



HSNC UNIVERSITY, MUMBAI

A STATE PUBLIC UNIVERSITY

H.R. COLLEGE | K.C. COLLEGE | B.T.T. COLLEGE



CHELLARAM SCHOOL OF YOGA AND WELLNESS



A School for preparing young Yoga practitioners & professionals as social soldiers to bring reforms in the lifestyle of each citizen living in the modern digital era.

To enable young professionals find a suitable place in society as a yoga practitioner as well as a social entrepreneur / edupreneur.

KNOWLEDGE PARTNER



KAIVALYADHAMA

Where Yoga tradition and Science meet

BSc (Yoga & Wellness) | MSc (Yoga & Wellness) | PhD (Yoga & Wellness)

mail: csoyw@hsncu.edu.in

www.hsncu.edu.in/school-of-yoga

Admissions Open




HSNC University, Mumbai

D.M. Harish Building, 47, Dr. R. G. Thadani Marg, Worli, Mumbai – 400 018



Contents



About HSNCU	1
Key People.....	3
Chellaram School of Yoga	4
Board of Studies	6
Bachelor of Science (Yoga)	7-8
Salient Features	9
Learning Outcomes	10
Infrastructure at HSNCU	11-18



About HSNC University, Mumbai

The HSNC University, Mumbai has been approved by RUSA and the Govt. of Maharashtra and is the State Cluster University with the Hon. Governor of Maharashtra as its Chancellor and eminent industrialist, Dr. Niranjan Hiranandani as its first Provost. The HSNC University, Mumbai comprises of renowned South Mumbai colleges with H.R College of Commerce & Economics as its Lead college and K.C College of Arts, Science & Commerce and Bombay Teachers' Training College as its constituent colleges.

HSNC University is set to build partnerships with the industry and have a new curriculum aligned with industry 4.0 and the aim is to not only learn from the requirements of the market and have industry collaborators willing to orient students towards the same, but also to ensure internships and the best placements for its graduating students.

This multi-faculty University aims to set new paradigms of education and wishes to harness the energy and enthusiasm of the young, dynamic population of India and guide them towards the journey of learning, knowledge, research, innovation, service to society, and entrepreneurship. This newly launched State Cluster University is set to make its indelible mark in the higher education industry in Mumbai and the country by initiating several landmarks, and relevant contemporary programs for study.

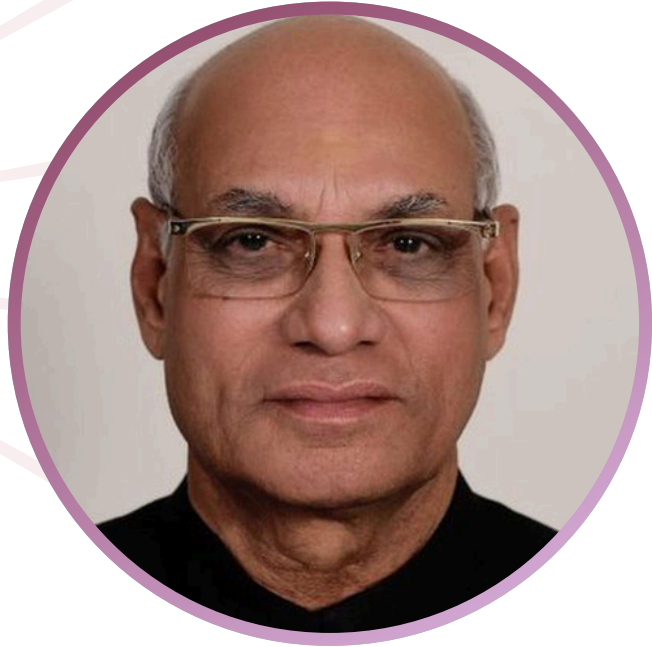


Indian Nobel Peace Laureate Mr. Kailash Satyarthi as the Chief Speaker at HSNC University Lecture Series



Tata Group Chairman Emeritus Shri Ratan Tata being conferred honorary D.Litt. by HSNC University

