



केन्द्रीय शैक्षणिक एवम् तांत्रिक माहिती संशोधन समीती

CENTRAL EDUCATION & INFORMATION TECHNOLOGY RESEARCH COMMITTEE
AN AUTONOMOUS INSTITUTION REGD. BY THE GOVT. OF NCT OF DELHI UNDER ITA 1882 GOVT. OF INDIA
REGD. BY NCS-MINISTRY OF LABOUR AND EMPLOYMENT GOVT. OF INDIA
REGD. AT MINISTRY OF MICRO, SMALL AND MEDIUM ENTERPRISES (MSME), GOVT. OF INDIA
An Autonomous Organization works for IT, HRD & Literacy



Diploma in Yoga Teacher

Yoga is said to be the oldest traditional method of Balancing our body and soul. It has its own journey that starts from the Vedic age of India and continues till today. It is not only a method of doing physical exercise without any equipment but it provides a way to help a way to control an individual's mind. It helps to connect the soul of an individual with the outer world in which we are surviving every day.

The course imparts skills for personality development and to promote good health. It involves various scientific attitudes and services of yoga therapy for a person. The program focuses on principles of Ayurveda, Naturopathy and Astrology. Through these skills certain diseases like Cancer, Asthma etc can be cured, if followed properly and regularly as it provides the balance between the physical, mental and emotional quotient of the human mind.

The course includes topics like the definition of Yoga, Indian Philosophy, Evolution Theory, Traditional Commentaries, Chitta Structure, Concept of Ishvara, Samadhi, Concept Kriya Yoga, Kleshas, Yoga Culture, Philosophy, value education and so on.

Most of the postures and asanas are practised through the course with an idea that the student will inculcate the practice and try to involve them in their lifestyle. Hence with such ideas, different courses on Yoga are created and the introduction of yoga for the total personality development of candidates studying in colleges and universities of India.

Course Syllabus

The table shows the subjects taught in the course throughout the 2 years of education.

Semester I	Semester II
Foundations of Yoga	Patanjali Yoga Darshan



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सत्यमेव जयते

Basic Yoga Texts	Therapeutic Yoga-I
Hatha Yoga	Therapeutic Yoga –II
Human Anatomy and Physiology	Diet and Nutrition
Practical I Yoga	Practical-I Yoga
Practical II	Practical-II
Seminar	Seminar
Assignment	Assignment
Comprehensive Viva-voce	Comprehensive Viva-voce

