



YOGA VIDYA NIKETAN

(Reg. No. : F-3613 Bom.)

RECOGNISED BY GOVT. OF MAHARASHTRA
AS SPECIAL INSTITUTE OF YOGA

DIPLOMA IN YOGIC THERAPY, NATURAL LIVING & NATUROPATHY

26th YOGA & NATURO-THERAPIST
COURSE 2025-26

PROSPECTUS



RS.50/-

*Invoking Blessings of
Padmashri Yogacharya Sadashiv Nimbalkar's
Revered Guru and a Pioneer of
Scientific Approach to
Yoga, Yogic Therapy & Research*



SWAMI KUALAYANANDA

Founder of Kaivalyadham, Lonavala, Maharashtra

(30th August, 1883 - 18th April, 1966)

YOGA VIDYA NIKETAN'S

DIPLOMA IN YOGIC THERAPY, NATURAL LIVING & NATUROPATHY

26TH YOGA & NATURO-THERAPIST COURSE (YNTC)

2025-2026

AIM:

Yoga is an age-old science, philosophy, art and practice which is basically meant for spiritual upliftment. Today more and more people are getting attracted to it because the same is being found very useful for promotion and preservation of positive health. Therapeutic value of Yoga for treatment of functional and psychosomatic diseases has proved very useful and hence, Yogic Therapy has gained popularity. The medical world by now has realized the importance of physical, mental, social and spiritual activities as a medicine in effectively treating chronic psychosomatic diseases. Therefore, Yogic Therapy is coming in limelight and being increasingly welcomed as a supplementary, auxiliary and synergic therapy, along with proper and judicious use of any other system of medical science. Yogic Therapy, Natural Living and Naturopathy prove supplementary and complementary to one another in fulfilling their common objective of promotion and preservation of total health. Natural Living means living in accordance with the Laws of Nature and Naturopathy is treating the diseases / disorders in accordance with the Nature's Laws.

Naturopathy is based on the principles of Nature Cure, which aim at using the potentials of natural forces and the defense mechanism of the body. It is an art and science in which five basic elements, viz., earth, water, fire, air and space, as also the natural methods and modalities, are applied to allow the body to cleanse and purify itself externally as well as internally by eliminating the undesirable toxin and morbid substances from the body and

thereby increase the vitality power useful for restoration and maintenance of health and correction of bodily disorders, without the use of drugs.

Yoga Vidya Niketan (YVN) firmly believes in the usefulness of judicious integration of various practices of Yoga, Yogic Therapy, Natural Living and Naturopathy for leading a healthy, active and purposeful life. YVN is, therefore, conducting this well-integrated part-time Diploma Course through which the participants will be imparted the requisite information and training in the theoretical, philosophical as also practical aspects of Yogic Therapy, Natural Living and Naturopathy.

OBJECTIVE:

1. To systematically and scientifically train the participating Yoga Teachers in the theoretical, philosophical and practical aspects of Yogic Therapy, Natural Living and Naturopathy and also make them aware of the limitations thereof.
2. To provide the participants with the basic knowledge of certain important disorders relating to various systems of the human body and explain the role and efficacy of Yogic Therapy, Natural Living and Naturopathy in dealing with such disorders.
3. To make the participants proficient in application of suitable practices of Yogic Therapy, Natural Living and Naturopathy for effective prevention, control and management of various common psycho-somatic diseases/disorders.
4. To familiarize the participants with the necessary Counseling Skills for ensuring the best results from the

application of the recommended practices of Yogic Therapy, Natural Living and Naturopathy.

PROGRAMME & RULES / REGULATIONS:

Duration:

9 months, from 3rd August 2025 to 30th April 2026.

