



Swami Rama Himalayan University

NAAC A+

ADMISSION BROCHURE

2026

SCHOOL OF

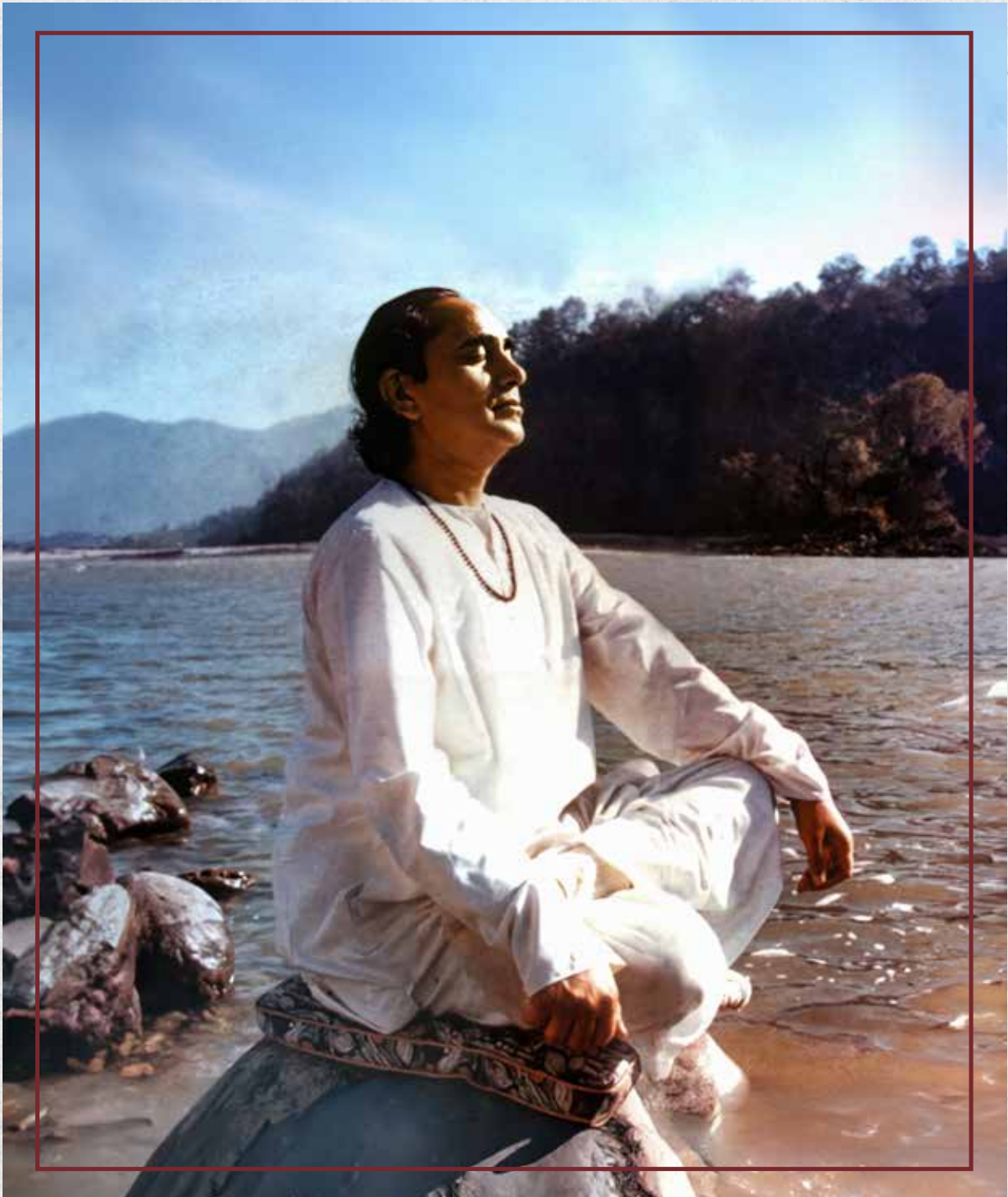
YOGA SCIENCES



life ka
compass



SWAMI RAMA'S YOGIC VISION



Swami Rama, as a Himalayan master, philosopher, scientist, and humanitarian, dedicated his life to living and integrating ancient yogic wisdom with the modern scientific paradigm. After receiving extensive yoga teachings over 45 years in the caves and monasteries of the Himalayas, he demonstrated paranormal yogic powers under Western scientific conditions, integrating spirituality and science in a way never seen before. He realized and propagated yoga as a way of living in harmony with the inner self rather than prevailing practice trends. His yogic vision, remember to serve lovingly to mobilize attained talent, prosperity, and power, is the guiding principle behind the mission of School of Yoga Sciences (SYS) .

