



HSNC University, Mumbai

A NEW ERA IN EDUCATION

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



School of
Yoga

ADMISSIONS STARTED FROM OCTOBER 12, 2020
FOR 3 YEAR UG PROGRAMME

Bachelor of Science – Yoga

KNOWLEDGE PARTNER



KAIVALYADHAMA

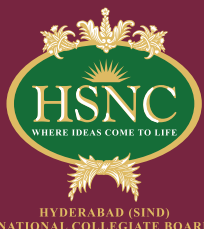
Where Yoga tradition and Science meet

For more details visit or call

www.hsncu.edu.in

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the future with HSNC University today!



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Reach us at askmeanything@hsncu.edu.in for any queries

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PARENT BODY: HYDERABAD (SIND) NATIONAL COLLEGIATE BOARD

K. C. College Building, Vidyasagar Príncipeal K.M. Kundnani Chowk, 123, Dinshaw Wachha Road, Churchgate, Mumbai 400020 Email: contactus@hsncu.edu.in

Contact: 022 24935281 / 24915103 / 24974858 / 24971506

About HSNC University, Mumbai

The Hyderabad (Sind) National Collegiate (HSNC) Board is one of the most prominent educational Boards of Maharashtra that has set up 17 educational institutions in and around Mumbai.

In the year 2019, the HSNC Board completed 70 years of its educational journey and finally achieved the dream of its Founding Fathers - the establishment of a new State Cluster University - the Hyderabad Sind National Collegiate University (HSNC University).

The HSNC University has been approved by RUSA and the Govt. of Maharashtra and is the first State Cluster University to be set up in the Government - Private Management Body partnership with the Hon. Governor of Maharashtra as its Chancellor and eminent industrialist, Dr Niranjana Hiranandani as its first Provost.

The HSNC University comprises of renowned South Mumbai colleges like 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 will build partnerships with industry and have new curriculum aligned with industry 4.0. The aim will be 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. It wishes to harness the energy and enthusiasm of the young, dynamic population of India and guide it towards the path of learning, knowledge, research, innovation, service to society and entrepreneurship.

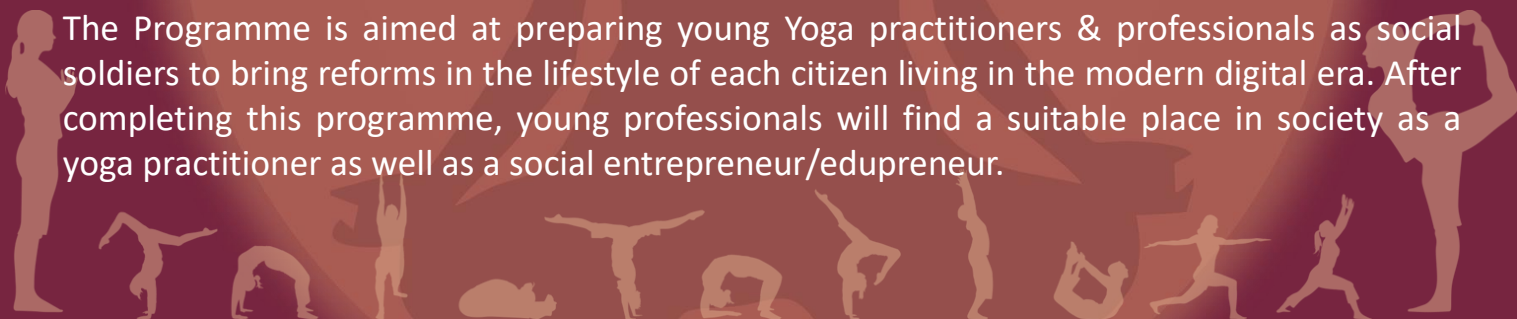
This University desires to mainstream the ancient learning systems of our great nation, like Yoga, and hence has introduced a School of Yoga, with a special curriculum designed to inculcate holistic knowledge and practice of Yoga.

About School of Yoga

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

The faculty of HSNC University Mumbai along with faculty of Kaivalyadhama Yoga Institute has done intensive research on the development of curricula and have designed a THREE YEAR UG 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 a yoga practitioner as well as a social entrepreneur/edupreneur.



About 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 which initiated scientific research in Yoga, based on traditional foundations and understanding.

It is recognised 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.

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 performing arts 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 body in a healthy mind.

ORIENTATION PROGRAMME on Monday November 30, 2020

PRACTICAL SESSIONS begins Wednesday December 02, 2020

Fees = ₹ 35,000/year*

* For detail fee structure kindly visit the website www.hscnu.edu.in