

Envisioned by
Poojya Gurudev Sri Sri Ravi Shankar Ji



Learn Lead Serve
SRI SRI UNIVERSITY



Yogic Science

Faculty of Health and Wellness

- B.Sc. Yoga
- M.A./M.Sc. Yogic Science
- Certificate Course in Yoga
- Post Graduate Diploma in Yoga (PGDY)

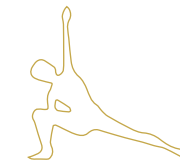


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FOUNDER & LIFETIME PRESIDENT



Poojya Gurudev Sri Sri Ravi Shankar Ji

Sri Sri Ravi Shankar is a globally revered spiritual and humanitarian leader. He has spearheaded an unprecedented worldwide movement for a stress-free, violence-free society. Through a myriad of programs and teachings, a network of organizations including the Art of Living and the International Association for Human Values, and a rapidly growing presence across 156 countries, Sri Sri has reached an estimated 450 million people. Sri Sri has developed unique, impactful programs that empower, equip and transform individuals to tackle challenges at global, national, community and individual levels.





SRI SRI UNIVERSITY

Eastern philosophy propagates unity. The cosmogenesis of unity plays a pivotal role in life's journey and endeavors, as it extends to the eternal realities. Life is an endless sphere where recurring events throughout life are extremely important. Ethics, on the other hand, comes from behavior and dependence from inside and out of human consciousness.

Western philosophy is deemed logical, scientific, and rational. Western philosophy is about technology, easy access to all kinds of information, is thwarted constantly to survive.

To be liberated, the inner self must be freed first.

The holistic university envisioned by Poojya Gurudev Sri Sri Ravi Shankar Ji came into being in 2012. Over the years, the university has emerged as the epicenter to provide premium education in India, an amalgamation of 'Best of East & West'. Education at Sri Sri University is a blend of Western innovation alongside ancient values and wisdom of the East.

As a multi-disciplinary, Sri Sri University is strongly rooted in spiritual, cultural, and academic excellence. SSU provides a rare-to-find environment for material and spiritual growth.

Vision

To impart holistic and value-integrated education to shape students into visionary thinkers with social-consciousness to lead and precipitate inevitable changes, with a summative call for LEAD-LEARN-SERVE.

Mission

To create centers of excellence in knowledge and research across distinctive fields of study in order to equip students in achieving the highest levels of professional ability. The learning atmosphere at this university fosters human values to serve the needs of local, national, and global economies.

SSU

DEPARTMENT OF YOGIC SCIENCE



About Yogic Science:

Yoga, an ancient cultural heritage of India, is essentially experiential and transcendental which once upon a time, in ancient days, was pursued by handful seekers abiding in secluded places away from social life, has now a day, become an academic pursuit and is being accepted in the curriculum of schools, colleges and universities. Yoga is being pursued for better adaptability, increased intelligence, improved learning ability, enhanced orderliness in thinking, better job performance and satisfaction, the solace in the form of alternative therapy and above all universal brotherhood and harmony.

Vision of the Department:

To preserve and perpetuate through a Guru-Sishya Parampara (teacher-disciple tradition) the ancient practice of yoga as a holistic way of healthy life and living.

Mission of the Department

To be a centre of excellence in Yogic Science by harnessing ancient wisdom within contemporary need and relevance, through a harmonious process of teaching, learning, research and service.

Message from the Dean:

The principles of Yoga, if followed properly then, cultivate excellence at all levels of human existence. One of the important by-products of yogic way of living is the attainment of physical, mental, emotional, social and spiritual health and a feeling of wellbeing. This is brought about by way of harmonizing the psychological functions with physiological functions of body-emotion-mind-complex.

Prof. (Dr.) B. R. Sharma



Tracing Roots

The practice of Yoga is believed to have started with the dawn of civilization. It is considered to be much older than the archaeological record available to us today. The ancient seekers evolved and perfected over centuries this system of self-development handed down to us in the form of Living Tradition (Guru-shishya parampara). A critical analysis of ancient and classical literature on Yoga clearly indicates that its origin dates back to Indus Valley civilization and it is not only mentioned in Vedas but also in Brahmanas, Aranyakas, Upanishads, Smritis, Puranas Epics etc. however, it is available in scattered form. The credit goes to Maharishi Patanjali for gifting a systematic book of Yoga to mankind, written in Sutra style, known as Patanjala Yoga Sutras popularly known as Ashtanga Yoga. His teachings are considered to be parental stalk for further development in the field of Yoga.

Yogic Science at our Campus

The presence of highly educated and experienced Faculty of Yogic Sciences and a variety of teaching-learning methods, involving a blend of both traditional and modern facilities for classical learning and practical techniques as: -

- Outbound Infrastructure equipped with modern technologies of ICT etc. along with the blend of learning in Guru-Kula style to instill them with value based education.
- The course curriculum is unique as it is Learning Outcome based that includes Yogic Concepts from Upanishads, Yoga Vasishtha, Bhagvadgita, Patanjala Yoga Sutras, Hatha Yoga, Anatomy and Physiology of Yoga Practices etc. with demonstrations and one-to-one practice sessions of techniques - kriya's, Asana's, pranayama, etc.

Student centered learning techniques are inbuilt in the study plan with a focus on participation in workshops, seminars, conferences, inside and outside the campus.



Other Initiatives

Discipline

The goal of Yoga is to attain self-discipline and self-awareness. Whatever form of Yoga one practices, the most important and crucial requirement is self-discipline, without which, one cannot experience its positive impact. Our emphasis is on self-discipline in terms of social and moral restraints, the Yamas and Niyamas.