Days & Time: All Saturdays of every month: 6.30 to 8.30 p.m. (At Damle Yoga Kendra) & 6.30 to 8.30 p.m. (At Yoga Bhavan, Vashi and also Online for Global Center on Zoom Platform)

All Sundays of every month :8.00 a.m. to 12.00 noon at respective centers. Doctors' lectures are combined for all the centers which will be held at Navi Mumbai venue or online, as per doctor's convenience. It might be applicable to some faculty lectures too. All lectures will be relayed online for Global center. In case of need, additional classes may be held on available holidays, with prior notice.

Apart from that, for outstation students, 5 days residential camp at Yoga Bhavan, Vashi will be held in February 2026. This residential camp includes 2 days Naturopathy treatments and 2 days conference and 1 day Shankhprakashalan kriya practical.

However, for outstation students, Naturopathy treatment can be taken at any other convenient date if they are not able to attend the same on designated dates. Conference and Shankhprakashalan can be attended online too.

Accommodation during residential camp is available at Yoga Bhavan on nominal payment subject to availability. Students can also make their own arrangement for accommodation.

Venue of Physical Centers:

- 1) YVN's Damle Yoga Kendra, Plot no 154, Tulsiwadi, Behind Vijay Mahal, Manmala Tank road, Mahim, Near Matunga Road Rly. Station (WR), Mumbai - 400016.
Telephone: 9324509523 (10 am to 12 noon & 4 pm to 8 pm)

- 2) YVN's 'Yoga Bhavan', Plot No. 14, Sector 9-A, Yoga Vidya Niketan Chowk, Vashi, Navi Mumbai - 400703.
Mobile: 9321643305

Global Center:

Online lectures will be on zoom platform.

Medium of instruction and examination: English.**Eligibility & Pre-Requisites:**

Admission for Online Global YNTC Center will be strictly given to the participants staying beyond Mumbai Metropolitan Region (MMR). Participants residing within the limits of MMR need to take the admission either at Mahim or Vashi Center only.

Educational Qualification:

H.S.C. (12th) with basic knowledge of English or 10th with English Medium. Old S.S.C. in case of deserving candidates.

Yoga Related Qualification:

- Diploma in Yogic Education (DYEd) / Yoga Teachers Training Course (YTTC) of Yoga Vidya Niketan OR
- Equivalent Course of any other reputed Yoga Institute / University.
- Membership of 'Yoga Varta', the monthly publication of Yoga Vidya Niketan is mandatory.
Right of admission is reserved at the discretion of Yoga Vidya Niketan.

(Photocopies of Marks-sheet, Certificate of Diploma Course and highest Educational qualification, 1 passport size photograph need to be enclosed along with the Admission Form. For online application, scanned copies of the same to be submitted).

Fees : Dadar /Vashi YNTC Centers

Rs. 20,000/- (Rupees Twenty Thousand only)

Global YNTC Centre

Rs.25,000/- (Rupees Twenty five Thousand only)

Exam fees: Rs. 500/- (Rupees Five Hundred only) to be paid at the time of final examination if declared eligible for appearing for exam.

Rs.500/- Membership Fees of 'Yoga Varta' for 5years is to be paid extra for those who are not the member of 'Yoga Varta').

Students can avail option of paying fees in installments:

First Installment: Rs. 10,000/- along with Admission Form

Second Installment: Balance amount to be paid by 03/08/2025.

It is necessary to pay the entire fees before the commencement of the course.

Fees once paid are non-refundable. Fees will be refunded only in case of rejection of application.

Fees are inclusive of prescribed study material, breakfast on Sundays, food arrangements during Naturopathy Meets and two days' Annual Conference to be held at Yoga Bhavan, Vashi. Food will be arranged for outstation students residing at Yoga Bhavan during residential camp).

Participants who have completed 'Diploma in Yoga Therapy, Natural Living and Naturopathy' from Yoga Vidya Niketan, will be eligible to get additional certificate 'Advanced Certificate

Course in Yoga' (ACCY) of Indian Yoga Association (IYA). For that one has to pay additional Rs. 2000/- (50\$ for outside India) which will also include Professional membership of IYA (worth Rs. 1000/-).

