

M.Sc. (Yoga)

- The course is designed to encourage the pupil to be a global citizen, serving the human beings at large through the noble profession of Yoga
- To generate manpower to assist in Yoga Research Projects.
- To assist physicians/ consultants to give Yoga Training and Therapy at hospitals.
- To produce manpower to give Yoga Training and Yoga Therapy at all levels.
- To teach Yoga therapy to students for prevention and treatment of lifestyle related diseases.
- To promote the awareness for positive health and personality development in the student through Yoga.
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.

This course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.

Eligibility

- (i) B.Sc. (Yoga) Graduate with 50% marks from a recognized University or Institute of National repute
OR
A Science/Medical/Paramedical/Physiotherapy Graduation Level Degree with one year Diploma in Yoga Science. The graduation level degree should be with 50% marks from a recognized University or Institute of National repute
- (ii) A candidate should be medically fit. A Medical Fitness Certificate in this regard issued from the Medical Officer of the Institute shall be produced. Candidates suffering from any chronic disease are advised not to seek admission to this course.

Age Limit: Candidate should not be more than 35 years of age as on 01.08.2023.
Relaxation in age limit is as per University norms.

Intake Capacity: 30 Reservation of seats will be as per University norms.(GGSIPU)

Selection Procedure: Through Common Entrance Test (CET) of GGSIP University

Duration: The duration of the programme will be 2 years (4 semesters)