Emphasis on Yogic Diet

Food and mind are interconnected, our thought and behavior depends upon the food that we consume therefore, the practice of Yoga is incomplete if we do not follow the Yogic recommendation of food. Keeping this in mind, only nutritious, vegetarian yogic diet is made available to enable the students benefit holistically in the pursuit of Yoga.

Qualitative Teaching

A balanced programme of practical classes integrated with theory sessions. Karma Yoga; Vedic chanting; aim at synthesizing both the Gurukul as well as the academic life.

Raising one's happiness quotient, breath and the mind are deeply connected. It is when the subtle life energy sinks that one feels restless. Sudarshan Kriya, a powerful breathing technique is an integral part of a student's daily routine. It works on the overall wellbeing and enhances one's happiness quotient.

Is this the Right Career for Me?

Today, we are living in a world where people have become more health conscious than they were ever before. Health is more at risk owing to lifestyle changes.

Yoga is an ideal choice where one not only assimilates and nurtures the systematic knowhow of this science but also the parallel applied component makes the learning hands-on, joyful and relational. Being one of the most natural ways of keeping the human body fit and in shape, the study of Yoga as a science brings about a deep sense of relaxation and balance in one's life. This system of healing is now being more and more acknowledged and well received. Maximizing on its benefits can also aid in bringing about a difference to other people's lives endowing them with health and happiness.

Career opportunities in this field are increasing not only in India but also in abroad. After pursuing a programme in Yoga, one can work as a Yoga teacher in schools, colleges, health clubs, Yoga studios, special - needs centers, Yoga graduates can also serve as spiritual counsellors.

There are job prospects for Yoga professionals in the management sector as well. The spread of this knowledge not only brings contentment to oneself but also acts as a catalyst in spreading health and happiness for the society at large.

What are we looking for in you?

- It is not necessary to have any previous experience in Yoga to enroll for the programme, though it is essential that you are in good mental, emotional and physical health.
- Understanding of basic English is required as it is the medium of instruction.
- A natural flair to study, strong determination and commitment are some of the vital traits that are necessary to succeed in this programme.

Orientation and Pedagogy

Our objective is to open options in the fields of teaching, research and entrepreneurship. Being directly under the aegis of Sri Sri Ravi Shankar ji's academic pedagogy, students relish the additional convenience of interactions with and personal guidance from a wide variety of internationally acclaimed Yoga practitioners and experienced faculty from the Art of Living.

Fact File

B.Sc. YOGA

- 03 Years (6 semesters) Full-time
- 2020-21 Entry
- 40 Seats
- 10+2 or equivalent with minimum aggregate of 50% marks in any stream

M.A./M.Sc. Yogic Science

- 02 Years (4 semesters) Full-time
- 2020-21 Entry
- 40 Seats
- Graduate or equivalent with minimum aggregate of 50% marks in any stream





TEACHING FACULTY MEMBERS



Prof. (Dr.) B. R. Sharma
Dean and HoD
Department of Yogic Science
Faculty of Health and Wellness
Sri Sri University

Qualification:

B.A. (Hon), M.A., Ph.D. (Bhakti Yoga)
Certified Manuscriptologist

Subject Expertise:

Indian Philosophy in general and Samkhya-Yoga philosophy in particular along with Upanishads, Bhagvadgita, Hathayoga and other schools of Yoga.

Awards:

Two Lifetime Awards for his contribution in the field Yoga and also Honored/awarded by various National and International Institutions/Yoga Associations

Research Experience (35 Yrs.):

- 13 Books as one of the editors, published by Kaivalyadhama, Lonavla
- 45 Research Papers on Yoga and allied subjects are published in different peer reviewed Research Journals, Souvenirs and Conference Proceedings.
- Ph.D. Thesis "A Critical Study and Editing of Bhagavad-bhakti" has been published by Rashtriya Sanskrit Sansthan (Deemed University) New Delhi.
- Worked as Head & Asst. Director of Research, Dept. of Philosophico - Literary Research in Yoga, Kaivalyadhama Yoga Research Institute, Lonavla for (28 yrs.)

Teaching Experience (35 Yrs.):

- Worked as Lecturer at Shri Ranbir Kendriya Sanskrit Vidyapeetha Jammu, for the subject of Samkhya & Yoga. during the Academic Sessions 1980-81&1981-82.
- Delivered innumerable talks on Yoga and allied subjects on invitations as Key Note Speaker/ Resource Person/Visiting Professor in various Universities and Institutes in India and abroad.
- Worked as Principal of G.S. Yoga College and C.S, Kaivalyadhama, Lonavla for 7 yrs.
- 8 Students have awarded Ph. D. in Yoga and allied subjects under his supervision

Invitation from Abroad:

- Conducted Yoga workshops for different Yoga Associations –Spain, Italy, Korea, Japan, Geneva, Portugal, Hungary, Germany. Ethiopia and Bulgaria.

Worked(ing) as Yoga Expert:

- With World Health Organization (WHO.) as Yoga Expert in drafting a Bench Mark for Yoga. Training on the recommendations of AYUSH Ministry, Govt. of India.



