



Swami Rama Himalayan University

NAAC A+

ADMISSION **PROSPECTUS** 2025

srhu.edu.in

SCHOOL OF YOGA SCIENCES

LIMITLESS VISION, BOUNDLESS INSPIRATION

FOUNDER'S LEGACY

Born in 1925 in Uttarakhand, H.H. Dr. Swami Rama was a Yogi, philosopher, scientist, and humanitarian. Mentored by luminaries like Mahatma Gandhi, Sri Aurobindo and Rabindranath Tagore, he pursued higher studies in India and Oxford before serving as a medical consultant in London and conducting parapsychological research in Moscow.

Guided by his master, he journeyed worldwide on a quest to bridge science and spirituality. Along the way, he founded an array of top-tier spiritual and medical institutions. In the 1970s, he established the Himalayan Institute of Yoga, Science & Philosophy in the U.S., pioneering research that proved the mind's power over the body. His yogic feats were featured in Encyclopedia Britannica (1973), influencing holistic medicine and biofeedback therapy.

Returning to India, he founded the Himalayan Institute Hospital Trust (HIHT) in Dehradun, transforming healthcare and education landscape of Uttarakhand. A sage ahead of his time, Swami Rama's legacy continues to inspire generations. His mission was to serve the people of Uttarakhand in the field of health, education, rural development and more.

“

Your real education begins
when you learn to explore
and discover yourself.

”

HH Swami Rama





life ka compass

Can education be more than a transaction?

Instead of guiding students to just a degree and a career, can it provide a direction to life's journey? Can it create strength of character? Make high energy a habit? And forge a mindset where every challenge is faced with a resolute will to overcome?

At SRHU, we believe it must.

For us, the syllabus is a starting point, not the finishing line. We foster holistic growth. From practical work experience to thoughtful mentoring, from incubating ideas and transforming them to enterprises, to dedicated resources for developing leadership skills and more.

This is why, in addition to academic excellence born of rigour, we promote entrepreneurship, mentorship, leadership and real-life work experiences through internships, as a way of life.

This is why we practice a culture where life skills become second nature. And the course of life's journey is defined not just by momentum, but also direction.

A mindset summed up in our brand promise.



INTERNSHIP

ENTREPRENEURSHIP

MENTORSHIP

LEADERSHIP



CENTRE FOR INNOVATION AND ENTREPRENEURSHIP

CIE is the innovation and start-up incubator of SRHU, dedicated to nurturing entrepreneurial talent among students, faculty, and staff. It empowers individuals with mentorship, infrastructure, and strategic guidance to transform ideas into sustainable ventures.

MISSION

- Cultivate creativity and entrepreneurial thinking
- Connect academia with industry and investors
- Foster sustainable innovation and growth

SUPPORT SYSTEM

- Expert mentorship
- State-of-the-art workspaces
- Access to funding
- Business development support
- Networking opportunities

STUDENT VENTURES

Start-ups like The Food Project, ULO Labs, Rang De Hope, Mindura Yogwell, and SR Care Hive showcase student innovation.

KEY HIGHLIGHTS

- Incubated nationally recognised ventures such as Canfinis Therapeutics and Himfla Pvt. Ltd.
- Hosted industry events like the Uttarakhand Innovation Festival.
- Delivered entrepreneurial skill training through bootcamps and competitions like Rangotsav.
- Created social impact through ventures addressing real-world issues.

Transform your ideas into impact—with SRHU CIE.





INTERNSHIP PROGRAMME

We believe real-world experience is as vital as academic learning.

Our Earn While Learn Scheme (EWLS) is a paid internship opportunity for students across most programmes. It provides hands-on industry exposure, academic support, job readiness training, and leadership development.

BENEFITS FOR STUDENTS

- Apply classroom knowledge in real-world settings.
- Gain valuable industry experience during your course.
- Develop workplace skills and leadership qualities.
- Earn while you learn.

ELIGIBILITY

- Undergraduate students: From the second year onward, based on university-set criteria.
- Postgraduate students: From the first year onward, based on university-set criteria.
- Note: Ph.D. students are not eligible for this scheme.



MENTOR MENTEE PROGRAMME

Connects students with an experienced mentor – a member of the faculty, alumni or a senior student. Mentors draw on their rich experience to offer personalised guidance for both academic and personal development.

