



DEPARTMENT OF YOGA

(Gujarat Vidyapith, Ahmedabad)

Yoga is a spiritual science for the integrated and holistic enlargement and magnification of our physical, mental as well as moral-spiritual facets. Yoga is based on the philosophy that is practical and useful for our daily lives. Yoga constructs desirable physiological alterations and has sound scientific foundations.

Gujarat Vidyapith was founded by Mahatma Gandhi on 18th October, 1920. Mahatma Gandhi himself was a karma yogi who tried to put into practice various yama and niyama. He tried to follow the path of truth, non-violence, self-restraint, brahmacharya, etc. Gandhiji kept contact with yogis of his time like Shri Kunalayananda of Lonavala and Pandit Shri Pad Damodar Satvalekar of Swadhyay Mandal, and, as advised by them, from time to time, he practised yoga asanas, simple pranayama, massage, various yogic kriya etc. to keep his body fit and free from diseases. The late Shri Mahadev Desai used to help him in performing yoga asanas and massage.

Started in 1965, the Mahadev Desai Samajseva Mahavidyalaya is Vidyapith's faculty of social sciences, arts and humanities. Department of Yoga started back in 1995, inspired by Shri Kunalayananda's teaching and Gandhi's view, it has faculty with experience of more than 20 years in this field who happened to be the direct student of Shri Kunalayananda.

MOTTO :Be alive. Be strong. Be fit. Be relaxed. Be happy. Just be.

The study program offered by the Department of Yoga are :

Full time

1. Master of yogic art and sciences (MYASc.) (2 years master degree) [-:hyperlink-1:-](#)
2. PG Diploma in Yoga (1 year) [-:hyperlink-2:-](#)
3. Certificate course in yoga (3 months) [-:hyperlink-3:-](#)

Seasonal courses

1. NRI & FOREIGNERS
2. WORKSHOPS

Infrastructures

Yoga Laboratory Facilities [-:hyperlink-4:-](#)

Yoga Library Facilities [-:hyperlink-5:-](#)

Hostel and Other Facilities [-:hyperlink-6:-](#)

Hostel is compulsory for MYASc. students below 30 years old ,

Faculty and Staff members [-:hyperlink-7:-](#)

CONTACT PERSON :-

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