

WELCOME TO A UNIVERSE OF POSSIBILITIES



SCHOOL OF
Yoga

**TRANSFORM
YOUR WORLD...**

BSc | MSc
Yoga & Meditation | Yoga & Meditation



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21th Rank in India
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mitwpu.edu.in



BSc

Yoga and Meditation

Excellence & Innovation Built into Learning

About School of Yoga

MIT World Peace University (MIT-WPU) Faculty of Peace studies empowers the students to lead thought-provoking and dynamic lives. With their focus towards Peace values and commitment to holistic development, they are geared to transform social and societal issues for personal and global growth. MIT-WPU philosophizes a holistic approach of health care through integration of best of the east with best of the west.

Our students would undergo Life Skills Training and Character Building with Yoga as a way of Life. Here, Education is blended with present day

clinical approach with ancient wisdom. The emphasis is on realistic hands-on practices and intensified research.

We believe that Yoga is an art and a science as well to a philosophy. Yoga touches a person at all the levels of human existence, be it physical, intellectual or spiritual. Yoga is a realistic technique for making one's dwelling purposeful, beneficial and noble. Yoga permits one's body, organs of actions, senses of perception, mind, intelligence, recognition in addition to trillions of cells to get attuned to its essence - the aware seer within.

About Program: BSc Yoga and Meditation

Bachelor of Science in Yoga and Meditation is an undergraduate Yoga and Meditation programme under the Faculty of Peace Studies, MIT-WPU. It is a 3 years, full-time, Choice-Based Credit program. The program is a well-balanced combination of course work, research and field work.

We believe and intend to blend philosophical knowledge of Spirituality with the cutting-edge clinical development to unearth the technology in the back of Indian conventional practices and performances, directed toward studies and application through Yoga.

Maharishi Patanjali, "The Father of Yoga", compiled Yog Sutras, which serve as a framework for integrating Yoga into the daily routine and leading an ethical life. The Yoga Sutras are considered to serve as the basis of the yogic techniques.

This program has a completely unique variety of courses that offer flexibility and range that fits the interests and needs of every Learner. The Program specializes in in-depth gaining knowledge of the compulsory core courses- Darshanshastra, Hatha Yoga, Gherand Sahita with an emphasis on Peace Studies.



Duration	:	03 Year, Full Time program
Duration	:	9 Trimesters
Intake	:	40
Total credits for course	:	132



Salient Features

Interdisciplinary Approach

The B.Sc Yoga and Meditation program takes up an approach that goes beyond discipline-specific limitations. It integrates various disciplines for the holistic development of learners. The unique approach of the program helps in advancing cognitive ability, critical thinking, personality development and developing the information base of learners through different Yoga practices.

Experiential Learning

The program, through various activities such as field work, study tours, Rural Immersion programs helps the learners to develop application-oriented knowledge through first-hand experiences outside the conventional academic setting. The program, as a part of experiential learning, comprises of a Study Tour to expose learners to imbibe national perspective and awareness about the diverse practices of Yoga in our country through visits to leading Yoga institutes as well as Yoga therapy centers.

Practical Approach:

In the field of Yoga, practical implementation plays vital role and more emphasis has been given on practical approach in Yoga in each trimester so that learners will become confident and expert in Yoga practices.

Knowledge of Different Therapies:

The Program encompasses subjects such as Yoga Therapy which include Yoga and Ayurveda, Yoga and Naturopathy, Yoga and Psychology. These subjects introduce learners to ancient knowledge systems of India which helps them to connect Yoga and all these therapies. It also ensures that the ancient knowledge is passed on to the younger generation with rational thinking.

Mentor-Mentee System:

One Faculty member is assigned as Mentor for every learner. The Mentor investigates the curricular and co-curricular development of mentees and provides them guidance and support. The Mentor addresses personal as well as educational spheres of the learners, counsels, and coaches them on a one- to one basis.

Additional Certifications

The degree comes with some additional Certificates.

There is no additional fee for the Certificate programs. Certificates are awarded to Learners on successful completion of Events. The following are the additional certificates that will be given along with The B.Sc. Yoga and Meditation.