MENTOR MENTEE PROGRAMME

Personalised Guidance

Tailored advice on academics, career planning, skill development, and navigating university life.

Career and Professional Development

Insights into potential career paths, internships, job opportunities, and professional networking, ensuring students are well-prepared for the future.

Academic Support

Assistance with academic challenges, and advice on time management and study techniques.

Networking and Industry Insights

Mentees gain access to the mentor's professional network, opening up internships, job placements, and future collaborations.

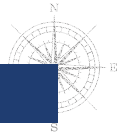
Personal Growth and Confidence Building

The mentor-mentee relationship helps students build confidence, improve decision-making skills, and foster resilience.

Long-term Relationships

The aim is to create lasting mentor-mentee relationships that extend beyond university life, supporting students' transition into their professional careers.





CENTRE FOR PROFESSIONAL & COMMUNICATION ENRICHMENT (C-PACE)

A centre of excellence dedicated to enhancing students' communication and interpersonal skills, preparing them to thrive in academic, professional, and social spheres. Operating across seven colleges—including Engineering, Management, Nursing, and Biosciences—C-PACE empowers students through soft skills training, public speaking, and professional preparedness.

Its core offerings include:

1. Soft Skills Development – Training in spoken english, confidence building, and interpersonal skills.
2. Employability Enhancement – Guidance on resumes, interviews, group discussions, and networking.
3. Collaborative Learning – Discipline-specific programs tailored to diverse academic needs.

Student-led initiatives such as Younite and Model United Nations (MUN) offer experiential platforms for leadership, event management, and global engagement.

By bridging academic learning with real-world application, C-PACE ensures students emerge as confident, adaptable, and globally competent professionals—reflecting the university's commitment to holistic education and employability readiness.





SCHOOL OF YOGA SCIENCES

SRHU School of Yoga Sciences has been established with the objective to deliver training in advanced areas of Yoga Science and Holistic Health as also high moral values in keeping with the teachings of Swami Rama and ancient Indian gurus. The main aim of our Yoga school is to develop the department as a Centre of Excellence and deliver high quality teaching-learning, matching the needs of the contemporary world of education and the health industry. Yoga Science at SRHU, intersects with other allied sciences.

Teaching & Training

Our Yoga School adopts student-centric methodology enabling them to imbibe effectively so as to match with the present-day needs of society. The school offers B.Sc. Yoga Science and Holistic Health based on the programme outcomes and curriculum offered. Students can choose the programme that fits their needs. Students and Yoga aspirants are exposed to Inter-disciplinary programmes & projects, Guest keynote speakers, and one-on-one discussions, along with the use of multimedia. External exposure includes conferences, seminars, symposia, 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 faculty.

Faculty

School of Yoga Sciences has a highly qualified team of faculty members with a combination of both research and academia. The faculty of the school are highly qualified as per the guidelines of UGC.

Placements

Our Placement Cell has exceptional links with industry and leading research institutions and are a willing team to provide 'Summer Internship' and 100% Placement Support.

The students passing out of Yoga Science and Holistic Health programmes open themselves to a variety of career options beyond just knowing how to become a Yoga Professional. Students can find jobs in the areas of Education, Training, Therapy, Research, and Health Industry viz. hospitals, medical sector, Ayush sector, Indian Embassies, Ministries, and Government NGOs etc.

Highlights

- Well-equipped Yoga Practical Lab
- Research and Academic Interface
- Interactive and Integrative Learning
- Choice Based Credit System (CBCS) of Education
- Advanced Learning and Teaching Methodology
- Summer Training Assignments
- Mentorship and Personality Development Programmes
- Programme Assignments for Public Welfare
- Educate for Holistic Health & Growth
- Higher Training for Yoga Therapy

Postgraduate Programmes

M.Sc. Yoga Science and Holistic Health

M.Sc. Yoga Therapy

Undergraduate Programmes

B.Sc. Yoga Science and Holistic Health

B.Sc. (Hons. with Research) Yoga Science and Holistic Health

M.Sc. Yoga Science and Holistic Health

School of Yoga Sciences, located in Jolly Grant, Uttarakhand in the serene & pristine Himalayas offers students enrolled with M.Sc. Yoga Science & Holistic Health programme a deep connect with the foremost practices of yoga.

The programme aims to cultivate a deep understanding of the philosophical and therapeutic knowledge of Yoga, enabling students to apply it in their personal and professional lives.