KEY PEOPLE



Shri Ramesh Bais

*Hon'ble Chancellor
HSNC University, Mumbai*



Dr. Niranjan Hiranadani

*Provost
HSNC University, Mumbai*



Dr. Hemlata K. Bagla

*Vice Chancellor
HSNC University, Mumbai*

Chellaram School of Yoga

Yoga Education is becoming the new normal to live a healthy and happy life across the globe. Ancient wisdom is proving to be a lifetime ally for human beings to lead a life of abundance. Keeping these emerging trends in mind, HSNC University, Mumbai has established the Chellaram School of Yoga and Wellness in association with its long-term Knowledge Partner Kaivalyadhama.

The faculty of HSNC University, Mumbai along with the faculty of Kaivalyadhama Yoga Institute has done intensive research on the development of the curricula and have designed a THREE YEAR Under Graduate 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 yoga practitioners as well as social entrepreneurs / edupreneurs.



Knowledge Partner- 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 that initiated scientific research in Yoga, based on traditional foundations and understanding.

It is recognized 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 Education, 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.



Board of Studies in Yoga & Allied Sciences Subject

1.) Name of Chairperson:-

Dr Deepak Bagadia- Asst. Prof. (retd.), Somaiya Vidyavihar University and Yoga Teacher at Ghantali MM Centre, Ghatkopar.

2.) Two to five teachers each having minimum five years teaching experience amongst the full time teachers of the Departments, in the relevant subject.

a) Dr Manisha Tyagi - Assistant Professor, BTT College

b) Dr Pooja Lalwani, Faculty, HR College,

c) Ms Sapna Chhabaria, Faculty, BTT College

d) Dr Charu Chaturvedi, Assistant Professor, KC College

e) Dr. Kritika Mondal, Assistant Professor and Coordinator, Chellaram School of Yog & Holistic Health, and School of Performing Arts, HSNC University, Mumbai

3.) One Professor / Associate Professor from other Universities or professor / Associate Professor from colleges managed by Parent Body; nominated by Parent Body;:-

a) Dr.Ganesh Rao PhD and has guided around 10 students.

Guide in KKSU

4.) Four external experts from Industry Research / eminent scholar in the field relevant to the subject nominated by the Parent Body;:-

a) Dr. Mickey Mehta- Founder, Dr. Mickey Mehta's 360° Holistic Health Healing

b) Smt. Shilpa Ghone - Diploma in Yoga , MSc (Yoga) , NET Qualified in Yoga. ICYHC Kaivalyadhama Mumbai

c) Mr.Harshvardhan Zaveri - Diploma Yoga , MA (Sanskrit) , NET (Yoga) - Independent Scholar

d) Mr. Dileep Dauneria – Yoga Teacher at ICYHC Kaivalyadhama Mumbai and Independent Scholar

e) Mrs Naina Daryanani, Yoga Teacher

5.) Top rankers of the Final Year Graduate and Final Year Post Graduate examination of previous year of the concerned subject as invitee members for discussions on framing or revision of syllabus of that subject or group of subjects for one year.

a) Ms Meenakshi Trivedi

The Bachelor of Science (Yoga) program

Program Objectives:

The main objectives of the program are:

- To acquaint the students with the ancient wisdom of Yoga and its principles.
- To develop an understanding of Human Anatomy & Physiology, the Relationship between Patanjala Yoga & Hatha Yoga, and their interdependence.
- To allow students to think analytically and critically in understanding Biomolecules, Digestive and Respiratory systems.
- To develop an appreciation of the power of Yoga and Yogic practices to maintain good mental and physical health.
- To apply their knowledge and skills to perform yoga and yogic exercises.
- To help students in Cultivating of correct Psychological attitude – Conscious observance of certain rules for self-discipline and self-training called ‘Yamas’, ‘Niyamas’ and ‘maitryadibhavana’.
- To train students in reconditioning of Psycho-physiological mechanism (neuroglandular-muscular) – Asana, Mudra and Bandha and Pranayama.
- To understand yogic therapeutically procedures and yogic principles of diet – Various types of lavages and special acclimatization processes.
- To communicate effectively with a range of audiences both technical and nontechnical.
- To develop an aptitude to engage in continuing educational and professional development.
- The syllabus drafted aims to achieve the above-mentioned objectives. Students will also be trained in communication skills, teaching, and practicing in performing Yoga, and will be sent to practice in school/community centers/ industry as interns.