Uniform:

As prescribed by the Institute. It should be purchased by the students at our center at prescribed rates. Prescribed Uniform is compulsory for all Therapy events, like practicals, lectures and various meets.

It is not mandatory for outstation students to purchase uniform from YVN. However, it is suggested to wear collared dark navy blue plain T-shirt and black track pants.

Mandatory activities for obtaining Diploma Certificate:

- 1) Naturopathy Meet at 'Yoga Bhavan', Vashi for having first hand experience of selected Naturopathy treatments.
- 2) One day visit to Naturopathy Ashram.
- 3) Shankha Prakshalana Kriya (Physical or Online)

These 3 activities along with conference, are part of residential camp at Yoga Bhavan, Vashi for outstation students.

If someone is not able to attend Shankhprakashlan on designated date, they can do it in paid workshop subsequently whenever conducted by the institute.

Activities which are counted in 'Overall performance':

- 4) Two Days' (overnight) Annual Conference to be held at 'Yoga Bhavan', Vashi during the second half of the academic year.
- 5) Assignments relating to Natural Living and Naturopathy to be submitted by each student, as directed.

- 6) Submission of Posters: At least two posters to be submitted on the allotted topics for the Annual Exhibition of Diploma Course participants.
- 7) Report writing on various activities

All the above-mentioned activities constitute an integral part of the curriculum and hence, the students need to ensure their participation / compliance of the above activities.

Above activities will be incorporated in the time-table.

RULES & REGULATIONS :

1. Attendance: Punctuality with minimum 70% attendance of total working days in each term is necessary. The 70% attendance will be checked at the time of Mid-term Examination and again before the Final Examination. Student having less than 70% attendance will not be allowed to appear for the Theory Examination. However, they can appear for practical examination. Such students will have to attend 1.5 times of the shortfall days for minimum requirement next year, to be eligible for writing theory exam next year.
2. Rules & Regulations and the schedule of the Course are subject to modification, if considered necessary. The changes, if any, will be informed in the class in advance.
3. Result will be declared on the day of the inauguration of the Course for the next Academic Year.
4. Verification of marks in Theory Examination can be done on receipt of a written request within one month from the date of declaration of the result, on payment of

5. Rs. 100/- per paper. The answer papers may be
6. preserved by YVN for the maximum period of one year from the date of declaration of the result.
7. In case a student remains absent for any reason or fails in Mid-Term/Final Examination, the Examination for such student will be conducted only during the next Academic Year, subject to admission to examination and payment of necessary Examination Fees. The student should enquire with the Organizer of the Course about the dates of ensuing Examination, Fees payable, etc. as the separate intimation in this regard will not be sent to the concerned student.
8. Only two attempts will be allowed in the next consecutive academic years to reappear for the Examination. The student will have to join the Diploma Course afresh in case of failing to clear the Examination in these two attempts.

The recipient of the "Diploma in Yogic Therapy, Natural Living & Naturopathy for Yoga & Naturo-Therapist" is advised to practice it as a complementary therapy if the patient is under the medical treatment.

FACULTY

Experienced Yoga Teachers of Yoga Vidya Niketan

Eminent Medical Professionals deliver lectures on subjects related to Medical Aspects in respect of common disorders/ailments pertaining to respective human body systems like circulatory, respiratory, reproductive etc.

SYLLABUS

(A) YOGIC ASPECT (Paper 1)

History & Basic Principles of Yogic Therapy, Limitations of Yogic Therapy, Common diseases/disorders relating to various Systems

of human body, Counseling, Concepts of Pancha Koshas, Klesha, Vritti and their relevance in Yogic Therapy, Natural Living & Naturopathy

(B) MEDICAL ASPECT (Paper 2)

Basic knowledge of various systems of Human Body and some of the important common Disorders / Ailments related to these Systems; Preliminary knowledge relating to Health Parameters, various Clinical / Radiological Tests & Medical Imaging etc.

