



स्वतन्त्रतायाः  
अमृतमहोत्सवः



# श्रीलालबहादुरशास्त्रीराष्ट्रियसंस्कृतविश्वविद्यालयः

(केन्द्रीयविश्वविद्यालयः)

**Shri Lal Bahadur Shastri National Sanskrit University**

(Established by an Act of Parliament)

**योगविज्ञानविभागः**

**Department of Yogic Science**

**(Assessment Period July, 2019–June, 2024)**

**Welcomes**

**Peer Team Members**



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परिचयः

## Introduction



- 2011: योगविज्ञानकेन्द्ररूपेण स्थापितः।  
**2011: Established as Yog Vigyan Kendra.**
- 2014: योगविषये षण्मासिक-प्रमाणपत्रपाठ्यक्रमस्य आरम्भः।  
**2014: Started six months certificate course in Yoga.**
- 2015: योगविषये पी. जी. डिप्लोमा इत्यस्मिन् 75 छात्राणां प्रत्येकं द्वयोः समूहयोः आरम्भः अभवत्।  
2015: Started P. G. Diploma in Yoga with 2 batches-each of 75 students.
- **2018:** विश्वविद्यालय-अनुदान-आयोगस्य (यू. जी. सी.) आश्रयेण योग-विज्ञान-विभागस्य स्थापना अभवत्।  
**2018: Established Department of Yogic Science under the aegis of University Grant Commission (UGC)।**



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दृष्टिः

Vision



1

योगस्य दार्शनिकं, वैज्ञानिकं, व्यावहारिकं च ज्ञानप्रदानम्।  
Imparting metaphysical, scientific and applied knowledge of Yoga.

2

योगशास्त्रे उपनिषत्सु च यथार्थजगत् सम्बन्धि-मौलिकशोधकरणे प्रोत्साहनम्।  
Encourage fundamental research relevant to the real world in the  
Yoga texts and Upanishads.

3

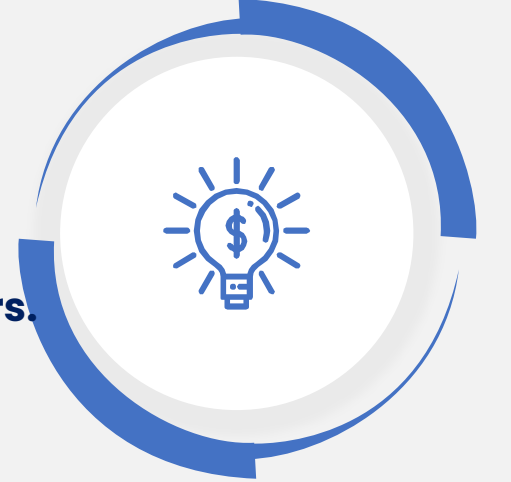
समर्पितानां योगाभ्यासकानां, विदुषां, स्वास्थ्यशिक्षकानाञ्च प्रशिक्षणम्।।  
Training of dedicated yoga practitioners, Scholars and health teachers.

4

मानसिक-शारीरिक-स्वास्थ्यवर्धनम्।  
Mental and physical health promotion.

5

प्रबुद्धस्य सुसंहतस्य च समाजस्य सृष्टिः।  
Creation of a balanced, enlightened, and harmonious society.





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ध्येयम्

Mission



1

शास्त्रपरंपरामूलकं सैद्धान्तिकानुभवात्मकं चयोगशिक्षणम्।  
Academic and experiential yoga teaching according to classical influences.

2

योगदर्शन-संस्कृतसाहित्य-स्वास्थ्यविज्ञानानां संयोगकारिण्याः अनुसन्धानक्रियायाः प्रोत्साहनम्।  
Encourage research that bridges Yogic philosophy, Sanskrit literature, and health sciences.

3

सामाजिककल्याणाय प्रतिबद्धोत्तरदायिनां योगविद्यानिपुणानाम् आचार्याणां च निर्माणम्।  
Preparing responsible yogic scholars and teachers committed to social well-being.

4

योगपरम्परया सह नैतिक-आध्यात्मिकमूल्यानां परिवर्तनम्।  
Changing ethical and spiritual values with the yoga tradition.

5

संयुक्ताध्ययनस्य माध्यमेन योग-आयुर्वेद-संस्कृत-सामयिकविषयाणां ऐक्यकरणम्।  
Integration of Yoga, Ayurveda, Sanskrit and modern subjects by combined study.





