



| प्रज्ञानं ब्रह्म |

# YOGAARTHI

## School of Indic Studies

Affiliated to Kavikulaguru Kalidas Sanskrit University,  
Ramtek, Nagpur  
(A Maharashtra State Govt & UGC Recognised University)

Centers : Thane | Pune

+91 98921 31114 / 74000 46649



## Director's Message

### Shell Shikshan Sanstha

Established in 2004, **Shell Shikshan Sanstha** has emerged as a progressive educational institution committed to excellence in professional and value-based education. With a vision to empower students through knowledge, skill development, and holistic growth, the Sanstha operates two distinguished institutions: Shell College of Hotel & Tourism Management and Yogarthi School of Indic Studies.

**Shell College of Hotel & Tourism Management** focuses on preparing students for dynamic careers in the hospitality and tourism industry by providing comprehensive academic knowledge, technical expertise, managerial skills, and hands-on training.

**Yogarthi School of Indic Studies** is dedicated to promoting Indian Knowledge Systems, offering structured programs in Yoga, Sanskrit, and holistic well-being, nurturing individuals towards physical, mental, and spiritual development.

Affiliated with recognized bodies such as Maharashtra State Board of Vocational Education, KKSU Nagpur, Ministry of AYUSH, and Indian Yoga Association, the Sanstha ensures quality education aligned with academic standards and industry requirements.

At Shell Shikshan Sanstha, emphasis is laid on experiential learning, industry interaction, research orientation, and value-based education. Through experienced faculty, practical exposure, and a vibrant academic environment, students are groomed to become competent professionals, responsible citizens, and future leaders.

Shell Shikshan Sanstha is committed to shaping careers while nurturing character, ensuring that every student embarks on a meaningful and successful journey.

**At Shell Shikshan Sanstha, we don't just build careers—we shape futures with knowledge, values, and purpose.**



#### Suresh Kale

Chairman - Shell Shikshan Sanstha  
Founder & Director  
Shell College of Hotel & Tourism Management

## Message from Principal's Desk

“सा विद्या या विमुक्तये”

That is true education which leads to liberation.

Namaste,

At **Yogaarathi School of Indic Studies**, our foundation is deeply rooted in the timeless wisdom of Bharatiya parampara, where education is not merely a means of livelihood but a path toward self-discovery, inner transformation, and service to society.

In today's fast-paced world, while science and technology continue to advance, there is a growing need to reconnect with our roots—to cultivate balance, clarity, and purpose. With this vision, Yogaarathi offers Undergraduate programs such as B.A. Yogashastra, Postgraduate programs including M.A. Yogashastra and M.A. Sanskrit, along with a range of Diploma and Certificate courses in Yoga and allied disciplines.

Affiliated with **Kavikulaguru Kalidas Sanskrit University, Ramtek (Nagpur)** and other recognized academic bodies, our programs combine academic rigor with practical application, ensuring both authenticity and relevance. We blend the values of the traditional Gurukul system with modern pedagogy, creating a learning environment that nurtures intellectual growth, emotional strength, and spiritual awareness.

Over the years, Yogaarathi has evolved into a vibrant centre for holistic education, supported by dedicated faculty, research-oriented teaching, and a committed student community. Our aim is not only to create professionals in the field of Yoga and Indic studies, but also individuals who embody discipline, compassion, and a deeper understanding of life.

We warmly invite students, seekers, and professionals to join us in this meaningful journey—exploring not only the depth of Yoga and Sanskrit, but also discovering one's true potential.

### Dr. Sushama Kale

Ded. Yoga, B.A. Yogashastra, M.A. Yogashastra,  
PhD - Yoga and Positive Psychology  
(University of Mumbai)  
Founder & Academic Director  
Yogaarathi School of Indic Studies

# M.A. Yogashastra

Online | On-Campus

- Eligibility : Any Graduation
- Duration : 2 Years (4 Semesters)
- Medium : English / Hindi / Marathi
- Affiliated by Govt. University
- No Age Limit
- Weekend batches for Working Professionals
- Become eligible for a Ph.D Programme

## Semester I

- Fundamentals of Indian Philosophy-I
- Yoga Tradition
- Research Methodology
- Stress Management by Yoga

## Semester II

- Indian Philosophy and Yogasutra
- Yoga-Upanishad and Modern Yoga
- Applied Yoga

## Semester III

- Classical Yoga Texts
- Yoga And Allied Sciences
- Yoga Application

## Semester IV

- Traditional Yoga Text
- Western Psychology
- Yoga Therapy and Other Therapies

योगशास्त्रात उच्च शिक्षण आणि करियर करण्याची सुवर्ण संधी !