(C) NATURAL LIVING & NATUROPATHY (Paper 1 & 2)

History and Basic Principles of Natural Living and Naturopathy; Limitations of Natural Living/Naturopathy and Practical Approach thereto; Basic Concepts of Pancha Mahabhootas (i.e. Earth, Water, Fire, Air, Space) & Atma Tatwa and their application in Naturopathy and Natural Living; Principles of Aahar, Vihar & Nidra (Vishranti) and their role in Natural Living and Nature Cure; Importance of Diet and Fasting in Naturopathy and Natural Living; Diagnosis and Treatment recommended in Naturopathy for common ailments; Orientation to the Science of Ayurveda; Natural Living during Acute diseases, Art of Massage; Additional practices for Knee pain and neck pain, Home-made Remedies for living healthy naturally; Simple Therapeutic Physical Exercises and Sandhi Chalan Kriyas; Soorya Namaskar, Walking and Brisk walk for healthy Natural Living and Efficacy of Integrated Approach of Yogic Therapy, Natural Living and Naturopathy for prevention of diseases/disorders.

(D) YOGIC THERAPY (Practical)

Yogic Practices for Prevention, Control & Management of certain common diseases/disorders relating to various human body systems. Application of Shuddhi Kriya (Shatkarma), Simple Yogic Kriyas for ensuring health of the Sensory Organs; Shankhprakashalana Kriya.

EXAMINATION (Theory and Practical) :

Mid-term (Written & Practical Examination) - December- 2025

Final Examination - April-May 2026.

The actual dates of Examinations will be announced at least a month before.

MARKS DISTRIBUTION:

Sr. No.	Exam.	Subject	Mid Term	Final	Total
1	Theory (Written Exam)	Yogic Aspect	50	50	100
		Medical Aspects	50	50	100
		Natural Living & Naturopathy (Paper I)	50	50	100
		Natural Living & Naturopathy (Paper II)	50	50	100
		Integrated Therapy	50	50	100
2	Practical	Yogic Therapy	100	100	200
3	Overall Performance @		100	100	200
	Total		450	450	900

@ Overall performance covers attendance, participation in activities at Naturopathy Meets, Two Days' Annual Conference, Visit to Naturopathy Ashram, timely submission of Assignment and Posters for Exhibition, report writing on various activities, participation and performance in practical sessions as well as all kriya sessions, overall conduct etc.

Passing of Examination:

In order to pass the Final Examination, a student must secure minimum 50% marks in every subject, in every exam. Thus in Mid-term and Final exams one has to pass separately.

Gradation:

- i) Those getting 75% and above of marks in grand total will be declared to have passed with 'Distinction'.
- ii) Those getting 60% and above but less than 75% of marks in grand total will be placed in the 'First Class'.
- iii) Those getting 50% and above but less than 60% of marks in grand total will be placed in the 'Second Class'.

Photo

ADMISSION FORM

Yoga Vidya Niketan's
Yoga & Naturo-Therapist Course (YNTC)
26th Diploma in Yogic Therapy, Natural
Living & Naturopathy: 2025-2026

(To be submitted at the earliest but positively on or before 3rd
August 2025 at the Office of YVN at Dadar or Vashi) / Online

1) Name: (To be filled in Capital Letters)

2) Male / Female_____

3) Married / Unmarried_____

4) Blood Group : _____

5) Date of Birth : _____

6) Age in completed years: _____

7) Res. Address: _____

8) Tel. No. _____ Mobile No. : _____

E-mail:_____

9) Office Address:_____

10) Educational Qualification:_____

11) Yoga Qualification:

Institution's name:_____

Year of Passing Diploma Course in Yoga:_____

(Photo-copies of relevant Marks Sheet & Certificates of Yoga
Teacher's Diploma and highest Educational Qualifications to
be submitted along with this form.)

I have read the Rules and Regulations mentioned in the Prospectus and same were clarified to me. I promise to abide by all these and also those which will be informed & enforced during the Course.