- World peace program certificate
- Certificate for attending conference

Curriculum & Trimester Syllabus

1st TRIMESTER

- Introduction to Yoga
- Patanjali Yoga Sutra - 1
- Anatomy & Physiology - 1
- Yoga Practical
- World Famous Philosophers, Sages/Saints and Great Kings
- Sanskrit Grammar - 1

3rd TRIMESTER

- Patanjali Yoga Sutra - 3
- Introduction to Hatha Yoga -2
- Anatomy & Physiology - 3
- Yoga Practical
- Study of Languages, Peace in Communications and Human Dynamics
- Sanskrit Grammar - 3

5th TRIMESTER

- Raj Yoga - 2
- Vedanta Darshan 1
- Darshan Shastra - 2 - Nyaya Darshan
- Yoga Practical
- Philosophy of Science and Religion/ Spirituality

7th TRIMESTER

- Applications of Yoga - 1
- Introduction to Gheranda Sanhita -1
- Yoga Therapy - 1
- Yoga Practical
- Indian Tradition, Culture and Heritage

9th TRIMESTER

- Yoga Therapy - 3
- Applications of Yoga- 2
- Research Project*
- Yoga Practical
- Humanities- Ethical, Moral and Social Sciences

2nd TRIMESTER

- Patanjali Yoga Sutra - 2
- Introduction to Hatha Yoga -1
- Anatomy & Physiology - 2
- Yoga Practical
- Sanskrit Grammar - 2

4th TRIMESTER

- Raj Yoga - 1
- Introduction to Shrimad BhagwadGeeta - 1
- Darshan Shastra - 1 - Sankhya Darshan
- Yoga Practical
- Practical Research and Statistics - 1

6th TRIMESTER

- System and Schools of Psychology
- Vedanta Darshan 2
- Introduction to Shrimad BhagwadGeeta - 2
- Yoga Practical
- Practical Research and Statistics - 2

8th TRIMESTER

- Yoga Therapy - 2
- Introduction to Gheranda Sanhita -2
- Diet & Nutrition
- Yoga Practical
- Introduction to Naturopathy



Faculty



Prof. Milind Patre



Prof. Niranjan Khaire



Prof. Vaibhav Joshi



Prof. Smita Paithankar



Prof. Hemlata Ohal



Prof. Amruta Kulkarni



Prof. Manasvi Patil



Prof. Rasika Beohar



Prof. Mrunmai Godbole



Prof. Sandip Dhikale

Yoga Culture at University:

Our beloved Founder Dr .Prof. V. D. Karad has been always inspiring to follow Culture of Practicing Yoga for the holistic development of a person. He strongly believes that the greatest gift of India to the World Community is 'Yoga' and 'AUM'





BSc

Yoga and Meditation

Excellence & Innovation Built into Learning

Career Prospects:

This program will prepare the students holistically and ensure intelligent learning in Yoga and related areas in order to prepare them to be dynamic Yoga practitioners in social, industry, business and other such domains.

Graduate from this program can become and work as:

- Yoga Teachers
- Yoga Therapists
- Yoga Consultants
- Yoga Educationist
- Yoga Researchers
- Yoga Trainer
- Yoga Entrepreneur
- International Instructor/ Researcher / Instructor at Medical Institutes

Yoga Culture at University:



MSc Yoga and Meditation

The purpose of yoga is to build strength, awareness and harmony in both the mind and body. Yoga is a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; Yoga helps in developing the balance

between all the three.

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind.

About Program: MSc Yoga and Meditation

M.Sc Yoga and Meditation is a Postgraduate Yoga program at Faculty of Peace, MIT WPU. It is a 2 years, full-time, Choice-Based Credit program. The program is a well- balanced combination of coursework, research and field work.

This program has a unique range of courses that provide flexibility and variety that suits the interests and needs of each Learner as Yoga expert .The

Program focuses on in-depth learning of the compulsory core courses- Principles and Practices of Yoga in Traditional Text, Philosophical Foundation of Yoga, Yoga Therapy for Common Ailments with an emphasis on Peace Studies like World Famous Philosophers, Sages/Saints & Great Kings, Study of Languages, Peace in Communication and Human Dynamics, Philosophy of Science & Religion / Spirituality.

Salient Features Interdisciplinary Approach

The M.Sc Yoga and Meditation program takes up an approach that goes beyond discipline-specific limitations. It integrates various disciplines for the holistic development of learners.

The unique approach of the program helps in advancing cognitive ability, critical thinking and developing the information base of learners through different Yoga practices.

Experiential Learning

The program, through various activities such as fieldwork, study tours, Immersion programs helps the learners to develop application-oriented knowledge through first-hand experiences outside the conventional academic setting. The program, is well balanced combination of course work, research & field work.

Knowledge of Prominent Therapies

The Program encompasses subjects such as Yoga and Ayurveda, Yoga and Naturopathy. Yoga and Psychology. These subjects introduce learners to ancient knowledge systems of India which helps them to connect Yoga and all these therapies. It also ensures that the ancient knowledge is passed on to the younger generation.

