

YOG DEPARTMENT, KUMAUN UNIVERSITY

S.S.J.CAMPUS,ALMORA



Almora is a perfect place for yoga and meditation, it is situated in the mountain range of Himalayas. The yoga department of KUMAUN UNIVERSITY, S.S.J.CAMPUS, ALMORA is surrounded by three deities namely Kashi, Syahidevi and Banaridevi. It is an ideal location. Almora is a place where Swami Vivekananda, Lahiri Mahasay, Satyanand Saraswati, Mahatma Gandhi, and Tagore etc. made their penitence. The calm and peaceful atmosphere has attracted saints and spiritual leaders from across the globe. The famous 'Jageshwar Dham' temple of Lord Shiva is only 40 km far away from this place. Lord Shiva is the origin of yoga tradition. This makes the location of the campus more significant. Moreover, 'Vivekananda Kutir' (from where Swami Vivekananda got his spiritual enlightenment) is also situated in the vicinity of Kumaun University campus, Almora. Millions of devotees visit the Shiva temple and Vivekananda Kutir annually. The snow-covered mountains of Himalaya make this campus like a heaven for yogis to perform yoga and meditation practices.



Kumaun University Started the teaching of this course and initiated the teaching of post Graduate course “Yoga and Alternative Therapy” from 2006 with an aim to Fulfill following objectives:

- Promoting Positive health, prevention of stress related health problems and rehabilitation through Yoga.
- Integral approach of Yoga Therapy to common ailments.
- Imparting skills in them to introduce Yoga for health to General public and yoga for total personality development of student in colleges and Universities.
- Invoke scientific attitude and team spirit to channelize their energies in to creative and constructive endeavors.
- To enable them to establish Yoga Therapy centers in the service of common man.

Kumaun University started the teaching of this course and initiated the teaching of Post Graduate course “Master of Arts in Yoga and Alternative Therapy” in 2009 to objective of the course



- To provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and Alternative Therapies.

To promote Positive Health in the student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.

- To invoke and inculcating inquisitive, scientific temper in student regarding the Traditional Indian sciences specially Yoga and spirituality.

- To inculcate research attitude and orientation into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga and Alternative Therapies.



COURSE OFFERED

- 1- P.G.Diploma in yoga
- 2- Master degree in yoga





YOGA TEACHER TRAINING COURSE

- Certificate course in yoga
- 10 to 15 days classes/workshops for students and public
- Stress management and yoga
- Pranayama and meditation
- Basic yoga positions/ Asanas
- Course for imparting personality (increasing memory, concentration and improvement applications of knowledge, alertness, attitude)
- Selective yoga education for kids



THERAPY CLASS

- Yoga therapy classes/workshops to get rid of various diseases
- Pranic healing course for various disease
- Acupressure healing course for various disease
- Marma therapy course for various disease
- Naturotherapy course for various disease
- Magnet therapy course for various disease

FACULTY

Dr. NAVEEN CHANDRA BHATT,

Assistant Professor &

Head, Department of Yoga & Alternative Therapy,

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ACADEMIC QUALIFICATIONS: P.G. Diploma Yog, M.A. Yog, M.Phil Yog, P.hd

Certificate course in Pranic Healing.

RESEARCH / TEACHING EXPERIENCE /ADMINISTRATIVE EXPERIENCES :

Total about eight years (11) teaching/research experience (i.e., from July 2006 onwards) including;

1. Presently working as Assistant Professor in the Department of Yoga & Alternative Therapy, S.S.J.Campus, Kumaun University, Almora, Uttarakhand (INDIA).
2. Working as **Head (Department of Yoga & Alternative Therapy)** at S.S.J.Campus, Kumaun University, Almora, Uttarakhand (INDIA).
3. Assistant warden of NEW BOYS HOSTEL, S.S.J.Campus, Kumaun University, Almora, Uttarakhand (INDIA) since 2007 onwards.
4. Member of Proctorial Board, S.S.J.Campus, Kumaun University, Almora, Uttarakhand (INDIA) since 2010 onwards.
5. Member of Flying Squad Team of Kumaun University, Nainital since 2010 onwards.

