



JAMSHEDPUR WOMEN'S COLLEGE

(A Constituent Autonomous College of Kolhan University)

College with Potential for Excellence by UGC, New Delhi

"A" Grade College by NAAC, Bangalore

JAMSHEDPUR - 831 037



M.A. IN YOGA (TWO YEARS) (As per UGC Norms)

ABOUT THE PROGRAMME :

Yoga is an age old Practice or discipline, covers the physical, mental and spiritual aspects of human being. Yoga originated in ancient India. Having Secular nature Yoga had been accepted by almost every philosophical schools of India throughout the entire historical period. Yoga is a path of scientific ways of life and living. Over the years, Yoga has been developed into a science of 'Health and Healing. Now a days yoga has become much popular and being used as a practical guide for healthy living. It has also been developed into a professional subject with its practices and therapies. Now a days yoga has also a beautiful career prospect.

OBJECTIVE :

The aim of the Yoga studies is to promote, develop and disseminate Yoga among the general public on all over India & world level for prevention of diseases and health promotion. The specific objectives are as under:

- To act as a centre of excellence in Yoga
- To develop , promote and propagate the philosophy , science and art of Yoga and Naturopathy
- To provide and promote facilities of teaching, training therapy and research to fulfill the above two objectives
- To enhance the knowledge of Yoga amongst the masses.
- To increase mass awareness about health benefits of Yoga.
- To promote the positive health through Yoga.
- To introduce Yoga training/therapy to the general public
- To introduce Yoga modules developed by different leading Yoga Schools, college & university for health promotion.
- To bring awareness among people.

Programme Outcome

After successful completion of the course the students will

- Develop social responsible personality having a positive approach and ethics and rich in culture in the field of teaching and training.
- Provide best of Yoga education, training and therapy
- Spread health , happiness and harmony for all through Yoga

After passing M.A. in Yoga students can appear in UGC/NET EXAM

ELIGIBILITY CRITERIA : Any graduate with 45% of marks can apply. Selection of the students of M.A. in Yoga will be done purely on merit basis.

DURATION : Two Years (4 Semester)

Fee Structure : Tuition Fees : 10,000/- Per Semester. (Admission, Examination, Registration fees extra).

Note : Students who have passed out P.G. Diploma in Yoga Therapy from Jamshedpur Women's College will get concession in tuition fees.

No. of Seats : 60 (Sixty)

[for more details contact](#)

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