

JAGADGURU KRIPALU UNIVERSITY (PROPOSED)
DEPARTMENT OF NATUROPATHY & YOGIC SCIENCE
At/P.O.- Banra, via Mundali Colony, Tahsil-Damapada,
Dt. Cuttack-754006, Odisha, India
Website: www.jkuniversity.in



“We want Enlightened Doctors. An Enlightened Doctor sees the Supreme in every being and treats the patients in the spirit of devotion to Him”.

A unit of: **JAGADGURU KRIPALU YOG TRUST**
Regd. Office: XVII/3305, 1st Floor, Ranjit Nagar (Pusa Side)
New Delhi – 110008, India
Website: www.jkyog.org

JAGADGURU KRIPALU UNIVERSITY AT A GLANCE

In today's context, people identify themselves with their profession, religion, race, nationality, language, region or sex. Rarely do they identify themselves as human beings. This narrow sense of self-identity leads to myriad schisms in the world. Spiritual knowledge, that is beyond all religions, rituals and dogmas, effects an elevation of the consciousness, leading to the embracing of Universal Values and an expanded self-identity.

Such knowledge brings about a change in the outlook of people and make them see divinity in every aspect of life. Jagadguru Kripalu University will, therefore, aim at making students look beyond narrow geographical barriers and consider the entire Universe as their own family (vasudhaiva kutumbakam).. Such lofty ideals were embedded in the ancient Indian system. The education at Jagadguru Kripalu University will be a happy blend of both the ancient and the modern, which will help students, develop into global citizens.

JAGADGURU KRIPALU UNIVERSITY DEPARTMENT OF NATUROPATHY & YOGIC SCIENCE

OUR VISION

Create awareness about Yoga and Naturopathy as competent solutions for sustained healthcare and fitness. Good health, thus sustained by Yoga and Naturopathy, is fundamental to spiritual endeavors.

OUR MISSION

To create confidence in the minds of the people about the efficacy of Yoga and Naturopathy as a Drugless Cure for all ailments. To promote furtherance of knowledge through research in Yoga & Naturopathy.

CONCEPT OF NATUROPATHY

Naturopathy, or naturopathic treatment, is a form of alternative medicine based on a belief in vitalism, which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction, growth, and adaptation. Naturopathy favors a holistic approach with non-invasive treatment and generally avoids the use of surgery and drugs. Naturopaths recommend avoidance of biomedicine that creates toxic substances in the body and produces harmful side effects.

Naturopathy is a holistic method of healing which recognizes the ability of the body to overcome disease. It is a system of medicine founded on the most time-tested medical principle: the healing power of nature. The goal of Naturopathy is to restore the body's natural functioning through the use of natural substances and treatments that enhance its innate healing abilities.

In India the history of Naturopathy, the ancient science of healing and art of living, can be traced back to the Vedic times. Our Ayurveda text contains the Swastha Vritta, which is nothing but Naturopathy. During the ancient era the physicians used to treat the patient's disease using natural medicines but would also educate them about a healthy lifestyle.

Naturopathy is an art and science of healthy living and drugless system of healing. It holds the belief that our body is made up of five basic elements and any imbalance in the body function are the results of our wrong life style.

CONCEPT OF YOGA

One of India's greatest treasures is the science of Yoga. Yoga is mentioned in the Upanishads and other scriptural texts, which paved the way for the development of Yoga as a separate science. The aim of Yoga is to connect the *jīva* (individual soul) with *Bhagavān* (Supreme Soul).

Yogasanas can be employed to great effect in curing as well as enhancing the overall health of an individual. Asanas, when practiced with emphasis on the mind, purifies the body and eliminates mental stress, anxiety and improves concentration tremendously.

Yogasanas when practiced along with Pranayam and Meditation relaxes the body, elevates the mind and soothes the soul. Yoga & Meditation, Pranayam, Naturopathy and other techniques form the basis of holistic treatment.

CONCEPT OF PRANAYAM

Pranayam has been derived from two words "*prāṇ*" and "*āyām*". In simple terms, it means to expand the *prāṇic* (vital) energy of the body.

The Yoga Masters had knowledge about how the mind functions through *prāṇ*, and by which it controls and governs various activities in the physical body. *prāṇ* and the mind are closely affiliated, that one cannot function in isolation of the other. With the help of pranayam we can experience an elevated and enriched plan of life with both—sound body and sound mind.

