



SHREE SADASHIVA CAMPUS, PURI (ODISHA)

CENTRAL SANSKRIT UNIVERSITY

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PROGRAMMES FOR YOGA DEPARTMENT



SHREE SADASHIVA CAMPUS, PURI(ODISHA)

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Yoga is a science of consciousness, a science of personality, and a science of creativity. It dignify the essential unity that is the basis of life. It embraces the full spectrum of reality, from the most spiritual to the most material. The philosophy of Yoga is practical and applicable in our day-to-day living. The practice of Yoga is process self discovery. It is an awakening of long deep rooted memories of whom and what we really are! Yoga, as union, implies perfect harmony of body and mind. It implies the harmonious integration of personality. The most common benefit of Yoga practice is the sense of well- being at all levels of our exercise.

Yoga has now got worldwide acceptance. On 11th December2014, the 193 member UNGA approved India's proposal by consensus with arecord177 co-sponsoring countries, are solution to establish 21st June as International Day of Yoga. In its resolution, the UNGA recognized that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walk of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

Department of Yogic Science offers the opportunity to journey into the depth of your yoga practice. Department of Yogic Science offers a natural haven for those who seek an experience and environment in which to evolve in body, mind and spirit. Department of Yogic Science is a world renown yoga school specializing in the traditional Classical and Ashtanga system of yoga. Our school has dedicated itself to sharing and spreading the knowledge of this miraculous lineafe, continuing to inspire and evolve yoga practitioners around the world.

(Dr. Prem Prakash Pandey)

Assistant Professor



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Department Of Yogic Science & Spirituality

Department of Yogic Science & Spirituality is a focal institute for Planning, Training, Promotion and Coordination of Yoga Education, Training, Therapy and research in all aspects. Department of Yogic Science is establishing to act as a center of Excellence in the field of Yogic Science. As the demand for the system of yoga is increasing rapidly at the state level, the department is striving hard to fulfill the current need and demand of the people from every corner.

Aim

The aims of **Yogic Science Department** is to promote deeper understanding of yoga philosophy, Vedic studies and practice based on ancient yoga tradition for health and well being of all.

Objectives

Objective of the **Yogic Science Department** are-

- Dissemination of the tents of Indian Culture and Human Values. Education and Research in the discipline of Yogic Science Department and to promote a proper blend of science& spirituality.
- Conducting research on various stream of science based on yoga & ancient vedic culture like Veda, Upanishads, Philosophy etc.
- Teaching and research in the field related to self employment , village management etc. with a view to usher a new social order.

Vision

Health , Happiness and Harmony for all through Yoga and Vedic Studies.

Mission

- Development of an integrated yoga system which incorporates practical philosophy and a holistic lifestyle.
- Following to ancient yogic teaching from sacred scriptures and the Sanatan tradition.
- Confluence of traditional education with science and spirituality.
- Creation of devoted, righteous and learned students.
- Infusion of scientific spirituality into life style.
- Creation of citizens well endowed with nationalistic ideals.
- Guiding future Leaders by developing human values and oneness towards all.
- Conducting convention research in not conventional disciplines.

A Commitment of the Yoga Department

- Advocating and upholding the fundamental values of Indian Culture with the aim of Global Culture & Spirituality renaissance.
- Advancing the intellectual, cultural and spiritual welfare of the student by reviving the education pattern of the ancient time.
- Sustaining sentiments of patriotism and service to society.
- Developing a new generation of professionals to spread the ancient Vedic Wisdom.
- Working with established national and international institutes to enrich the educational quality and spiritual activities around the world.
- Maintain high standard of ethics and quality in research, teaching and administration.

Yoga Training Programmes

Yogic Science Department will arrange to provide Yoga Instructors to the Govt./ Private organizations/RWAs interested in conducted Yoga Training Programmed in their locality .The Yoga instructors will be provided on part time basis. Interested Organizations may contact the institute for conducting Yoga training programmes in their nearby locality with necessary details.

RESEARCH ACTIVITIES

- Scientific Research:** The laboratories in the department are equipped with modern scientific instruments to carry out fundamental and applied research work in Yoga& Vedic Studies.
 - Research-**Projects of scientific research in yoga undertaken to establish the relation between yoga and modern scientific disciplines as well as , fundamental nature , validity and applications of yoga practices by means of scientific method.
 - Awareness-** Involves activities, events and publications that create awareness in people about yoga and health.
 - Training-** Training activities for community and faculty development , as well as teaching and mentoring of institutional course students.
 - Service-** Renders income- generating and non-paid services of bio- chemical, physiological and psychological investigations to institutional and external clients
 - Information-** Activities and events that impart information to common people about scientific research in yoga conducted by the department.
- Philosophical Literary Research:** The philosophic- Literary Research Department of is engaged in fundamental research of ancient yogic, Vedic and philosophical texts.
 - Teaching-**Academic courses in the institute. Week- long workshops for visitors.
 - Research-**Manuscript, Literary research, Analytical research Indian scriptures and sciences.
 - Publications-**Text books, concordances, anthology, reprints,etc.
 - Outreach-**External workshops, guest lectures, seminars and conferences.