# B.A. Yogashastra

योग क्षेत्रात पदवी, नोकरी व व्यवसाय करण्याची सुवर्णसंधी !

- Eligibility : HSC Passed or Equivalent
- Duration : 3 Years (6 Semester)  
4 Years with Honours
- Medium : English / Hindi / Marathi
- Affiliated by Govt. University
- No Age Limit
- Weekend batches for Working Professionals
- Become eligible for a Ph.D Programme
- Govt. Scholarship Applicable

## Semester I

- History and Development of Yoga
- Anatomy and Physiology of Human Body
- Indian Psychology
- History
- IKS Based on Sanskrit-I

## Semester II

- Introduction to Indian Philosophy
- Bhaktiyoga
- Effects of Yogic Practices on Human Body
- History
- IKS Based on Sanskrit-II

## Semester III

- Fundamentals of Samkhya Philosophy
- Teaching Methods of Yogic Practices
- Introduction to Hathayoga Tradition
- History
- IKS Based on Sanskrit-III (TH UA)

## Semester IV

- Patanjala Yogasutras- I
- Hathapradipika
- Yoga in Marathi Literature
- History
- Panchkarma Therapy

## Semester V

- Yoga Philosophy – I
- Patanjala Yogasutras –II
- Yoga and Allied Sciences
- Applied Yoga
- Field Project

## Semester VI

- Yoga Philosophy –II
- Gheranda Samhita
- Yoga Therapy
- Meditation Techniques/
- Yoga and Naturopathy
- Yoga in Modern Times
- Internship/Apprenticeship- I



# Diploma in Yoga Application

Entry into the field of Yoga and Higher Studies

Dual Certification Course | 300 Hrs

## Yoga Teacher Training Course

### Salient Features :

- Eligibility : 10th, 12th, Diploma or Any Graduation
- Duration : **10 months**
- Over 300 hours of coaching provided
- Completely Online
- Medium : English / Hindi / Marathi
- Resource Materials provided
- Intensive MCQs and Question Bank
- Affiliated by Govt. University and AYUSH
- No Age Limit
- Weekend batches for Working Professionals

### Outline :

- Indian Philosophy
- Hatha Yoga Texts
- Patanjali Yoga Sutras
- Bhagavad Gita
- Anatomy and Physiology
- Yoga Therapy
- Yoga and Mental Health
- Practicals - Asana , Pranayama , Shuddhi Kriya, Meditation



An Accredited IYA Member Institution

**JOIN NOW !**

### OUTCOME:

- Equivalent to Yoga Certification
- Board Level 3 (Yoga Teacher) Syllabus
- Comprehensive and detailed study plan
- MCQ , Practicals and Viva based exam
- Internship and Work Experience
- Entry into the field of Yoga Academics and Higher Studies
- Certificate by Indian Yoga Association (IYA) Member



# || योगसेतु ||

## YOGA SETU

### A BRIDGE COURSE

- An Intensive Hybrid Course with detailed focus on Practical and Theory focusing on Indian philosophy, Anatomy Basics, Yogic Texts as well as Stress Management.
- It aims to bridge the gap for beginners seeking to enter into the field of Yoga Academics

#### Integrated Course for the Beginners :

- Introduction to Yoga and Yogic Practices
- Introduction to Indian Philosophy
- Concept of Mind and Personality
- Introduction to Patanjali Yogasutra (Ashthang Yoga)
- Introduction to Hatha Yogic Text
- Introduction to Human Body
- Concept of Health and Disease
- Application of Yoga
- Yoga for Stress Management
- Yoga Practical Yogic Sukshma Vyayama, Asana, Surya Namaskar, Pranayama, Dhyana (Meditation)

#### Salient Features :

- Beginner Friendly
- Multi Lingual Delivery of class
- Weekend ONLINE Theory Classes
- Aligned to YCB L2 Syllabus
- Everyday Yoga Practice
- ONLINE THEORY CLASSES