Students will learn various yogic techniques for the prevention and treatment of somatic, psychosomatic, and psychological illnesses, which will enable them to design and implement customised Yoga programmes for individuals with specific health conditions.

After the successful completion of the programme, students will have knowledge and skills necessary to teach Yoga to students in schools, colleges, and professionally to all age groups in various settings. Additionally, it will enable students to undertake further studies in Yoga and related areas or in multidisciplinary areas that involve Yoga, providing them with career opportunities in this field.

With this programme, you will be able to

1. Cultivate philosophical and therapeutic knowledge of Yoga as per Indian Knowledge System.
2. Learn yogic techniques for the prevention and management 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 at Preventive Health care units with holistic vision.
8. Commit to professional & social ethics, responsibilities and norms of Yoga practice in the society.

Employment Opportunities

An M.Sc. Yoga Science and Holistic Health programme provides advanced knowledge and research opportunities to graduates, opening doors to higher-level and more specialised job opportunities.

After completing a M.Sc. Yoga Science and Holistic Health, various career opportunities are available, such as

1. Yoga Research Officer: Postgraduates can pursue a career as a research officer, where they can conduct research related to Yoga and Naturopathy.
2. Yoga Therapist: Postgraduates can work as Yoga Therapists, where they can design and implement customised Yoga programmes for individuals with specific health conditions.
3. Clinical Psychologist: Postgraduates can pursue a career as Clinical Psychologist, where they can apply their knowledge of Yoga in treating patients with mental health disorders.
4. Yoga Instructor/Teacher: Postgraduates can work as Yoga Instructors or Teachers, where they can teach Yoga to individuals or groups, in a studio or as a freelancer.

5. Health and Wellness Consultant: Postgraduates can work as consultants, advising individuals or organisations on Yoga, Health, and Wellness.

Eligibility

Regular Entry: The candidate must have passed B.Sc. in Yoga Science from a recognised University with a minimum of 50% marks in aggregate or equivalent grade.

Duration

Two Years

M.Sc. Yoga Therapy

Introduction

M.Sc. in Yoga Therapy is a comprehensive and advanced postgraduate programme designed to equip students with in-depth knowledge and practical skills in the field of Yoga and its therapeutic applications. This programme integrates traditional wisdom with modern medical research to address the physical, mental, social and emotional well-being of individuals through the healing art of the Traditional Yoga system. Yoga Therapy is an evolving field that blends ancient techniques with contemporary scientific understanding to promote holistic health and prevent or manage various chronic ailments. The programme offers specialised training in applying Yoga principles and practices to support patients in overcoming a wide range of health issues. Through this programme, students will explore the profound connection between mind, body, and soul while gaining insights into anatomy, physiology, psychology, dietetics, ayurveda, naturopathy and the principles of therapeutic yoga. Additionally, the programme emphasises evidence-based approaches, enabling students to design personalised therapeutic Yoga interventions for different populations.



Eligibility

B.Sc in Yoga Sciences or equivalent with 50% marks

Duration

Two Years

Employment Opportunities

Graduates of the M.Sc. Yoga Therapy programme will be prepared to work as Professional Yoga therapist in healthcare settings, wellness centres, rehabilitation clinics, super speciality hospitals, schools, university setups and holistic health centres. They will also contribute to the growing global movement of integrative healthcare, advocating for the therapeutic approaches of Yoga in fostering long-term well-being.

B.Sc. | B.Sc. (Hons.) | B.Sc. (Hons. with Research) Yoga Science and Holistic Health

School of Yoga Sciences, located in Jolly Grant, Uttarakhand in the serene & pristine Himalayas offers students enrolled with Bachelor of Science in yoga a deep connect with foremost practices of yoga.

The Founder of SRHU, renowned yogic master Swami Rama was known for his unique Yoga practices. His traditional & authentic Yoga practices have been taught and presented in a professional and systematic manner in the school to the students so that they integrate these teachings into their daily lives.

The programme aims to equip students with a thorough understanding of various fields of Yoga, enabling them to develop a deep understanding of the subject matter. The programme also focuses on developing an in-depth understanding of fundamental and applied scientific concepts and methods of Yoga Science and allied sciences.