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# उद्देश्यानि

## Objectives



1

संस्कृतानुसन्धानेषु दर्शनेषु योगाभ्यासेषु च पाठ्यक्रमविकसनं प्रसारणञ्च ।

Curriculum development and dissemination combining Sanskrit research, philosophies and yoga practice

2

अन्तःशाखीयशिक्षणानुसन्धानयोः संवर्धनम्।

Promoting interdisciplinary teaching and research.

3

भारतीयसंपदः प्रतिबिम्बयतां परिसंवादादीनाम् आयोजनम् ।

Organize conferences, etc. reflecting the spirit of Indian heritage.

4

समाजसम्बद्धस्य संयमस्य करुणागुणस्य च विकासः।

The development of community-related discipline and compassionate virtue.

5

भारतीयशास्त्रे समग्रे योगविज्ञानस्य नूतनं नवोन्मेषः।

A new innovation in the science of yoga with the integrity of the Indian classics.





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पाठ्यक्रमः

Programmes



**Doctorate**

• विद्यावरिधिः (Vidyavaridhi) & Doctor of Philosophy (Ph.D.)

**P.G.**

• M.A. (Yoga)

**UG**

• B.A. (Yoga: Honours)

**PG Diploma**

• PG Diploma in (P. G. Diploma in Yoga and Naturopathy)

**P G Diploma**

• Diploma in (P. G. Diploma in Yoga)

**Certificate**

• Certificate in (Six Months Certificate Course in Yoga)



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## कार्यक्रमेषु प्रवेशप्रक्रिया

### Admission Process & Practices



विश्वविद्यालयः समये समये विश्वविद्यालयानुदानआयोगस्य (UGC) नियमविनियमानाम् अनुसारं कठोरं पारदर्शकं च प्रवेशप्रक्रियाम् अनुसरति। योग्यता-आधारित-चयनं सुनिश्चित्य राष्ट्रिय-स्तरीय-प्रवेश-परीक्षाणां माध्यमैः विविध-स्नातक-स्नातक-उत्तर-कार्यक्रम-प्रवेशाः क्रियन्ते ।

The university follows a rigorous and transparent admission process in accordance with the rules and regulations prescribed by the University Grants Commission (UGC) from time to time. Admissions to various undergraduate and postgraduate programs are conducted through national-level entrance examinations (CUET-UG & CUET-PG) to ensure merit-based selection.



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## कार्यक्रमेषु प्रवेशप्रक्रिया

### Admission Mode to Programmes



#### प्रवेशविधयः

#### Modes of Admission:

**विश्वविद्यालये निम्नलिखितप्रवेशपरीक्षाणां माध्यमेन छात्राणां प्रवेशः भवति ।**

**The university admits students through the following entrance examinations:**

- **सामान्यविश्वविद्यालयप्रवेशपरीक्षा (CUET - UG) – स्नातककार्यक्रमेभ्यः राष्ट्रियपरीक्षणसंस्थायाः (NTA) आयोजिता।**  
**Common University Entrance Test (CUET - UG) – Conducted by the National Testing Agency (NTA) for undergraduate programs.**
- **सामान्यविश्वविद्यालयप्रवेशपरीक्षा (CUET - PG) – स्नातकोत्तरप्रवेशार्थ एन.टी.ए. द्वारा आयोजिता।**  
**Common University Entrance Test (CUET - PG) – Organized by NTA for postgraduate admissions.**
- **विद्यावरीधि प्रवेशपरीक्षा (VVET) – शोधकार्यक्रमेषु विशेषप्रवेशपरीक्षा (Ph.D.)।**  
**Vidyavaridhi Entrance Test (VVET) – A specialized entrance exam for research programs (Ph.D.).**
- **योगे स्नातकोत्तरपत्रपाठ्यक्रमे, प्राकृतिकचिकित्सायाः योगस्य च स्नातकोत्तरपत्रपाठ्यक्रमे, योगप्रमाणपत्रपाठ्यक्रमे च प्रवेशः प्राप्तमेधाङ्कप्रतिशदाधारेण भवति।**  
**Admissions in Post Graduate Diploma in Yoga, Post Graduate Diploma in Naturopathy and Yoga and Certificate in Yoga is based on a Merit (Percentage/%).**





