evaluation will be ensured by the institution. However the CYAI exam serves as a worldwide standard of minimum requirement for each level.

**Resolution 1 passed unanimously.**

NOTE on Exams – For all exams, pass criteria of 70% was generally found agreeable. Also for Part A (Basic Yoga Knowledge) and Part B (Application) for Teacher Exam, the weightage was proposed to be 40% and 60% respectively. In the case of the Therapist exam, the weightage was proposed to be 40%, 40% and 20% for the three sections of Physiology, Yogic Management and Case Evaluations.

RESOLUTION 2 – The Core Exam Team within 30 days submit to the Board a draft for each of the three exams that completely represents (a) the intent of the exam; (b) the content topics of the exam; (c) appropriate reference material for the content contributed by each member institution. This will be used by the Board and Dr. Nagendra to seek Government of India approval of the CYAI certification exams.

**Resolution 2 passed unanimously.**

RESOLUTION 3 – CYAI ADMINISTRATIVE UNIT IN KAIVALYADHAMA – Kaivalyadhama is authorized by the Board set up an administrative unit for CYAI.

Subodh Tiwari, on behalf of Kaivalyadhama,

(a) is authorized to deposit the cheque presented by Swami Amrta Suryananda on behalf of the Portuguese Yoga Confederation of the amount of 3,000 Euros in the account of Kaivalyadhama for the explicit use for setting up the CYAI unit in India;

(b) is authorized to spend up to Rs. 1,00,000 to redevelop or update the current CYAI website;

(c) is authorized to initiate the registration of CYAI in India and get a Pan Card to enable the opening of a bank account;

(d) is authorized, if needed, to keep a separate bank account in the name of Kaivalyadhama for CYAI funds, with Kaivalyadhama serving as the custodian of these funds, just until a bank account can be opened in the name of CYAI.

**Resolution 3 is unanimously passed.**

RESOLUTION 4 – In the spirit of India/Bharata being the motherland of Yoga, efforts must be made to find synergy between Indian Yoga Association and CYAI. Shri O P Tiwari and Dr. Nagendra are requested to engage Indian Yoga Association to further this effort.

**Resolution 4 passes unanimously.**

RESOLUTION 5 – The current logo be modified to include the full word “Council for Yoga Accreditation” in addition to “International”, and also an integrated logo be developed for each level of certified individuals who can use it on their business cards. Shri Subodh Tiwari is requested to initiate and coordinate this matter for consideration by the Board.

**Resolution 5 passes unanimously.**

RESOLUTION 6 – The logo created in 2001 by Padmashri Swami Amrta Suryananda (Portugal), head of the Portuguese Yoga Confederation, for the International Day of Yoga, June 21, celebrated year after year since 2002, is used by organizations in many parts of the world. He has offered to gift the registered trademark for the logo to the Government of India. The Board of CYAI supports the use of this logo and requests the Government of India to consider this logo for usage for the International Day of Yoga. Shri O P Tiwari and Dr. Nagendra are requested to forward the letter of offer of gift along with the logo, with a strong recommendation, to the Government of India.

**Resolution 6 passed unanimously.**

RESOLUTION 7 – The Board recommends the use of a common logo worldwide for the International Day of Yoga, June 21, as passed by the United Nations. The Board requests Swami Amrta Suryananda to send a letter to the Secretary General of the United Nations to accept his logo for the International Day of Yoga. Also on behalf of CYAI, Shri OP Tiwari and Dr Rajan Narayanan are requested to send a letter to the Secretary General indicating support for this logo for adoption by the United Nations.

**Resolution 7 passed unanimously.**

Note: Swami Amrta Suryananda has stated that this logo in spirit belongs to the CYAI community and encourages all CYAI members to use this for the International Day of Yoga, and distribute the logo to their membership base.

RESOLUTION 8 – The Board appoints Dr. Alex Hankey of SYVASA to document the accomplishments of those who are proposed for level of Fellow or Master, including the lists Swami Amrta Suryananda has proposed. Each institution in addition to proposing names, should also identify a liaison who will interact with Dr. Hankey to ensure proper documentation of the names proposed by that institution. The documentation in each name should be brief with only relevant points and should not exceed 4 pages for each name proposed.

**Resolution 8 passed unanimously.**

RESOLUTION 9 – The Board will plan once a year to have a face-to-face meeting in India, preferably in the first quarter of the year. All Board members should be present, and under exceptional circumstances, an appropriate representative, who is empowered to vote must be sent.

**Resolution 9 passed unanimously.**

Points raised by Acharya Gowrishankarananda about therapy standardization was shared with the Board, and it was recognized that this was being worked on as part of the overall exam and standardization strategy, and will happen in due course.

Each attendee was given time to express anything they want.

Tiwariji closed the session honoring all attendees.