



**KALINGA  
UNIVERSITY**

**NAAC  
GRADE B+**  
Accredited University

**nirf  
RANKING  
2024**

Ranked in  
Top 101-150  
Universities

DEPARTMENT OF

**YOGA**



BEND YOUR MIND, INSPIRE YOURSELF

# ABOUT KALINGA UNIVERSITY

Kalinga University, Raipur has emerged as a centre of excellence of higher education in Central India. Strategically located in the Smart City of New Raipur, this University has started carving a niche for itself in the education domain and is rising as a shining star on the horizon of quality education.

**About Raipur** - Raipur is the Capital of Chhattisgarh and New Raipur is the New Capital of Chhattisgarh in the making. New Raipur is the fourth planned city of India with wide roads and miles of greenery and is pollution free. It is the first integrated and smart city of the country. A cosmopolitan city which is also the hub of higher education hosts IIM, IIT, IIIT, National Law University, CIPET, NIT and AIIMS. In addition it also hosts most National and International Brands of Food and Retail Outlets.

**Establishment** - Established in 2013, this University has been able to win the confidence of over 12000 students. Meritorious students from all over the country and various foreign countries like Afghanistan, Angola, Bangladesh, Cameroon, Gambia, Ivory Coast, Kenya, Lesotho, Liberia, Malawi, Namibia, Nepal, Nigeria, Papua New Guinea, South Sudan, Swaziland, Tanzania, Uganda, Zambia and Zimbabwe etc. have chosen this University for their education and career.

**Schools of Excellence** - Currently the University is serving the student community through various schools offering UG and PG programs namely Arts & Humanities, Biotechnology, Commerce & Management, UX Design, Engineering, Fashion Design, Information Technology, Interior Design, Journalism & Mass Communication, Law, Library Science, Pharmacy, Science, Education and Yoga. It also has A centre for Doctoral Research Programmes in various fields.

**Academics and Faculty** - All schools are headed by senior professors having excellent academic credentials and experience of teaching, publications and research. They are ably supported by the well qualified faculty members who come from top educational institutions and the Industry. Students also get an opportunity to learn from a distinguished panel of experts drawn from various industries, who regularly come for guest lectures.

**Infrastructure** - Kalinga boasts of World Class Infrastructure and student facilities with student centric approach. Highest attention is paid to hands on learning approach and students are encouraged to come up with innovative ideas for projects and practicals. The University has more than 75 laboratories and workshops, all well equipped with the latest, state of the art apparatus and tools. Special emphasis is given to the development of communication skills through the language lab. More than 1200 computers are available for the use of the students.

The Library has a collection of over 90,000 books and also offers digital content through membership of DELNET, National Digital Library and NPTEL. Various magazines and journals are available for the use of the faculty and students. Infrastructure consists of Student Hostel facilities, Green Acres, Canteen, Food Mess, Gymnasium, Fully Wi-fi Campus, ATM, Mini Market, Student hangout Areas, Sports Complex, Recreation Halls with Indoor Games and Music and recreation activities.

**Industry Orientation and Leadership** - Industry interaction is an integral part of the curriculum and industrial visits, internships on live projects and mentoring by the Industry leaders are regular features. The University has developed excellent connections with the top Industries of the region by taking memberships of leading industrial associations like Confederation of Indian Industries, PHD Chamber of Commerce and Industry, Federation of Indian Chamber of Commerce and Industry, Indian Importers Chamber of Commerce and Industry, etc. The University has an active chapter of Young Indians in which students get an opportunity to interact extensively with the Industry leaders and attend various corporate seminars and events.

**Life Changing Experience** - Kalinga is a Life Changing Experience where the focus is on over all development of students. NCC, NSS and various other clubs and societies offer opportunities to students to showcase their talent and learn under the guidance of experts. Music, Dance and Martial Arts trainers are available for the students. Coaches of different games and sports like Cricket, Football, Basketball, Volleyball and Athletics are also available for sharpening the skills of the students.

## DEPARTMENT OF YOGA

Yoga is the most ancient system of physical and mental development. For centuries it has been practiced by yogis, sages and seers in order to attain the highest goal of life.

The Department of Yoga explores and propagates the therapeutic benefits of yoga through academic training and research activities. Kalinga University has been celebrating International Yoga day every year on 21st June. The Department of Yoga aims to prepare trained manpower fully equipped with knowledge and skills for treatment of diseases and to improve the overall health in all manifestations with the help of yoga. The purpose is to impart knowledge of yoga to students in order to enable them to teach yoga to the others in institutions and to the interested public of all age groups. Successful completion of the program will enable the students to teach yoga practices and meditation with a secular and scientific orientation. For the guidance of the students, the Department has well qualified and experienced teachers.

The specific objectives are to:

- provide the necessary knowledge of the theory and practice of yoga
- give students a basic understanding of human anatomy & physiology and yoga texts relevant to the theory and practice of yoga
- promote positive health and spiritual evolution of individuals by the practice of yoga and to make aware of the utility of yoga in disease prevention and promotion of health
- provide the basic understanding of the Indian philosophy, psychology and in-depth knowledge of Yoga therapy relevant to the theory and practice of yoga



# YOGA STREAM

After earning a Degree in Yoga, you will experience a different career environment, can get a good pay scale, will enhance your people interaction & communication skills and can have various career opportunities or may work for yourself as a freelancer or be the owner of a business. Yoga teachers are paid handsomely in various parts of the world such as European Union, and Asian countries like India. Moreover, the median average salaries in various global regions are expected to rise by greater percentage. You will enhance your people and communication skills. Public interactions help you grow as a person.

