

# Information Bulletin 2023



## Indian Institute of Yogic Science & Research (IIYSAR)

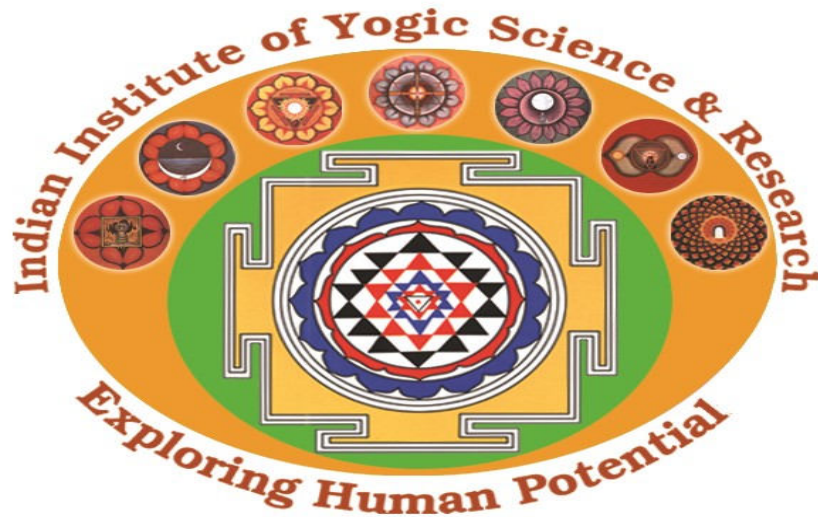
Tulsi Kutir, Plot No.2276, Near Post Office

Jarasingha, Angul-759143

Tel: 06764-296500, Mob: – 9438181217, 7978262825

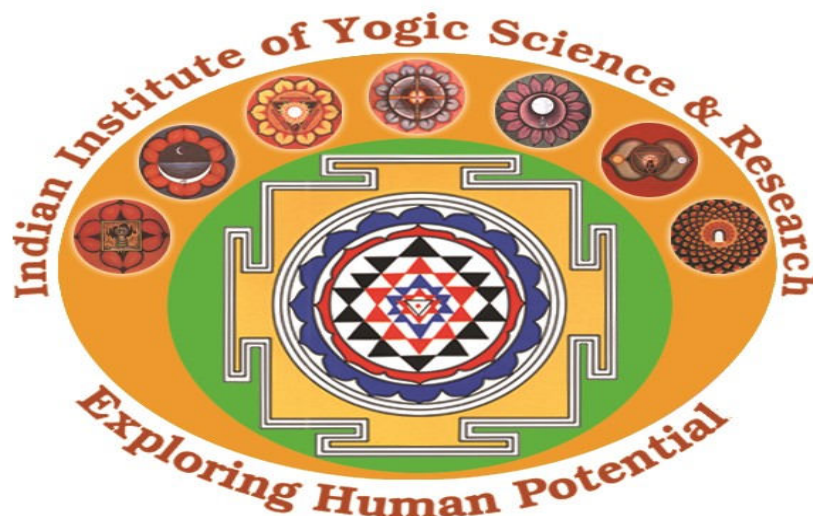
Email: [iiysar.office@gmail.com](mailto:iiysar.office@gmail.com), [iiysar.principal@gmail.com](mailto:iiysar.principal@gmail.com)

Web: [www.iiysar.co.in](http://www.iiysar.co.in)



## OUR VISION

*"To become a Centre for Excellence in Yogic Science and Naturopathy for a healthy, peaceful and prosperous society"*



## OUR MISSION

*"To impart education and training in Yoga and Naturopathy with clinical research & implementation in therapy for a holistic growth of society"*

# ABOUT THE INSTITUTE

Indian Institute of Yogic Science & Research (IIYSAR) is an institute designed and aims to provide Academic Education and to conduct Research in the field of Yoga and Nature Cure. This institute has been established by Shivananda Seva Trust in the year 2008 for propagation of Yoga and Allied Sciences in the most scientific, systematic and precise manner.