YOGIC SCIENCE PROMOTION ACTIVITIES

International Day Yoga (IDY)

Yogic Science Department is actively participating in “International Day of Yoga” (IDY) on June 21.

National Yoga Week

The **Yogic Science Department** organizes an annual mega event “National Yoga Week” , a mass awareness program for health, happiness and harmony through yoga studies every

year, which includes Seminar, Conference and skill building Workshops on different Themes.

The International Yoga Fest

Yoga Department will Organized the International Yoga Festeval .A Curtain Raiser for International Day of Yoga.

Bi- annual Seminars

Institute is going to organize two seminar in a year on one specific themes related to Yoga, Vedic Studies and Allied Subjects to disseminate the knowledge to the Professional.

Bi- Monthly Expert Lecture Series

Organized a Bi- monthly Expert Lecture Series on Sunday of every odd month. Eminent experts from Yoga, Vedic Studies & Allied Sciences as well as AYUSH/Allopathic experts are invited to deliver expert lectures in the Institute on regular basis.

Conference, Workshops and Orientation Lectures

The Institute organizes Conference/ Workshops on regular basis in collaboration with eminent Yoga/ Medical Institutes to disseminate and exchange the experiences of eminent Yogis, Yoga Therapists and Researchers, Scientist, Vedic Scholar as well as Yoga aspirants. Month end Workshops and Special lecture are also being arranged periodically. A monthly orientation Lecture series has also been started to impart knowledge and skill to the Yoga Aspirants

Publication & Propagation

The Institute brings out booklets, leaflets, informative brochures etc. The Institute has also brought out some books& booklets.

Spiritual Yoga Retreat, Yoga Shibir& Adventure Activities

People who are on a spiritual journey often find themselves in India, where they study the teaching of ancient text and meet likeminded people. We also organize Spiritual Yoga Retreat, Yoga shibir and provide Adventures activities such as mountaineering, trekking etc.in Himalayan range. Yoga Department offers a natural haven for those who seek an experience and environment in which to evolve in body, mind and spirit.

YOGA THERAPY & HEALTH PROMOTION PROGRAMME:

Yoga Therapy & Health promotion Program of one hour each are conducting from 6:00 to 7:30on all working days.

YOGA THERAPY PROGRAMMES		
1	Yoga For Respiratory	Asthma, Chronic Cough, Breathlessness, Nasal Blockage, Nasal Allergies, Sinusitis, Bronchitis, Improve Lung capacity, Tonsillitis etc.
2	Yoga for Arthritis&Rheumatis	A. Arthritis- Rheumatoid Arthritis, Gout, Osteoarthritis, Slipped disk, Sciatica B. Cervical & Back Problems- Cervical&LumbarSpondylitis, Low back pain, Degenerative disc, Tingling, Muscle weakness in arm or leg, Fibromyalgia
3	Yoga For Digestive& Gastro-intestine tract	Acidity, Gas, Indigestion, Weak Digestion, Constipation, Obesity, Poor Appetite, Pitta Dosha imbalance, Migraine, Diabetes etc.
4	Yoga For Nervous System	Stress, Anxiety, Headache, Insomnia etc.
5	Yoga for Heart & Blood Circulatory	Hypertension , Hypotension etc.
6	Yoga For Urogenital System	Kidney stone, Prolapse, Menstrual disorders, etc
HEALTH PROMOTION PROGRAMMES		
7	Yoga For Kids	Yoga for kids includes poses to increase academic performance, strength, flexibility and coordination. Classes are intended to be fun and may include age-appropriate games.
8	Yoga For Youth/Students	Youth face constant pressure to excel at studies, get a job , manage relationship and deal with numerous other problem. Armed with yoga & meditation , youth say that sitting calmly for 20 minutes.
9	Yoga for Women	Women are competent ,versatile and successful-dynamic at work. They are the glue that hold many pieces of life together.Our course helps them deal with all these phases,changes and challenges coming into their life.
10	Yoga For Adults	Yoga for seniors is the chance to mingle and bond with others.This priceless addition keeps the mind engaged and happy & healthy.
11	Yoga For corporates	Corporate Employees deserve the opportunity to reduce stress and tension and become more physically fit.
12	Home Classes	We are flexible enough to serve you at any place be it, your home also.Yognilyam provide Home service for you at your doorstep.