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पाठ्यक्रमस्य पक्षाः

## Curriculum Aspects



### Features

- |                                    |  |
|------------------------------------|--|
| ▪ Multiple Entry & Exit:           | B. A. Yoga & M. A. Yoga                |
| ▪ Choice Based:                    | B. A. Yoga                             |
| ▪ Credit based,                    | B. A. Yoga & M. A. Yoga                |
| ▪ Align with NEP-2020              | B. A. Yoga & M. A. Yoga                |
| ▪ 01 Year P.G. Diploma in Yoga to  | Become Yoga Teacher.                   |
| ▪ 01 Year P.G. Diploma in Yoga to  | Become Yoga and Naturopathy Assistant. |
| ▪ Six months Certificate Course to | Become Yoga Instructor.                |



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## मूल्याङ्कन प्रक्रिया

### Evaluation Process



**Assessment and Evaluation is done by following means:**

1. **Students Feedback of learning: Unit Wise**
2. **Students Presentations: Opportunity given to each students**
3. **Assignments: Opportunity given to each students**
4. **Projects: Opportunity given to each students**
5. **Annual Written Examinations**
5. **Assessment of Yoga Practices**



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छात्रविवरणम्

## Student's Details



Programmes (Years)	2023-24	2022-23	2021-22	2020-21	2019-20
M.A. (Yoga: I + II)	78	97	96	94	135
B.A. (Yoga: I + II + III)	76	84	110	113	75
विद्यावरिधि: Doctor of Philosophy (Ph.D.)	-----	18	-----	-----	-----
P.G. Diploma in Yoga	58	79	83	96	140
P.G. Diploma in Yoga and Naturopathy	26	40	-----	-----	-----
Six Months' Certificate Course in Yoga	05	07	07	10	21
Total	243	325	296	313	371



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**नियोजनीयताः**

**Employability**

**पाठ्यक्रमस्य/कार्यक्रमस्य अनावृत्तिः**

**Program/ Courses Exposure**



- भारतीयसांस्कृतिकसंबंधपरिषदा विदेशे शिक्षार्थ योगशिक्षकरूपेण एकादश जनाः चयनिताः।  
11 selected as Yoga Teacher to teach abroad through Indian Council of Cultural Relationship.
- सप्तजनाः सहायकप्राध्यापकपदेषु नियुक्ताः – एम्.यू.आइटी (लखनौ), पतञ्जलियोगपीठम्, एस्.एल्.बी.एस्.एन्.एस्.यू. च इत्यादिषु।  
07 employed as Assistant Professor: MUIT (Lukhnou), Patanjali Yogpeeth, SLBSNSU, etc.
- षट्त्रिंशत् जनाः ईएस्आइ, सीजीएचएस् चिकित्सालयेषु, असर्वकारीयेषु सर्वकारीयविद्यालयमहाविद्यालयेषु च नियुक्ताः।  
36 employed in ESI, CGHS dispensaries, Private and Government Schools and Colleges.
- द्वौ पूर्वविद्यार्थिनौ अखिलभारतीय-आयुर्विज्ञानसंस्थायां मेदान्तमेडिसिटीचिकित्सालये च योगचिकित्सकपदे नियुक्ताः।  
02 alumni employed as Yoga Therapist in All India Institute of Medical Sciences and Medanta Medicity Hospital.
- स्वनियोजितयोगशिक्षकाः स्वयमेव उद्योगसन्धीन् सृजन्ति।  
Freelance Yoga Teachers creating own job opportunities.



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नियोजनीयता:

Employability

पाठ्यक्रमस्य/कार्यक्रमस्य अनावृत्तिः

Program/ Courses Exposure



भारतीयसांस्कृतिकसंबंधपरिषदा विदेशे शिक्षार्थयोगशिक्षकरूपेण एकादश जनाः चयनिताः।

11 selected as Yoga Teacher to teach abroad through Indian Council of Cultural Relationship.

1. Chandan Negi
2. Chandan Binyani
3. Yogesh Kumar
4. Devender Kumar
5. Umesh Soni
6. Jasbir
7. Kalpana
8. Sonia Arya
9. Etc.



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नियोजनीयताः

Employability

पाठ्यक्रमस्य/कार्यक्रमस्य अनावृत्तिः

Program/ Courses Exposure



सप्त सहायकप्रोफेसररूपेण चयनिताः।

07 selected as Assistant Professor .