- Also rendering his services as Peer Reviewer Yoga Expert for 'mYoga applications' development as a part of global 'Be Healthy', 'be Mobile' (BHBM) initiatives of WHO.Govt. of India's
- Participated in 11th Intergovernmental UNESCO meet As Yoga Expert (November 28-02 December, 2016) at Addis Ababa, Ethiopia wherein Yoga was accepted as Intangible Cultural Heritage of India.
- Member of Scientific Advisory Committee of Central Council for Research in Yoga and Naturopathy Ministry of AYUSH Govt. Of India.
- Working with Yoga Certification Board, AYUSH Ministry, Govt. of India for Onsite Assessment of PrCBs, Yoga Institute/Centers.
- Non-Official Member of General Body (GB) and also as a Member of Scientific Advisory Committee of Morarji Desai National Institute of Yoga by Hon'ble Minister of State, Ministry of AYUSH, Govt. of India.
- Worked as an Advisory Board Member (working group), Traditional Knowledge Digital Library (TKDL) Project in Yoga, AYUSH Deptt., Govt. of India, Ministry of Health & Family Welfare, New Delhi.
- Member of Academic Council of Kavikulaguru Kalidas Sanskrit University, Ramtek. Nagpur, Maharashtra.

Administrative Experience:

- Managing Editor, Yoga Mimamsa- a Peer reviewed Quarterly Research Journal for more than 10 yrs.
- Executive Editor and a Member of Editorial Board, Yoga Mimamsa. for more than 23 yrs.
- Organizing Secretary of a National Yoga Seminar June 3-4, 2000



Dr. Dinesh Prasad Swain
Assistant Professor
Faculty of Health and Wellness
Sri Sri University

Qualification:

- PhD in Yoga, 'Stress Management through classical Yoga', Utkal University, Bhubaneswar
- MA in Yoga Philosophy, Bihar Yoga Bharati, Munger, Bihar, India.
- Sri Sri Yoga 200H Teacher Training, Veda Vignan Maha Vidya Peeth, Bangalore, India (Nov 2013)

Subject Expertise:

- Yoga practical and Yoga Nidra, Foundation of Yoga, Branches of Yoga, Yoga Teaching Methodology, Classical Yogasana, Science of Pranayama

Awarded by:

- Director, Sports & Youth Services • NCC Directorate Odisha
- AYUSH, Ministry of Youth Affairs and Sports, Govt. of India • Sivananda Yoga Vedanta Academy
- IncomeTax Department, Bhubaneswar

Other Accomplishments:

- Co-writer of 'Foundation of Yoga', Department of Sanskrit, Utkal University, Bhubaneswar
- Co-writer of 'Yoga and Yoga Bigyana', for Board of Secondary Education, Odisha (2017–2018)
- Articles Published- 6 • Paper Presented- 15 • Research Guidance- 3 PhD Scholars

**Dr. Prativa Shree**

Assistant Professor
Faculty of Health and Wellness
Sri Sri University

Qualification:

- PhD in Yoga, 'Theories of Karma: A Comprehensive Survey', Utkal University, Bhubaneswar, Odisha
- MA in Yoga Philosophy, 1st position with 1st Division (Gold Medal), 2000-02., Bihar Yoga Bharati, Munger, Bihar, India
- Sri Sri Yoga 200H Teacher Training, Veda Vignana Maha Vidya Peeth, Bangalore, India (Nov 2013)

Subject Expertise:

- Yoga Philosophy with its practical application, Hatha Yoga, Yoga Sutra, Bhagavad Gita, Upanishad, Prana and Pranayama, Kundalini Yoga & Foundation of Yoga.

Journals:

- Book Publications: Co-writer of 2 books
- Articles Published: 4 Articles published in Seminars & Conferences of International & National level
- Paper presentation: one International Seminar, one International Conference, three National Seminar & one National Conference

Awarded by:

- Director, Sports & Youth Services • AYUSH Mission, Bhubaneswar, Odisha
- NCC Directorate

**Dr. Anjala Devi**

Assistant Professor
Faculty of Health and Wellness
Sri Sri University

Qualification:

- Ph.D. (Yoga) • M.Phil (Yoga) • M.Phil (Yoga) • M.Sc (Yoga)
- from Tamil Nadu Physical Education and Sports University

Awards:

- Yoga Chemmal • Yogaratna • Yoga Vyagrar • Siranda Yoga Asirior (Great Yoga Teacher)

Journals:

- Effect of Yogic Practices on Stress and Sleep quality among Menopausal Women Rama Journal of Physical Education and Allied Sciences, (ISSN.NO.2320-8937.) Status of Impact Factor: Under process, Sep2016-Feb 2017, 4:2
- Effect of Yogic Practices on Heart Rate and High-Density Lipoprotein among Menopausal Women International Journal on Health Fitness and Sports Sciences (ISSN – 2320-5202), April 2017, 5:1
- Effect of Diet Modification on Selected risk factors among menopausal Women International Journal of Engineering Research and Sports Science (ISSN 2348 – 1404) Status of Impact Factor: Awaiting, March 2017, 4:3
- Effect of Diet Modification on stress and sleep quality among menopausal women NAPERSS- Journal of Physical education and Sports Science ISSN- 2229-7049, Oct -2017, II
- Effect of Yogic Practices on Depression and Self Esteem among menopausal women Journal of Yoga Physical Education and Traditional Medicines, (ISBN: 978-81-927985-0-7.) Oct 2017, 3:1
- Effect of Yogic Practices with and without diet modification on weight and triglycerides among menopausal women Journal of Yoga, Physical Therapy and Rehabilitation, DOI 10.29011/YPTR-145.000045 Status of Impact Factor: 0.82 Jan 2018 Volume 2018; Issue: 01

**Mr. Kalpesh Zala**

Assistant Professor
Faculty of Health and Wellness
Sri Sri University

Qualification:

- Research Scholar at Sri Sri University, Cuttack
- UGC-NET (Yoga) (January 2018)
- MSc Yoga Therapy, SVYASA University, Bangalore (August 2011 to May 2013)
- Yoga Vedanta Course, The Yoga-Vedanta Forest Academy, A Department of the Divine Life Society, Rishikesh, Uttarakhand (March 2014 to April 2014)
- Yoga Instructor Course (YIC), SVYASA University, Bangalore (November 2010)

Experience:

- Working as an Assistant Professor, Department of Yogic Science, at Sri Sri University, Cuttack
- Worked as a freelance Yoga Therapist & Yoga Teacher Bhuj (June 2013 to August 2014)
- Worked as yoga Therapist at Arogyadhama for 1 year as part of MSc Credit

Research Publication:

- Spiritual Practices in The Era of Smartphones & Social Networking: A Comparative Study (2019), has been published by a Scopus Indexed Journal 'International Journal of Psychosocial Rehabilitation'. Vol 22 (2) 45-57.
- Yoga for academic performance: A brain wave coherence analysis (2015), has been published by a peer-reviewed journal 'European Journal of Psychology & Educational Studies', Vol 1 / Issue 1 10-15.

