



School of Health Sciences
& Technology

Department of Wellness & Yogic Science

A University for Students'
Life Transformation

2024

+ M.Sc. (Yoga and Meditation)

MIT-WPU

MIT-WPU is a distinguished centre for higher education in India with an impressive track record of 4 decades in promoting outstanding academic achievement and a global alumni community of over 100,000 individuals. The institution offers an extensive range of more than 150 programmes designed by eminent academicians from India and around the world. The practical learning approach at MIT-WPU enables students to gain real-world experience and personal growth through internships, immersion programmes, and mentor-mentee relationships.

School of Health Sciences and Technology

School of Health Sciences and Technology provides a rewarding learning experience to students along with a vibrant environment for academics, research, curricular and extracurricular activities. The School's Departments of Pharmaceutical Sciences, Public Health, Clinical Science and Wellness & Yogic science offer undergraduate, postgraduate and doctoral programs that are designed to provide students with a comprehensive understanding of the key concepts and issues in these fields. The curriculum is designed to be both theoretical and practical, with a focus on hands-on learning through case studies, projects, and internships.

The School also has extensive academic and research collaborations with several universities and pharmaceutical companies, providing students with a wide range of industry exposure. Additionally, the school offers short-term courses, internships, training, seminars, and guest lectures that pertain to the respective specializations. This allows students to gain practical skills and knowledge, and to gain insights into the latest trends and developments in their field.





Department of Wellness and Yogic Science

The Department of Wellness and Yogic Science at the School of Health Sciences and Technology, MIT-WPU offers a rewarding learning experience through its M.Sc Yoga and Meditation programme. The Department of Wellness and Yogic Sciences has been established to spread the knowledge of Yoga and meditation among the young generation. The programme offers holistic education through a vibrant environment for academics, research, curricular and extracurricular activities. The postgraduate programme offers an amalgamation of the practice, art, science and philosophy of Yoga and its benefits on the physical, emotional, psychological and spiritual levels.

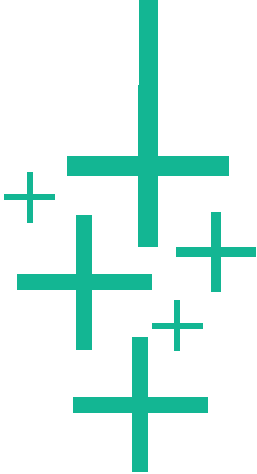
Highlights

- Experienced faculty and comprehensive curriculum
- Intensive training in classical and contemporary yoga
- Assured job assistance
- Experiential learning through field visits, study tours and rural immersion programmes
- Mentor-mentee system to support students
- 90+ student-led clubs catering to varied interests, from technology to drama
- 100% internship assistance with corporates, yoga Schools, wellness centres, fitness centres etc



Dr. Neeraj Mahindroo
Dean,
School of Health Sciences & Technology

Dean's Message



Dear prospective students,

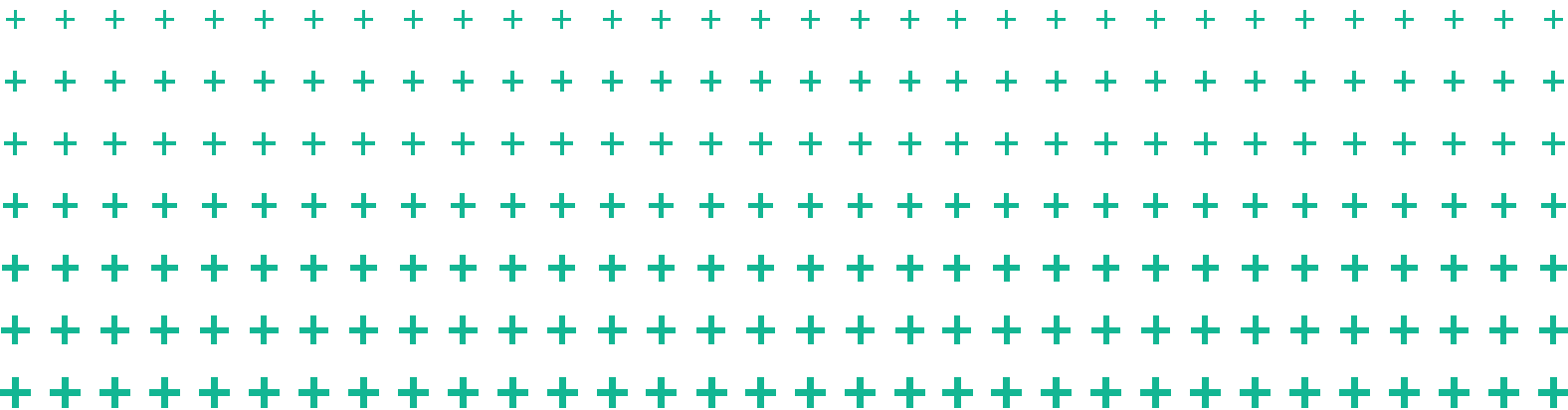
It is with great pleasure that I welcome you to the Department of Wellness & Yogic Sciences at the School of Science and Health Sciences, MIT-WPU. We are dedicated to providing a transformative and holistic education in the ancient science of yoga, combining both traditional wisdom and modern scientific research. Our goal is to prepare you for a career in teaching, research, or further study in yogic sciences, while also nurturing your personal growth and development.

