

DEPARTMENT OF HEALTH SCIENCES & YOGA – A GLIMPSE:

Department of Health Sciences & Yoga has a unique characteristic which excels each and every other department of the University. The inimitable nature of this Department is its incessant efforts of organizing National seminars and International Conference and its grand successes, which reveals department's team work, cooperation and innovative minds, flair for zealous work. Apart from these qualities, DHS&Y possesses a fully equipped Fitness Centre, with best available trainers and weight training equipments along with spa facilities like Sauna, Steam Bath, and Jacuzzi of international standards. This department although remained in a quiescent form in the beginning, later within three years from 2005, took up its huge premises, and incorporates a Yoga Asana Hall, a Meditation Hall, An Alternate Therapy Hall, where there are different sections for Acupressure, Magnetotherapy, specific equipments of Naturopathy and a full fledged Yoga Research Laboratory.

This Department had offered courses:

- 1) Certificate course on Yoga and Alternate Therapies - 2005
- 2) Certificate Course on Health and Fitness – 2008
- 3) Post Graduate Diploma in Yoga and Alternate Therapies – (2006 to 2009)
- 4) Post Graduate Diploma in Fitness Management – (2008)

We are also planning one more one month Certificate course on Athletic Care and Rehabilitation and one PG Diploma in Health and Injury Management.

Excluding the academic pattern, this Department also believes in co-curricular activities i.e., in organizing National and International Conferences as well as in sending trained interested students and faculties to similar seminars organized outside campus.

The marked achievements of the Department are:

- Ø **National Seminar II** on “Holistic Approach in Healing” between 25th – 27th October 2007
- Ø **Interim Seminar I** ‘For the Students by the Students’ – 6th December 2007
- Ø **Interim Seminar II** ‘For the Students by the Students’ – 30th January 2008

- Ø **One day Seminar cum Workshop on Weight Management** 12th Jan 2008
- Ø **One week Massage course (for Youth)** between 12th Nov and 19th Nov, 2007
- Ø **INTERNATIONAL CONFERENCE on STERSS MANAGEMENT** in Oct 20th – 22nd 2008.
- Ø **Interim Seminar III** ‘For the Students by the Students’ – 28^h March 2009
- Ø **Four weeks Certificate course On “Health & Fitness”** organized by the department on 3rd Jan to 30th Jan. 2008.
- Ø **One week Orientation Course on “Sports Medicine”** (International Standard) organized by the department. 3rd to 8th March 2008.

This Department is basically Health oriented and hence emphasizes on Individual and Social Health. It had also served the community in general by its multi faceted activities, mentioned below:

- Ø A study on **Effect of Yogic Intervention in the Psycho Physiological Status of the Prisoners, Central Jail, Gwalior**. One month of Yoga training was given to all the life imprisoned prisoners for their mental and social upliftment. Department also noted the changes in their Psycho physiological status – 2008



Ø 21 days' Yoga for Stress removal For the **Dainik Bhaskar Journalists** and research work upon the changes in their body composition, stress scale, frustration scale and stretching ability – 2007

Ø Yoga Therapy camps every summer for the general public