**Mr. Prem Sukh**

Assistant Professor
Faculty of Health and Wellness
Sri Sri University

Qualification:

- Ph.D. Yogic Science (Pursuing) SSU, Cuttack
- M.A.- Human Consciousness and Yogic Science
- M.A.- Sociology
- 500 Hr. Certified Yoga Teacher (Yoga Alliance USA)
- QCI- Level -2
- Yoga Teacher Foundation Course in Yoga Science for Wellness Advanced Diploma in the German Language

Journals:

- An article was published in the International Journal of Yogic, Human Movement and Sports Sciences.

Interests:

- Yoga Philosophy, Hatha Yoga particularly Asanas, Pranayama, Meditation, and Marma Therapy

Other Accomplishments:

- (UGC-NET) 2017
- Received Certificate of Appreciation for extraordinary contribution during the International Festival on Yoga, Culture & Spirituality; Organized by Dev Sanskriti Vishwavidyalaya, Shantikunj Haridwar, Uttarakhand, India.
- Participated in various National–International Workshops, seminars, conferences, and International Yoga festivals.



YOGA ADVISORY BOARD MEMBERS



Dr. Ishwar V. Basavaraddi

Advisory Member
Faculty of Health and Wellness
Sri Sri University

Director Morarji Desai National Institute of Yoga (MDNIY) Ministry of AYUSH Government of India
Adviser (Yoga & Naturopathy), Ministry of AYUSH, Government of India, New Delhi
Chief Executive Officer (CEO), Yoga Certification Board (YCB), Ministry of AYUSH, Government of India, New Delhi

- Basically a Physicist having done M.Sc. in Physics; later turned to Yoga and Yoga philosophy and did his Ph.D in Yoga Philosophy.
- Member of several national and international committees/ bodies e.g. UGC, NCTE, NCERT, CBSE, SAI, AISC, ICCR, ICMR, Railway Board, Honorary Professor, India-China College, Kunming, China, and many more.
- Have more than 30 years of professional experience in Yoga education, therapy and research.
- Started B.Sc. (Yoga) Degree Course in affiliation with Guru Gobind Singh Indraprastha University, Delhi, from 2012-13; M.Sc. (Yoga), and Post-Graduate Diploma in Yoga Therapy (PGDYT) from 2019-20, and made all the educational programmes, professional and job oriented.
- Worked for many WHO sponsored projects; was instrumental in getting MDNIY designated as WHO Collaborative Center in Traditional Medicine (Yoga) in 2013 for four years which has been extended for further period up to 2021. Holding the position as the Project Director of this WHO Collaborating Centre (IND 118).



Dr. Iswar Bhardwaj

Advisory Member
Faculty of Health and Wellness
Sri Sri University

Dr. Iswar Bhardwaj is the Dean of Faculty of Medical Science and Health, Professor & Head Department of Human Consciousness and Yogic Science Gurukul Kangri University, Haridwar. He is the Convener Board of Studies (BOS) and Research Degree Committee (RDC) of the Department of Yoga, Gurukul Kangri. He is the member Academic Council of Gurukul Kangri and at the same time is Founder Head, Department of Yoga, Gurukul Kangri University.

Dr. Iswar Bhardwaj is basically Yogacharya / Speaker having done his M.A (Philosophy), M.A (Hindi), Acharya (Sanskrit Sahitya), Ph.D., D.Lit., and Diploma in Yoga. He is having specialization in Yoga Philosophy, Yoga Therapy and Research, Acupressure Therapy and Marma Therapy. He participated in 12 National and 01 International Conferences and Seminars and designed Syllabi in various universities. He has been awarded by Hon'ble Shri Harish Rawat, Chief Minister of Uttarakhand for extraordinary work in the field of Teaching (Yoga).



Dr. Kausthub Desikachar

Advisory Member
Faculty of Health and Wellness
Sri Sri University

Founder and Director: Viniyoga PTV. LTD: 2019 to Present.
Founder and Director: Viniyoga España - 2019 to present.
Founder & President: KHYF International, Belgium - 2016 to present
Co-Founder, Chief Yoga Therapist & CEO: Krishnamacharya Healing & Yoga Foundation - 2006 to present.
Chief Strategic Consultant: Krishnamacharya Yoga Mandiram - 2010 - 2012
Editor - Publications Department: Krishnamacharya Yoga Mandiram - 2000 to 2003

Memberships & Advisory Positions

- Adjunct Faculty of CYTER, Sri Balaji Vidyapeeth Pondicherry, India
- Research Board Member, Patanjali Research Foundation, Haridwar, India
- International Advisor to Mitra ASBL, Belgium
- Advisor to Korean Yoga Alliance, Korea
- Advisor to Pranamasana Yoga school, Spain
- Advisor to Be Yoga yoga school, Norway
- Yoga Therapy Advisor to Platinum Hospitals, Mumbai, India
- Editorial Board Member of Annals of Yoga and Physical Therapy, USA
- Member of American Psychological Association, USA
- Member of International Positive Psychological Association, USA
- Life Member of Indian School of Psychology Association, India



Yogacharya Dr. Ananda Balayogi Bhavanani

Advisory Member
Faculty of Health and Wellness
Sri Sri University

MBBS, ADY, DPC, DSM, PGDFH, PGDY, FIAY, MD (Alt.Med), C-IAYT

Yogacharya Dr. Ananda Balayogi Bhavanani is Director of the Centre for Yoga Therapy Education and Research (CYTER), and Professor of Yoga Therapy at the Sri Balaji Vidyapeeth University, Pondicherry (www.sbv.ac.in).