At the Department of Wellness & Yogic Sciences, you will learn from experienced and dedicated faculty members who are experts in their field. Our curriculum is designed to provide a comprehensive understanding of the various aspects of yoga, including philosophy, practice, and teaching methodology.

We emphasise the integration of traditional yogic practices with modern scientific research, allowing you to explore the many benefits of yoga for physical, mental, and spiritual health.

In addition to our rigorous academic programme, we offer a range of experiential learning opportunities, including internships, research projects, and community-based initiatives. Our students have the opportunity to work with leading yoga schools, wellness centers, and research institutions, gaining valuable practical experience that prepares them for success in their careers.

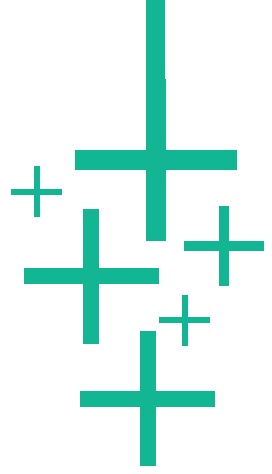
We believe that our Department of Wellness & Yogic Sciences is an excellent choice for anyone looking to deepen their understanding of yoga and its transformative power. I encourage you to explore our programme further and to consider joining our vibrant community of scholars and practitioners.





Prof. Niranjan Khaire
Programme Director,
Department of Wellness & Yogic Science

Programme Director's Message



Dear students,

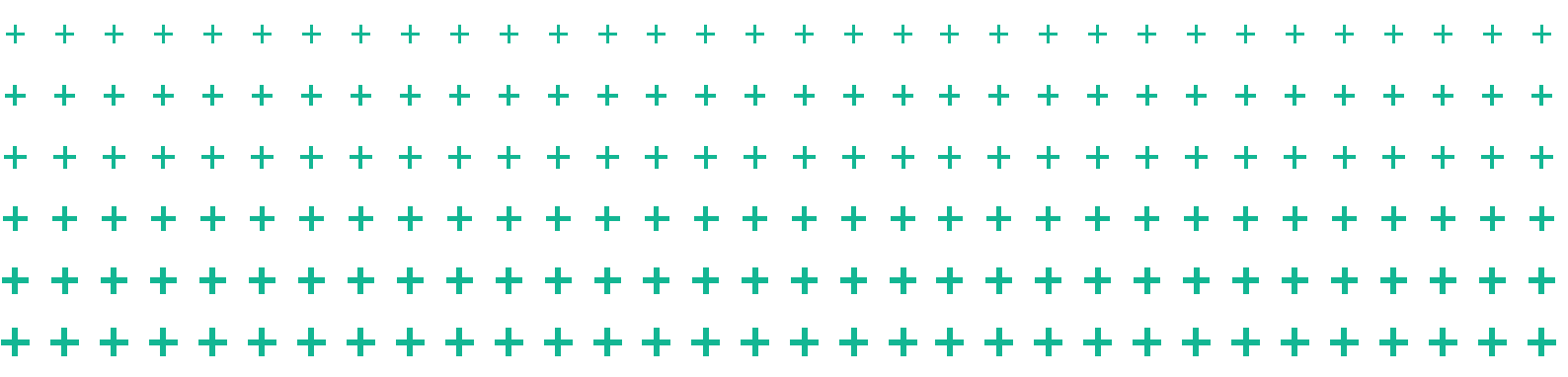
I welcome and congratulate you on choosing a life-transforming decision by embarking on your career path with MIT-WPU, a vision-driven university committed to meeting the educational needs of millennial students in changing times.

