



B.Sc/ M.Sc Yoga Degree

INFORMATION BROCHURE 2024-25

Department of Yoga, Mysuru



JSS AHER Vision, Mission & Values

Vision

To provide access to educational opportunities to meet students' changing personal and professional academic needs and encourage lifelong learning, civic and social responsibility, leadership, individual and career growth.

Mission

Serves as an educational portal for eligible undergraduate and postgraduate students for academic and career pursuits consistent with the Universities mission, vision, and strategic goals.

Values

Leadership| excellence| Transparency | Diversity, equity, and social impact | Quality | innovation

CALENDAR OF EVENTS

Important Date

Sl. No	Events	Dates
1	Date of notification and Availability of online application	01.03.2024
2	Starting of Admission Process	25.03.2024
3	Last date of admission	Will be notified on the website
4	Commencement of Academic session	Will be notified on the website

Contact Details

Website	https://jssuni.edu.in
Application link	https://jssuni.edu.in/jssaaher/jssaaher-admissions/admissions-home.aspx
Email	admissions@jssuni.edu.in
Phone No.	0821-2548014/416/400
Facebook	https://www.facebook.com/jssuniversity

JSS Academy of Higher Education & Research, Mysuru (JSS AHER)

JSS Academy of Higher Education & Research (JSS AHER), Mysuru, Karnataka (Formerly known as Jagadguru Sri Shivarathreeshwara University (JSSU)), is a Deemed to be University located in Mysuru, Karnataka. It was established in 2008 under Section 3 of the UGC Act 1956.

JSS Academy of Higher Education & Research aspires to become a world class center for excellence in education and research with a special focus to serve the under privileged and economically challenged sections of the society. The campus is modeled as a fully residential educational campus in line with the best institutions of higher learning across the globe. The uniqueness of its reputation is acknowledged through the format, content, and pedagogy of its programmes and their relevance to the society. The University is recognized by the University Grants Commission under UGC Act and is a member of the Association of Indian Universities (AIU). It is also Accredited 'A+' Grade by NAAC.

JSS Academy of Higher Education & Research (JSS AHER) comprises of:

JSS AHER - Constituent Colleges:

- JSS Medical College, Mysuru.
- JSS Dental College & Hospital, Mysuru.
- JSS College of Pharmacy, Mysuru and
- JSS College of Pharmacy, Ooty (Tamil Nadu)

JSS AHER - Schools:

- School of Life Sciences, Mysuru
- School of Life Sciences, Ooty (Tamil Nadu)
- School of Public Health, Mysuru

JSS AHER - Departments:

- Department of Water & Health
- Department of Environmental Science
- Department of Nutrition & Dietetics
- Department of Microbiology
- Department of Biotechnology & Bioinformatics
- Department of Health System Management studies, and
- Department of Yoga

Learning Centers:

- Center for Distance & Online Education (CDOE)



B.Sc & M.Sc in Yoga and Yoga Teachers Course, Mysuru (YTC)

Bachelor of Science in Yoga or **B.Sc. in Yoga** is a three-year undergraduate course offering a mix of yoga and management skills. Yoga is a collection of physical, spiritual and mental practices that originated in ancient India. B.Sc. in Yoga consists of both classroom lectures and practical sessions. In B.Sc. Yoga training focuses more on practical sessions.

M.Sc. in Yoga or Master of Science in Yoga is a postgraduate Yoga course. Yoga is a physical, mental, and spiritual discipline. It trains students to develop skills of Yoga therapy, to serve the people of the society. It helps to fulfil the need of society to create individuals who are experts in this field.

Yoga Teacher Course (YTC) places major emphasis on Vinyasa yoga practice, hands-on adjustments and Vinyasa sequencing principles. The philosophy classes are based on the Scriptures and its applications in our daily life. In our YTC, you will study and practice different pranayama, metaphysical meditation, and chakra and kundalini meditation techniques, yoga nidra and practical applications of functional and comparative anatomy.