SCHOOL OVERVIEW

SYS at SRHU is committed to conducting teaching, training, research, and advocacy on timeless yogic knowledge and spirituality to produce professionally competent, personally developed, and socially empathetic human resources. The spiritually vibrant meditation center charged by Swami Rama's intense austerity, vicinity of the Ganges, world class infrastructure, serene and clean campus, healing environs, integrative educational ecosystem, advance research labs, eminent teaching staff, robust foundations of medical and allied health, management, engineering, and technological teaching-learning and market-demanding yoga educational programs (B.Sc. Yoga Science and Holistic Health, M.Sc. Yoga Science and Holistic Health, Besides ongoing formal educational programs, SYS is also committed to providing need-based short-term online/offline yoga programs/courses (one-month, three-month, and six-month, etc.) and consultancy services targeting individual and corporate wellness and excellence. Passionate yoga lovers, health seekers, and learners worldwide are welcome to choose SRHU to empower themselves personally and professionally. M.Sc. Yoga Therapy and Ph.D. Yoga) with most updated curricula/courses including all yogic principles and practices with classical foundation, scientific evidence and professional values make SRHU a unique global destination for Higher Yoga Education.

VISION

SYS envisions becoming a globally recognized Centre of Excellence for Higher Yoga Education and scientific research, establishing yoga as a cornerstone of integrative medicine and a pathway to global peace and harmony.

MISSION

To produce yoga professionals with a yogic attitude, scientific aptitude, and innovative behaviour through long-term Higher Yoga Educational Programs and short-term Yoga Trainings/Courses.

CORE VALUES

INTEGRITY,
INCLUSIVITY,
COMPASSION,
ALTRUISM, AND
EXCELLENCE.



MESSAGE FROM PRINCIPAL



DEAR LEARNERS,

The School of Yoga Sciences (SYS), envisioned by noted Master Swami Rama, located in the foothills of Himalayas and established under the able leadership of the Hon'ble President, is committed to teaching, training, research, and the dissemination of timeless yogic wisdom and spirituality by producing human resources with a yogic attitude, professional competence, and the attribute of global citizenship. The spiritually vibrant Swami Rama Centre in the vicinity of the Ganges, world-class infrastructure, a serene and clean campus, healing environs, an integrative educational ecosystem, advanced research labs, eminent teaching staff, and in-house collaborations with medical and allied health, management, engineering, and technological departments/schools facilitate learners' experiential and research-oriented yoga teaching and learning. Offered market-demanding yoga educational programs with the most updated curricula/courses, including all yogic principles and practices with classical foundation, scientific evidence, and professional values, makes SRHU a unique global destination for higher yoga education. SYS has been offering UG (BSc Yoga and Holistic Health), PG (MSc Yoga and Holistic Health, MSc Yoga Therapy), and PhD programs that blend yogic principles and practices with medical and paramedical sciences, traditional healing systems, and prioritize student-centric pedagogy and evaluation to produce high-calibre wellness coaches, yoga therapists, research scientists, and teachers. I welcome passionate yoga lovers, learners, and health seekers to choose SRHU as a unique global destination to empower themselves personally and professionally.

With Best Wishes

PROF. (DR.) RUDRA BHANDARI

B.S.C. IN YOGA SCIENCE & HOLISTIC HEALTH

Provides a comprehensive foundation in classical and applied Yoga, human biology, biomechanics, kinesiology, psychology, diet and nutraceuticals, pathology, energy healing, natural healing, lifestyle management, and community engagement. Structured internships at the Himalayan Institute of Medical Sciences (HIMS) and hands-on therapeutic training ensure professional readiness.

CAREER ROLES: Yoga instructor, teacher, lifestyle/wellness coach, fitness trainer, health consultant, spa manager, school teacher, and start-up entrepreneur.

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

DURATION: 3 years, with an option to extend to 4 years (B.Sc. Hons. with Research) as per NEP 2020. Students with $\geq 75\%$ in B.Sc. Yoga (3rd year) are eligible to enter the 4th year.



M.SC. YOGA SCIENCE & HOLISTIC HEALTH

Builds deep philosophical and therapeutic understanding of Yoga, equipping students to prevent and manage somatic, psychosomatic, and psychological conditions through customized yogic interventions. Graduates are prepared to teach and practice across schools, hospitals, wellness centres, spas, corporates, and research organizations, and to pursue higher studies in Yoga, Psychology, and allied multidisciplinary fields. Program outcomes include Yogic and clinical competence rooted in the Indian Knowledge System; evidence-based, personalized yoga module design; research integrating ancient healing with modern medicine; multidisciplinary research skills; employability, entrepreneurship, and professional ethics.

CAREER ROLES: Yoga Therapist · Yoga Instructor/Teacher · Research Officer (Yoga & Naturopathy) · Personal/Corporate Wellness Consultant

ELIGIBILITY: UG degree from a recognized university with minimum 50% marks.

DURATION: 2 Years

M.SC. YOGA THERAPY

An advanced clinical program integrating traditional yogic wisdom with modern medical science to develop expertise in therapeutic Yoga application. Students gain comprehensive knowledge spanning anatomy, physiology, biochemistry, biomechanics, pathology, psychology, Ayurveda, naturopathy, dietetics, hydrotherapy, and lifestyle medicine. Research-based clinical exposures enable graduates to design and implement personalized yoga therapy interventions for a wide range of health conditions.