Indian Institute of Yogic Science & Research (IIYSAR) is duly recognized by the **Govt. of Odisha**, Dept. of Culture vide order No. 597UC-36/08 dated 17th Feb 2009 and affiliated to **Utkal University of Culture** vide order No.Acad.31/2009 Dated 13th July 2009 & vide order No.Acad.05/2014/1802 UUC dated 4th August 2018 got permanent affiliation to impart **Master Degree in Yoga**. Besides that the Institute also imparts many other short term courses. The main focus of this institute is to educate, train and prepare qualified teachers, practitioners and researchers so as to carry forward the highly scientific yogic traditions of India.

In the year 2010 Morarji Desai National Institute of Yoga (An autonomous organization under Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India) declares Indian Institute of Yogic Science & Research (IIYSAR) as the Nodal Centre for Orissa and Chhattisgarh for monitoring of Swami Vivekananda District Yoga Wellness Centers. In the year 2013 Ministry of Justice, Govt. of Thailand collaborates with IIYSAR to impart Yoga training for the Prisoners under 'INSPIRE' project.

# DIRECTOR'S VIEW



योगेन चित्तस्य पदेन वाचां ।  
मलं शरीरस्य च वैद्यकेन ॥  
योऽपाकरोत्तमं प्रवरं मुनीनां ।  
पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

*I salute Patanjali, the highest among the Munis, who shows the way for removing the impurities from the mind by Yoga (explained in Yoga Sutra), the impurities from the speech by Vyakarana (explained in Mahabhasya) and the impurities of body by Ayurveda (explained in Charaka Samhita); I bow down to that greatest Muni Patanjali and seek his blessings.*

Yoga is a universal, evolutionary science which was derived from the tantric and Vedic traditions. It has been transmitted down through the ages in an unbroken lineage of yogis, rishis and seers, who developed this science for the expansion and liberation of human consciousness. Yoga is not a religion, as it neither encourages nor imposes any kind of religious dogma or belief. Yoga is a science as it answers the basic questions about human existence and experiences. Yoga deals with the problems of human nature and human exigencies through a vast repertoire of practical methods which aim towards physical, mental and emotional purification, regulation and awakening of human potential with a spiritual essence. At present, Yoga is passing through a momentous period of growth and expansion with its rapid integration into to modern society. Indian Institute of Yogic Science & Research (IIYSAR) is constantly engaged in discovering the psycho physiological change in human nature and behavior by implementing different practices of Yoga which will guide the humanity to utilize this subtle science for a healthy, harmonious and prosperous society. For this mission we seek the cooperation from the students, faculties and well-wishers with full of dedication and sacrifice.

Sanyasi Yogeshwar



# *Master Degree in Yoga*

**Recognition:** "Department of Culture, Govt. of Odisha" Order No. 597UC-36/08 Dated 17th Feb 2009.

**Affiliation:** "Utkal University of Culture" affiliates Indian Institute of Yogic Science & Research (IIYSAR) vide Order No. Acad.31/2009 dated 13th July 2009 with temporary affiliation and renewed every subsequent year till got Permanente affiliation on 4th August 2018 vide Order No.Acad.05/2014/1802 UUC.

**Duration:** 2 years (4 Semesters)

**Number of Seats:** 64 (Sixty-four)

**Eligibility:** Any Graduate from a recognized University having minimum 40% marks in aggregate (35% for SC/ST candidates).

**Age Limit:** No age limit.

**Selection Procedure:** Interview and Medical Fitness.

**Entire Course Fees for 2 years:** Rs.30,000/- (excluding hostel fees, examination form fill-up fees etc.)

**Hostel Fees:** Rs. 4000/- per month for hostel accommodation & food (Two Veg. Meals per Day).

**Examination:**

The University Examination shall be conducted at the end of each Semester as notified by UUC. The Mid semester & Sessional Examination will be conduct during the Semester as per the guideline of UUC.

**Syllabus:** The course of study as prescribed by Utkal University of Culture consists of 24 papers having total of 2400 marks & 96 credits. The outline of the course of study is mentioned below:

## Syllabus: M.A. Yoga - 2023

### SEMESTER – I

Sub Code	Title of the paper	L	T	P	MTE	TA	ESE	Total Marks	Total Credits
MIY-CT101	Patanjali Yoga Sutra	3	1	0	20	10	70	100	4
MIY-CT102	Elementary Sanskrit	3	1	0	20	10	70	100	4
MIY-CT103	Foundation of Yoga	3	1	0	20	10	70	100	4
MIY-CT104	Diet and Nutrition	3	1	0	20	10	70	100	4
MIY-CP105	Yoga Practical –I	0	0	8	20	10	70	100	4
MIY-CP106	Yoga Practical –II	0	0	8	20	10	70	100	4
Total		12	4	16	120	60	420	600	24