Date : _____

Enclosures: _____

Signature of the Applicant: _____

MORE ABOUT ME

My Occupation / Profession :

My Present Health Condition:

My Family Background:

My Yogic Background:

My Special Interest and Hobbies:

Achievements (Medals, Prizes, Awards, etc.)

Other (if any):

Date: _____

Signature of the Applicant

RECEIPT

YOGA VIDYA NIKETAN'S
DIPLOMA IN YOGIC THERAPY, NATURAL LIVING & NATUROPATHY: 2025-20256
26th YOGA & NATURO -THERAPIST COURSE

Received Rs. _____
(Rs. _____)

By Razorpay / Cheque Cheque No.& Date _____

Drawn on _____

For Diploma Course in Yogic Therapy, Natural Living &
Naturopathy: 2025 – 2026.

From Mr. / Mrs. / Ms. _____
Received by _____

Signature

On behalf of Yoga Vidya Niketan

(This receipt to be produced on the first day of joining the Course)



YOGA VIDYA NIKETAN'S
DIPLOMA IN YOGIC THERAPY, NATURAL LIVING & NATUROPATHY: 2024-2025
26th YOGA & NATURO -THERAPIST COURSE

Received Rs. _____
(Rs. _____)By Cash / Cheque

Cheque No.& Date _____

Drawn on _____

For Diploma Course in Yogic Therapy, Natural Living &
Naturopathy: 2025– 2026.

From Mr. / Mrs. / Ms. _____
Received by _____

Signature

On behalf of Yoga Vidya Niketan

(This receipt to be produced on the first day of joining the Course)

MANAGING BODY OF YOGA VIDYA NIKETAN for 2023-25

DR. SHRIKANT BADWE	President	28733773
SHRI VINOD JOSHI	Trustee (Trustees' Representative)	9869002291
SHRI VISHWANATH MAHAJAN	Trustee	9969011514
SMT ANITA KOLHE	Trustee	9987722131
SMT ARUNA KARANGALE	Trustee	9869258742
SMT NEHA KERURE	Trustee	9969596389
SHRI MAHESH SINKAR	Chairman	9920426997
SHRI DURGADAS SAVANT	Vice Chairman	9820479463
SHRI RAJENDRA JOSHI	Gen. Secretary	9820846909
KUM SONALI RAUL	Joint Secretary	9004865353
SHRI PRADEEP GHOLKAR	Joint Secretary	9224175266
SHRI RAMESH SHENOY	Treasurer	9930185023
SHRI PRABHAKAR MARATHE	Asst. Treasurer	9820232082
SHRI SUDHAKAR MESTRY	Asst. Treasurer	9819705024
SHRI SHREEDHAR PARAB	Member	9821556677
SHRI MUKUND BEDEKAR	Member	9619436948
SHRI VIJAY SAVE	Co-opted Member	9869328442
SHRI RAJENDRA ACHARYA	Co-opted Member	9769043602
SMT. MADHURA KARAMBELKAR	Co-opted Member	9819253385
SMT MEENA PAI	Teachers' Representative	9821211538

Chlorophyll Sun Bath



Foot Bath and Mud Pack



Full Body Mud Bath



Chlorophyll Sun Bath



Mud Pack



Chlorophyll Sun Bath



No. Yoga - 1080/14850-C
Directorate of Sports and
Youth Services, M.S., Pune - 1
Dated : 10-11-82

To
Shri S. P. Nimbalkar,
Chairman, Yoga Vidya Niketan
B-1/14 358 Municipal Tenements
Abdul Gafar Khan Road, Worli,
Bombay - 400 018.

Sub :- Recognition to Yoga Vidya Niketan Bombay

- Ref. :- i) Govt. letter No. PHE-2681/65241/D-XX,
dt. 21st July 1982.
ii) This office letter dt. 11-8-82
iii) Your letter dt. 28th Oct. 1982.