1. Shri. Vivek Mishra
2. Priyanka Pandey
3. Ankit Arya
4. Ankit Kumar  
Pradesb.
5. Devender Kumar
6. Rohit Kumar
7. Vimlesh

Shri Lal Bahadur Shastri National Sanskrit University, New Delhii  
Shri Lal Bahadur Shastri National Sanskrit University, New Delhii  
Patanjali Yog Peetham, Haridwar, Uttarakhand.  
Maharishi University of Information and Technology, Lukhnow, Uttar  
Maharishi Valamiki Sanskrit University, Kaithal, Haryana.  
Maharishi Valamiki Sanskrit University, Kaithal, Haryana.  
Uttaranchal University, Deharadoon, Uttarakhand.



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नियोजनीयताः

Employability

पाठ्यक्रमस्य/कार्यक्रमस्य अनावृत्तिः

Program/ Courses Exposure



द्वौ योगचिकित्सकत्वेन शोधसहकारित्वेन च चयनिताः  
02 selected as Yoga Therapist and Research Associate.

1. Ruchi Goswami
2. Kajal

All India Institute of Medical Science, New Delhi  
Medanta Medcity, Gurgaon, Haryanan.



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पाठ्यक्रमस्य/कार्यक्रमस्य अनावृत्तिः

Program/ Courses Exposure



उद्यमशीलता:

Entrepreneurship

- ज्ञान-कौशल-प्रशिक्षणस्य उपयोगेन उद्योगस्य अन्वेषणम्।  
Using knowledge, skill and training to seek employment.
- स्वस्य उद्योगावसाराणां स्वयं सृजनम्।  
Create your own job opportunities.
- आरोग्य-शिक्षाक्षेत्रयोः औद्योगिक-संस्थात्मकपरिसरे च नवोन्मेषकरणम्।  
Innovate in the wellness, education sectors, industrial and organizational area
- प्राचीनाधुनिकावश्यकतां संयोज्य समाधानप्रदानम्।  
Offer solutions that blend tradition with modern needs.
- योगकक्षाभिः, सद्यस्कमञ्चैः, आरोग्योत्पादकैः, शिक्षासाधनैश्च अभ्यासानां विस्तरणम्।  
Scale up practices through studios, online platforms, wellness products, or educational tools.





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पाठ्यक्रमस्य/कार्यक्रमस्य अनावृत्तिः

Program/ Courses Exposure



कौशलविकासः

Skill Development:

- आसन-प्राणायाम-चिकित्सादीनां योगविधीनां अभ्यासे शिक्षणे च कौशलम्।  
Skills in practicing and teaching Yoga methods such as asanas, pranayamas, therapy, etc.
- शिक्षण-संप्रेषण-कौशलम्  
Teaching and communication skills.
- स्वास्थ्य-आरोग्यज्ञानस्य च प्रदानम्  
Delivery of Health and wellness knowledge.
- नेतृत्व- अनुसन्धान-शक्तीनाम् उपयोगः।  
Use of leadership and research abilities.
- तन्त्रज्ञानस्य उद्यमिताज्ञानस्य च उपयोगः।  
Use of Technology and entrepreneurship awareness.



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## पदविवरणम्

### Faculty Position



Post Name	Sanctioned	Filled	Vacant
आचार्यः Professor	-----	----	-----
सहाचार्यः Associate Professor	01 (ST)	0	01
सहायकाचार्यः Assistant Professor	03 (UR) + 01 (ST)	03	01 (ST)
सहायकाचार्यः(अनुबंधित) Contracted Faculty		04	Nil



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# विभागाध्यक्षस्य शैक्षणिकविवरणम्

## Head of Department Profile



### Teacher Name

**Professor Markandeya Nath Tiwari**  
**Teaching Exp.: 20 Year**

### 01. Qualification

- विद्यावरीधि (पी.एच.डी.):  
Vidyavaridhi (Ph.D.):
- आचार्य (सांख्य-योग):  
Acharya (Samkhya-Yoga): YES

### 03. Research Guidance

- Ph.D. Guided (Awarded) – 10
- Ph.D. Guided (on-going) – 05
- M. Phil. (Awarded) – 04

