



केन्द्रिय 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

भारत सरकार पंजीकृत.  
**Diploma In Yoga Therapy**

## Description

Diploma in Yoga Therapy involves the study of yoga science and ancient healing therapies. Yoga Therapy is defined as the science of development, cultivation, production and marketing of Yoga in medical Techniques and Exercise . Diploma in Yoga Therapy course duration is a six month.

## Course Content

- Yoga Therapy
- Yoga Therapy Techniques
- Introduction to Psychology
- History of Yoga
- Anatomy of Human Body
- Spoken Sanskrit and English
- Healing Through Yoga
- Healing Techniques
- Origin Of Yoga

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