### SEMESTER – II

Sub Code	Title of the paper	L	T	P	MTE	TA	ESE	Total Marks	Total Credits
MIY-CT201	Human Anatomy and Physiology	3	1	0	20	10	70	100	4
MIY-CT202	Yogic Managements of Common Diseases	3	1	0	20	10	70	100	4
MIY-CT203	Sankhya and Advaita Vedanta	3	1	0	20	10	70	100	4
MIY-CT204	Hatha Yoga Texts	3	1	0	20	10	70	100	4
MIY-CP205	Yoga Practical –III	0	0	8	20	10	70	100	4
MIY-CP206	Yoga Practical –IV	0	0	8	20	10	70	100	4
Total		12	4	16	120	60	420	600	24

**SEMESTER – III**

Sub Code	Title of the paper	L	T	P	MTE	TA	ESE	Total Marks	Total Credits
<b>MIY-EL301</b>	<b>Yoga Upanishads</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>Or</b>	<b>Or</b>								
<b>MIY-EL302</b>	<b>Great Yogis of India</b>								
<b>MIY-CT303</b>	<b>Fundamentals of Naturopathy</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>MIY-CT304</b>	<b>Ayurveda and Panchakarma</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>MIY-CT305</b>	<b>Research Methodology</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>MIY-EL306</b>	<b>Physiotherapy Practical</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>Or</b>	<b>Or</b>								
<b>MIY-EL307</b>	<b>Summer Internship Program</b>								
<b>MIY-CP308</b>	<b>Yoga Practical –V</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>Total</b>		<b>12</b>	<b>4</b>	<b>16</b>	<b>120</b>	<b>60</b>	<b>420</b>	<b>600</b>	<b>24</b>

**SEMESTER – IV**

Sub Code	Title of the paper	L	T	P	MTE	TA	ESE	Total Marks	Total Credits
<b>MIY-CT401</b>	<b>Principal Upanishads</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>MIY-CT402</b>	<b>Bhagavad Gita</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>MIY-CPW403</b>	<b>Dissertation</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>MIY-CT404</b>	<b>Applied Psychology and Yogic Counseling</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>MIY-EL405</b>	<b>Yoga Vashishta</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>OR</b>	<b>OR</b>								
<b>MIY-EL406</b>	<b>Teaching Methodology in Yoga and Value Education</b>								
<b>MIY-CP407</b>	<b>Yoga Practical –VI</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>20</b>	<b>10</b>	<b>70</b>	<b>100</b>	<b>4</b>
<b>Total</b>		<b>15</b>	<b>5</b>	<b>8</b>	<b>120</b>	<b>60</b>	<b>420</b>	<b>600</b>	<b>24</b>

## Application Procedure:

Please send the application with all attachments as mentioned in the check list by speed/registered post to the Principal, Indian Institute of Yogic Science & Research (IIYSAR) before the last date of submission of application or deposit in IIYSAR office. Attach self-certified copies of mark sheet & certificates (Original/Provisional) of all examinations passed as per check list. For downloading the form, please visit : [www.iiysar.co.in](http://www.iiysar.co.in)

1. All originals will be verified at the time of admission.
2. Attach your Yoga experiences in a different sheet if needed.
3. The medical history has been asked to help you in practical training. Please attach medical (diagnostic) documents if you have.
4. Attach DD of Rs.300/- from any nationalized bank in favor of Indian Institute of Yogic Science & Research, payable at Angul.

Or

Deposit/online transfer Rs. 300/- in favor of "Indian Institute of Yogic Science & Research" Account No. 1160104000002066 of IDBI Bank.

IFSC IBKL0001295, MICR: 751259006.

**Attach the Deposit receipt / Transaction receipt.**

5. Declaration duly filled in.

\* The Rules and Regulations of IIYSAR are subject to change from time to time.

**Admission Procedure:** Written entrance & viva will be conducted after processing the applications if needed. Then selected candidates will be informed by email. Selected candidates will report IIYSAR office on the date and time of Admission with all Original documents and DD of course fee as mentioned in the check list. Both application and admission procedure are same for overseas candidates except the legal formalities. The overseas candidates should apply sufficiently before the session so that after processing the application they can apply for student visa.

