

Jamshedpur Women's University

Department of Yoga

Yoga is an ancient Indian system and is essentially spiritual. It has potential for both prevention of diseases and promotion of Health. The holistic approach of Yoga brings harmony in all walks of life and also influences our day to day living. It brings suitable changes in the behavioral pattern and attitude thereby helps to improve the inter personal relationship at home and also in the society. Therapeutic benefits of Yoga have also been revealed by many scientific researches carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including Physiological and Psychosomatic disorders.

Title of the Course:- Master of Arts (M.A.) in Yoga Science.

Duration of the Course:

The course will be two years duration, which will be divided into four semesters, two semesters in each academic year.

Objectives of the Course:

The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic application of Yoga and Alternative therapies.

At the Master level it is also intended that students should get familiar with the original texts of Yoga.

Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.

Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially Yoga and Spirituality.

A research attitude and orientation will also be Inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga and Alternative Therapies.

Jamshedpur Women's University offers MA. In Yoga 2 years semester wise full time program. Eligibility for this course is Graduation in any discipline.

Campus Facilities- Hostel, Well stocked library, Well equipped lab, canteen, WiFiconnectivity

Distinguished Features- Regular interaction with Yoga Faculty, Internship Program at Haridwar, Regular visits to yoga Centre.

Placement

Students are placed as Yoga Instructor in different school and college.

Health and Wellness centre of Jharkhand Government