### 02. Participated in programmes

- Seminar's – 12
- Workshop – 11

### 04. Publication Details

- Book Published – 02
- Editorial – 02
- Research Papers – 12



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## अध्यापकानां शैक्षणिकविवरणम्

### Faculty Profile



S. No.	Name of Faculty	Designation	Educational Qualification (PG & above PG Level)	Specialization
1	Dr Ramesh Kumar	Coordinator Assistant Professor	PhD and M. A, (Yoga and SOL)	Classical Yoga relevant Text Studies
2	Dr Vijay Singh Gusain	Assistant Professor	PhD and M. A, (Yoga and SOL) & M.A. (Yoga)	Integrating Yoga with Biology, Psychology and Sociology
3	Dr Navdeep Joshi	Assistant Professor	PhD, M. A, (Yoga) and P. G. Diploma in Naturopathy and Yogic Science	Integrating Yoga and Naturopathy with Anatomy and Physiology
4	Shri Vivek Kumar Mishra	Assistant Professor (Contract)	M. A. (Yoga) and pursuing PhD.	Classical and Sanskrit Texts
5	Dr Jai Singh Bharia	Assistant Professor (Contract)	PhD and M. A. (Yoga)	Yoga, Marma Therapy and Yoga Therapy
6	Shri Balvir Singh	Assistant Professor (Contract)	M.A, (Yoga) and pursuing PhD	Yoga, Naturopathy and Diet and Nutrition
7	Shrimati Priyanka Pandey	Assistant Professor (Contract)	M.A, (Yoga) and pursuing PhD	Patenting of Classical Texts



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## विभागीयाध्यापकानामुपलब्ध्यः

### Faculty Achievements



.	Name of Achievements	Level			Total No.
		National	International	University	
1	Participation in Seminar/ Conference etc.	12	24	03	39
2	Paper Presentation in Seminar/ Conference etc.	12	15	09	36
3	Invited Talks/ Lecture in Seminar/ Conference/ Workshop etc.	18	06	09	33
4	Published Research Papers (UGC Care listed/ Peer Reviewed)	21	---	06	27
5	Published Research Papers	21	---	06	27
6	Books	07	---	02	09
7	Any other Achievements etc. (Honours)	04	---	02	06



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## शोधनिर्देशनम् Research Guidance



Research Guidance	Ongoing	Awarded
Doctorate (Ph.D.)	18	Nil
Total	18	Nil



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## आयोजितगतिविधीनां विवरणम्

### Details of Activities Organised



S. No.	Title of Activity	No.	Level	Duration	No. of Resource Persons	No. of Participants
1	Seminars	08	National	2 days or 3 days	4 / Seminar	250 +/Seminar
3	Workshop	04	Departmental	01 Day	19	200 + 78=278
4	Special Lectures	05	Departmental	01	02/year	250 +
5	Any Others Activities					

- The Students of P.G. Diploma in Yoga and M.A. II conducts 10 days Yoga Camp
- The Students of M.A. II takes 10 internship in Naturopathy
- The Students of P.G. Diploma in Yoga takes one month internship in Naturopathy
- 07 Days Camps + International Yoga Day celebration is conducted every year.





स्वतन्त्रतायाः  
अमृतमहोत्सवः

# कार्यक्रमाणां दृश्यचित्राणि

## Glimpse of Events

विकसित <sup>100 YEARS</sup> भारत  
अभियान  
1947 TO 2047







स्वतन्त्रतायाः

अमृतमहोत्सवः

कार्यक्रमाणां दृश्यचित्राणि

Glimpse of Events

विकसित <sup>100 YEARS</sup> भारत  
अभियान  
1947 TO 2047



**श्री लाल बहादुर शास्त्री राष्ट्रीय संस्कृत विश्वविद्यालय नई दिल्ली**

**ज्ञान सभा**

**योग विज्ञान विभाग**

**10 मई 2024**

**स्थान - कक्ष स. 27, शैक्षणिक सदन**

**विषय - प्रश्नावली का निर्माण कैसे करें**

**समय**  
अपराह्न 2.30 बजे

**मुख्य वक्ता**  
डॉ. तमन्ना कौशल  
सहायक आचार्य (मनोविज्ञान विभाग) शिक्षा विभाग

**प्रो. वीर सागर जैन**  
अध्यक्ष योग विज्ञान विभाग  
प्रोफेसर, जैन विभाग, दर्शन संभाग

**आयोजक समस्त योग विज्ञान विभाग**  
MORE INFORMATION

डॉ. विजय सिंह गुप्ताई







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आप्तमाहोत्सवः

कार्यक्रमाणां दृश्यचित्राणि

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## कार्यक्रमाणां दृश्यचित्राणि