He is a Gold Medallist in Medical Studies (MBBS) with postgraduate diplomas in both Family Health (PGDFH) as well as Yoga (PGDY).

He is a recognized PhD guide for Yoga Therapy and is the first Indian to be recognized as an IAYT Certified Yoga Therapist (C-IAYT) by the International Association of Yoga Therapists, USA.

He is currently member of numerous expert committees of the Ministry of AYUSH including its National Board for Promotion of Yoga and Naturopathy, Scientific Advisory Committee of CCRYN, Expert Committees for Celebration of International Yoga Day and the Yoga & Diabetes program. He is Consultant Resource Person for the WHO Collaborative Centre in Traditional Medicine (Yoga) at MDNIY, New Delhi. He is also EC member and Director Publications Committee of the Indian Yoga Association (www.yogaiya.in) and Board of Directors of the Council for Yoga Accreditation International (www.cyai.org).



Dr. Sushim Dubey
Advisory Member
Faculty of Health and Wellness
Sri Sri University

Dr. Sushim Dubey is currently working as Programme Officer in the Indian Council of Philosophical Research (Ministry of Human Resource Development, Government of India), New Delhi, India since 2009. Government of India, New Delhi, India since 2009.

Dr. Dubey has received his M.A. and Ph.D. in Philosophy. He has been recipients of University - 3 Gold Medals, 3 National Fellowships (UGC JRF.; ICPR-General Fellowship-PDF) and Visiting Fellow to Department of Sanskrit, Dr. HSG Sagar Central University, India.

Dr. Dubey has for his credit publication of 12 books, 24 research papers, 14 articles in Yoga-Spiritual Magazines, 10 Radio Talks on Yoga, 1 Television broadcast on Surya Namaskar to Eduset.

Dr. Dubey's significant academic research contributions include five volumes series A Survey on Study and Research in Philosophy in India.





STUDENT TESTIMONIALS

"The best thing of SSU is that it gives opportunity for students to experience yogic knowledge through different courses like Advance Meditation Course, Sahaj Samadhi, Upanayana, Daily Satsang and many more.

I think no other yoga university gives this type of supreme opportunity to their students to learn yoga from books as well as from their own Concrete Knowledge which comes with their personal experience.

some move ahead from gyaan to vigyan and some from vigan to gyaan but we SSU'vians are moving ahead simultaneously with gyaan as well as with vigyaan...

I am very lucky that I am pursuing my bachelor degree of yoga from Sri Sri University."

Souvik Manna, B.Sc. Yoga (2018-21)



"The learning environment at Sri Sri University fosters a high degree of personal introspection and growth. I'm always grateful for the serene and positive space that SSU has given. I am so thankful to all of our Yogic Science Dpt. Faculties for thoughtful and yoga-aligned attention into the new space we all share and for everything they do to cultivate and inspire so much positive energy in the students."

Priyanshi Sarpal, B.A. Yogic Science (2017-20)



"Teaching style of yogic science faculty is outstanding. Practical classes and cleansing process are done regularly with proper guidance of teacher in proper place with arrangements."

Shivani Bhosale, B.A. Yogic Science (2017-20)



"I was unsure about my future and anxious about the different challenges I was heading forward to face when I decided to come to SSU. But this place is an astonishing platform for the overall growth and development. This university has given me a platform to explore my abilities and skills to its peak. SSU is a perfect blend to our life with spiritual values."

Kunal Patel, B.Sc. Yoga (2018-21)



SSU is a place which accelerates one's holistic growth at rocket high speed. Here I has seen students being transformed into firm leaders & real change makers. The department of yogic science provides us an atmosphere to dive deep into our ancient traditional teachings to derive profound yogic ways to heal the world.

Divya Dogga, M.A. Yogic Science (2018-20)



"Sri Sri university is the best place you will ever come across to develop yourself as a student and as an individual human being.

Here you'll get every possible chance to develop yourself in areas of management, sports, organising and many more as every event that is held here is handled by the students of the university itself.

The motto of our university itself is to Learn Lead and Serve. I am proud to be part of it and would recommend every individual who is willing to pursue higher studies to come and pursue the course of their interest here."

Pragya Pathak, B.A. Yogic Science (2017-20)



"I really could not explain how lucky I feel to be studying in this place. Not only because of the amazing teachers, the surrounding nature, or the beautiful people that I met here; but because there's something about the place that makes you grow and learn so many things about yourself. Definitely I could not have chosen a better place"

Shruti Karn, B.A. Yogic Science (2017-20)



"In this modern era of chaos, I am fortunate enough to understand the values that empowers the soul through yogic practices. I believe the curriculum was more inclined towards soulful upliftment rather than just focusing on the standard deliverable in a graduation college. Today, thanks to my educational sprint in my college, I have been successfully working as a Health & Wellness coach for yoga in Healthily Wellness (One of the Largest Online Health based application). It is a unique role in which I have been enriching and instilling the spiritual dimension of my clients through Yoga. My life in college was well and truly profuse with the concepts of spirituality. I can't thank my college enough for what I have gained through my education there."