The syllabus of the BSc Yoga program consists of the following subjects, among several electives:

- Foundations of Yoga
- Introduction to Hatha Yoga and its texts
- Human anatomy and physiology
- Health and yogic hygiene
- Yoga Practices
- Introduction to Vedanta in the context of Principles of Upanishads
- Patanjali Yoga Darshana
- Human anatomy & physiology Lab
- Environmental studies
- Introduction to AYUSH
- Communicative English

Fees: ₹ 37,000/- PA

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 yoga 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 mind in a healthy body.

Learning Outcomes

The curriculum is designed to acquaint the learner with the basic principles of Yoga, understanding human physiology, yogic practices, and yogic asanas. The course would help students to apply their understanding of concepts to summarize, analyse, and inculcate problem solving approach in the newer developments and innovations in the future.

The curriculum design, the teaching and the evaluation patterns would help students to develop skills and competencies to perform asanas, and teach the same to the community through internship and practice sessions



Yoga Day workshop at HR College of Commerce and Economics

Infrastructure at Chellaram School of Yoga



D M HARISH BUILDING



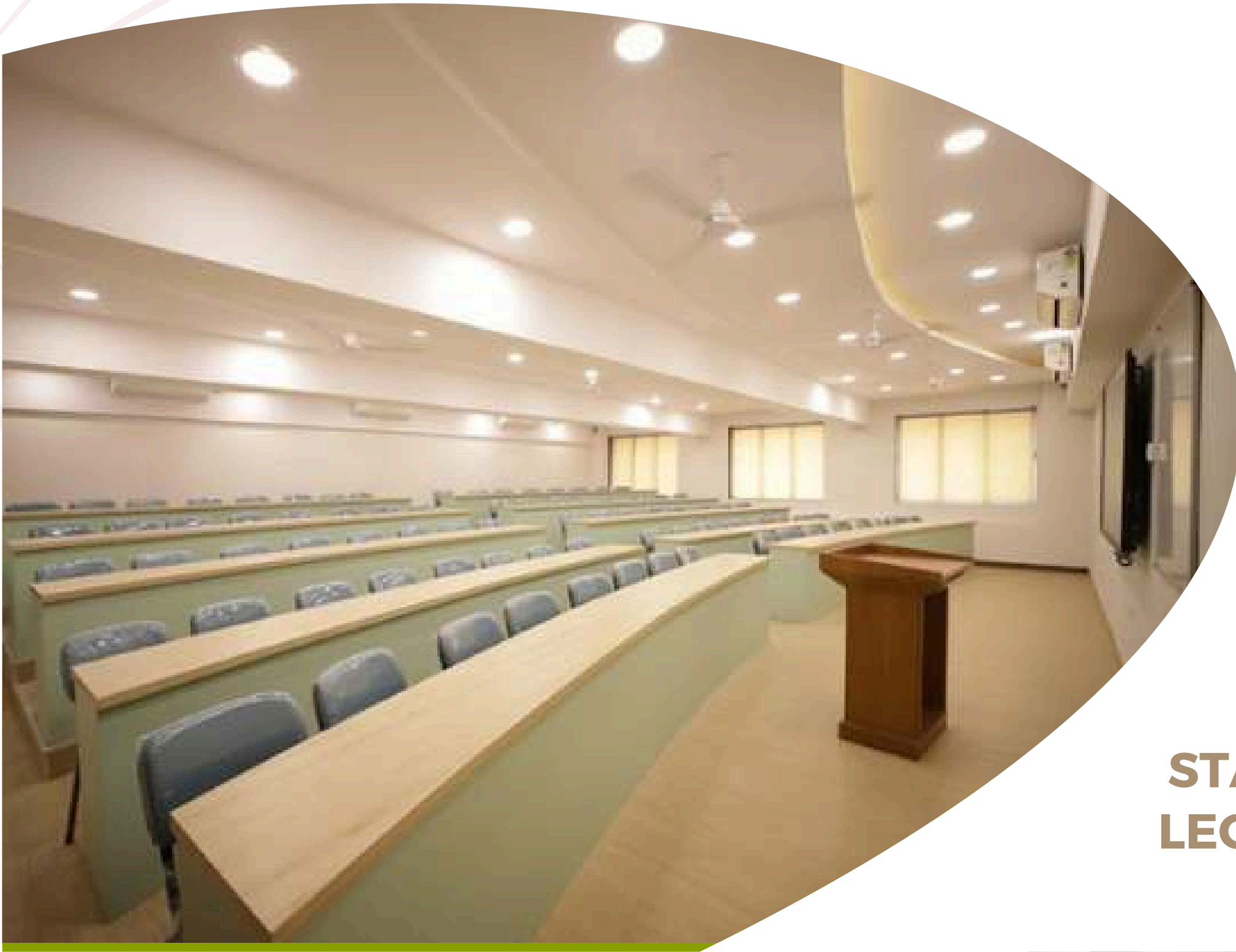
Infrastructure at Chellaram School of Yoga