JAGADGURU KRIPALU YOGA AND NATUROPATHY HOSPITAL & RESEARCH CENTRE

EFFECTIVE TREATMENTS IN NATUROPATHY FOR DISEASES – at JKYN Hospital

There are numerous diseases that affect human beings. They can be classified under the following heads.

Digestive Disorders

Amoebiasis, Constipation, Diarrhoea, Dysentery, Dyspepsia, Flatulence, Gastric Ulcer, Hyper Acidity, Indigestion, Piles, Fissure, Fistula, Irritable Bowel Syndrome etc

Respiratory Diseases

Asthma, Bronchitis, Cough, Dry Cough, Sinusitis, Allergy etc

Joint Diseases

Arthritis, Gout, Lumbago, Rheumatoid Arthritis, Spondylitis, Frozen Shoulder, Ligament Injury etc

Gynaecological Disorders

Menstrual Problems, Leucorrhoea, Menorrhagia etc

Neurological Disorders

Anxiety Neurosis, Depression, Insomnia, Sleeplessness, Sciatica etc

Other Problems

Anaemia, Diabetes, Fever, Influenza, Hyper Tension, Migraine, Jaundice, Obesity, Loss of Weight, Muscular Cramps, Cerebral Palsy, Rheumatism, Autism, Depression, Epilepsy etc.

Patients suffering from chronic diseases are also treated successfully in comparatively less time in Naturopathy. Most of these diseases can be treated through Naturopathy. Naturopathy hospitals are spread throughout the country and the success rate of the patients recovery is quite high in comparable to any other system.

NATUROPATHY – TREATMENT MODALITIES

The principle of Naturopathy states that the root cause of all diseases is the accumulation of toxins in the body. Prevention and elimination of toxins is the way to perfect health. Treatments are based on the 5 eternal elements of nature that have immense healing properties.

HYDRO THERAPY:

Hydrotherapy, formerly called hydropathy, is a part of treatment, in particular of occupational therapy and physiotherapy, that involves the use of water for pain relief and treatment. The term encompasses a broad range of approaches and therapeutic methods that take advantage of the physical properties of water, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation and treat the symptoms of certain diseases.

The methods of Water Therapy:

- Enema
- Hip bath
- Spinal bath
- Steam bath
- Spinal Spray bath
- Hot hand & foot bath
- Immersion bath
- Full body pack
- Hot & cold pack
- Compresses & Fomentation
- Hot & cold fomentation
- Under water massage
- Whirlpool bath
- Jacuzzi bath

MASSAGE THERAPY:

Massage is the manipulation of superficial and deeper layers of muscle and connective tissue using various techniques, to enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability promote relaxation and well-being and as a recreational activity.

Massage involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, fascia, skin, joints or other connective tissue, as well as lymphatic vessels or organs of the gastrointestinal system. Massage can be applied with the hands, fingers, elbows, knees, forearm or feet.

CHROMO THERAPY:

Seven colors of sunrays have different therapeutic effects. These colors are Violet, Indigo, Blue, Green, Yellow, Orange and Red. For prevention and treatment of different diseases these color work effectively. Coloured bottles filled with water and colored glasses are used as devices of sunrays therapy for treating different disorders.

Color therapy is distinct from other types of light therapy, such as ultraviolet blood irradiation, which are scientifically accepted medical treatments for a number of conditions and from photobiology, the scientific study of the effects of light on living organisms.

MAGNET THERAPY:

The habitat of human is influenced by magnetic field all around him. This magnetic field influences each and every cell of your body's immune system and removes the blocks in different channels through which energy flows.

MUD THERAPY:

This is a process where pure mud is applied over the body directly or in the form of packs. The cooling, chemical and mechanical properties of mud help to treat problems of skin, joints and metabolic disorders. Mud therapy is a very simple and effective treatment modality. Mud may be applied to the patient in sitting or lying position.

PHYSIOTHERAPY:

Physiotherapy is a health care system primarily concerned with the remediation of impairments and disabilities and the promotion of mobility, functional ability, quality of life and movement potential through examination, evaluation, diagnosis and physical intervention carried out by physical therapists.

ACUPUNCTURE:

This is a Chinese concept of treating disease. Here fine needles are inserted at selected meridian points on the body, which activates the body's immune system and removes the blocks in different channels through which energy flows.

