

YOGANDHRA 2025 TRAINING VERTICAL

STANDARD OPERATING PROCEDURE (SOP)

A. MASTER TRAINERS AND TRAINERS

The Yogandhra 2026 Campaign aims to provide structured and effective Yoga training and certification across Andhra Pradesh. This SOP outlines the eligibility, training schedules, responsibilities, and certification processes for Master Trainers and Trainers, along with guidelines for large-scale community participation.

Training Structure & Schedule

1. Master Trainers at District Level

a. **Target: 200 per district** (Min. 4 per mandal & 4 per 4-5 wards)

b. **Eligibility Criteria (Order of Preference)**

- I. Trainers must hold a **recognized Yoga certification** (Ex: Yoga Certification Board, Ministry of AYUSH, or equivalent).
- II. Trainers with affiliations to prestigious institutes (e.g., Patanjali, Art of Living, Bihar School of Yoga, Isha Foundation, Andhra University etc) may be prioritized.
- III. Yoga Practitioners who are running yoga camps and authenticated by district Yoga Association, the same may be verified by the Tahsildar and SHO.
- IV. Trainers already running Yoga classes in established institutions.
- V. Sports Coaches and PETs who practice yoga.
- VI. Private Yoga Coaches and private PETs with proper certification by authority and who practices yoga.

c. Guidelines for selection of Master Trainers

Once master trainers are registered, collector will do a twostep verification.

- Verification and authentication of certification.
- The antecedent verification from local police whether they are regularly taking yoga classes and having good conduct.

d. Schedule of Training Dates:

| | | |
|----------------------------------|-----------------------|---------------------|
| 06-06-2026 (Saturday) | First Session | 09AM to 10AM |
| | Second Session | 12PM to 01PM |
| | Third Session | 04PM to 05PM |
| 07-06-2026 (Sunday) | Fourth Session | 09AM to 10AM |
| | Fifth Session | 11AM to 12PM |

e. **Venue:** Offline/Online (Link would be shared)

f. **Total State Target:** 5,600 Master Trainers (28 districts X 200 master trainers per district)

g. **Protocol Duration:** 2-Day Training Program by MDNIY/Yoga assistant/Yoga guru/Yoga faculty

h. Responsibilities:

- Training to **Mandal-Level Trainers**
- Master Trainers are district resource pool and help in organizing Yogandhra - 2026
- Imparting train to trainers at village level at 1:50 ratio.
- Helps the district administration in organizing the thematic yoga events.
- Organizing the yoga sessions at tourist destinations.
- Conducting yoga in the reserved roads selected in Municipalities.

2. Trainers at Mandal Level – Yoga trainers registration shall be done by MC/MPDO/MRO

a. Eligibility Criteria (Order of Preference):

- I. Trainers must hold a **recognized Yoga certification** (Ex: Yoga Certification Board, Ministry of AYUSH, or equivalent).
- II. Trainers with affiliations to prestigious institutes (e.g., Patanjali, Art of Living, Bihar School of Yoga, Isha Foundation, Andhra University etc) may be prioritized.
- III. Yoga Practitioners who are running yoga camps and authenticated by district Yoga Association, the same may be verified by the Tahsildar and SHO.
- IV. Trainers already running Yoga classes in established institutions.
- V. Sports Coaches and PETs who practice yoga.
- VI. Private Yoga Coaches and private PETs with proper certification by authority and who practices yoga.
- VII. MLHPs/CHOs and Sachivalayam employees.
- VIII. Gym and Sports persons who practice yoga.
- IX. Local athletes who are physically fit and who practice yoga.
- X. Visibility fit who practice yoga.
- XI. Yoga enthusiasts who can help in train others.

b. **Target: 200 per Mandal** (Each Secretariat to have at least 17 Trainers)MC/MPDO/MRO.

c. **Venue:** A suitable venue may be identified to physically host. It would be a completely offline training.

d. Schedule of Training Dates:

| | |
|-------------------|---------------------------------------|
| 08-06-2026 | Monday (07:00AM to 08:00AM) |
| 09-06-2026 | Tuesday (07:00AM to 08:00AM) |
| 10-06-2026 | wednesday (07:00AM to 08:00AM) |

| | |
|------------|-------------------------------|
| 11-06-2026 | Thursday (07:00AM to 08:00AM) |
| 12-06-2026 | Friday (07:00AM to 08:00AM) |

e. **Total State Target:2,50,000 Trainers**

f. **Protocol Duration: 5-Day Training Program**

g. **Responsibilities:**

- Conduct **Village/Ward-Level Sessions**
- Be part of the Mandal Resource team in successfully organizing Yogandhra Campaign in Mandal
- Ensure proper protocol adherence
- Awareness to the public on Common Yoga Protocol.
- Explaining benefits of yoga in daily life to the people.
- Mobilization of yoga enthusiasts for the yoga events.

3. Training at Village/Ward Level

a. **Participants:** Local Yoga enthusiasts.

b. Each Trainer shall **teach at least 50 people per session.**

c. Training will be conducted in **three phases:**

| | | | |
|------------------|---|-------------------------------------|---------------------------------|
| Phase I | 09.06.2026 to 11.06.2026 | (07:00AM to 08:00AM) | 25 Lakh Participants |
| Phase II | 12.06.2026 to 15.06.2026 | (07:00AM to 08:00AM) | 25 Lakh Participants |
| Phase III | 15.06.2025 to 17.06.2025 | (07:00AM to 08:00AM) | 25 Lakh Participants |

d. **Total State Target:** 1 Crore Trainees

e. Common Yoga Protocol issued by Ministry of Ayush will be trained.

- f. Protocol duration:3- day training programme
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4. Operational Guidelines

- a. Trainers must adhere to structured **Common Yoga Protocol** for standardization.
 - b. Ethical guidelines, including student safety, wellness focus, and professional conduct, must be strictly followed.
 - c. Each level must ensure timely reporting on training numbers and quality control.
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5. Certification & Recognition

- a. Certificates will be issued to Master Trainers through National Institute of Yoga.
- b. Certificates will be issued to Trainers through AYUSH Department.
- c. Certificates will be issued to Yoga enthusiasts based on the satisfaction of Trainers through AYUSH Department