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 dieties namely kasardevi, syahidevi and banaridevi. It is an ideal location. Almora is a place where Swami Vivekanand, Lahirimahasay, Satyanand Saraswati, Mahatma Gandhi, and Tagore etc. made their penitent. The calm and peaceful atmosphere has attracted saints and spiritual leader 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. More over’ 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 vivekanad kutir annually. The snow covered mountain of Himalaya makes 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 of 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,
Kumaun University
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E-mail: navyog13@rediffmail.com

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).
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:


ORGANIZED EVENTS:

1. Organized a national workshop on pranic 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:

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).


7. Participated in International festival of Yoga, Culture and Spirituality, organized by Dev Sanskriti Vishvavidyalaya, haridwar (8-13 March, 2010).


11. Attended a naturopathy training camp at Brahmrishi Yogasharam, organized by International Naturopathy Organisation (INO) and Akhil Bhartiya Chikitsa Parisad (3rd April, 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.


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).


25. Attented a national yoga week organized by Morar ji desai national yoga Institute, New dehli (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 Uttarakhand 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).