Duration : 02 Year,
Full Time Program
Duration : 6 Trimesters
Intake : 20
Total credits for course: 80

Scientific Approach and Research Orientation:

It gives more emphasis on scientific approach by studying the different subjects under this unique program such as Yoga and Scientific Studies of Mind Matter and Consciousness. There is focus on research by including subjects like Research Methodology, Seminar, Projects and doing Research collaborations with leading Yoga Institutes.





MSc

Yoga and Meditation

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Study Tour

National Immersion Program: To expose learners to imbibe national perspective and awareness about the diverse practices of Yoga in our country and to study unity in diversity culture, we arrange visits to leading Yoga Institutes and Yoga Therapy Centers.

Rural Immersion Program: MIT-WPU Rural Immersion Program aims at making Learners live and experience the grass root realities of rural life.

Practical Approach

In the field of Yoga, practical implementation plays important role. By including subjects like Yoga Teaching and Assessment Skills, Internship Project, Yoga Practical in appropriate trimester, learner will get through insight in Yoga practical.

Additional Certifications

The degree comes with some additional Certificates.

There is no additional fee for the Certificate programs. Certificates are awarded to learners on successful completion of Events. The following are the additional certificates that will be given along with The M.Sc. Yoga and Meditation

- World peace program certificate
- Certificate for attending Conference
- Internship certificate

Mentor-Mentee System:

One Faculty member is assigned as Mentor for each learner. The Mentor investigates the curricular and co-curricular development of mentees and provides them guidance and support. The Mentor addresses personal as well as academic problems of the learners, counsels, and coaches them on a one-to one basis.



Curriculum & Trimester Syllabus

1st TRIMESTER

- Philosophical Foundation of Yoga-1
- Principles and Practices of Yoga in Traditional Text- 1
- Anatomy & Physiology - 1
- Yoga Practical
- Sanskrit BhashaVijnanam- 1
- World Famous Philosophers, Sages/Saints and Great Kings

3rd TRIMESTER

- Yoga and Ayurveda
- Principles and Practices of Yoga in Traditional Text- 3
- Basics of Dietetics and Nutrition
- Yoga Practical
- Study of Languages, Peace in Communications and Human Dynamics
- Seminar

5th TRIMESTER

- Yoga Project Stage-1
- Internship
- Philosophy of Science/ Religion and Spirituality
- Yoga for Stress Management
- Choice Based Elective Course

2nd TRIMESTER

- Philosophical Foundation of Yoga-2
- Principles and Practices of Yoga in Traditional Text- 2
- Anatomy & Physiology - 2
- Yoga Practical
- Sanskrit BhashaVijnanam- 2
- Research Methodology

4th TRIMESTER

- Yoga Therapy for Common Ailments
- Yoga and Naturopathy
- Yoga for Health & Well Being
- Yoga Practical
- Yoga and Psychology

6th TRIMESTER

- Yoga and Scientific Studies of Mind Matter and Consciousness
- Yoga Teaching and Assessment Skills
- Yoga as an Education
- Yoga and Sports
- Yoga Project Stage-2 Dissertation

Career Prospects:

This program will prepare the students holistically and ensure intelligent learning in Yoga and related areas in order to prepare them to be dynamic Yoga practitioners in social, industry, business and other such domains.



Excellence & Innovation Built into Learning

Graduate from this program can become and work as :

- Yoga Teachers
- Yoga Therapists
- Yoga Consultants
- Yoga Educationist
- Yoga Researchers
- Yoga Trainer
- Yoga Entrepreneur
- International Instructor/ Researcher / Instructor at Medical Institutes



Life @ Campus



In house Medical Facility



Ground



Vivekananda Auditorium



Reading Hall



Canteen



Gymnasium



Library

A unique initiative by MIT World Peace University



Centre for Industry-Academia Partnerships

The objective of this initiative is to build a strong collaboration between university and industry partners. CIAP believes that the collaboration between industry and academia is fundamental in Catalysing the innovation and growth in technology. While industry partners quite often focus on providing solutions that have greater impact on businesses, educational institutions focus on building new knowledge through research and imparting education to students which make them ready to serve those industry needs. CIAP as a

catalyst plays an important role in creating more and more opportunities and make student equip with the skills that are needed to be served.

The key functions like Industry Partnerships, Career Services, Internships and Alumni Engagement are forefront in serving the ongoing needs of our students and alumni. These functions not only engage the students in improving their skills through the structured assessments, training and grooming activities, they also help students gain the strength to get best of the job opportunities by collaborating world class employers.

