A NEW ERA IN EDUCATION
H.R. COLLEGE | K.C. COLLEGE | B.T.T. COLLEGE

School of Yoga

ADMISSIONS STARTED FROM OCTOBER 12, 2020
FOR 3 YEAR UG PROGRAMME

Bachelor of Science – Yoga

KNOWLEDGE PARTNER
KAIVALYADHAMA
Where Yoga tradition and Science meet

So come and start your journey into the future with HSNC University today!

Log onto https://www.hsncu.edu.in/ for further details.
Reach us at askmeanything@hsncu.edu.in for any queries
Follow us | facebook

For more details visit or call
www.hsncu.edu.in
+91 88601 67736

PARENT BODY: HYDERABAD (SIND) NATIONAL COLLEGIATE BOARD
K. C. College Building, Vidyasagar Principal K.M. Kundnani Chowk, 123, Dinshaw Wachha Road, Churchgate, Mumbai 400020 Email: contactus@hsncu.edu.in
Contact: 022 24935281 / 24915103 / 24974858 / 24971506
The Yoga Education is becoming a new normal to live a healthy and happy life across the globe, the ancient wisdom is proving to be a lifetime ally for human beings to lead a life with abundance. Keeping these emerging trends in mind, HSNC University Mumbai has established a School of Yoga in association with its long-term Knowledge Partner Kaivalyadham.

The faculty of HSNC University Mumbai along with faculty of Kaivalyadham Yoga Institute has done intensive research on the development of curricula and have designed a THREE YEAR UG programme titled, “Bachelor of Science (Yoga)”.

The Programme is aimed at preparing young Yoga practitioners & professionals as social soldiers to bring reforms in the lifestyle of each citizen living in the modern digital era. After completing this programme, young professionals will find a suitable place in society as a yoga practitioner as well as a social entrepreneur/edupreneur.
About Kaivalyadhama

Kaivalyadhama is one of the oldest and pioneering Yoga institutes in the world that follows the principles of Patanjali’s Asthanga Yoga. Founded by Swami Kuvalayananda in 1924, it is the pioneering Yoga institute in the world which initiated scientific research in Yoga, based on traditional foundations and understanding.

It is recognised as an All India Institute of Higher Learning by the Ministry of Education Since 1962. It is recognised as a “Leading Yoga Institute” by the Yoga Certification Board of the Ministry of AYUSH. It is the founder member of the Indian Yoga Association, a premier body of all the Yoga institutions. The institute is aided by the Ministry of Education, Government of India and Department of Higher Educaiton, Government of Maharashtra.

The practical sessions are scheduled in the serene and peaceful environment at Kaivalyadhama at Marine Drive with best of the teachers, who will enable great learning and experience. The teaching faculty are one of the best curated for this course.

Salient Features

The practical aspect in core courses (the performance of different kriyas and asanans) has been given more emphasis, both in terms of credits and credit hours involved, in comparison to theory.

Keeping in tune with UGC norms, provision for interdisciplinary elective courses, compulsory ability enhancement courses, internship and research project work has been made.

The current programme is designed to enhance the knowledge and skill of the subject. While designing the syllabus, care has been taken to balance the fundamental techniques of performing arts with complementary knowledge and skills through elective and ability enhancement courses.

The programme would give the students, opportunities to develop skills, in areas which have direct relevance to better practices needed, to maintain good health and hygiene and a healthy body in a healthy mind.

ORIENTATION PROGRAMME on Monday November 30, 2020

PRACTICAL SESSIONS begins Wednesday December 02, 2020

Fees = ₹ 35,000/year*

* For detail fee structure kindly visit the website www.hscnu.edu.in