

School of Yoga Science

Foreword - Dr. B. R. The basic objective of the establishment of Ambedkar University of Social Sciences is to establish a society with social harmony and amicable environment, keeping in mind the same purpose, the University had established the Yoga School of Studies from the 2019-20 academic session itself.

Under this school of study, various departments related to the subject of yoga will be structured. Under which the departments of Yoga Science Department, Yoga Therapy Department, Yoga Education Department, Yoga Research Department, Yoga Philosophy Department, Yoga and Human Consciousness Department, Yoga and Cultural Arts Department etc. will be structured.

In this sequence, the University has established the Department of Yoga Sciences. Under which the academic program of proof courses, journal courses and postgraduate courses has started. In future, the department will be developed by developing a new plan format from the research point of view.

Objective -

1. To not only preserve Indian culture but to establish an identity by certifying its scientific aspects.
 2. The goals of health and prosperity are practiced in the society through the practice of yoga and
To get rid of diseases.
 3. To prepare a healthy and prosperous youth for a self-reliant India.
 4. To play an important role in the campaign of "Swasth Bharat - Shrestha Bharat" through Yoga education.
 5. Health-conscious society for prevention of diseases arising out of modern lifestyle
To provide tax benefits.
 6. Bringing a new revolution through Yoga therapy so that Yoga is not limited to the hills only.
 7. To create a medium of new employment according to the needs of the developed society.
- Session 2020-21. Post-graduate and diploma courses have been started in the Yoga Science Department under the Yoga Studies School from the session 2020-21. In which 91 and 19 students have taken admission respectively. Through whose online regular classes are also being conducted.

Session 2019-20. In this academic session, a quarterly yoga training program was organized in the Yoga Department, which was done by Dr. B. R. Ambedkar Social Science University was organized under joint auspices of Mhow and Army War College. In which about 35 women participants participated. In this program, he not only got training in the practical practice of yoga but also gained knowledge of the theoretical aspects of yoga.

It was concluded in 2020 under the chairmanship of the Honorable Vice Chancellor. The International Yoga Day was held on 21 June 2020, through a Yoga program at the university, as well as through online national webinars. In which, under the chairmanship of Honorable Vice Chancellor, Dr. H.R. Nagend 4 G Chancellor S. Vyasa. Bengaluru came as a distinguished guest, guided by his impressive statement. The valence of this program is Dr. R. H. Lata was

Future proposed scheme -

School of Yoga is also planning to start M.Phil and Ph.D. in the Yogic Sciences in the future. In which an effort could also be made towards research in yoga. Simultaneously, preparations are also going on to conduct short and residential yoga training programs which have benefited not only every last person of the society through yoga education. Instead, information about various activities of the university can also be made available to the society. According to the instructions of the Government of India, to celebrate International Yoga Day in the month of June every year, the Department of Yoga Science is planning to conduct Yoga training programs from time to time, which will soon take shape.