The MIT Group of Institutions has a rich heritage of yogic practices since its establishment in 1983. As a rightful recognition for these sustained efforts, the MIT World Peace Centre, Alandi, Pune, received the prestigious UNESCO Chair for Democracy, Human Rights and Peace. This further impetus boosted the practice of Yoga. In fact, two decades before the International Day of Yoga began being observed in over 175+ countries in 2015, MIT-WPU Pune passionately propagated it among all its students, staff, and faculties since 1996.

Based on this legacy of four decades, the Department of Wellness and Yogic Science of MIT-WPU, in its M.Sc.Yoga and Meditation program, provides a unique blend of excellence and commitment in a well-equipped campus with an ambiance to nurture learning. With a culture of academic excellence and an inclusive environment for growth, we have set a course with our organization's vision. The program has been conceptualized with the objective of producing Yoga experts who would contribute to society with their professional knowledge to get rid of a wide range of psychosomatic ailments. The world also demands top-notch and best-in-class Yoga gurus, teachers, and professionals who can revolutionize the world with their vision and efforts so that everyone can coexist in harmony. Through the rigorous and qualitative contact sessions during these two years, you will be ready to embark on a successful career in this domain.

MIT-WPU is known for its new collaborative and interdisciplinary approach to enrich our teaching-learning process. We prepare students for the modern world, who can become responsible and engaged members of society, resulting in sustainable growth, peace, and positive global impact.

Once again, best wishes for a journey towards life transformation.



M.Sc. (Yoga and Meditation)

The M.Sc in Yoga and Meditation is a unique, interdisciplinary programme that integrates the knowledge of yoga, ayurveda, naturopathy, psychology, spirituality, Indian traditions and heritage and more. The students learn in depth about Yoga sutra, Bhagwat Gita, Vedanta, Sanskrit grammar, diet and nutrition, and more.

The programme ingrains the skills of team building, peaceful communication, human dynamics and conflict resolution in the students for their overall development. The students inculcate research skills through a research project in the last semester. The programme incorporates experiential learning through activities such as field visits, study tours and rural immersion programmes.



Duration - 2 years



Fee - ₹ 70,000/- PA

Career Opportunities

Yoga
Trainers

Yoga
Researchers

Yoga
Instructors

Yoga
Therapists

Yoga
Advisors

Yoga
Specialists

Yoga
Teachers

Yoga
Managers

Yoga
Consultants

Instructors and
Researchers and
at Medical
institutes

Glimpses from 3rd State Yogasana Championship organised by Maharashtra Yogasana Sport Association in association with Brihan Maharashtra Yoga Parishad



MAHARASHTRA YOGASANA SPORT ASSOCIATION In Association With **Brihan Maharashtra Yoga Parishad** Organise **3rd STATE CHAMPIONSHIP**



Eligibility

Pass in any stream of graduation or equivalent from Govt. Approved Institution

Selection Process

The selection process for the program is based on MIT-WPU CET PI 2024 score:

Personal Interaction (PI) Components:

1. Overall Awareness of the subject
2. Interest of the student

Scholarships

MIT-WPU awards scholarships to its meritorious students based on their academic performance in requisite National/State Level Entrance Exam scores and in the MIT-WPU CET Examination, conducted by MIT-WPU, for the academic year 2024-25. These scholarships are valid for the duration of the programme*.

The categories of Merit Scholarships are:

- + Dr. Vishwanath Karad Merit Scholarship
- + MIT-WPU Merit Scholarships
- + Scholarships to Elite Sportsperson
- + Scholarship Awarded to the wards of MIT-WPU/ MAEER's staff members and Alumni

*Terms & Conditions apply:

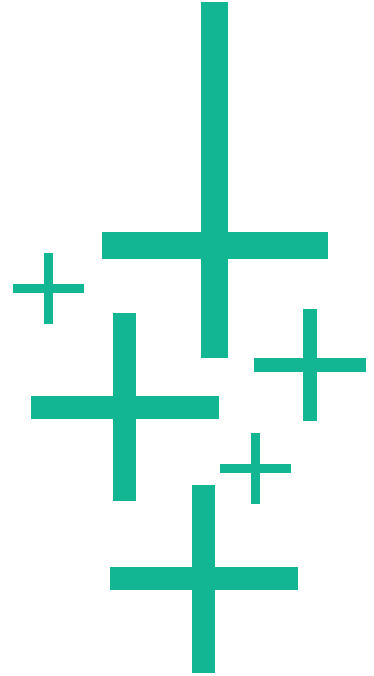
All Scholarships are awarded on a First Come First Serve basis

All Scholarships are awarded as fee adjustments.