DIGITAL CLASSROOMS



Infrastructure at Chellaram School of Yoga



**STATE-OF-THE-ART
LECTURE THEATRES**



Infrastructure at Chellaram School of Yoga



1000-SEATER AUDITORIUM



Infrastructure at Chellaram School of Yoga



YOGA & DANCE STUDIO



Infrastructure at Chellaram School of Yoga



**CONFERENCE AND
INTERACTION ROOMS**



Infrastructure at Chellaram School of Yoga



RATNA HARISH KNOWLEDGE RESOURCE CENTRE



Infrastructure at Chellaram School of Yoga



COMPUTER LAB

RECREATIONAL ROOM





HSNC UNIVERSITY, MUMBAI

A STATE CLUSTER UNIVERSITY



CHELLARAM SCHOOL OF YOGA AND WELLNESS

CHELLARAM SCHOOL OF YOGA AND WELLNESS

D. M. Harish Building, 47, Dr. R. G. Thadani Marg, Worli, Mumbai - 400 018

hsncu.edu.in/school-of-yoga

Email Support: csoyw@hsncu.edu.in

Social media: csoy.hsncu

PARENT BODY

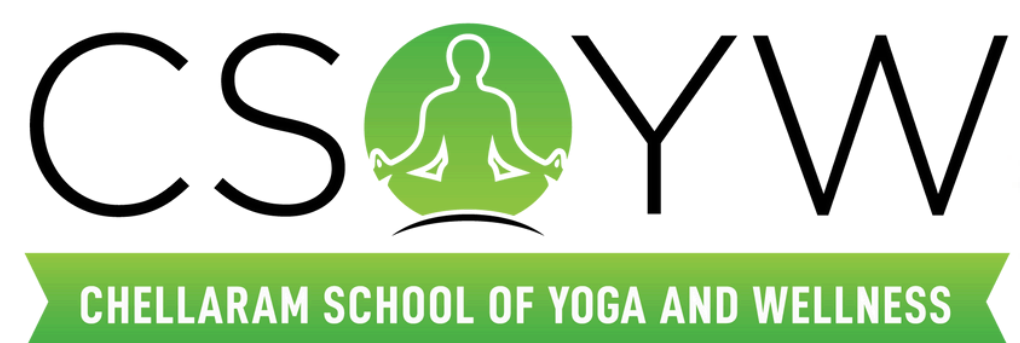


**HYDERABAD (SIND)
NATIONAL COLLEGIATE BOARD**

Hyderabad (Sind) National Collegiate Board

K.C. Law College Building, 5th Floor, Vidyasagar Principal K.M. Kundnani Chowk,
123 Dinshaw Wachha Road, Churchgate, Mumbai 400020, India.

Telefax: 91 22 2288 0845 www.hsncb.com



www.hsncu.edu.in/school-of-yoga/