Benefits of Yoga

Need based choice of Courses

- Increase your flexibility
- Helps to build muscle strength
- Prevents from cartilage and joint breakdown
- Maintains a healthy lifestyle
- Gives you peace of mind
- Increases concentration
- Provides relief from stress
- Helps in gaining more control over emotions

Career Prospects

Career Opportunities for B.Sc Yoga - Entry level jobs :

- Education institutes as Yoga therapist & Tutor in Yoga institutes
- In Schools as Yoga teacher
- Entrepreneurship
- In Research projects.
- Government and non-government organizations

Career Opportunities for M.Sc Yoga - Entry level jobs

Academics

- As Yoga Faculty at education institutes
- In Colleges as Yoga teacher

Clinical

- In Hospital sectors as Yoga therapist
- In Non-government organizations (NGO) as Yoga therapist & Yoga counsellor

Research Field

- In Research projects as research fellow

Entrepreneurship

- Can start yoga studio/ Yoga institutes

Others

- In government organizations



About the Program

Bachelor of Science (B.Sc.) in Yoga

The academic program for B.Sc in Yoga consists of classroom lectures and lab sessions. Yoga cannot be mastered through lessons and textbooks. One must practice it in order to master Yoga! This is the main reason why B.Sc. Yoga curriculum lays extra emphasis on practical sessions.

B.Sc Yoga course is also known by other names such as B.Sc. in Yoga Therapy, B.Sc. in Yoga and Education, B.Sc. in Yoga Education etc. Though the names are different, each of these academic programs share the same course content.

Master of Science (M.Sc.) in Yoga

M.Sc. in Yoga or Master of Science in Yoga is a postgraduate Yoga course. Yoga is a physical, mental, and spiritual discipline. It trains students to develop skills of Yoga therapy, to serve the people of the society. It helps to fulfil the need of society to create individuals who are experts in this field.

Yoga Teachers Course (YTC)

Yoga Teacher course places major emphasis on Vinyasa yoga practice, hands-on adjustments and Vinyasa sequencing principles. The philosophy classes are based on the Scriptures and its applications in our daily life. In our YTC, you will study and practice different pranayama, metaphysical meditation, and chakra and kundalini meditation techniques, yoga nidra and practical applications of functional and comparative anatomy.

An overview of the Academic Programs

1. Bachelor's Degree

Details	
Name of the Course	Bachelor of Science (B.Sc.) in Yoga
Type of Course	Bachelor's Degree
Duration of the course	3 Years (6 Semesters)
Intake per year	30 seats / per year
Eligibility	Candidate with successful completion of 10+2 or PUC (Any stream) or Diploma in science with basic english knowledge



2. Master 's Degree

Details	
Name of the Course	Master of Science (M.Sc.) in Yoga
Type of Course	Master's Degree
Duration of the course	2 Years (4 Semesters)
Intake per year	30 seats / per year
Eligibility	Candidate with successful completion of any Undergraduate degree

3. Certificate courses

Details	
Name of the Course	Yoga Teachers Course (YTC)
Type of Course	Certification Program
Duration of the course	3 Months
Intake per year	30 seats / per program
Eligibility	Candidate with basic english knowlegde

Fee Schedule

Sl. No.	Course	Indian Students (in Rs)	Foreign Students (in USD)
1	B.Sc. in Yoga	30000/- + 15,450/-	1000
2	M.Sc. in Yoga	40000/- + 15,950/-	1000
3	Certificate in Yoga Teachers Course	10000/- for full course	300

Programmes

B.Sc. - Yoga Courses of study

First Semester	
Type of Paper	Subject Title
Language	English I
Core 1	Biology of Human Body - Basics of Anatomy & Physiology (Part I)
Core 2	Principles of Yoga - Part 1
Skill based 1	Basics of Computer
Core Practical 1	Yoga Practical - I
Second Semester	
Type of Paper	Subject Title
Language	English-II
Core 3	Principles of Yoga - Part 2
Core 4	Patanjali Yoga Sutras - Part 1
Core 5	Biology of Human Body - Basics of Anatomy & Physiology (Part II)
Compulsory paper	Environmental Studies
Core Practical 2	Yoga Practical II