To continue the scholarship for the entire duration of the programme,

- a) a minimum level of the academic score has to be maintained at an 8 CGPA across all semesters
- b) attendance is to be maintained at a minimum of 80 percent
- c) there should be no disciplinary action against the student.

Note: Student will have to qualify both the criteria i.e. Graduation Aggregate Marks and 12th Aggregate Score for availing the scholarship.



Internships

Experiential learning is an integral component of learning at MIT-WPU. A full-time industry internship is an essential part of the postgraduate programme offered by the Department of Yogic Sciences. This internship aims to provide a platform to integrate classroom knowledge with related practical applications and skills in a professional ecosystem. The students get a chance to access real-world practical learning that instill critical perspectives for rewarding future career pathways.



Placements

The Training and Placement Cell at MIT-WPU plays a crucial role in locating job opportunities for students who complete their undergraduate and postgraduate degrees at the university by inviting reputed firms and industrial establishments for opportunities. MIT-WPU has been successful in maintaining high placement statistics over the years.

The Placement Cell organises career guidance programmes for all the students. The cell also arranges training programmes including Mock Interviews, Group Discussions, Communication Skills and multiple workshops. The Department provides 100% internship and placement assistance with Corporates, Yoga Schools, Wellness centres, Fitness centres etc

Students Testimonials



Anuja Patil

M.Sc. Second Year 1st Rank Holder

The MSc Yoga and Meditation programme offers a psychometric, student-centred approach to learning that provides students with both practical and philosophical knowledge. It includes guest lectures, self-development, and the highly skilled faculty, helps us understand the body-mind connection in a beautiful and profound way. I recommend the programme to yoga enthusiasts seeking to enhance their knowledge and understanding of yogic sciences.

After the Covid-19 pandemic, people became aware of the importance of yoga and meditation for mental and physical health and immunity. This programme has enlightened me with the knowledge and reinforced my ability to help people stay healthy through yoga. The support of and interactions with faculty members and guest lecturers ingrained confidence in me. I was also exposed to foreign languages, which opened up a number of career opportunities.



Dr. Snehal Jadhav

M.Sc. Second Year 2nd Rank Holder



Rural Immersion Programme

MIT-WPU's rural immersion programme is a unique educational opportunity that helps students understand and address the challenges faced by rural communities. During the programme, students visit a village and learn about the local culture, community, and landscape. They work on various projects, such as optimising irrigation systems, conserving and storing water, recycling waste, and using solar power, to improve the rural environment. This hands-on, real-life learning experience helps students develop critical thinking, problem-solving, and community awareness skills. It also helps them gain a deeper understanding of rural society and how their knowledge can lead to innovative solutions. Through these programmes, students learn how to bridge the gap between urban and rural areas in India.



Peace Studies

The mandatory peace studies module at MIT-WPU aims to provide students with a holistic education that integrates various disciplines for their personal development. Through this module, students gain a greater understanding of the interconnectedness and interdependence of mind, matter, spirit, and consciousness. They also learn about the critical spiritual laws that can help them develop a scientific temperament and a spirit of inquiry, as well as a sense of humanism.

In addition, the peace studies module introduces students to various yoga practices that help them develop their information base and cognitive abilities, as well as their critical thinking skills and personality. Upon completing the course, students will have a better understanding of how elevated consciousness can positively impact human behaviour and contribute to a happier, healthier, more peaceful, and empowered world. Overall, the peace studies module aims to equip students with the knowledge and tools they need to become more conscious, compassionate, and responsible global citizens.



R.I.D.E

R.I.D.E is a one-of-its-kind conclave annually conducted and hosted by the Innovation Club of MIT-WPU to expand the horizons of education beyond academics and open the pathway for students towards entrepreneurship. The conclave is meant to expose students to the emerging research, entrepreneurship, design thinking and innovation in various fields. The 5 day conclave witnesses a footfall of over 10,000 students and showcases over 100 start-ups from various sectors including technology, design, healthcare, agri-tech, sustainable energy and retail. More than 50 experts from the venture capital industry address students about the changing face of start-ups, innovations and the evolving market trends to encourage out-of-the-box thinking by simulating a real-world start-up environment.