Yovana Roja Rai, B.Sc. Yoga (2019-22)



"I feel great studying at Sri Sri University and getting great opportunities as well as support from faculties. My favorite teacher in university was Anipriya Gupta and Anjala Devi as they were more like a friend and mother to me. Sri Sri University is a place where you can find an amalgamation of learning, fun, culture, lore, literature and many such life preaching activities. I am thankful to all my teachers for providing me yogic knowledge and enhancing my skills and this all helped me to get various opportunities to showcase in the corporate as well as academic field. Presently I am working in CultFit which is an exceptional fitness sector and a fastest growing industry in India now, I am happy working here and learning various things as an employee in this company, best place to grow and learn especially for beginners.

Kunj Verma, CultFit





COURSE STRUCTURE- BSc YOGA

SEMESTER – I

Subject Title	L	T	P	Seasonal			SEE	Total Marks
Foundations of Yoga	3	1	-	4	30	10	60	100
Introduction to Hath Yoga and it's texts	3	1	-	4	30	10	60	100
Human Anatomy and Physiology-I	3	1	-	4	30	10	60	100
AEEC-1 (Communicative English)	1	1	-	2	15	5	30	50
GE-1	2	-	-	2	15	5	30	50
Yoga Practicum-I	-	-	4	2	15	5	30	50
Yoga Practicum-II	-	-	8	4	30	10	60	100
Human Anatomy and Physiology Practicum-I	-	-	4	2	15	5	30	50
32 Hours				24	TOTAL		600	

SEMESTER – II

Subject Title	L	T	P	Seasonal			SEE	Total Marks
Essence of Principal Upanishads	3	1	-	4	30	10	60	100
Patanjala Yoga Darshana	3	1	-	4	30	10	60	100
Human Anatomy & Physiology-II	3	1	-	4	30	10	60	100
AEEC-2 (Environmental Studies - I)	2	-	-	2	15	5	30	50
GE-2	2	-	-	2	15	5	30	50
Yoga Practicum-III	-	-	8	4	30	10	60	100
Computer Lab	-	-	4	2	15	5	30	50
Human Anatomy and Physiology Practicum-II	-	-	4	2	15	5	30	50
32 Hours				24	TOTAL		600	

SEMESTER – III

Subject Title	L	T	P	Seasonal			SEE	Total Marks
Essence of Bhagavad Gita for Personality Development	3	1	-	4	30	10	60	100
Yoga and Holistic Health	3	1	-	4	30	10	60	100
Methods of Teaching Yoga	3	1	-	4	30	10	60	100
AEEC-3 (Basics of Samskritam)	1	1	-	2	15	5	30	50
AEEC-2 (Environmental Studies -II)	1	1	-	2	15	5	30	50
GE-3	2	-	-	2	15	5	30	50
Yoga Practicum-IV	-	-	8	4	30	10	60	100
Yoga Practicum-V Teaching practice	-	-	4	2	15	5	30	50
Field Work	-	-	4	2	15	5	30	50
34 Hours				26	TOTAL		650	

SEMESTER – IV

Subject Title	L	T	P	Seasonal			SEE	Total Marks
Four Streams of Yoga	3	1	-	4	30	10	60	100
Basis of Yoga Therapy	3	1	-	4	30	10	60	100
Fundamentals of Biochemistry	3	1	-	4	30	10	60	100
AEEC-4 (Sanskrit)	2	-	-	2	15	5	30	50
GE-4	2	-	-	2	15	5	30	50
Yoga Practicum VI	-	-	8	4	30	10	60	100
Yoga Practicum VII	-	-	4	2	15	5	30	50
Biochemistry Lab	-	-	4	2	15	5	30	50
32 Hours				24	TOTAL		600	

SEMESTER – V

Subject Title	L	T	P	Seasonal			SEE	Total Marks
Basis of Indian Culture	3	1	-	4	30	10	60	100
Research Methodology & Statistics	3	1	-	4	30	10	60	100
Yogic Management of Lifestyle related disorders	3	1	-	4	30	10	60	100
DSE-1	2	-	-	2	15	5	30	50
DSE-2	2	-	-	2	15	5	30	50
Yoga Practicum VIII – Case Study	-	-	8	4	30	10	60	100
Psychology Practicum	-	-	4	2	15	5	30	50
Study Tour	-	-	4	2	15	5	30	50
32 Hours				24	TOTAL		600	

SEMESTER – VI

Subject Title	L	T	P	Seasonal			SEE	Total Marks
Yoga and Human Values	3	1	-	4	30	10	60	100
Applied Yoga	3	1	-	4	30	10	60	100
Yoga and Human Consciousness	3	1	-	4	30	10	60	100
DSE 3	2	-	-	2	15	5	30	50
DSE-4	2	-	-	2	15	5	30	50
Yoga Practicum IX– Case Study Reports	-	-	8	4	30	10	60	100
Research Project	-	-	4	2	15	5	30	50
Practical Statistics	-	-	4	2	15	5	30	50
32 Hours				24			600	
TOTAL CREDIT				146			3650	

Discipline Specific Electives/ Ability Enhancement Elective Courses/ Skill Oriented Courses

1. Fundamentals of Naturopathy
2. Introduction to Ayurveda
3. Yoga and Mental Health
4. Yogic Diet and Nutrition
5. Human System according to Yoga

Generic Electives

1. Application of Yoga
2. Introduction to Yoga and Common Ailments
3. Yoga Psychology
4. Introduction to AYUSH
5. Health and Yogic Hygiene