ACUPRESSURE:

Acupressure is an alternative medicine technique similar in principle to Acupuncture. Acupressure is an ancient healing art that uses the fingers or any blunted objects to press key points called as 'Acu Points' (Energy stored points) on the surface rhythmically on the skin to stimulate the body's natural self-curative

DIET & NUTRITION:

The first step in the techniques of healthy living is balanced diet. According to this therapy the food must be taken in natural or maximum natural form only. Fresh seasonal fruits, fresh green leafy vegetables and sprouts are excellent from this point of view. These diets are classified as juices, fruits, raw diets, boiled vegetables and soup etc. Being alkaline these diets help in improving health, purifying the body and rendering it immune to disease. Our diet must consist of at least 80% quantity of such fiber food for preserving health.

YOGA PRACTICE:

Yoga is a generic term for the physical, mental, and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace. Yoga is a Sanskrit word, which means "union" and is interpreted as "union with the divine". One of the most detailed and thorough expositions on the subject is the *Yog Sūtras of Patañjali*, which defines yoga as "the stilling of the changing states of the mind". Yoga is a discipline to improve or develop one's inherent powers in a balanced manner. It offers the means to reach complete self-realization.

SOME IMPORTANT ASANAS AND THEIR BENEFITS

ASANAS	BENEFITS
Padmasana	For physical, mental and emotional equilibrium.
Vajrasna	Regular practice for 5-10 minutes after meal kindles up digestion. It is useful for insomnia.
Mandukasana	Increases the digestion. It cures constipation, dyspepsia and flatulence.
Uttanamandukasana	Useful in the treatment of lumbago, cervical pain, bronchitis and diabetes.
Gomukhasana	Beneficial in curing asthma, rheumatic pain in knees and ankles and improves the capacity of lungs.
Ardha-Matsyendrasana	Useful in the cure of diabetes and cervical spondylitis.
Kagasana	Energizes the thighs, calves and ankles.
Simhasana	Prevents the disorders related to neck, eyes, nose and ears.
Shavasana	Imparts physical, mental and emotional relaxation.
Supta-Pavanamuktasana	Useful in curing gastric trouble, flatulence and back pain.
Urdhva-Sarvangasana	Beneficial for the health of eyes, face, brain and hairs.
Sarvangasana	Brings suppleness to the spine and prevents the ailment of respiratory system and neck.
Chakrasana	Harmonizes the secretion of all glands, reduces obesity and is effective in the cure of bronchial asthma and diabetes.
Paschimottanasana	Useful for physical, mental and spiritual development.
Katichakrasana	Useful in the prevention and cure of disorders relating to lumbar region, spine and chest.
Urdhva-Hastottanasana	Useful for lumbar pain, bronchial asthma and digestive disorders, reduces obesity and helps in increase of height.
Konasana	Useful in increase of height and energizes the digestive and respiratory systems and heart.

MEASUREMENT OF GOOD HEALTH

- You are getting a sound sleep.
- You are having a clear motion.
- You are getting good hunger.
- You are feeling no joint pain.
- Your belly is parallel to your chest.

IF NOT THEN...

- You required improvement in your thinking, eating & life style.
- For good health you required to remain away from modern medicine.

TO MAINTAIN GOOD HEALTH...

- Take food twice a day.
- Drink minimum 3 liters of water in a day.
- Do one-hour exercise in every morning.
- Do fasting once in a week.
- Do prayer twice a day.

HOSPITAL TIMING

Every day:	Morning hours	7.00 A.M. to 1.00 P.M.
	Evening hours	2.00 P.M. to 4.30 P.M.

YOG SESSION

Every day:	Morning Prayer	5.00 A.M.
	Morning Yoga Session	6.00 A.M.
	Evening Prayer	6.00 P.M.
	Evening Yoga Session	6.30 P.M.

Special /individual training on Therapeutic Yoga & Naturopathy given on suitable time as prescribed.

ACCOMODATION & SERVICES

The facility offers residential services with single, double and luxury villa accommodations. Guests will be extended wholesome vegetarian food prepared by experienced chefs offering a wide variety of dietary options and in accordance with the treatment being delivered. Expert dieticians in consultation with onsite doctors will create menu categories as an integral part of the holistic programs.

Guests will also get access to a fully furnished modern fitness facility with aqua fitness, traditional yoga & meditation, spa and Jacuzzi. A wide variety of fitness, yoga & meditation sessions and lecture programs will be integrated as part of the holistic natural treatment.

The center will be draped in natural foliage and landscaped gardens. Variety of trees (endemic and exotic) and plantations will be cultivated to provide the best atmosphere.

The center will also have an exhaustive library, fully equipped communications & business center, gift shop, amphitheater, herbal gardens, outdoor play courts, jogging tracks, swimming pool and parks to enhance the experience of guests and patients.