*For more information, please contact:*



## **The Principal,**

Indian Institute of Yogic Science & Research (IIYSAR)  
Tulsi Kutir, Plot No. - 2276, Near Post Office, Jarasingha  
Angul-759143, Odisha, India

Phone: 06764-296500

Mob. : 9438181217, 7978262825

Email: [iiysar.office@gmail.com](mailto:iiysar.office@gmail.com)  
[iiysar.principal@gmail.com](mailto:iiysar.principal@gmail.com)  
[sanyasiyogeshwar@gmail.com](mailto:sanyasiyogeshwar@gmail.com)

Website: [www.iiysar.co.in](http://www.iiysar.co.in)

# Facilities

- Hostel
- Library
- Ayurvedic/ Naturopathy dispensary
- Transportation
- Internet
- Canteen
- Exchange Program



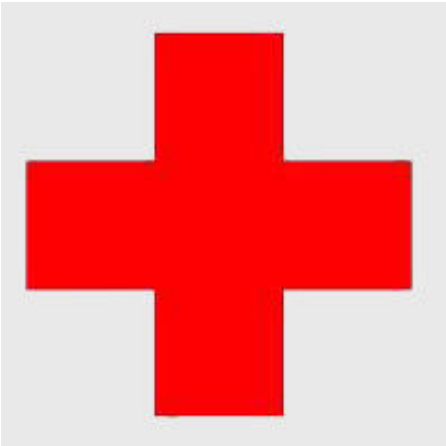
# NSS



National Service Scheme unit in Indian Institute of Yogic Science & Research (IIYSAR) has been started since 29th October 2010 vide letter no. NSS/1286/UUC, Utkal University of Culture, Bhubaneswar. Along with the Regular activities, the NSS Unit of IIYSAR in coordination with Utkal University of Culture Organized Heritage rallies and Special programs during Car festival.



# YRC



The Youth Red Cross Unit in Indian Institute of Yogic Science & Research (IIYSAR) has been started since 27th April 2010 vide letter no.353, Youth Red Cross, Odisha State Branch, Indian Red Cross Society, Red Cross Bhavan, Bhubaneswar-751022. Youth Red Cross unit in IIYSAR constantly engaged in participating and organizing Blood Donation Camps, Plantation, HIV Awareness Programs, Health Awareness Programs and Yoga Awareness Programs round the year.



# SEMINAR & WORKSHOP

Seminar on Yoga for Stress Management And free Yoga Training Camp at Swarnachuda Mahavidyalaya, Mitrapur, Balasore from 14th to 16th Dec 2009 conducted by Faculty Members and Students of IIYSAR.

Seminar on “The Role of Spirituality & Yoga on Personality Development” conducted at IIYSAR Campus on 6th Feb 2010.

Selected students of IIYSAR have participated in the National Yoga Week-2010, a mass Awareness Program for Health, Happiness & Harmony through Yoga “Yoga for Wellness” from 12th to 18th Feb 2010 organized by Morarji Desai National Institute of Yoga (An autonomous organization under Dept. of AYUSH, ministry of Health & F.W., Govt. of India).

All the students and Faculty Members have participated in Live Yoga Demonstration, Yoga Awareness Programs in “Arogya” organized by Dept. of AYUSH, Ministry of Health & Family Welfare Govt. of India & Dept. of Health & Family Welfare Govt. of Orissa in association with Confederation of Indian Industry at Exhibition Ground, Bhubaneswar from 23rd to 26th Feb 2010.

Faculty member along with 36 students of IIYSAR attended the National Conference of Naturopathy and Yoga, New Delhi organized by CCRYN, Dept. of AYUSH and Ministry of Health & Family Welfare Govt. Of India & International Naturopathy Organization from 5th to 9th March 2010.

Seminar on “The Role of Spirituality & Yoga on Memory and Concentration” conducted at IIYSAR Campus on 4th September 2010.

Seminar on “The Role of Spirituality & Yoga on Stress Management” conducted at IIYSAR Campus on 7th May 2011.

Thirty students and faculty members have participated in International Conference on Yoga, Naturopathy and Arogya Expo-2012 organized by



Dept. of AYUSH, Govt. of Karnataka from 10th to 12th Feb 2012 at Bengaluru, Karnataka.