After the successful completion of the programme the students are equipped with the knowledge of preventive, curative, and management aspects of holistic health and enable them to apply this knowledge in their professional life.

With this programme, 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, analyse 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 as per Indian Knowledge system.
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.

Key Notes

The BSc in Yoga Science & Holistic Health programme at SYS is taught by diverse experts from academia and industry. The academic experts are highly qualified and experienced teachers with doctoral qualifications, many of whom have completed postdoctoral research from renowned universities in India and abroad. These faculty members bring their extensive knowledge and experience to the classroom, providing students with a deep understanding of the subject matter and practical insights into the field of Yoga.

The future opportunities after completing BSc in Yoga Science & Holistic Health program at SYS can open various career opportunities in Yoga and Wellness. Graduates can pursue careers as Yoga instructors, Yoga teachers, wellness coaches, fitness trainers and health consultants. They can start their own Yoga studios or wellness centres. Also, graduates can pursue higher education by joining a Master's or Doctoral Programme in Yoga or related fields.

We have special inhouse internship programmes (Himalayan Institute of Medical Sciences), guest lectures from industry experts, and practical training sessions. These help students gain hands-on experience, learn from professionals and develop the skills and knowledge necessary for success in Yoga and Wellness.

Employment Opportunities

Students can find jobs in the areas of Education, Training, Therapy, Research, and Health Industry viz. hospitals, medical sector, Ayush sector, Indian Embassies, Ministries, and Government NGOs and Tourism industry etc.

After completing a B.Sc. in Yoga, various career opportunities are available, such as:

1. Naturopathy Therapist: Graduates can pursue a

career in Yoga and Naturopathy.

2. Yoga Aerobic Instructor: Graduates can work as Yoga Aerobic Instructors, where they can guide and instruct individuals on performing various Yoga Aerobic exercises.
3. Yoga Therapist: Graduates can work as Yoga Therapists in hospitals, where they can design and implement customised Yoga programmes for individuals with specific health conditions.
4. Yoga Instructor/Coach: Graduates can work as Yoga Instructors or Coaches, where they can teach Yoga to individuals or groups, in a studio or as a freelancer.
5. Therapists and Naturopaths: Graduates can also work as Therapists and Naturopaths, where they can incorporate their knowledge of Yoga with other natural therapies to provide holistic treatment.
6. Health Club Trainer/Instructor: Graduates can also work as a Trainer/Instructor in a Health Club, where they can guide individuals in performing various exercises, including Yoga, for fitness and well-being.

Eligibility

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

Duration

Three years for B.Sc. Yoga Science and Holistic Health

Four years for B.Sc. (Hons.)

Yoga Science and Holistic Health | B.Sc. (Hons. with Research) Yoga Science and Holistic Health

Admission Process

M.Sc. Yoga Sciences and Holistic Health/ Yoga Therapy

B.Sc. Yoga Science & Holistic Health | B.Sc. (Hons.) Yoga Science & Holistic Health | B.Sc. (Hons. with Research) Yoga Science & 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 counselling session. Thereafter, students are selected on the basis of qualifying testimonials, credentials and medical examination.



GLOBAL COLLABORATIONS, RECOGNITIONS AND AFFILIATIONS



IIT Roorkee



Ernst & Young



NABL



Learnet Skills for Life



SGPGI



ICMR



Finland



DSIR



HANS
Foundation



American
Heart
Association®

American Heart Association



NMC



Airports
Authority of India



AIIMS



Confederation of
Indian Industry

CII



筑波大学
University of Tsukuba
Japan



ELSEVIER

ELSEVIER

LIFE @ SRHU

At SRHU, life goes beyond classrooms. It's a vibrant journey where students learn, grow, and thrive — not just academically, but also through sports, music, arts, and a wide range of co-curricular and extra-curricular activities. With ample opportunities to discover and showcase their talents, students here shape a life full of learning, friendships, and unforgettable experiences.



AWARDS & RECOGNITION

SRHU's Shourya Saini Wins Gold and Silver at World Championship

At Swami Rama Himalayan University (SRHU), students are empowered to chase excellence—both in academics and beyond. A shining example is Shourya Saini, who brought glory to the nation by winning Gold and Silver at the 2024 World Deaf Shooting Championship in Hanover, Germany.

SRHU stood firmly behind Shourya's journey, providing crucial support including financial aid for equipment—helping him aim for Olympic dreams with confidence.