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1947 TO 2047





स्वतन्त्रतायाः

अमृतमहोत्सवः

## छात्राणां गतिविधयः

### Students Achievements



1. **Ms Kumkum of B. A. (Yoga) III** was **promoted** as Senior NCC Officer and honoured Blazer. She was also **honoured** with excellence award by ADG on 30<sup>th</sup> January, 2024.
2. **Ms Harshita Sharma of B.A. (Yoga) III** achieved **Best Award** in the Athlete category in the NCC Activity.
3. **Ms Vaishali of B.A. (Yoga) III** achieved **Best Award** in the **Dance Competition Cultural Activity** at RCTC Camp of NCC at Pithoragarh, Uttarakhand.
4. Several students of B.A. Yoga program participated in the **Republic Day Parade** in January, 2024.
5. **Ms Kavita Kumari of B.A. (Yoga) II** received **Silver Medal** (2<sup>nd</sup> Prize) in Yoga Asanas Competition held during 28<sup>th</sup> to 31<sup>st</sup> March 2024, at National Sanskrit University, Tirupati.
6. **Ms Priyanshi of B.A. (Yoga) III** received **Bronze Medal** (3<sup>rd</sup> Prize) in Yoga Asanas Competition and **Silver Medal** (2<sup>nd</sup> Position) in All India Sanskrit Students Talent Festival held during 28<sup>th</sup> to 31<sup>st</sup> March 2024, at National Sanskrit University, Tirupati.
7. **Deeksha Bisht of P.G. Diploma Yoga** received four **Silver Medals** (2<sup>nd</sup> Position) in Musical Chair, Relay, Long Jump and High Jump; and two **Bronze Medals** (3<sup>rd</sup> Position) in 200 meter and 400 meter race during the University Sports Days. She also received Certificate of Merit in Kho-Kho competition held by NCC program on Ek Bharat Shreshtha Bharat.



स्वतन्त्रतायाः

अमृतमहोत्सवः

## छात्राणां गतिविधयः

### Students Achievements



6. **Ms Priyanshi of B.A. (Yoga) III** received **Bronze Medal** (3<sup>rd</sup> Prize) in Yoga Asanas Competition and **Silver Medal** (2<sup>nd</sup> Position) in All India Sanskrit Students Talent Festival held during 28<sup>th</sup> to 31<sup>st</sup> March 2024, at National Sanskrit University, Tirupati.
7. **Priya Yadav of B.A. (Yoga) III** received **Gold Medal** in Traditional Yoga Asanas Competition and **Silver Medal** in Rhythmic Pair Yoga Competition of Delhi Olympic held at Ludlow Castle, Civil Lines Delhi on 12<sup>th</sup> February, 2024. She received **Silver Medal** during Asmita Khelo India Women's League National Level Competition held at Shrimad Dayananda Gurukul Mahavidyalaya, Uttar Pradesh.
8. **Abhishek Kumar of B.A. (Yoga) II** received **First Prize** for his speech on Earth Day on 2<sup>nd</sup> May, 2024.
9. **Ms Rupali Singh M.A. II** received **Gold Medal** (1<sup>st</sup> Position) in relay and 100 meter race during the University Sports Days.
10. **Ms Kusum of M.A. (Yoga) I** received **Bronze Medal** (3<sup>rd</sup> Position) in 100 meter race during University Sports Days.





स्वतन्त्रतायाः

अमृतमहोत्सवः

# छात्राणां वृत्तिनियोजनम्

## Students Placements



सप्त सहायकप्राध्यापकत्वेन विश्वविद्यालयेषु नियुक्ताः (SLBSNSU, PYP, MUIT, आदि)  
07 Assistant Professor in University (SLBSNSU, PYP, MUIT, etc.)

षट्त्रिंशत् योगशिक्षकाः विद्यालयेषु नियुक्ताः। (डी.पी.एस., संगवान, डी.ए.वी. आदि)  
36 Yoga Instructor/Teachers in the Schools (D.P.S., Sangwan, D.A.V. etc.)

