

National Seminar on Yoga for Positive Health and Wellness

Respected Sir | Madam

It gives us immense pleasure to inform you that Lakulish Yoga University, Ahmedabad is going to organize 2nd National Seminar on "Yoga for Positive Health and Wellness" on January 10-11, 2019. We are expecting more than 200 students, research scholars, faculty members, yoga experts and eminent speakers from various Yoga Institutions of India.

Lakulish Yoga University

In 1976, the first Lakulish Institute of Yoga was inaugurated by Brahmalin P.P. Swami Shri Krupalvanandji. During his inaugural speech he said "A real institute is not merely a building with cemented bricks but the tutelage of a pious, renounced and a realized yogi. It is my heartfelt wish that 'Lakulish Institute of Yoga' may grow to become a full fledged university someday.

University Convocation Programme



The divine words of Guruji came true on 23rd May, 2013 when our former Hon. Chief Minister of Gujarat and present Hon. Prime Minister of India Shri Narendra Bhai Modi inaugurated Lakulish Yoga University which blossoms in Lotus view on S.G. Highway, Ahmedabad.

Courses Run by Lakulish Yoga University

- 1) Yoga Teachers Training Course (YTTC)- 45 Days (200 Hours) Eligibility: 12th pass in any stream.
- 2) Post Graduate Diploma in Yoga Therapy (PGDYT)- 18 Months Eligibility: Graduation in any stream.
- 3) B.Sc. (Ashtang Yoga)- 03 Years (6 Semesters) Eligibility: 12th pass in any stream.
- 4) B.A. (Karma, Gyan, Bhakti)- 03 Years (6 Semesters) Eligibility: 12th pass in any stream.
- 5) M.Sc. (Ashtang Yoga)- 02 Years (4 Semesters) Eligibility: Graduation in any stream & Y.T.T.C.
- 6) M.A. (Karma, Gyan, Bhakti)- 02 Years (4 Semesters) Eligibility: Graduation in any stream & Bridge course
- 7) M.Phil. (Ashtang Yoga)- 01 Year (2 Semesters) Eligibility: Post Graduation in Yoga.
- 8) M.Phil. (Karma, Gyan, Bhakti)- 01 Years (2 Semesters) Eligibility: Post Graduation in Yoga.



Inauguration of University



Constituent Centers of the University

- 1) Rajrajeshwar Dham: Post- Jakhan, Ta.- Limbadi, District- Surendranagar (Gujarat)
- 2) Krupalu Ashram: Post- Malav, Ta.- Kalol, District- Panchmahal (Gujarat)
- 3) Kayavarohan Teerth Seva Samaj: Post- Kayavarohan, Ta.- Dabhoi, District- Vadodara (Gujarat)
- 4) Life Mission: R.B. G. Complex, Karelibaugh, Vadodara District- Vadodara (Gujarat)
- 5) Sanyog Trust: Athvalines, Surat, District- Surat (Gujarat)

Lakulish Yoga University educates promotes and propogates the knowledge and practice of the ancient science of Yoga, leading to self betterment, self awakening and self realization to the eternal process of unification with the universe.



The Topic of Seminar

The topic of seminar is directly concerned with Health and Wellness through Yoga. The mission of AYUSH is to promote healthy body and mind in people and spiritual wellness within a natural, healthy and sustainable environment. Yoga and all other indigenous therapy practices are the foundation of health and wellbeing. This seminar will provide holistic approach to qualitative accessible health and wellness for students, clients and professionals. It will be an opportunity to learn and upgrade the different dimensions of holistic health care. The brain storming plenary sessions and paper presentations will open new frontiers in the field of holistic health and try to strengthen the objective of AYUSH.

Research papers and abstracts are invited for the following themes:

- Philosophy of yoga therapy
- Psycho-physiological basis of health and wellness
- Physiological basis of yoga therapy
- Psychological basis of yoga therapy
- Yogic life style and psycho-somatic disorders
- Yoga for preventive health
- Application of yoga for health and wellness
- Yogic diet and human health
- Current health issues and yoga therapy