Third Semester	
Type of Paper	Subject Title
Language	English - III
Core 6	Introduction to Upanishads & Relevance to Yoga
Core 7	Hatha Yoga - Part 1
Core 8	Patanjali Yoga Sutras part 2
Allied Paper 2	Personality Development by Bhagavad Gita
Core Practical 3	Yoga Practical - III
Fourth Semester	
Type of Paper	Subject Title
Language	English - IV
Core 9	Hatha Yoga - Part 2
Core 10	Yogic Psychology
Core 11	Application of Yoga for Society
Allied Paper 4	Food Science & Yoga
Core Practical 4	Yoga Practical - IV
Fifth Semester	
Type of Paper	Subject Title
Core 11	Yoga and Consciousness
Core 12	Introduction to Nutrition & Dietetics and Concept of Yogic diet
Core	Research Methodology
Skilled based 2	Artificial Intelligence
Allied paper 7	Basics of Biochemistry
Core Practical 5	Yoga Practical - V
Sixth Semester	
Type of Paper	Subject Title
Core 13	Yoga for lifestyle disorder-Part I
Core 14	Physiology of Yoga
Core 15	Yoga for lifestyle disorder-Part II
Allied paper 9	Nutrition and Sports & Fitness
Elective paper 1 (Choose Anyone)	Importance of Veda OR First aid, Emergency & Basic life support for Yoga
Core Practical 6	Yoga Practical- VI

M.Sc. - Yoga Courses of study

First Semester	
Type of Paper	Subject Title
Core Paper 1	Fundamentals of Yoga - Part 1
Core Paper 2	Basics of Human Anatomy Medical Physiology - Part 1
Core Paper 3	Medical Biochemistry & Food Science
Core Paper 4	Yoga & Mental Health
Elective paper 1	Artificial Intelligence OR First aid Emergency & Basic life support for Yoga OR Yoga for Geriatrics
Core Practical 1	Yoga Practical - I
Second Semester	
Type of Paper	Subject Title
Core Paper 6	Fundamentals of Yoga - Part 2
Core Paper 7	Basics of Human Anatomy Medical Physiology - Part 2
Core Paper 8	Immunology & Yoga
Core Paper 9	Yoga & Oncology
Allied Paper 1	Yoga & Exercise therapy
Core Practical 2	Yoga Practical - II
Third Semester	
Type of Paper	Subject Title
Core Paper 10	Fundamentals of Neuroscience & Yoga
Allied Paper 2	Biomechanics & Yoga
Core Paper 11	Research Methodology & Statistical Methods
Core Paper 12	Lifestyle Disorders & Yoga Management
Elective Paper 2	Business Management* OR Yoga for women*
Core Practical 3	Yoga Practical - III
Fourth Semester	
Type of Paper	Subject Title
Core Paper 13	Calisthenics, Gym fitness & Pilates
Project Work 1	Workshop, Research proposal writing, Seminars & Journal Club
Project work 2	Dissertation on Yoga Yoga Posting General Yoga Practice

Certificate Program

Yoga Teachers Course (YTC)

Type of Paper	First Semester Subject Title
I	Philosophy of yoga
II	Definition of Yoga
III	Introduction to Hatha Yoga & practices
IV	General understanding of Vedas and Upanishads
V	Human Psychology - In Yogic perspective
VI	Yoga Practical's

Application / Admission Procedure

- Submission of Application is only through online procedure. Candidates are NOT required to send hard copy of the application form. Online submission of the application form may be made by accessing the JSS AHER website www.jssuni.edu.in (Direct link to apply - <https://jssuni.edu.in/JSSWeb/WebAdmissionReg.aspx>).
- Competent and qualified Counselors will guide and support throughout the admission process.
- Selection for admission will be made based on the marks obtained in the qualified examination and fulfillment of all eligibility criteria as per UGC and JSS AHER norms.
- Candidates in the final year of their programmes and who expect to complete all their qualifying degree requirements before the date of registration are also eligible to apply for admissions.
- Program details are available on our website, www.jssuni.edu.in.

Program Structure

The JSS AHER uses Modular Program Structures. All curricular are designed and scrutinized by experts to meet the current trends and market demands. Course material is specially designed by a team of experts and JSS AHER in-house faculty.