CAREER ROLES: Yoga Therapist · Research Scientist in healthcare settings, rehabilitation clinics, super-specialty hospitals, AYUSH setups, universities, and holistic wellness centres.

ELIGIBILITY: B.Sc./B.A. in Yoga Sciences or UG in Medical/Paramedical programs with PGD in Yoga; minimum 50% in UG.

DURATION: 2 Years





PH.D. IN YOGA SCIENCE

A rigorous, research-intensive doctoral program grounded in Swami Rama's Himalayan Yoga tradition, designed to produce eminent researchers, academicians, and innovators. The program integrates classical yogic wisdom with advanced scientific inquiry to explore, operationalize, and validate the biopsychosociospiritual implications of Yoga for health promotion, disease prevention, healing, and age reversal.

RESEARCH COVERAGE

- Research methodology, statistics, and computing.
- Exploration and operationalization of classical yoga wisdom.
- Development and validation of yogic psycho-behavioural models and measures.
- Clinical trials on promotive, preventive, healing, and antiaging effects of yoga.
- Validation of body-breath-mind-consciousness interplay and its links to holistic health.
- Grounded theory, phenomenology, and literary research.
- Manuscript writing, publication, and advocacy.

RESEARCH AREAS

- Yoga therapy for lifestyle disorders, mental health, and rehabilitation.
- Psychoneuroendocrinological effects of yoga practices.
- Operationalization and validation of psycho-behavioural models from Patanjali Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga, and Tantric Texts.
- Optimization of yogic principles, processes, techniques, and teaching aids.
- Public health and community yoga.
- Himalayan Yoga Tradition per Swami Rama's teachings and writings.
- Organizational wellness models and protocols.

UNIQUE ADVANTAGES

SRHU's fully functional multi-specialty teaching hospital provides direct access to diverse patient populations, real setting data collection, and RCT-capable advanced labs. Scholars also benefit from access to Scopus, PubMed, and Medline; in-house fellowships, project funds, and publication cost support; financial incentives for high-impact publications; and collaboration with medical doctors, basic scientists, psychologists, and paramedical professionals. This environment enables validation of yogic interventions for chronic conditions such as diabetes, hypertension, CAD, IBS, COPD, asthma, anxiety, depression, musculoskeletal disorders, and pregnancy complications.

ELIGIBILITY: M.Sc./M.A. in Yoga Science or Yoga Therapy (min. 55%) with University Entrance Test/NET qualification, as per UGC norms.

DURATION: 3-5 Years (as per UGC norms)

KEY ACHIEVEMENTS

- Prof. Rudra Bhandari (Principal) serves as Academic Editor for Wiley's Q1 journal Human Behaviour and Emerging Technologies.
- SYS has initiated collaborative research with the University of Tsukuba, Japan, on the health benefits of Yoga.
- Dr. Saloni Malik (Assistant Professor) received a DHR-funded research project worth ₹48 lakhs.
- Dr. Mala Tripathi (Assistant Professor), has been provisionally awarded annual research project amounting 13.5 Lakhs by ICSSR, New Delhi.
- PhD Scholar Mr. Gaurav Juriyal was awarded a full-term doctoral fellowship by ICSSR, MoE, GoI.
- Student teams ranked 18th (female) and 16th (male) in the All India Inter-University Yogasana Championship (AIU) among 200 universities.
- BSc final-year student Mr. Ashutosh Duklan was honoured as a social media influencer by the Hon'ble Chief Minister of Uttarakhand at the Uttarakhand Creators' Meet (09 December 2025).



SCHOLARSHIP AND FEE CONCESSION



Up to 100% Merit Scholarship

for outstanding students scoring above 90%.



Merit-Based Support

75% or 50% fee scholarships available for achievers with 80% and 70%+.



Freeship for Orphans

One full free seat for the complete duration of the program.



Legacy & Support Benefits

Fee concessions for SRHU staff wards and SRHU alumni pursuing higher studies at SRHU.



Merit-cum-Means Scholarship

50% tuition fee support for students with family income < ₹5 Lakh (min. 70% marks).



Special Scholarship for Transgender

Differently-abled, and Wards of Non-Commissioned Officers (Up to 100% in UG / 50% in PG).



Scholarship for Permanent Residents of Uttarakhand.

For Detailed Fee Structure

please visit the website and contact admission cell.

☎ 9720 444 666 @ admissions@srhu.edu.in





APPLY NOW



Swami Rama Himalayan University

NAAC A+

CONTACT FOR ADMISSIONS

स्वामी राम नगर, जौलीग्रंट, देहरादून 248016, उत्तराखण्ड, भारत

SCHOOL OF YOGA SCIENCES, SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant, Dehradun 248016, Uttarakhand, India.

Jolly Grant, Dehradun – 248016, Uttarakhand, India

+91-8899799508 | 9258583388 | 8800652813 | admissions@rhu.edu.in | www.srhu.edu.in