



HIMALAYAN SCHOOL OF YOGA SCIENCES (HSYS)

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

B.Sc. YOGA SCIENCE AND
HOLISTIC HEALTH



FACULTY

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

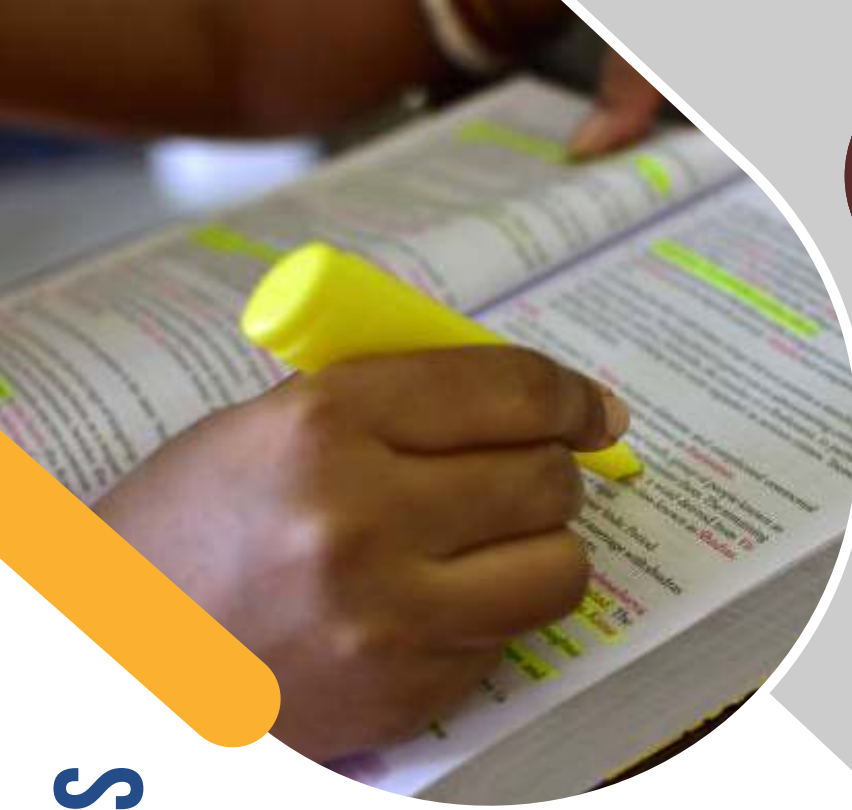
Teaching and Training

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

B.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

B.Sc.

YOGA SCIENCE AND
HOLISTIC HEALTH





UNDERGRADUATE DEGREE

B.Sc. in Yoga Science and Holistic Health

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

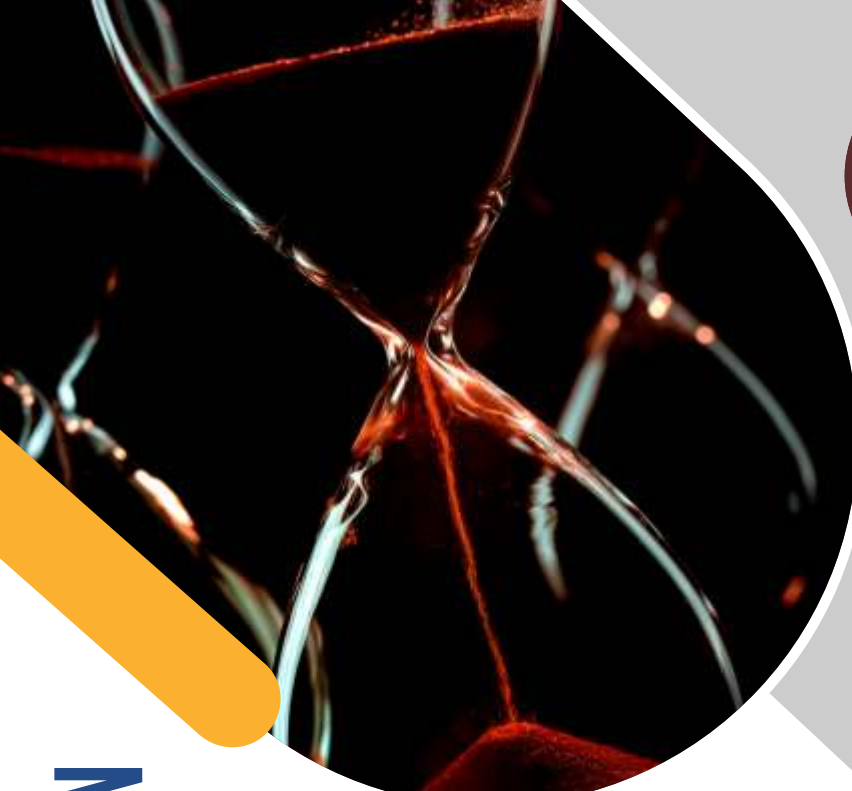
1. Attain deep understanding of various fields of yoga
2. Develop an in-depth understanding of fundamental and applied scientific concepts, methods of yoga science & allied sciences
3. Understand and apply knowledge of preventive, curative and management aspects of holistic health
4. Undertake laboratory 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

B.Sc.

YOGA SCIENCE AND
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ELIGIBILITY & DURATION

UNDERGRADUATE DEGREE

B.Sc Yoga Sciences	10+2 from any stream with minimum 45% marks in aggregate.	3 Years
B.Sc (Hons.) Yoga Sciences		4 Years
B.Sc (Hons. With Research) Yoga Sciences		4 Years

B.Sc.

YOGA SCIENCE AND
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PROCESS

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

B.Sc.

YOGA SCIENCE AND
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FEE STRUCTURE

B.Sc. Yoga Science and Holistic Health		B.Sc Yoga Science & Holistic Health	B.Sc Yoga Science & Holistic Health (Hons.)/B.Sc Yoga Science & Holistic Health (Hons.) with research	
Fee Category		Fee dues on	3 Years	4 Years
Tuition Fee	AIC	Per Semester	20,000	20,000
	PRU		14,800	14,800
Admission Fee		One time, at the beginning	7,500	7,500
Enrollment Fee			1,000	1,000
Refundable Security**			5,000	5,000
Examination Fee*		Per University Exam	3,000	3,000
Supplementary Exam Fee*		Per Course	1,000	1,000
Uniform & Sports-ware Fees			2,700	2,700
Fee to be paid in First Semester		AIC	39,200	39,200
Fee to be paid in Other Semester			23,000	23,000
Fee to be paid in First Semester		PRU	34,000	34,000
Fee to be paid in Other Semester			17,800	17,800
TOTAL Fee (₹)		AIC	1,54,200	2,00,200
TOTAL Programme		PRU	1,23,000	1,58,600

AIC - All India Category | PRU – Permanent Resident of Uttarakhand

*Fee is subject to revision

**Refundable Security to be refunded after completion of programme

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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

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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

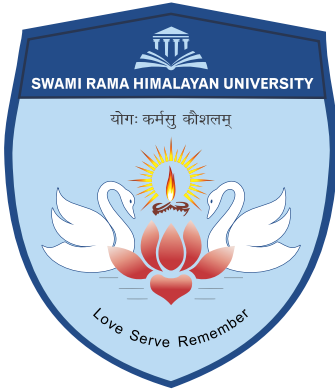
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DEPARTMENT CONTACT



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

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