नव अनुसन्धानसहयोगिनः सर्वकारीयसंस्थानां परियोजनासु नियुक्ताः (CSIR, AIIMS, इत्यादिषु)  
09 Research Associates in Government Institution's Projects (CSIR, AIIMS, etc.)

शताधिकाः जनाः गृहेषु योगसेवां प्रदन्तः व्यक्तिगतप्रशिक्षकरूपेण कार्यं कुर्वन्ति।  
Over 100 are serving as Personal Training providing Yoga services at home

भारतीय-सांस्कृतिक-संबंध-परिषदा विदेशे शिक्षणार्थं योगशिक्षकपदेषु एकादश चयनिताः।  
11 selected as Yoga Teacher to teach abroad through Indian Council of Cultural Relationship.



स्वतन्त्रतायाः  
अमृतमहोत्सवः



शक्तिः

## Strength



- 1.** प्रमाणपत्रात् पीएच्.डी.पर्यन्तं विविधाः शैक्षिककार्यक्रमाः।  
A diverse range of academic programs from certificate to Ph.D.
- 2.** योग-संस्कृतादीनां समन्वयपूर्वकं बहुविषयदृष्टिकोणयुक्ताः संकायाः।  
Faculties with a multidisciplinary approach, integrating Yoga, Sanskrit, etc.  
  
डॉ. रमेश कुमार : अन्तर्राष्ट्रीययोगप्रतियोगितायाः स्वर्णपदकविजेता।  
Dr. Ramesh Kumar: Gold Medalist in International Yoga Championship.  
डॉ विजय सिंह गुसाई : शैक्षणिकशोध एवं शिक्षाशास्त्रविशेषज्ञता।  
Dr. Vijay Singh Gusain, Specialized in academic research and pedagogy.  
डॉ. नवदीप जोशी : अंतरराष्ट्रीयस्तरे प्रसिद्धः नादयोगगुरुः तथा प्राकृतिकचिकित्सायाः विशेषज्ञः।।  
Dr. Navdeep Joshi: Internationally recognised Nada Yoga Guru and expert in Naturopathy.
- 3.** राष्ट्रीयराजधानीप्रदेशे स्थितं शिक्षण-आरोग्यजालसम्पर्कस्य सुलभतां वहति।  
Located in the national capital territory, enabling access to academic and wellness networks.
- 4.** योगदर्शनशास्त्रे शास्त्रीयग्रन्थेषु च दृढः पारम्परिकः आधारः।  
Strong traditional foundation in yogic philosophy and classical texts.
- 5.** केन्द्ररूपेण प्रामाणिक-शास्त्रनिष्ठ-योगशिक्षायाः सेवायां समर्थः।  
Potential to serve as a hub for authentic, scripturally rooted yogic education.



स्वतन्त्रतायाः  
अमृतमहोत्सवः

## दौर्बल्यम् Weakness



- 1 प्रायोगिकप्रशिक्षणस्य अनुसन्धानस्य च अपर्याप्त-आधारसामग्रयः।  
Inadequate infrastructure for practical training and research.
- 2 मनोवैज्ञानिक-शारीरिकप्रयोगशालानां विशेषयोगपुस्तकालयस्य च अभावः।  
Absence of a psychological and physiological labs, and a specialized Yoga library.
- 3 पर्याप्तनियोजनसंधीनाम् अभावः।  
Lack of ample placement opportunities.
- 4 विभागीयपूर्वविद्यार्थिनां सम्मेलनाय आवश्यकता।  
A need for gathering of departmental alumni.
- 5 आधुनिकस्वास्थ्यपद्धतीभिः सीमितः समन्वयः, व्यापकप्रसारबाधश्च।  
Limited integration with modern wellness practices, hindering broader outreach.