TA- Teachers Assessment
 SEE- Semester Examination
 PR- Practical Record
 GE- Generic Elective
 L- Lecture
 T- Tutorial
 P- Practical (practice/ field)
 CT- Cumulative Tests
 CP- Core Practical
 AEEC- Ability Enhancement Compulsory Course
 AEEC- Ability Enhancement Elective Course
 DS- Discipline Specific Elective





COURSE STRUCTURE- M.A./M.Sc. YOGIC SCIENCE

SEMESTER – I

Subject Title	L	T	P	Sessional	ESE	Total Marks	Total Credits
Foundation of Yoga	4	0		40	60	100	4
Hath Yoga Texts	4	0		40	60	100	4
Human Anatomy and physiology	4	0		40	60	100	4
Science of Pranayama	4	0		40	60	100	4
Sanskrit Teaching	2	0		20	30	50	2
Yoga Practical –I	0	0	12	60	90	150	6
Total	18	0	12	240	360	600	24

SEMESTER – II

Subject Title	L	T	P	Sessional	ESE	Total Marks	Total Credits
Patanjali Yoga Sutra	4	0		40	60	100	4
Principal Upanishads	4	0		40	60	100	4
Yogic Managements of common diseases	4	0		40	60	100	4
Bhagavad Gita	4	0		40	60	100	2
General Psychology and Mental Health	2	0		20	30	50	2
Yoga Practical –II	0	0	12	60	90	150	6
Total	18	0	12	240	360	600	24

SEMESTER – III

Subject Title	L	T	P	Sessional	ESE	Total Marks	Total Credits
Yoga Upanishad	4	0		40	60	100	4
Yoga and Health	4	0		40	60	100	4
Research Methodology in Yogic Science	4	0		40	60	100	4
Diet and Nutrition	2	0		20	30	50	2
Summer Internship Program (SIP)	4	0		40	60	100	4
Yoga Practical –III	0	0	12	60	90	150	6
Total	18	0	12	240	360	600	24

SEMESTER – IV

Subject Title	L	T	P	Sessional	ESE	Total Marks	Total Credits
Kundalini Yoga	4	0		40	60	100	4
Teaching Methodology in Yoga	4	0		40	60	100	4
Eminent Indian Yogis	2	0		20	30	50	2
Yoga Vasishtha	2	0		20	30	50	2
Fundamentals of Naturopathy OR Fundamentals of Ayurveda	2	0		20	30	50	2
Dissertation	4	0		40	60	100	4
Yoga Practical –IV	0	0	12	60	90	150	6
Total	18	0	12	240	360	600	24

Each Semester - 24 credits of Total Credits – 96 Credits
Each Semester - 600 Marks of Total Marks – 2400 Marks
Each Semester - 360 Hours of Total Hours – 1440 Hours



In 4th Semester two optional papers – Fundamentals of Naturopathy OR Fundamentals of Ayurveda

MYS- Master of Yogic Science
C- Compulsory
E- Elective





COURSE STRUCTURE- CERTIFICATE IN YOGA

Name of the Certification: Certificate Course in Yoga

Requirement/Eligibility: a. For open candidates there is no eligibility criteria
b. For admission in the course it is suggested that the candidate should have passed 12th standard/ higher secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility

Brief Role Description: Certified Yoga Professionals to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places, Yoga wellness centres/ Primary Health care centres etc.

Minimum Age: No age limit

Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.

Credit points for Certificate: 24 credits

Duration of Course: 200 Hours

Mark Distribution: Total Marks- 200

Theory: 60 Marks

Unit Name	Marks
Introduction to Yoga and Yogic Practices	20
Introduction to Yoga Texts	20
Yoga for wellness	20
Total	60

Practical : 140 Marks

Unit Name	Marks
Demonstration Skills	80
Teaching Skills	40
Application of knowledge	10
Field Experience	10
Total	140

Workshops and Guest Lectures conducted across all yoga courses -----

‘An Introduction to Bhagavad Gita’
by Mr. Girin Govind

‘Traditional Practice of Pranayama’
Prof. (Dr.) B. R. Sharma

‘Urja and Jivan Shaily’
by Vaidya Rajesh Kapoor

‘Yogah Karmasu Kaushalam and the Interaction Between Samskaras and Kleshas’
by Ms. Karin Furtmeier

COURSE STRUCTURE- PGDY



SEMESTER I

Subject Title	Period / week			Seasonal			SEE	Total
	L	T	P	Credit	CT	TA		
Foundations of Yoga	3	1	0	4	20	10	70	100
Hatha Yoga	3	1	0	4	20	10	70	100
Human Anatomy & Physiology	3	1	0	4	20	10	70	100
Yogic Life Style	3	1	0	4	20	10	70	100
Yoga Practicum- I	0	0	8	4	20	10	70	100
Yoga Practicum- II	0	0	4	2	10	5	35	50
Assignments & Self Appraisals	0	0	4	2	10	5	35	50
32 Hours				24	Total		600	

SEMESTER II

Subject Title	Period / week			Seasonal			SEE	Total
	L	T	P	Credit	CT	TA		
Essence of Principal Upanishads and BG	3	1	0	4	20	10	70	100
Patanjala Yoga Darshana	4	0	0	4	20	10	70	100
Applied Yoga	3	1	0	4	20	10	70	100
Methods of Teaching Yoga & Value Education	4	0	0	4	20	10	70	100
Yoga Practicum- III	0	0	8	4	20	10	70	100
Yoga Practicum- IV	0	0	4	2	10	5	35	50
Teaching Practice	0	0	4	2	10	5	35	50
32 Hours				24	Total		600	