In continuation of this office letter dated 11-8-82 it is to inform you that your institution has been recognised as special Institute for running Yoga Training Classes conducted for Teachers also.

O.C. approved by the Director

for Director of Sports and
Y.S., M.S., Pune-1

No. Yoga - 1080/14850-C
Pune - 1
Dated : 11-8-82

To
Shri S. P. Nimbalkar,
Chairman, Yoga Vidya Niketan
B-1/14 358 Municipal Tenements
Abdul Gafar Khan Road, Worli,
Bombay - 400 018.

Sub :- Recognition to Yoga Vidya Niketan Bombay

Ref. :- Govt. letter No. PHE-2681/65241/D-XX, dt. 21st July 1982.

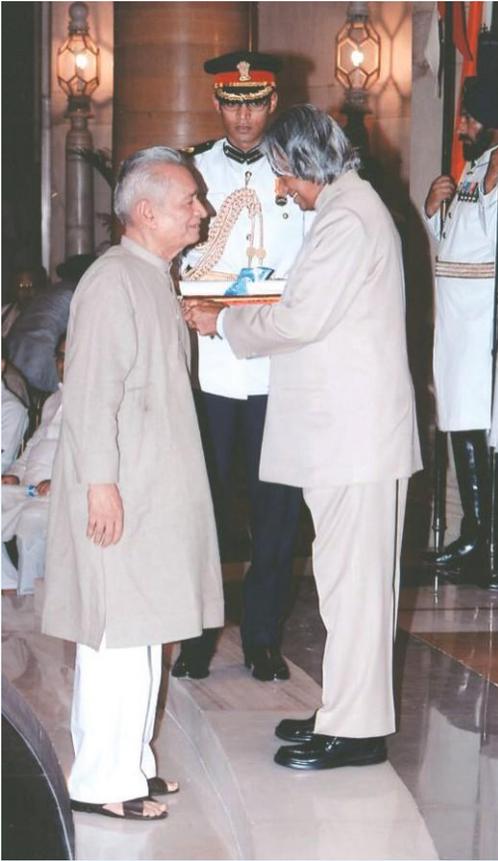
It gives me great pleasure to inform you that your institution namely Yoga Vidya Niketan, Bombay, (R.E. G.E. No. F - 3613) has been recognised by Govt. as Special Institute for running Yoga Classes in different courses such as -

1. Pre-preliminary Course, 2. Preliminary Course, 3. Intermediate Course,
4. Pre-standard Course, 5. Standard Course

This recognition is granted subject to the condition that the institution will not be entitled to grant-in-aid by Govt. for any purpose for three years in the first instance.

O.C. approved by the Director

for Director of Sports and
Y.S., M.S., Pune-1



Yogacharya Sadashiv Nimbalkar being felicitated with title of 'Padmashree' at the hands of Dr. A.P.J. Abdul Kalam, the then Hon. President of India.



Yogacharya Sadashiv Nimbalkar Founder-Director, Yoga Vidya Niketan with Hon. Dr. Shankar Dayal Sharma, the then President of India.





Yoga Bhavan, a four storeyed owned premises of
Yoga Vidya Niketan at Vashi, Navi Mumbai



YOGA VIDYA NIKETAN

(Reg. No. : F-3613 Bom.)

: OFFICE ADDRESS :

YOGA VIDYA NIKETAN, DADAR

**102, Sai-Ishwati, Mogal Lane,
Mahim (West), Mumbai - 400 016.**

Mob. 81042 86169, 99205 35166 (on weekdays)

YOGA VIDYA NIKETAN, VASHI

**'Yoga Bhavan', Plot No. 14, Sector 9A, Yoga Vidya Niketan Chowk,
Vashi, Navi Mumbai - 400703.**

Mob: 9321643305 (11.00 am to 8.00 pm except Sunday and holidays)

Email : yntc.yvn@gmail.com

Website: www.yvnyogavidya.org