



HIMALAYAN SCHOOL OF YOGA SCIENCE (HSYS)

At HSYS, we enable you in advanced areas of yoga science intersecting with other allied sciences.

BA/B.Sc.
**Yoga Science and
Holistic Health**



www.srhu.edu.in



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
- Six months of full time in-house internship for yogic treatment prospects

BA/B.Sc.

Yoga Science and Holistic Health



FACULTY



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

BA/B.Sc.
Yoga Science and
Holistic Health



www.srhu.edu.in

PLACEMENTS



Excellent links with hospitality industry and leading institutions.

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

Highest package INR 3 Lakhs p.a.

BA/B.Sc.
Yoga Science and
Holistic Health



www.srhu.edu.in

HIGHLIGHTS



1

Well equipped Yoga Practical Lab

2

Research and Academic Interface

3

Interactive and Integrative Learning

4

Summer Training Assignments

5

Program Assignments for Public Welfare

6

Higher Training for Yoga Therapy

BA/B.Sc.
Yoga Science and Holistic Health



www.srhu.edu.in

UNDERGRADUATE DEGREE



B.Sc. in Yoga Science and Holistic Health

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

1. Attain deep understanding of various fields of Yoga
2. Develop an in-depth understanding of fundamental and applied scientific concepts, methods of yoga science & allied sciences
3. Understand and apply knowledge of preventive, curative and management aspects of holistic health
4. Undertake laboratory investigation, analyze data, critically evaluate information, apply scientific thought, identify and Investigate health issues
5. Conduct practical sessions for yoga
6. Develop understanding about traditional knowledge of Yoga Science in relevance with personal and social life for a healthy living
7. Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination
8. Elaborate proficiency in teaching skills of Yoga
9. Understand and commit to professional & social ethics, responsibilities and norms of yoga practice in the society

BA/B.Sc.
**Yoga Science and
Holistic Health**



www.srhu.edu.in

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



BA/B.Sc.
**Yoga Science and
Holistic Health**



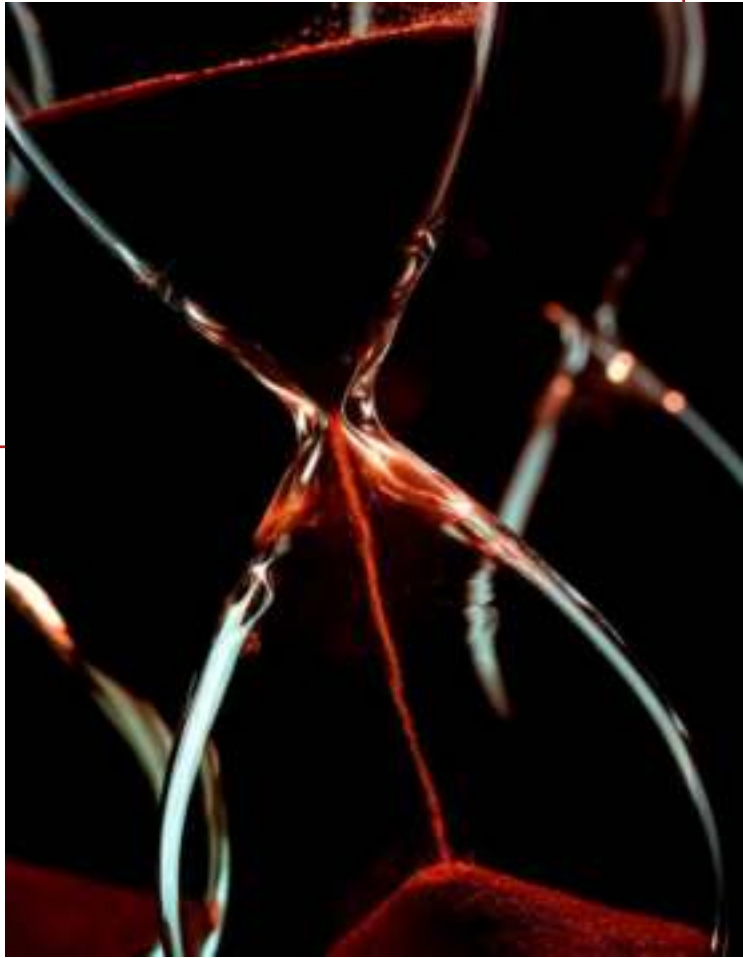
www.srhu.edu.in

ELIGIBILITY & DURATION



10+2 from any stream with minimum 45% marks in aggregate.

3 years (6 semesters) and six months of fulltime in-house internship



BA/B.Sc.
Yoga Science and Holistic Health



www.srhu.edu.in

PROCESSES



UNDERGRADUATE DEGREE

B.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.

BA/B.Sc.
**Yoga Science and
Holistic Health**



www.srhu.edu.in

SCHOLARSHIPS



- 1 Merit Scholarship**
Upto 100% of Tuition fee
- 2 Merit cum Means Scholarship**
Upto 50% of Tuition fee
- 3 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 Candidate
 - ♦ Differently abled Candidate
- 4 Free-ship Scholarship**
Completely free education for One Candidate in each academic program of the University who is an orphan / has no earning member in the family.
- 5 Alumni concession**
Upto 25% of Tuition fee
- 6** 26% fee relaxation for students from Uttarakhand (Permanent resident)
- 7** Interest free Education Loan facility.

*Terms & Conditions Apply

BA/B.Sc.
Yoga Science and
Holistic Health



www.srhu.edu.in



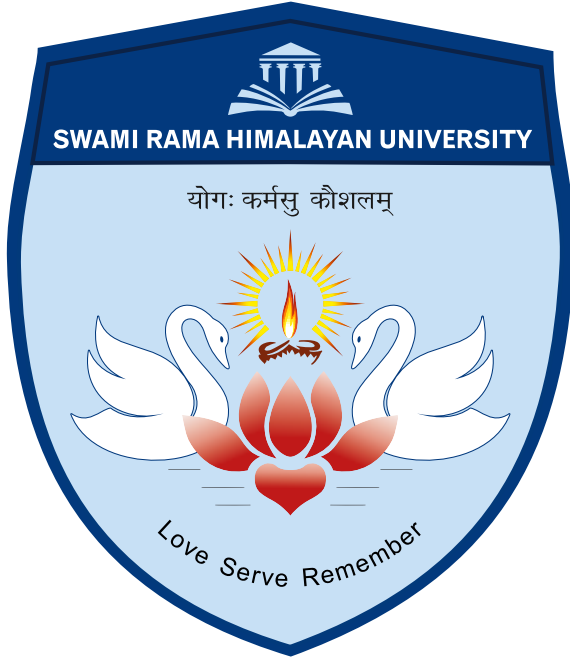
**0135-2471135,
+91 70553 09532,
70553 09533**

**DEPARTMENT
CONTACT**

BA/B.Sc.
**Yoga Science and
Holistic Health**



www.srhu.edu.in



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

www.srhu.edu.in