Eligibility and Selection Criteria

B.Sc. (Yoga and Meditation)

Maharashtra State (MS) Candidate

- Candidate should be an Indian National
- 50% marks in aggregate at: 10+2 / 12th / HSC Examination with English subject (OR) Three Years Diploma Recognized by Government Competent Authority (OR) its equivalent examination. (45% in case of candidates of backward class categories belonging to Maharashtra State only) and he/ she should be physically fit.

Other Than Maharashtra (OMS) Candidate

- Candidate should be an Indian National.
- 50% Marks in aggregate at: 10+2 / 12th / HSC Examination with English subject (OR) Three Years Diploma Recognized by Government Competent Authority (OR) its equivalent examination and he/ she should be physically fit.
- Foreign National / NRI / OCI / PIO, Children of Indian workers in Induction the Gulf countries 50% marks in aggregate at 10+2 / 12th / HSC Examination with English subject (OR) its equivalent examination in any stream and he/ she should be physically fit

Selection Process

Application followed by personal interview

Fee Structure

For Indian National - Rs. 1,00,000/- per annum

For Foreign National - Rs. 1,50,000/- per annum

Scholarship: Academic Year 2021-22

50% Scholarship to all students taking admission in the first Golden Batch.

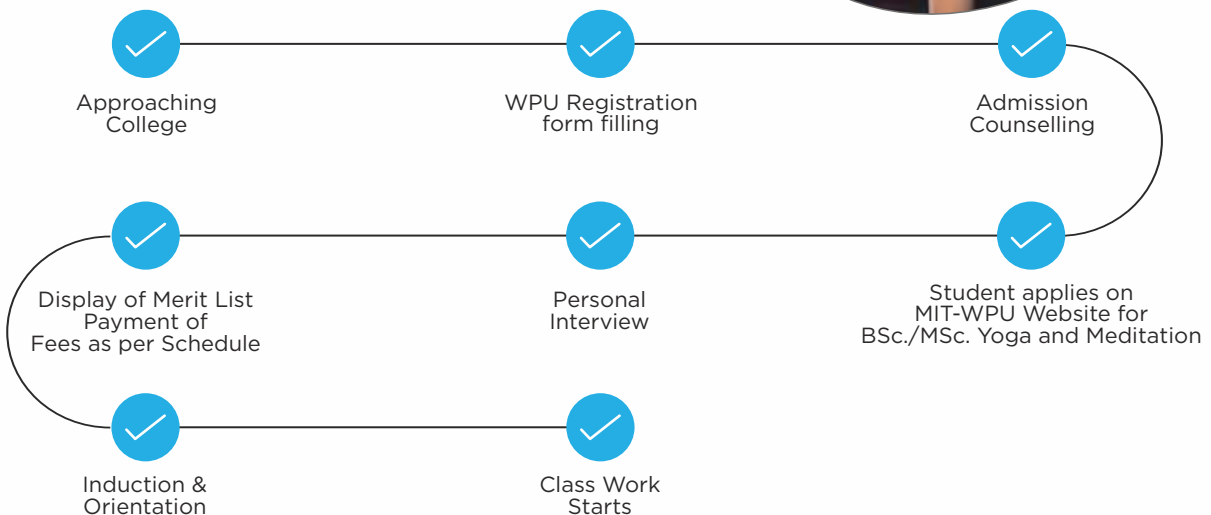
Dr. Vishwanath Karad 100% Merit Scholarship

Other scholarship - Sports Personnel, J&K students, etc.

For more details visit:

please visit: <https://mitwpu.edu.in/law-fees-structure-scholarship/>

Admission process



M.Sc. (Yoga and Meditation)

Maharashtra State (MS) Candidate

- Candidate should be an Indian National
- Any graduate with minimum 50% of aggregate marks from recognized university. (45% in case of candidates of backward class categories belonging to Maharashtra State only) and he/ she should be physically fit.

Other Than Maharashtra (OMS) Candidate

- Candidate should be an Indian National.
- Any graduate with minimum 50% of aggregate marks from recognized university and he/ she should be physically fit.
- Foreign National / NRI / OCI / PIO, Children of Indian workers in Induction the Gulf countries any graduate with minimum 50% of aggregate marks from recognized university and he/ she should be physically fit.

Selection Process

Application followed by personal interview

Fee Structure

For Indian National - Rs. 1,25,000/- per annum

For Foreign National - Rs. 1,87,000/- per annum



SINCE 1983
Dr. Vishwanath Karad
MIT WORLD PEACE UNIVERSITY | PUNE
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