Selected students of IIYSAR of IIYSAR have participated in the National Yoga Week-2012, a Mass Awareness Program for Health, Happiness & Harmony through Yoga “Yoga for Holistic Personality Development” from 12th to 18th Feb 2012 organized by Morarji Desai National Institute of Yoga

All the students along with Faculty member organized the National Seminar on “Yoga and Mind Management in the 21st Century” at Satyananda Yoga Vidyalaya, Bhubaneswar from 6th to 8th April 2012.

Seminar on “Mind Management in the light of Yoga Sutra” conducted at IIYSAR Campus on 5th May 2012.

Seminar on “The Role of Spirituality & Yoga for the Management of Psychosomatic Disorders” conducted at IIYSAR Campus on 3rd November 2012.

All the students and faculty member have participated in Live Yoga Demonstration, Yoga Awareness Programs in “Arogya” organized by Dept. of AYUSH, Ministry of Health & Family Welfare Govt. of India & Dept. of Health & Family Welfare Govt. of Orissa in association with Confederation of Indian Industry at Exhibition Ground, Bhubaneswar from 9th to 12th Nov 2012.

All the students and faculty members attended National Yoga Seminar Organized by Kadambinipal Womens College, Rjatota, Jajpur from 21st to 22nd Dec 2012 sponsored by UGC.

Selected students of IIYSAR have participated in the National Yoga Week-2013 a mass awareness program for Health, Happiness & Harmony through Yoga “Yoga for Adolescents” from 18th to 24th Feb 2013 organized by Morarji Desai National Institute of Yoga (An autonomous organization under Dept. of AYUSH, ministry of Health & F.W., Govt. of India).

There are many such events and research activities over Yogic literatures and the therapeutics values of Yogic practices is going on till date







# Regular Faculty



**Sanyasi Yogeshwar, Principal**  
**Master in Yoga Philosophy (BYB)**



**Bikash Kumar Mallik**  
**M.A.in Yoga (UUC)**



**Rebatis Panda**  
**M.A.in Yoga (UUC)**



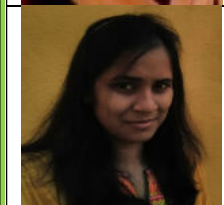
**Dr. Bratindi Jena**  
**Ph.D.in Psychology(University of Delhi), M.A.in Yoga (UUC)**



**Jugajyoti Jadabananda Choudhury**  
**M.A.in Yoga (UUC)**



**Suchismita Pradhan**  
**M.A.in Yoga (UUC)**



**Bimala Agrawala (Gold Medalist)**  
**M.A.in Yoga (UUC)**



**Seetal Arya**  
**M.A.in Yoga (UUC)**

# Visiting Faculty



**Kalpana Kumari Devi**  
M.A.in Yoga (Gold Medalist,UUC)



**Dr. Panchasila Das**  
BAMS,M.Sc Yoga(BYB)



**Swami Vijnana Chaitanya Saraswati**  
Master in Yoga Philosophy,BYB



**Dr. Tanutrushna Panigrahi**  
Ast.Prof English,IIIT, Bhubaneswar.



**Dr. Sudhanshubala Panigrahi**  
BAMS,M.A Yoga(UUC)



**Swami Tejomayananda Saraswati**  
Acharya, Shree Tapoban, Jhar Bolangir



**Mrs. Sephali Pati**  
M.A. in Yoga (UUC), Yoga Teacher, DAV Public School



**Rabinarayan Panda**  
M.A.in Yoga (UUC)



**Bibhu Datta Rout**  
M.A.in Yoga (UUC)



**Smrutirekha Nayak**  
M.A.in Yoga (UUC)

# CONTACT US

## Indian Institute of Yogic Science & Research (IIYSAR)

Tulsi Kutir, Plot No. - 2276, Near Post Office, Jarasingha

Angul-759143, Odisha, India

Phone: 06764-296500

Mob. : 9438181217, 7978262825

Email: [iiysar.office@gmail.com](mailto:iiysar.office@gmail.com)  
[iiysar.principal@gmail.com](mailto:iiysar.principal@gmail.com)  
[sanyasiyogeshwar@gmail.com](mailto:sanyasiyogeshwar@gmail.com)

Website: [www.iiysar.co.in](http://www.iiysar.co.in)