Weakness



स्वतन्त्रतायाः  
अमृतमहोत्सवः

## अवसरः Opportunity



- 1: प्रमाणाधारितयोगप्रयोगस्य चिकित्सायाश्च वर्धमानापेक्षाः।**  
Increasing demand for evidence-based Yoga application and Therapy.
- 2: प्रशिक्षणार्थम्, आन्तरिकसेवायै, नियोजनाय, चिकित्सालयैः आरोग्यकेन्द्रैः विद्यालयैश्च सह सहयोगकरणम्।**  
Collaborate with hospitals, wellness centers, and schools for training, internships, and placements.
- 3: पञ्चकर्म, बी.एन.वाय.एस्. तथा संबद्धसमन्वितस्वास्थ्यविज्ञानेषु प्रमाणपत्राणां स्नातकोत्तरडिप्लोमपाठ्यक्रमाणां च आरम्भस्य अवसरः।**  
Scope to introduce Certificate/P.G. Diploma in Panchakarma, BNYS, and related integrative health sciences.
- 4: योगाधारितमानसिकस्वास्थ्यसेवायै परामर्शपरामर्शकिन्द्रं स्थापयितुं सामर्थ्यम्।**  
Potential to establish a counseling and consultation center for yoga-based mental health services.
- 5: असर्वकारीयसंस्थाभिः सर्वकारीयसंस्थाभिः च सहकार्येण समुदायसंपृक्तिप्रवर्तनानां, योगशिबिराणां च चालनम्,।**  
Build community engagement programs, yoga camps, and outreach initiatives in collaboration with NGOs and government bodies.





स्वतन्त्रतायाः  
अमृतमहोत्सवः

## प्रत्याह्वानानि Challenges



- 1: सीमितसाधनेषु अनुसन्धानस्तरीयप्रयोगशालानां पुस्तकालयानां च निर्माणं संरक्षणं च।  
Building and maintaining research-grade labs and libraries within limited resources.
- 2: आधुनिकसौकर्याणां नियोजनसहायस्य च अभावेऽपि विद्यार्थिनाम् आकर्षणम्।  
Attracting students in the absence of modern facilities and placement support.
- 3: उद्योगानुगुणं प्रौद्योगिकीसक्षमं प्रशिक्षणप्रदातृभिः स्वायत्तसंस्थाभिः स्पर्धा।  
Competing with private institutions that offer industry-aligned and tech-enabled training.
- 4: स्वास्थ्य-सौख्यपरिसंस्थायां बहुविषयकविश्वसनीयतायाः स्थापना।  
Establishing interdisciplinary credibility across the health and wellness ecosystem.
- 5: स्थानीयवैश्विकयोगसमुदायैः सह न्यूनदृश्यता-संपृक्तेः च अतिक्रमणम्।  
Overcoming low visibility and engagement with the local and global yoga communities.



स्वतन्त्रतायाः

अमृतमहोत्सवः

# भावियोजनाः

## Future Plans



- नैदानिकप्रयोगेन च प्रकरणाधारित-अध्ययनपद्धत्या सह बी.एस्.सी. (योगः), बी.एस्.सी. (योगचिकित्सा), एम्.एस्.सी. (योगः), एम्.एस्.सी. (योगचिकित्सा) पाठ्यक्रमाणाम् आरम्भः।  
To start B.Sc. (Yoga), B. Sc. (Yoga Therapy), M.Sc. (Yoga), M. Sc. (Yoga Therapy) with clinical application and case based learning.
- पञ्चकर्म, योगमानसशास्त्र, बी.एन.वाय.एस्. तथा संबद्धविज्ञानेषु प्रमाणपत्रपाठ्यक्रमानां स्नातकोत्तरडिप्लोमपाठ्यक्रमाणां च आरम्भः।  
To start Certificate and P.G. Diploma courses in Panchakarma, Yogic Psychology, BNYS, and allied sciences.
- शारीरिक-मानसिककल्याणाय योगाधारितपरामर्शपरामर्शकिन्द्रस्य स्थापना।  
To set up a Yoga-based counselling and consultation center for physical and mental well-being.
- मानसिक-शारीरिकप्रयोगशालानां स्थापना एवं योगसम्बन्धिविशिष्टपुस्तकालयस्य प्राचीन-आधुनिकसाधनैः विकासः।  
To establish psychological and physiological labs, and develop a Yoga-specific library with classical and contemporary resources.
- सक्रियपूर्वविद्यार्थिसंघटनस्य गठनम् एवम् उद्योगसंस्थाभिः शिक्षणप्रशिक्षणनियोजनसहायार्थसहयोगश्च ।  
To form an active alumni association and collaborate with industry and institutions for internships and placement support as well.



स्वतन्त्रतायाः  
अमृतमहोत्सवः



**धन्यवादः**  
**THANK YOU**