

# Diploma in Yoga

## Diploma in Yoga Course Detail:

Diploma in Yoga is a full-time diploma level program in Yoga and Naturopathy program. The program is covered in the course of 1 year covering all the major aspect of the study of Yoga. Eligibility criteria for the program require candidates to have completed their 10+2 examination in any relevant stream with good proficiency in the English language. The course is covered in the form of semesters conducted at the end of the course along with the practical examination.



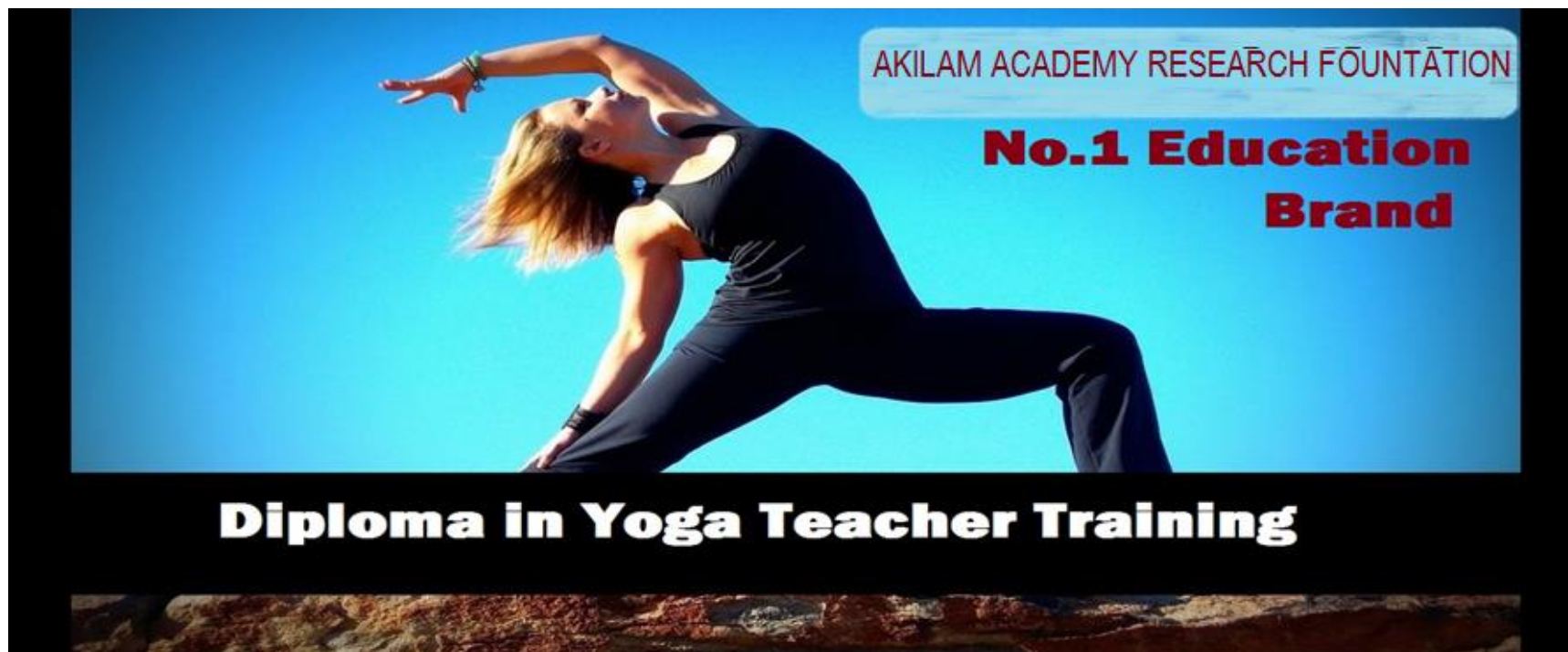
Diploma in Yoga

## Diploma in Yoga: Course Highlights

Course level	Diploma
Duration	1 year
Examination Type	Semester
Eligibility	Qualifying 10+2 examination in any relevant stream, fluency in English, Medical certificate of Fitness.
Admission process	Merit List
Course Fee	Up to INR 7,000 to 45,000
Average salary	Approx. Up to INR 2 to 16 lakhs per annum
Top Recruiting Companies	Hospitals, Colleges, Fitness Centres, Wellness Centres, etc.
Job Positions	Yoga Instructor, Programme Officer, Publication Officer (Yoga), Assistant Research Officer, etc.

## Diploma in Yoga: What is it About?

The prominence of Yoga has been on an increase across the globe, with more and more people knowing its benefits on health both in terms of physical and mental health. Along with becoming a medium of leading a healthy lifestyle, yoga has also turned to be a mode of a profession, with people opting for a career in this field. The program of Diploma in Yoga envisages providing the required training to the aspirants who wish to undertake the further career in this field.



Diploma in Yoga Teacher Training,

The program aids to impart knowledge about the benefits of Yoga to restore the health of people and assist them in leading a fit lifestyle free of ailments. For enrolling in this program candidate need to possess the zeal and aptitude to gain an extensive knowledge about the varied dimensions of yoga and its application. Considered to be the most traditional way of maintaining health and curing ailments, yoga has emerged to be a lucrative sector for employment.

## **Diploma in Yoga: Eligibility**

The minimum criterion set for the program of Diploma in Yoga is as follows:

1. Those who have successfully completed their 10+2 examination in any relevant stream are eligible for admission.
2. Students are supposed to present a Medical certificate confirming fitness.

## **Diploma in Yoga: Admission Process**

Admission to the program of Diploma in Yoga is required to meet the eligibility criteria as set by respective colleges. Candidates should have completed their 10+2 examination in any relevant stream. They should have good fluency in English language both in terms of written and spoken English.

The shortlisted students will have to go through a medical examination, as a proof for confirming fitness and about not suffering from any chronic ailment that can prevent their practice in yoga.

## **Diploma in Yoga: Syllabus and Course Description**

Foundation & Philosophy of Yogic Science and Patanjali Yoga Sutras

Foundation of Naturopathy

Anatomy of Human Body

Yoga and Cultural Synthesis & Value Education

Yoga and Mental Health

Practical training (Theory & Practice)

Teaching Methods for Yogic Practices

Yoga and Social Behavior

## Job After Course

Job Profile	Job Description	Average Salary (in INR) per annum
Yoga Instructor	Instructing students and pupils about the asanas, its uses on health and helping them perform the postures with ease in order to increase their level of fitness.	2 to 16 lakhs
Publication Officer (Yoga)	Arrangement of promotional papers for the programs and campaigns taken up, create leaflets, advertise to the public, management of staff and maintenance of publication-related work.	2 to 3 lakhs
Therapist	Counselling people and patients, offering them help to perform the different yoga asanas, treat ailments using yogic techniques of medication and exercises.	2 to 4 lakhs

Yoga Manager	Managing studio related operations and ensuring all the operational duties are carried out efficiently.	3 to 4 lakhs
Programme Officer	Implementation of duties, oversee staff development, management of projects, funds and daily activities of the organization.	5 to 6 lakhs
Yoga Experts	Instructing and guiding people about the art of yoga helping them increase their fitness level and balance their body and mind.	3 to 4 lakhs