TC - Theory Core
PC - Practice Core
L- Lecture

T- Tutorial
P- Practical (practice/field)
CT- Cumulative Tests

TA- Teachers Assessment
SEE- Semester Examination
PR- Practical Record

‘Dimension on Yoga Therapy’
by Prof. (Dr.) Ganesh Rao

‘Yoga Therapy in Japan’
by Mr. Keishin Kimura

‘Meridian Acupressure and Acupressure (Work Shop)’
by Orissa Swasthaya Seva Sangh

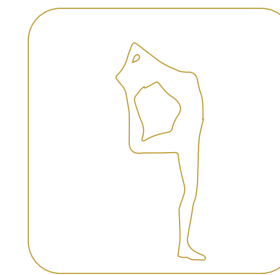
‘First Aid Responder’
by St. John’s Ambulance



PHOTO GALLERY

SPECIALITY

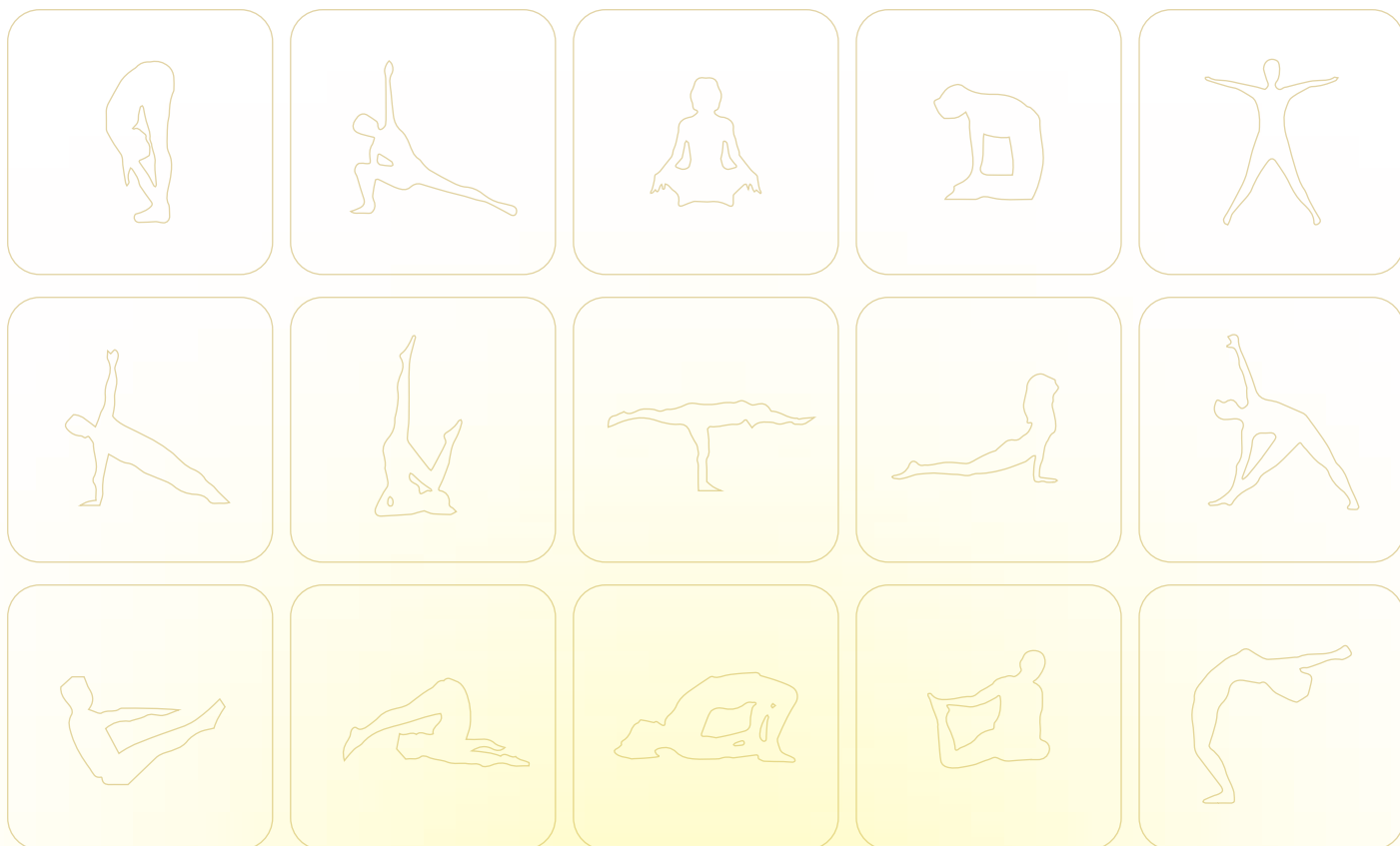
- Special area for Shatkarmas
- Separate Meditation Hall
- Traditional Classroom
- Common Kitchen- 'Kaivalya'
- Multipurpose Hall for Yoga sessions and different cultural activities



SPECIALITY

- Library
- Playground for Tennis, Basketball, Football, Cricket and Badminton
- Special Advanced Meditation Program
- Seminar and Conferences
- Online Learning
- Sri Sri Ayurveda Hospital





Admissions

+91 671 7132713

+91 78944 24562

Admissions Office:

Sri Sri University, Jaydev Block,
Sri Sri Vihar, Bidyadharpur-Arilo,
Cuttack-754006, Odisha, INDIA

✉ info@srisriuniversity.edu.in

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For Information

Undergraduate Programs:

ugadmissions@srisriuniversity.edu.in

Post Graduate Programs:

pgadmissions@srisriuniversity.edu.in

International Students:

international_admissions@srisriuniversity.edu.in

General Information about Sri Sri University:

info@srisriuniversity.edu.in

