

According to UGC guidelines & on the basis of Multiple Entry Multiple Exit as per the NEP - 2020

All Theory, Practical will be in the morning session and mainly on Saturdays, Sundays and holidays

## M.A.(Yogashastra)

[Click here to Register](#)

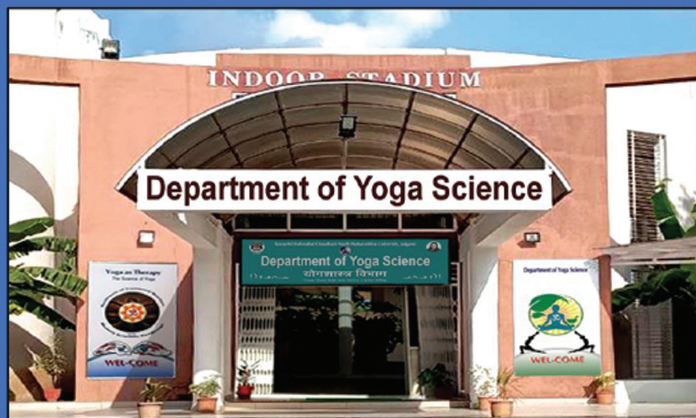
Duration : 2 Years (4 Semester)  
Medium : Marathi/Hindi/English  
Admission Fees : 8765/-  
Eligibility : Any bachelor's degree from Recognized University



As per NEP 2020 PG Diploma in Yogashastra will be awarded after completion of MA 1<sup>st</sup> year (exit)

### Opportunities –

To become a Yoga Teacher & Asst Professor  
To conduct own Yoga Classes  
To become a Yoga Consultant  
To become Yoga Advisor/ Consultant/ Yoga Therapist in India / Foreign Countries  
To become a Yoga Instructor in Jim, Spa and Health Centers  
Useful for maintaining Physical, Mental and overall Health as well.



### Yogayurved Unit –

Yogayurved therapies like Body Massage, Steam Bath, Vaman, Virechan, Nasya, Basti & Shirodhara are available in reasonable rates

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Along with the Young generation, Housewives, Teachers, Professors, Lawyers, Doctors, Employees and other Professional Persons can take admission in this course to maintain their health.