There is a sudden demand for Yoga, the adult population in India is suffering from an unhealthy lifestyle. This accounts for all kinds of health issues – obesity, hypertension, blood pressure, weak joints & muscles and more. There are career opportunities in Yoga with job profiles including Yoga Teachers, Yoga Therapist, Yoga Researchers and also working for yourself as a freelance or the owner of a Yoga Studio, provide one to one Yoga Therapy, provide Online Yoga education or be a Yoga Blogger. Nowadays understanding its importance, gyms have also started to hire Yoga Instructors for their clients.

## PROGRAMS & ELIGIBILITY

S. No.	Program	Duration	Mode	Eligibility
01.	<b>Bachelor of Science (B. Sc.) Yoga</b>	4 Years	Semester	10+2
02.	<b>Master of Science (M. Sc.) Yoga</b>	2 Years	Semester	Graduation
03.	<b>Diploma in Yoga</b>	1 Year	Semester	10+2
04.	<b>PG Diploma in Yoga</b>	1 Year	Semester	Graduation

**Note:**

- Post completion of 4 years, student will be awarded a Bachelor's Degree (Honours/Honours with Research).
- Student will be eligible to pursue a Ph.D. (Doctor of Philosophy) after completing the 4-year Honours/Honours with Research program (with a minimum score of 75% marks), without the need for a 2-year PG program.
- Post completion of 4 years, student will be eligible to complete Post Graduation (PG) in one year.

## CAREER OPTIONS

### Some Employment Options in Yoga Are:

1. Yoga Trainer
2. Yoga Therapist
3. Research Officer
4. Yoga Teacher
5. Yoga Instructor
6. Therapist & Naturopath
7. Government & Private Educational Institutes
8. Yoga Training Institutions
9. Health Centres/Gyms
10. Alternative Medicine Clinics - Yoga Instructors
11. Self-Employment
12. Organising Yoga Camps/Workshops
13. Creator - Blogs/Vlogs on Yoga
14. Tourism Sectors
15. Online Yoga Classes
16. Opportunities in Foreign Countries
  - Singapore, Malaysia, Hong Kong, USA, etc



# SECTORS EMPLOYING YOGA GRADUATES

## Yoga Institutes/Ashrams

- Ashtanga Yoga Research Institute
- Krishnamacharya Yoga Mandiram
- Ramamani Iyengar Memorial Yoga Institute
- Bihar School of Yoga
- Parmarth Niketan Ashram
- Rishikul Yogashala
- Rishikesh Yogis Yogshala

## Yoga Centres

- Iyengar Yogashraya
- The Yoga Institute
- Kaivalyadhama Health and Yoga Research Centre
- Ananda in the Himalayas
- Isha Yoga Centre
- Sivananda Vedanta Centre Neyyar Dam
- Haritha Ayurveda Academy & Panchakarma Centre

## Spa & Health Clubs

- Awaken Inner Buddha Yoga & Meditation
- Greens Ayurveda
- Real Happiness
- Rishi Ayurveda & Yoga
- Club Prana Spa and Wellness
- Bodosphere

## Resorts/Retreats

- Himalayan Iyengar Yoga Centre
- Purple Valley
- The Anahata Retreat
- The Amrutham Gamaya
- The Bamboo Yoga Retreat
- The Vana

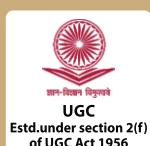
## Hotels

- Six Senses Fort Barwara
- Amal Tamara
- Pilibhit House
- The Postcard Hideaway
- New Delhi Marriott Hotel
- Raddison Blu Hotel

## Educational Institutes/Schools

- National Institute of Technology
- Indian Institute of Technology
- Indian Institute of Science
- University of Delhi
- Banaras Hindu University
- New Era High School
- Rishi Valley School
- Mayoor School

## APPROVALS & ASSOCIATIONS



UGC  
Estd.under section 2(f)  
of UGC Act 1956



AICTE



Pharmacy  
Council  
of India



NCTE  
National Council for Teacher Education  
(A Statutory Body of the Government of India)



Bar Council  
of India



Association  
of Indian  
Universities



Young Indians  
WE CAN WE WILL



AIPMA  
All India Professional and  
Management Association  
Education . Experience . Excellence



वि प  
विग्यान प्रसार  
Vigyan Prasar



Vocational Training  
Provider under  
Chhattisgarh State  
Skill Development  
Authority



CII



Vocational Training  
Provider under  
Ministry of Labour  
& Employment



Tribhuvan University  
Nepal



NCC



वर्षाय सेवा योजना  
NATIONAL SERVICE SCHEME



FICCI



N·S·D·C  
National  
Skill  
Development  
Corporation



प्रधानमंत्री कौशल विकास योजना  
PMKVY

**Call :** +91-9907252100 (For Indian Students),

+977-9823770750 & +977-9823486747 (For Nepal Students),

+91-7470783000 (For International Students)

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Chhattisgarh, India.

**City Office :** 1st Floor, SLT Water Front, Opp. Telibandha Talab, Raipur - 492001.

**Bhilai Office :** 111, Khichariya Complex, Near Hotel Grand Dhillon, Nehru Nagar, Bilalai, 490020.

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To register for our Entrance  
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