

Programme Details



DIPLOMA IN YOGA EDUCATION (CODE - 338) (Vidyapeeth Approval No : Ayu / YVD / 1605 dated 2nd February 2007)

Introduction

The Diploma in Yoga Education is a comprehensive training program designed to prepare skilled and confident yoga instructors. The course combines theoretical knowledge of yogic philosophy, anatomy, and teaching methodology with practical training in asanas, pranayama, meditation, and yogic practices.

It aims to promote holistic health, mental well-being, and professional teaching competence. Upon successful completion, students can pursue careers as yoga teachers, wellness trainers, or start their own yoga classes and contribute to the promotion of a healthy lifestyle.

Objectives

- Unique course of ' Training of trainers ' type.
- Comprehensive syllabus covering theoretical background.
- Demonstrations of complex Yoga procedures.
- Training of conducting Yoga Classes.
- Opportunity & practice of conducting Yoga sessions.

Unique Features

- **Training of Trainers (ToT) Model** – Special focus on developing professional yoga instructors.
- **Comprehensive & Updated Syllabus** – Covers yogic philosophy, anatomy & physiology, and teaching methodology.
- **Strong Practical Orientation** – Intensive practice of asanas, pranayama, meditation, and kriyas.
- **Demonstration of Advanced Yoga Techniques** – Step-by-step learning of complex yogic procedures.
- **Teaching Practice Sessions** – Hands-on experience in conducting yoga classes.
- **Holistic Development Approach** – Focus on physical, mental, and emotional well-being.
- **Career-Oriented Program** – Prepares students for employment, self-employment, and wellness entrepreneurship.
- **Health & Wellness Focus** – Promotes preventive healthcare and lifestyle management through yoga.

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Opportunities

- Yoga Instructor in schools, colleges, fitness centers, and yoga institutes
- Wellness Trainer in health clubs, wellness centers, and hospitals
- Corporate Yoga Trainer for stress management and workplace wellness programs
- Personal Yoga Trainer for individual and group sessions
- Self-Employment – Start your own yoga studio or home-based yoga classes
- Online Yoga Coach – Conduct virtual yoga sessions nationally and internationally
- Community Health Promoter through yoga awareness programs
- Further Studies & Specialization in advanced yoga, naturopathy, or allied health sciences

Duration : 1 Year

Eligibility : HSC

Medium of Instructions : English/Marathi

Evaluation : Annual Pattern & 40% Passing.

Fee Structure :

Tuition	Admission	Exam	Eligibility	Library	Total
15600	1500	1000	200	200	18500

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COURSE STRUCTURE

Minimum Passing Marks : 40% FOR EACH SUBJECT

Sr. No	Course Code	Course Name	Category	Credit		Theory Marks		Practical Marks		Total Marks
				Theory	Practical	External	Internal	External	Internal	
1.	33826101	Yoga Science & Human Anatomy & Physiology	Core	4	-	100	-	-	-	100
2.	33826102	Practical Including Lesson	Core	-	4	-	-	100	-	100
3.	33826103	Teaching Skills	AECC	-	2	-	-	50	-	50
Total Courses = 03			Total	4	6	100	-	150	-	250

Syllabus :

No.	Syllabus covered in Paper I & II
1.	Basic Anatomy
2.	Basic Principles of Ayurveda
3.	Shuddhikriya
4.	Therapeutic Yoga
5.	Latest research in Yoga
6.	Practical
7.	Lessons