His remarkable success in a highly competitive field of over 16 countries, is not just a personal victory, but an inspiration for every SRHU student to dream big, push boundaries, and know that their university will always support their aspirations for excellence.



PLACEMENT



ANTRIKSH RATURI

BBA, K.P. Enterprises



VANSH SHARMA

B. Tech CSE, Portway Solutions India Pvt Ltd



VIDHI SHARMA

BCA, Infosys



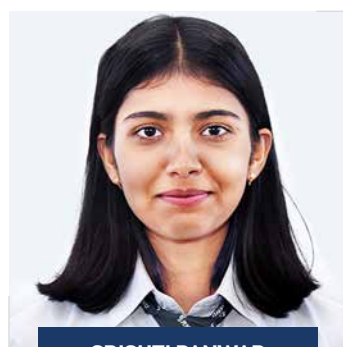
RITIKA NAGAR

B.Tech CSE, Realty Assistant



ANSHIKA BARTH WAL

MBA, TEACHNOOK



SRISHTI PANWAR

B.Com, WowJobs



ASHISH BHATT

B.Tech CSE, 75way Technologies Pvt Ltd



SUBHAM NEGI


B.Tech CSE, Orion Marine Concepts

280+ RECRUITERS

30+ ANCHOR RECRUITERS

Infosys



 **Grant Thornton**

Justdial

 **SBI Securities**
Investment our Trust, Done

 **HDB** FINANCIAL SERVICES

 **Marsh McLennan**

 **nagarro**

FACILITIES & AMENITIES

Our campus is safe, secure, well illuminated and comfortable. Available facilities provide convenience & comfort and facilitate successful academic & social life for students.



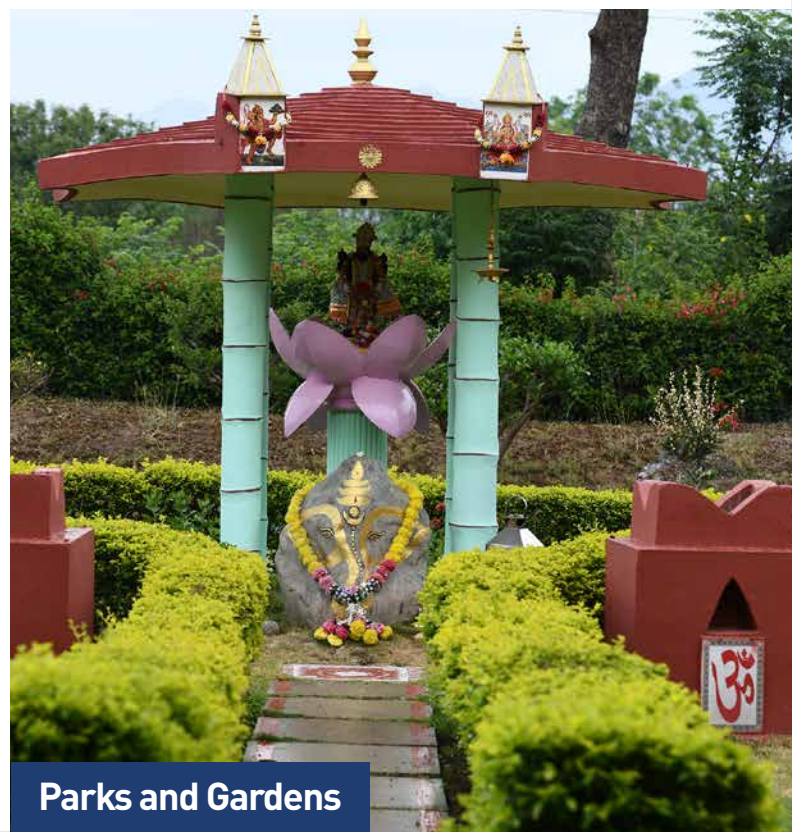
Hostels and Residences



Canteen and Café



Utility Center



Parks and Gardens

We believe education is more than just a destination,
it's a journey of self-discovery. A journey that challenges, inspires,
and shapes the future you envision for yourself.

With best-in-class faculty, future-ready infrastructure,
and a learning environment rooted in values and innovation.

SRHU empowers you to uncover your unique strengths,
follow your passions, and build a life of purpose.

Here, you don't just earn a degree, you discover your path.





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