शासकीय लघु उद्योग विकास महामंडळ

GOVERNMENT SMALL INDUSTRIES DEVELOPMENT CORPORATION

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

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COURSE CURRICULUM / पाठ्यक्रम

Diploma in Yoga for Human Excellence

Diploma Programme · Yoga Sector · Ref: GSIDC/CUR/0543

Course Type	**Diploma**	**Sector**	**Yoga**
Duration	**2 Years**	**Eligibility**	**10th Pass**
Total Subjects	**12**	**Total Marks**	**1200**
Course Fee	**Rs. 17,000**	**Examination**	**Theory**

SUBJECT-WISE CURRICULUM & MARKING SCHEME

Sr.	Subject Code	Subject Name	Type	Theory		Total
				Max	Min	
YEAR 1						
1	DYHE-101	Foundations of Human Excellence	Theory	100	35	**100**
2	DYHE-102	Yoga Philosophy	Theory	100	35	**100**
3	DYHE-103	Meditation Practices	Theory	100	35	**100**
4	DYHE-104	Personality Development	Theory	100	35	**100**
5	DYHE-105	Stress Management	Theory	100	35	**100**
6	DYHE-106	Ethics & Values	Theory	100	35	**100**
			Year 1 Total	**600**		**600**
YEAR 2						
7	DYHE-201	Advanced Meditation	Theory	100	35	**100**
8	DYHE-202	Leadership & Emotional Intelligence	Theory	100	35	**100**
9	DYHE-203	Community Yoga Programs	Theory	100	35	**100**
10	DYHE-204	Research Methods	Theory	100	35	**100**
11	DYHE-205	Counseling Techniques	Theory	100	35	**100**
12	DYHE-206	Project & Internship	Theory	100	35	**100**
			Year 2 Total	**600**		**600**
			GRAND TOTAL	**1200**		**1200**

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 **Diploma 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/diploma-in-yoga-for-human-excellence**. Ye curriculum GSIDC website se generate kiya gaya hai (20-11-2026). Syllabus, fee aur niyamon mein samay-samay par badlav ho sakta hai; antim jaankari study centre / GSIDC office se prapt

karein.