Credit System

Education at the JSS AHER is organized around the credit system of study. The prominent features of the credit system are a process of continuous evaluation of a student's performance, and flexibility to allow a student to progress at an optimum pace suited to his/her ability or convenience, subject to fulfilling the minimum requirement for continuation, wherein each credit amounts to 30 hours of study.

Payment of Fee

- In addition to the program fee, the applicant needs to pay an application fee prescribed by JSS AHER at the time of online application process.
- Payment of fees may also be made through net banking or Master/VISA Credit or Debit card.
- Payment of fees may also be made through Net Banking/secured payment gateway facility provided by JSS AHER.

- Payment made by any other form will not be accepted and will be solely at student's own risk.

Examination

- The student is informed about the examination schedule through the website www.jssuni.edu.in.
- Eligible students will be given admit cards to appear in the term-end examination. Students will have to produce the identity card and admit card to appear in the Term-end examinations (TEE).

Results

- The results will be published on the website www.jssuni.edu.in. If a student fails to clear any of the papers (either in UE or IA or both), he/she has to re-appear for the relevant paper by applying to the JSS AHER through the re-sitting application along with relevant fees, within the due date specified by the JSS AHER.

Award of Degree

- All successful students will be awarded respective Degree by the JSS AHER.

Important Note

Admission Policies

- The admission process is as per Regulatory requirements.
- Individuals with a will to upgrade their skills are encouraged to pursue the JSS AHER Programs.
- The applicant has to submit a completed application form for admission with relevant documents to the JSS AHER office / online well within the due date.
- If the application is complete in all respects and the JSS AHER is satisfied with the applicant's eligibility and suitability for admission into the respective program, the student will be granted admission to that program.
- The JSS AHER shall call upon for the verification of the Original Eligibility documents at any point of time during the course of study and non-submission of the same may result in cancellation of admission.
- Admission granted on the basis of false information will be "ipso" facto null and void, and the candidate will render himself/herself liable for civil/criminal action.
- If the application received from the student is not complete in any respect, the student may be given provisional enrolment at the discretion of JSS AHER. Such students will have to submit the required eligibility documents as communicated by the JSS AHER at the earliest, upon receipt of which their enrolment will be confirmed, subject to eligibility fulfillment.
- An Identity card will be made available to the students through the student portal after the admission to the Program.
- The JSS AHER reserves the right to accept or reject any application.

Hostel Accommodation

- Hostel accommodation is available for both boys and girls.

Right to Amend Rules

- The JSS AHER reserves the right to add/delete/change/amend the syllabi, Program structure, rules and regulations wherever considered necessary and appropriate, without any prior notice.
- The students are advised to go through the website frequently where all circulars and important information will be hosted from time to time. Promulgation of any such information on the website in the form of circulars/ notices is considered to be adequate.

Jurisdiction

- All disputes relating to JSS AHER Programs and activities are subject to local jurisdiction only.

Public Notice:

"This is to inform the general public that the JSS Academy of Higher Education & Research (JSS AHER), Sri Shivarathreeshwara Nagara, Mysuru - 570015, was established in 2008 under Section 3 of the UGC Act 1956.

JSS AHER has not authorized any individual or agency to deal with admissions / examinations. All students and their parents are advised to take note of this and exercise caution in dealing with any such agents / any individual.

JSS AHER will not be responsible for any dealing with such individual agents or agencies. For information regarding admission procedure, and other queries, students and their parents are advised to visit official website of JSS AHER. www.jssuni.edu.in , or contact JSS AHER office, Mysuru.

If any person is found indulging in such activity the same may be brought to the notice of the undersigned at registrar@jssuni.edu.in or Registrar, JSS Academy of Higher Education & Research (JSS AHER), Sri Shivarathreeshwara Nagara, Mysuru - 570015. Any person found indulging in such activity will be reported to the concerned authorities for necessary action.

Sd /-
REGISTRAR







JSS Academy of Higher Education & Research
(Deemed to be University)

Department of Yoga

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JSS AHER
Facebook page



www.jssuni.edu.in