INVITED TALKS/LECTURES:

1. Delivered lectures/practical sessions during refresher course organized by Department of Psychology, S.S.J.Campus, Almora (Sponsored by ICSSR and UGC-ASC, Nainital).
2. Radio Talk on the topic "Yoga & Sports" at Akashwani, Almora.
3. Radio Talk on the topic "Yoga for Human Life" at Akashwani, Almora.

BOOK PUBLICATIONS:

1. Yog aur yogasna.
2. Yog aur swasthya.
3. Yog Digdarshan
4. Impact of Yogic Exercises and Positive Mental Health:An Action Research

RESEARCH PUBLICATIONS:

1. *"Impact of Yogic exercises on well being"*, **Naveen Chandra Bhatt** and P.D.Bhatt; **Survey of Social Sciences**, Vol. XI & XII:32-45;2011.
2. *"Impact of Yogic exercises on Depression level"*, **Naveen Chandra Bhatt**; **Yoga Mimamsa**, Vol.XLIII: No.2:124-139; 2011.
3. *"Yoga meditation and positive mental health"*, **Naveen Chandra Bhatt** and A. Shukla ; **Yoga Mimamsa**, Vol.XLIII: No.2:117-127; 2010.
4. *"Development impact of sex and meditational strategies on mental health"*, **Naveen Chandra Bhatt**; **Indian Journal of Sports Studies**, Vol.12:No.1:1-10; 2010.
5. *"Yogic Drishti mein Mansik Swasthya ki avdharna"*, **Naveen Chandra Bhatt**; **Gujrat Journals of Psychology and Education**, Vol.2:86-88; 2009.
6. *"Role of yogic exercises on problem behavior"*, **Naveen Chandra Bhatt**, intellectual today ,Vol. 2:40-43; 20012.
7. *"Mantra chikitsya evam proyog"*, **Naveen Chandra Bhatt**, Gurukul sodh bharti ,Vol.19:86-92; 2013.

ORGANIZED EVENTS:

- 1.Organized a national workshop on pranik healing (3-5 jan,2107)
2. Organized a national workshop on Transcendental meditation for personality Development(16-18 Aprail,2017)
3. Organized a one month yoga training programme for the public of Almora and Bageshwar district (21 May -21June,2017)

WORKSHOPS/SYMPOSIUMS /SEMINARS /CONFERENCES:

1. Paper presented in international conference on *Yoga and Health awareness in Modern Scenario* entitled, "Samajik samasyayein avam yogic upadeyata" organized by Department of Human Consciousness & Yogic Science, Gurukul Kangri Vishvavidhyalaya, Haridwar (23-25 March, 2007).
2. National seminar attended on *Himalaya region :Challenges & action plan* held at Sir Chhotu Ram Bhawan, keshavpuram, New Delhi, organized by Himalaya Pariwar (26th December, 2007).
3. Paper presented in National seminar on *Mental Health & Current Scenario* entitled, "Yogic Drishti me Mansik Swasthya ki avdharna", organized by Department of Human Consciousness & Yogic Science, Gurukul Kangri Vishvavidhyalaya, Haridwar (20-21 March, 2009).
4. Paper presented in National seminar on *Present relevance of Indian Culture* entitled, "Vishva ko Bharat ka Uphaar": Paatanjal Yog Darshan, organized by department of History, S.S.J.Campus, Almora (13-14 March, 2009).
5. Paper presented in an International Conference on the topic "Yoga and positive mental health", organized by Kevalya Dham Lonavala, Maharashtra (27-30 December, 2009).
6. Attended National Yoga week and paper presented entitled, "Development impact of Yogic excercises on positive mental health", organized by Morar ji Desai national Yoga Institute, New delhi (12-18 February, 2010).
7. Participated in International festival of Yoga, Culture and Sprituality, ograniged by Dev Sanskriti Vishvavidhyalaya, haridwar (8-13 March, 2010).
8. Participated in national Seminar on "Interface between Statistics, Mathematics and Allied Sciences", Department of Statistics, S.S.J.Campus, Almora.
9. Paper presented in an International seminar on Effect of naturopathy and yoga on immune system, organized by Department of Human Consciousness & Yogic Science, University of Lucknow, U.P. (30 November-1 December, 2010).
10. Attended a National Yoga Week and paper presented entitled, "Development impact of sex and TM strategies on mental health" organized by Morar ji Desai national Yoga Institute, New delhi (12-18 February, 2011).
11. Attended a naturopathy training camp at Brahmurishi Yogasharam, organized by International Naturopathy Organisation (INO) and Akhil Bhartiya Chikitsa Parisad (3rd April, 2011).
12. Paper presented in national seminar on Indigenous Techniques in Psychotherepy, entitled "Impact of Yogic excercises on well being", organized by Dev Sanskriti Vishvavidhyalaya, haridwar (25-27 March, 2011).
13. Paper presented in national seminar on Cultural transformation of selfhood and identity: emerging dialogues, entitled "To study the impact yogic excercises on depression level", organized by Department of Psychology, S.S.J.Campus, Almora (26-28 Feb., 2011).
14. National seminar attended on Naturopathy –Yoga , organized by International Naturopathy Organisation (INO) and Akhil Bhartiya Chikitsa Parisad (19-20 Feb., 2011).
15. Attended a National Yoga Week and paper presented entitled, "Role of Yogic excercises on problem behavior" organized by Morar ji Desai national Yoga Institute, New delhi (12-18 February, 2012).
16. National workshop attended on Right to Education, organized by department of History, S.S.J.Campus, Almora (26th Dec., 2010).

17. Paper presented in National conference on MGNAREGA: MYTHS & REALITIES, entitled "Grameen rojgar mein NAREGA ki bhumika", organized by Commerce Faculty, S.S.J.Campus, Almora.
18. Attended a Naturopathy –Yoga Training Camp at Brahmurishi Yogashram, New Delhi, organized by International Naturopathy Organisation (INO) and Akhil Bhartiya Chikitsa Parisad (17-18 March, 2011).
19. Attended a seminar on astrology and philosophy organized by Bhartiya vedik Jyotish sansthan(26-27 May,2012)
20. Attended the DELNET one day orientation programme, organized by Department of Library science, S.S.J.Campus, Almora.
21. Attended in national yoga week and paper organized by Morar ji Desai national Yoga Institute, New delhi (18-24 February, 2013).
22. Participate international yoga festival organized by Uttarakhand government in Rishikesh (1-7 March 2013)
23. Attended a National seminar on self and emotions in social contexts and paper presented entitled, "Yoga and self-management" organized by Department of psychology, kumaun university Campus,Almora(6-8 April, 2013).
24. Attended a national conference organized by Kendriy hindi sansthan ,Agra and kumaun university,S.S.J.Campus, Almora(13-14 December,2014)
25. Attended a national yoga week organized by Morar ji desai national yoga Institute,New delhi (12-18 February,2015)
26. Attended a national seminar and presented a paper organized by department of psychology Sant vinova post graduate college ,Deoria (U.P.) 27-28 February,2015
27. Attended a national seminar and presented a paper on Yogic management of life style Disorders organized by Gurukul Kangri Vishwavidyalaya ,Haridwar and Uttrakhand Council of Science and Technology
28. Attended a national seminar and presented a paper entitled "vartmaan samay me yog evm vaikalpik chikitsa ki prasaangikta" organized by Gurukul Kangri Vishwavidyalaya,Haridwar.

MEMBERSHIPS:

1. Member of International Naturopathy Organization (INO).
2. Annual member of Journal of Intellectual Today.