शासकीय लघु उद्योग विकास महामंडळ

GOVERNMENT SMALL INDUSTRIES DEVELOPMENT CORPORATION

Skill Development & Vocational Training | www.gsidc.org.in

Address: Plot No.8, Aishwari Society, Zingabai Takli Godhani Road Nagpur - 440011 | **Phone:** 8669858354 | **Email:** info@gsidc.in

COURSE CURRICULUM / पाठ्यक्रम

Certificate in Yoga therapy

Certificate Programme · Yoga Sector · Ref: GSIDC/CUR/0514

Course Type	**Certificate**	**Sector**	**Yoga**
Duration	**3 Months**	**Eligibility**	**5th Pass**
Total Subjects	**6**	**Total Marks**	**600**
Course Fee	**Rs. 2,000**	**Examination**	**Theory**

SUBJECT-WISE CURRICULUM & MARKING SCHEME

Sr.	Subject Code	Subject Name	Type	Theory		Total
				Max	Min	
1	CYT101	Foundations of Yoga Therapy	Theory	100	35	**100**
2	CYT102	Human Anatomy & Physiology for Yoga	Theory	100	35	**100**
3	CYT103	Therapeutic Asanas & Modifications	Theory	100	35	**100**
4	CYT104	Pranayama & Meditation Techniques	Theory	100	35	**100**
5	CYT105	Yoga for Lifestyle Disorders	Theory	100	35	**100**
6	CYT106	Case Study & Practical Training	Theory	100	35	**100**
		GRAND TOTAL		**600**		**600**

EXAMINATION & CERTIFICATION

- Course poora hone par GSIDC dwara nirdharit examination hoga.
- Har subject mein upar di gayi **Min (passing) marks** laana avashyak hai.
- Pass hone par GSIDC ki **marksheet** aur **course certificate** jaari kiya jaata hai.
- Certificate ka online verification **www.gsidc.org.in** par kiya ja sakta hai.
- Admission ke liye nazdeeki GSIDC authorised study centre se sampark karein ya website par Admission Form bharein.

Note: Course ki poori jaankari, fee aur admission ke liye upar diya QR code scan karein ya dekhein: **https://gsidc.org.in/courses/certificate-in-yoga-therapy-3-months**. Ye curriculum GSIDC website se generate kiya gaya hai (19-11-2026). Syllabus, fee aur niyamon mein samay-samay par badlav ho sakta hai; antim jaankari study centre / GSIDC office se prapt karein.