



HIMALAYAN SCHOOL OF YOGA SCIENCES (HSYS)

AT HSYS, WE EMPOWER YOU IN ADVANCED AREAS OF
YOGA SCIENCE INTERSECTING WITH OTHER ALLIED SCIENCES

M.Sc. YOGA SCIENCE AND
HOLISTIC HEALTH



FACULTY

The faculty, a blend of research and academia, provides experiential learning and insights to holistic health

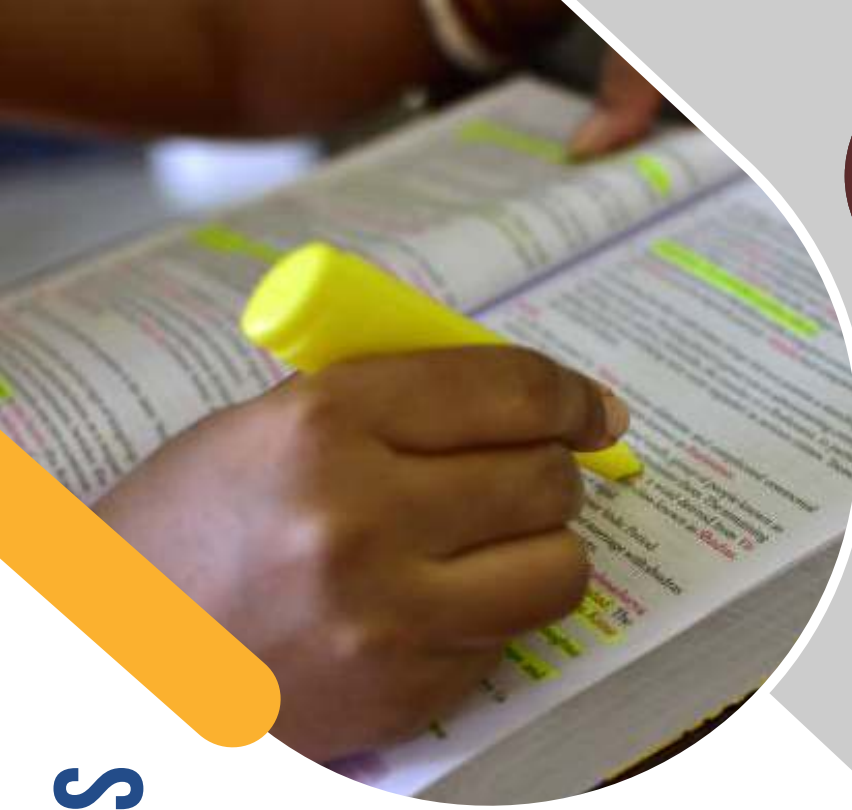
Teaching and Training

- Inter-disciplinary programs & Projects, Guest key note speakers, Lectures group activities, and one-on-one discussion, along with use of Multimedia
- Conferences, seminars, special yoga workshops and camps, research/evidence based projects & practical work including therapeutic yoga training in SRHU medical setup with the core team of senior medical faculties

M.Sc.

YOGA SCIENCE AND
HOLISTIC HEALTH





HIGHLIGHTS

- Well equipped Yoga Practical Lab
- Research and Academic Interface
- Interactive and Integrative Learning
- Summer Training Assignments
- Program Assignments for Public Welfare
- Higher Training for Yoga Therapy

M.Sc.

YOGA SCIENCE AND
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POSTGRADUATE DEGREE

M.Sc. in Yoga Science and Holistic Health

With this M.Sc. program, you will be able to:

