

THE EDUCAFÉ TIMES



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Message from the Editor

Hello Readers!

We bring another edition of The Educafé Times where we talk about another sought after career opportunity - Yoga. Here we discuss the scope of the career, the challenges, and the skill sets required.

Have some new ideas for our newsletter? Share them at educafestudentsolutions@gmail.com and get a shoutout.

Happy Reading!!

Guiding Your Path to Success in the World of Yoga

“Yoga is when every cell in the body sings the song of the soul”

- B.K.S.Iyengar

Yoga is a traditional Indian practice for achieving balance and inner peace.

Today it is popularly associated with good health and contentment. Nearly 300 million people worldwide practice yoga, making it a significant industry. Are you considering a career in yoga? Look no further..follow these steps.

CAREER PATH

- Pursuing a Bachelor of Science degree/Bachelor's Degree in Yoga can greatly enhance your proficiency and expertise. After completing this degree, you may choose to further your education by pursuing an MSc in Yoga.
- Applicants must have achieved a minimum of 50% in Physics, Chemistry and Biology individually on their 12th Grade Science exam to qualify.
- You can opt to do your Post Graduation in Yoga / Post Graduate Diploma Therapy in Yoga Therapy for Medicos and Paramedicos.
- There are various Diploma and Certificate courses you can opt for like Diploma in Yoga Science (DYSc), a Diploma in Yoga Therapy (DYT), a Diploma in Sports Coaching: Yogasana (DSC), Certificate Course in Yoga for Wellness Instructor (CCYW.), Certificate Course in Yoga for Protocol Instructor (CCYPI), Certificate Course in Yoga for Special Interest Group (CCYSIG), Foundation Course in Yoga Science for Wellness (FCYScW).
- There are three major accreditation bodies for Yoga: the Yoga Certificate Board (YCB), Yoga Alliance, and AYUSH.



For those interested in pursuing a career in yoga, there are various avenues available. Upon successful completion of their studies, individuals may opt to work as a yoga teacher, instructor, hybrid yoga instructor, or yoga presenter. These opportunities can be found in diverse environments such as yoga studios, spas, apartment complexes, schools & colleges, universities, private clubs and personal trainers. The pursuit of these positions may be influenced by factors such as experience, aptitude and location. . They can also continue with the academic aspect and do a Ph.D or research in Yoga and its applications in different areas. Should further guidance be required, one may seek the counsel of a career advisor or engage with our organisation.

Prescription to Success

Pujah R, is the founder of Inayaahyoga and is a certified YIC from Aadhya Yoga studio, affiliated to S-VYASA. She conducts offline and online classes, Intermediate-advanced sessions, prenatal classes and fertility classes. She has conducted workshops in collaboration with the Rotaract Club, Global Rotaract Club, Sampige - an NGO (For Malleshwara Police Force), Presidency University, and many other workshops through Inayah Yoga.



Snippets of an interview conducted with Ms Pujah R

While most students choose careers like law, engineering and medicine, what made you choose yoga as a career? When did you realise that yoga was the career you wanted to pursue?

It just happened without thinking too much. When I started attending a teacher training course, I was asked to take a few classes in my teacher's absence and I found my happy place and continued with it. I realised teaching Yoga made me happy.

What did you study to become a yoga professional? What are the avenues/pathways to becoming a certified yoga professional?

The paths are plenty and I would suggest attending regular classes first. If anyone is interested in becoming a Yoga Teacher, be a student first. Once you feel confident, step into courses offered by SVyasa or Rishikesh or Mysore Yoga Institute. They provide plenty of courses for PhD scholars too.

What are some of the challenges and rewards of becoming a Yoga instructor?

Challenges – fluctuating income (you will figure out how to handle this, it out during your in the journey to handle it), there are good and bad things like every other profession, just the perspective matters.

Rewards – love, respect, satisfaction of teaching, seeing people healthy and happy.

There are good and bad things like every other profession, it is just the perspective that matters.

Is yoga a stable career in terms of remuneration? Would you suggest that they study something else as well, or should they only follow their passion?

Everything you are passionate about need not be your career. If you want to turn your passion into a career – have patience, understand the market audience and focus more on the career; money will flow in, you can decide your remuneration or fees and charge what you feel you deserve. is deserving.

When should one start a career in yoga - , immediately after school or later? What are your views about online yoga classes?

As a regular practice, you can start as early as possible. To shape that into a career, there is no 'right' age, just be confident about stepping into it. , but To do a graduation courses in Yoga with certification, you have to pass 10th and 12th to get admitted be eligible for admission.. Whether it is online or offline classes, work on your command over the language command and be "present" during in the class while teaching.

What advice do you have for yoga professionals who want to start their studios, offer private sessions, or conduct workshops? If you could give some advice to someone passionate about making yoga their career, what would it be?

Be clear about what you want to offer to your students, and write down how you want the class flow/sequence to be. Rest will be easier. My word of advice for people who are passionate - As I said before, everything you are passionate about need not be your career. If you want to turn your passion into your career, remember, it comes with a price and a bit lot of more patience and understanding. Any field in Teaching in any field is a more demanding job than it looks; , just focus wholeheartedly on the service you provide, the rest will flow in and you will be surprised.

How can yoga instructors continue to develop their skills and knowledge after becoming certified?

Simple, be a student for a lifetime, learn under another teacher by attending their workshops/classes.



How important is effective marketing and branding for a successful yoga career and what strategies would you recommend

Irrespective of whatever profession you are in, marketing/ promoting is important. O, one thing to remember is, don't copy others. Also, as much as if you have any training or experience are trained in managing a business, you will figure out the process. slowly.

What ethical considerations should yoga professionals keep in mind when interacting with students and the broader community?

As you are the service provider, decide on price and class contents much ahead of time and communicate this with your students. accordingly. Know where to draw the line,, it's the a teacher and student relationship and you should that you keep things in that space itself. Remember, yoga teaching is your profession, but not your entire life. S, so make sure your students are not demanding your entire time. Communicate in advance on the time for queries, so you don't burn out by being only a giver.

**Keen to know more on
Yoga ?**

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Career Queries

by : Dr. Sudha Bhogle



What's the best way for 12th standard students who have completed their Science with Biology to choose a career path that aligns with their interests, abilities and skills?

After finishing 12th grade science with Biology, many educational paths open up such as MBBS, BDS, Graduation with Biochemistry, Biotechnology, Biomedical studies, Microbiology, Bio-engineering, Genetics, Pharmacy, and B.Sc in various science disciplines. Success in any of these fields requires a diverse skill set and dedication. It's crucial to identify the essential abilities required and hone them. Find out the demands and prospects of each field before making a decision. Talk to an expert. Choose a career path that aligns with your abilities, interests and skills. Prioritise your long-term potential, be adaptable to change, focus on continuous learning and be committed to giving your best effort. Passion, persistence, networking and self-awareness also contribute to a successful career journey.

*We will talk
about this in our
next Edition .*

Can you guess?

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educafestudentsolution
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