

## Minutes of Email Board Meeting March 29-2014

Meeting Initiated by Email on March 18, 2014 and Closed on March 29, 2014

Quorum: Entire Board

The following two resolutions were passed with the majority votes of 4 of the 7 Directors - Swami Veda Bharati, Shri O.P. Tiwari, Dr. Ananda Balayogi Bhavanani and Dr. Rajan Narayanan.

**RESOLUTION 1** - Considering the importance of proper certification process, in line with certifying exams for licensing physicians or giving membership for lawyers to join the Bar Association, a task force be immediately put in place to develop certifying exams for instructor, teacher and therapist levels of yoga, and complete all preparations to execute such certifying exams all over the world to certify and/or re-certify (renewal of certification of) yoga professionals. This task force is to be called the CERTIFICATION EXAM TASK FORCE and their first task will be to develop rules and processes to ensure effective completion of this assignment.

**RESOLUTION 2** - Professor Ranjit S Bhogal, former Principal at Kaivalyadhama, is appointed as the chair of the task force, and an invitation to join the task force is to be sent to Dr. R. Nagarathna of SVYASA, Dr. Stoma Parker of AHYMSIN, Dr. Ananda Balayogi Bhavanani of ICYER, Dr. Chinmay Pandya of DSVV, Ms. Anupama Das of Sannidhi of Krishnamacharya, Dr. Hansraj Yadav of Bhavan's Yoga, Ms. Suchitra Pareekh of The Yoga Institute, Ms. Chandra Devi of The Portuguese Confederation of Yoga, Dr. Kamini Desai or Amrit Yoga, Dr. Kala Acharya of Somaiya College, Dr. Ishwar Basavaraddi or Morarji Desai National Institute of Yoga, Dr. Hari Sharma of Life in Yoga Institute, Dr. Abhishek Goel of IIM Calcutta. While the Task Force can have wide representation, for effective functioning the chair be given authority to keep the quorum requirement as small as they think would be necessary for effective functioning.

**DISCUSSIONS** - The following thoughts were expressed by different Board members:

- Dr. Nagendra felt this can wait for a later time - hence his vote is treated as abstention or negative vote.
- Swami AmrtaSuryananda wanted to move the discussion into a face-to-face meeting along with the World Yoga Day program in Lisbon on June 20. He did not take a position and hence is recorded as abstention.
- Hansaji did not provide any response to the proposal and hence is recorded as having abstained.
- Dr. Narayanan pointed out that this was a key unique value proposition that would make CYAI stand out from the rest, and the effort to study and develop the initiative should not be delayed, since anything coming from the Task Force is subject to Board Approval. Tiwariji fully agreed with that perspective.
- Dr. Ananda Bhavanani agreed with the value of a certifying exam, but felt that those passing from accredited institutions should be certified without this exam, but the exam may be used for renewal of certification.

The following thoughts were drafted and revised as initial thoughts for the Board to ponder on, that would be passed on to the Task Force as seed thoughts that they may choose to reflect on in the conduct of this task.

## **Certifying Examination Task Force Proposal**

**To Prepare and Execute a Certification Examination for every level of Yoga Certification**

### **1. Objective:**

To prepare three modules of multiple choice exams for instructor, teacher and therapist levels that can be administered in a secure way through the internet. Such certification must lead to recognition by hospitals, universities and institutions that use yoga professionals that such certified individuals would be truly representative of adequate qualification.

### **2. Rationale/Need:**

Today, in the absence of a proper certification and accreditation system, hospitals and top organizations have accepted imperfect forms of certifications as half-way useful in a discipline that is not well understood (in their view). They are really looking for something that stands with credibility. While CYAI with credible institutions has begun doing this, one more step that is required to address this is a worldwide certification exam offered once or twice a year, which would be required before certification.

This exam will add great value for the image of CYAI only because no other organization is capable of creating and administering such an exam. There is confusion in the world of yoga of how to deal with various forms of yoga and thus others who claim to be accreditation authorities have never been able to develop a common exam. We have no such confusion.

This exam is only for future purpose and must not stop the work of CYAI in anyway. Those already certified would deal with such exams only at the time of renewal. The Task Force will consider the following:

- Whether the exam will be applied differently during the first time certification for those from accredited institutions versus others; for example, whether only those from non-accredited institutions should be considered for initial certification with an exam OR whether to use a higher threshold for passing for those from non-accredited institutions.
- Whether the same exam is used for certification renewal or a modified version with lower threshold.

### **3. Suggested Format for Certification Exams**

For instructor, it will likely be 30 to 50 questions out of a pool of 100 to 300 multiple choice questions created by the task force. For teachers, in addition to the instructor module, they will need to answer 100 to 300 questions out of a pool of 1,000 to 2,000

questions. For therapist, in addition to the instructor and teacher module, they will need to answer another 100 to 300 questions out of another pool of 1,000 to 2,000 questions.

There can be a total of 4 or 5 multiple choice answers per question. Whether it is 4 or 5 will be determined by the task force and the same number will be maintained for all questions for uniformity.

The multiple choice answers will be vetted in the process for clarity, and subtle or obvious nuances to make the answer easy or difficult as needed.

The Task Force may consider the same exam or an abridged version for certification renewal purposes when renewal takes place every 5 years.

#### **4. Content to be Addressed by Exams**

***Instructor module questions*** will seek to demonstrate basic understanding of yoga irrespective of specific regimen or techniques used, their safe practice, ability to instruct others effectively and understanding of professional practice considerations. The subject areas measured would be (a) summary understanding of the yoga sutras; (b) safety considerations in practice of asanas, pranayama, mantras and any general practice; (c) teaching and class management effective modalities; (d) understanding good practices of professional management within the legal framework of most countries.

***Teacher module questions*** will seek to demonstrate the ability to customize yoga routines to the need of each individual subject (without direct focus on therapeutic need) - for example, somebody who is fat or has low flexibility in the hips or have some beginning conditions that do not permit normal practice of an exercise, modification of these exercises to enable them to still practice a yoga regimen suited to them, and slowly build their ability to greater possibilities. The incremental subject areas measured would be (a) line by line understanding of the yoga sutras; (b) basic understanding of human anatomy, physiology and psychology. In addition to the instructor module questions, a certain number of questions covering instructor subject areas, but more difficult, may be included.

***Therapist module questions*** will seek to demonstrate the ability to treat a person for a specific disease condition with a higher level of medical understanding comparable to non-physician healthcare/research professionals. The incremental subject areas measured would be (a) anatomy, physiology, cell biology from both conventional and yoga-pancha-kosha concept; (b) understanding of interventions by classes of exercises for specific diseases. In addition to the instructor and teacher module questions, a certain number of questions covering those subject areas, but more difficult, may be included.