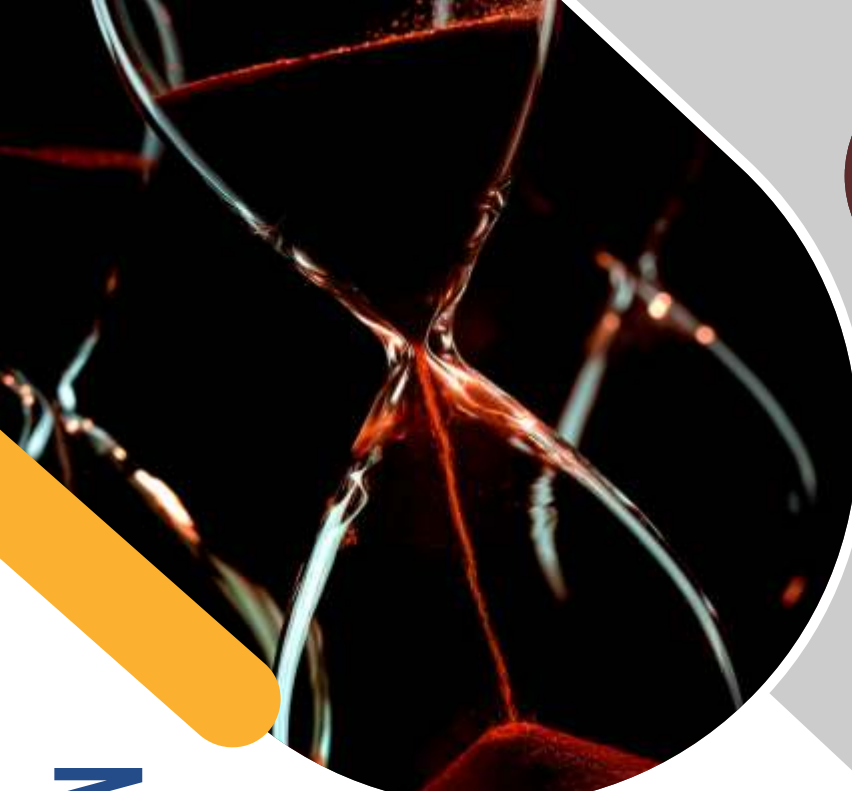
1. Cultivate philosophical and therapeutic knowledge of yoga
2. Learn yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness
3. Pursue research to understand and promote integration of ancient sciences of healing with modern medicine
4. Teach yoga to the students in schools and colleges and to the interested public of all age groups
5. Provide students with the knowledge and skill base that would enable them to undertake further studies in yoga and related areas or in multidisciplinary areas that involve yoga
6. Help develop a range of generic skills that are relevant to wage employment, self-employment and entrepreneurship
7. Develop the ability to work as healthcare professional and paramedical person with holistic vision
8. Commit to professional & social ethics, responsibilities and norms of yoga practice in the society

M.Sc.

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ELIGIBILITY & DURATION

POSTGRADUATE DEGREE

M.Sc. Yoga Sciences

Candidate must have passed Bachelor Degree in Yoga / Yogic Sciences or equivalent degree in Yoga/ Yogic Sciences with 50% marks in aggregate

2 YEARS
(4 SEMESTERS)

M.Sc.

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PROCESS

POSTGRADUATE DEGREE **M.Sc. in Yoga Science and Holistic Health**

Candidates are shortlisted on the basis of merit and first come first serve basis

Merit list is displayed and shortlisted candidates are required to attend personal counseling session

Thereafter, students are selected on the basis of qualifying testimonials, credentials and medical examination

M.Sc.

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EMPLOYMENT OPPORTUNITIES

Opportunities are available in educational institutes, resorts, hospitals, spa centers, yoga centers, sports centers, community health clubs etc.

Job Roles

- Yoga Instructor / Therapist in health centers, hospitals, medical sector, AYUSH sector etc.
- Yoga Teacher in the villages, schools, colleges
- Visiting Yoga Guide / Instructor to spiritual organizations
- Open their own Yoga Centers / Yoga Studio

M.Sc.

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SCHOLARSHIPS

Merit Scholarship

Upto 100% of Tuition Fee

Merit cum Means Scholarship

Upto 50% of Tuition Fee

Special Scholarship

Upto 100% of Tuition Fee for

- Ward of Armed Forces / Para Military Forces / Police Force Personnel (Serving and Retired; Non- Commissioned Officers)
- Transgender Candidates
- Differently abled Candidates

Free-ship Scholarship

Completely free education for One Candidates in each academic program of the university who is an orphan / has no earning member in the family.

Alumni Concession

Upto 25% of Tuition Fee

Domicile Concession

26% fee relaxation for the Students from Uttarakhand (Permanent Resident)

Interest Free Education Loan Facility

Reservation Policy as specified by the State Government

*Terms & Conditions Apply

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PLACEMENTS

Excellent links with hospitality industry and leading institutions

Dedicated Placement Cell that provides 'Summer Internship' and 100% placement support

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DEPARTMENT CONTACT



Established under Section 2(f)
of UGC Act 1956, enacted vide an Act of
Uttarakhand No. 12 of 2013

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