Bharatiya Chhatra Sansad



MIT-WPU's flagship social initiative and brainchild of Shri. Rahul V. Karad, the Bharatiya Chhatra Sansad (BCS) is an annually conducted national level event which aims to regenerate youth's interest in the country's political system, governance and administration. This non-political platform aims at sensitising the youth to the changing social and political landscape of the country through debates, discussions, addresses from eminent personalities including the chief ministers and governors of various Indian states, union ministers and members of the parliament. The BCS is also a platform to honour many young sarpanch, local leaders from different parts of the country, and social workers who have brought about a positive change in their localities and the lives of the people. The sansad witnesses participation of students from around 25,000 institutes in India.



Other Events at MIT-WPU

MIT-WPU is known for its dynamic and engaging academic and extracurricular events, which provide students with numerous opportunities to learn, grow, and get involved in their community. In addition to the well-known events R.I.D.E. and BCS, there are over 100 student-led events that take place at the university throughout the year. These events cover a wide range of interests and topics, from cultural festivals and guest lectures to community service projects and sporting events. By participating in these events, students can gain valuable skills, make new connections, and become more active and engaged members of the MIT-WPU community. Some of the events are as follows:

- Design Xpo
- Aarohan
- Kala Mehfil
- Hackathon
- National Conference on Media and Journalism
- Abhivyakti
- TEXEPHYR
- Tesla
- Techogenesis
- RoboCon
- Science Expo
- Social Leadership Development Program (SLDP)
- World Parliament of Science, Religion and Philosophy
- Bharat Asmita National Awards
- National Women's Parliament
- International Symposium on Law and Peace
- Vidhi-Manthan
- Peace Marathon
- Sports Summit

And many more

Students' Clubs at MIT-WPU

MIT-WPU is home to a diverse and active student community, with a wide range of clubs and organisations catering to a variety of interests and passions. These student-led clubs provide opportunities for students to get involved, make new connections, and develop their leadership skills.

Majorly, there are 5 categories of clubs at MIT-WPU; cultural, social, sports, co-curricular and NCC/NSS clubs which provide students with opportunities to learn about and explore their specific areas of interest.

Some examples of clubs at MIT-WPU include:

- The Innovation Club, which hosts events and workshops related to entrepreneurship and innovation
- The Art and Photography Club, which brings together students with a shared interest in artistic expression
- The Sports Club, which organises sporting events and activities for students to participate in
- The Cultural Club, which celebrates the diversity of the MIT-WPU community and promotes cultural exchange
- Aatman - It is the only Mental Health Club of MIT-WPU, Pune, that is led by the students of the Psychology department.
- Team Dart - Team DART is a motorsports team of MIT World Peace University which annually participates in a competition named Rally Car Design Challenge (RCDC) organized by professional industry sponsors

By joining a club or team, students learn to make the most of their time while engaging their mind and developing their skills, making meaningful contributions to the community at large. These clubs also participate in national and international competitions and have won various awards, ranks and recognition on numerous platforms.



Admission Process

Start application at admissions.mitwpu.edu.in by filling enquiry

1

Receive Login ID and Password

2

Fill Application Form and submit form till last page (Pay application fees for entrance examination- Rs.1500)

3

Receive relevant Link for MIT-WPU CET process

4

Appear for MIT-WPU CET process (Date will reflect on Student Dashboard/Website)

5

Check result on Application Student Dashboard, once results are declared (Dates notified on email)

6

Receive provisional offer of admission (if selected, on registered email)

7

Complete Program Fee Payment (1st Instalment)

8

Complete all sections of Registration Portal (Payment/Personal/Education/Documents)

9

Receive Student PRN (Permanent Registration Number) on registered email

10

Original Document Submission

11

Welcome to MIT-WPU!

12



Dr. Vishwanath Karad
MIT WORLD PEACE UNIVERSITY | PUNE
TECHNOLOGY, RESEARCH, SOCIAL INNOVATION & PARTNERSHIPS

Call: +91-20-71177137
WhatsApp: +91-9881492848 (Message only)
Email: admissions@mitwpu.edu.in
Website: mitwpu.edu.in
Address: MIT-WPU, Kothrud, Pune.

Scan to Apply