An Accredited IYA Member Institution



# “संस्कृतं जीवनस्य मूलम्”

## M.A. SANSKRIT (DARSHAN)

- Eligibility : Any Graduation
- Duration : 2 Years (4 Semesters)
- Medium : English / Hindi / Marathi
- Affiliated by Govt. University

- No Age Limit
- Weekend batches for Working Professionals
- Become eligible for a Ph.D Programme

Discover the profound depths of classical Indian philosophy, spiritual traditions, and heritage with a premier postgraduate

Deep dive into Darshan Shastra (Indian Philosophy), exploring Samkhya, Nyāya, Advaita Vedānta, Yoga Sūtras, and Nastik Darshan along with detailed knowledge of Bhagavad Gita and Indian Saṃskāra traditions.

Come join us again for exploring the timeless wisdom of Bharatiya Tattvajnana through our MA Sanskrit Darshan

## Diploma in Sanskrit Āgama

### A Bridge to MA Sanskrit

Explore the Sacred Texts and Ritual Wisdom of the Āgama with Fundamentals of Sanskrit

#### PROGRAM DETAILS

- Duration : 8 months, Annual Pattern
- Medium : English, Hindi and Marathi
- Online Classes : Evenings and Weekend
- Classes for working professional
- Recordings and Note : Provided
- Basic Written and Spoken Sanskrit
- Beginner's Sanskrit Vyakarana
- Veda, Purana, Itihas, Bhagavad Gita
- Sahitya - Kalidasa and Bhasa
- Introduction to Nitishatakam

- Basic Pre-requisite for MA Sanskrit and advance courses in Sanskrit
- Learn to read Indian Scriptures with संधि, समास, अन्वय, अर्थ
- Introduction to important texts of Indian Philosophy and Sahitya
- Short term course for you to understand your aptitude in Indian Scriptures
- Explore your area of interest in Sanskrit in a condensed capsule course.

# Diploma in Yoga Therapy Course

## Outcome of Course :

- Equivalent to YCB L6 and L7 (Exclusive of exam fees)
- Certified Yoga Therapist from IYA Accredited Member
- Work with Doctor or Ayurvedacharya as consultant
- Appointment in Naturopathy Centres as Yoga Therapist

## Course Outline :

- Introductions to IAYT and Therapy
- Yoga and Human Body - General Anatomy and Physiology
- Yoga and Allied Sciences - Ayurveda and Naturopathy
- Yoga Therapy in Ancient Texts
- Hatha Yoga and Physiological / Psychological Effects
- Therapy based Practicals and Ailment specific treatment plan



## UGC NET STUDY CIRCLE

### SALIENT FEATURES :

- One Year Long Course
- Prepare for Dec or June Schedule
- Comprehensive Notes
- Exam Oriented Lectures
- MCQs Every Module End
- Intensive Practice Tests
- Competent Faculty
- Multi Lingual Study Approach
- Weekly recording available
- Completed MA Yogashastra or Appearing students
- Flexible weekdays plan for working students





## Affiliations and Recognitions



Kavikulaguru Kalidas Sanskrit University,  
Ramtek, Nagpur  
(A Maharashtra State Govt &  
UGC Recognised University)



Government of Maharashtra  
Maharashtra State Board of Skill,  
Vocational Education and Training



सत्यमेव जयते  
Ministry of AYUSH  
Government of India



# Events of Yogaarathi





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### THANE

- 📍 YOGAARTHI School of Indic Studies  
Shell College Building, Opp Thane Bharat Sahakari Bank Ltd.,  
Thane College Road, CIDCO, Chendani, Thane West 400601.

### PUNE

- 📍 YOGAARTHI School of Indic Studies  
IIBM Campus, Plot No.8/2, D3, Old Mumbai - Pune Hwy,  
Behind Titan Showroom, Mohan Nagar, MIDC, Chinchwad,  
Pune, Pimpri-Chinchwad, Maharashtra 411019

☎ +91 98921 31114 / 74000 46649    ✉ [yogaarthistudies@gmail.com](mailto:yogaarthistudies@gmail.com)    🌐 [www.yogaarthi.org](http://www.yogaarthi.org)

### Follow us



### Locations



Thane



Pune