HOSPITAL SERVICE IN NOMINAL CHARGES

Sl. No.	TREATMENTS	ABBR	PRICE (Rs.)
1	MUD PACK (Abdomen & Eye)	MPkA	50/-
2	MUD PACK (Local)	MPkL	30/-
3	FULL MUD BATH	FMB	100/-
4	LOCAL STEAM	LSt	30/-
5	FACIAL STEAM	FSt	30/-
6	STEAM BATH	St.B	150/-
7	COLD HIP BATH	CHB	30/-
8	NATURAL HOT & COLD HIP BATH	NHB	50/-
9	SPINAL BATH (HOT/COLD)	SB	50/-
10	COLD EMERSION BATH	CIB	50/-
11	HOT FOOT AND ARM BATH	HFAB	50/-

12	EMERSION BATH WITH EPSOM SALT (COLD/NEUTRAL/HOT)	EB+EP(C-N-H)	100/-
13	FULL BODY MASSAGE (OIL)	FBM O	400/-
14	DRY MASSAGE FULL POWDER	DMF D	200/-
15	UNDER WATER MASSAGE	UWM	300/-
16	VIBRO MASSAGE PARTIAL	VMP	50/-
17	FULL WET SHEET PACK	FWShPk	50/-
18	LOCAL WET SHEET PACK	LWShPk	30/-
19	KIDNEY PACK	Kd Pk	30/-
20	GASTRO HEPATITES PACK	GHPk	30/-
21	MUSTARD PACK	Ms Pk	50/-
22	MUSCLE STIMULATION	M St	50/-
23	PLAIN ENEMA	P En	30/-
24	NEEM ENEMA	N En	50/-
25	LEMON ENEMA (HOT)	L En H	50/-
26	BUTTER MILK ENEMA	BuMiEn	50/-
27	COFFE POWDER ENEMA	Co Po En	50/-
28	CASTEROIL ENEMA	Ca En	50/-
29	HOT & COLD FOMENTION (ABDOMEN)	H & C Fo	50/-
30	ACUPRESSURE TREATMENT (FOR 10 DAYS PACKAGE)	Ac Tr	500/-
31	TOTAL BODY SERVICING SCHEME (PER DAY)	TBSC	800/-
32	TOTAL BODY SERVICING SCHEME (12 TIMES PER YEAR)	TBSC (Y)	8000/-
33	PHYSIO THERAPY	PER DAY	50/-
34	ACUPRESSURE	PER DAY	50/-
35	TOTAL BODY SERVICING SCHEME (4 TIMES PER MONTH)	TBSC (M)	3000/-
36	Single Deluxe AC room two bed with treatment charges per month (Special Indoor Bed) (Per Month – Rs.27000)	Indoor	1000/-
37	Dormitory with treatment charge per month (General Indoor Bed)	Indoor -1 day	400/-
38	Dormitory with treatment charge per month (General Indoor Bed)	Indoor-1 Month	10000/-

NB: -

- For BPL cardholder 25% discount will be allowed in General Treatment.
- For school students 25% discount will be allowed.
- For attendant 50% discount on Room Rent.
- Free health & lifestyle tips on 1st Sunday of every month.

TOTAL BODY SERVICING SCHEME:

Kunjla kriya, Eye cleaning, Mud Pack, Elimination of the Toxins, Full Body Massage, Steam bath, Under Water Massage – all treatments, 12 times a year. The health seeker will get full day treatment with breakfast, lunch and a bed (A/C room) to take rest in between. For half-a-day treatment without breakfast and lunch, the package will be Rs. 8,000 per annum

(12 times a year). For one day treatment, the charges are Rs. 1000 per day (including breakfast, lunch and A/C room facility for rest in between).

Package Rs. 10,000 per annum

- For a month long treatment with Deluxe A/C room (2 beds) including lunch, dinner and treatment charges, the package is Rs. 27,000 per month.
- With Dormitory accommodation, the charges are Rs. 10,000 per month.
- For one day treatment including breakfast, lunch, treatment charges and dormitory accommodation for rest in between, the charges are Rs. 400 per day.
- For other packages, please enquire at the hospital.

JAGADGURU KRIPALU YOGA & NATUROPATHY MEDICAL COLLEGE & RESEARCH CENTRE (proposed)

Jagadguru Kripalu University Campus
At P.O. Banra, via MundAli Colony, Tahsil-Damapada,
Dt. Cuttack-754006, Odisha, India

OUR VISION:

To propagate the concept of Yoga & Naturopathy system and bring it under learning process for the benefit of mankind and creating nature cure physicians of the future. To infuse an element of spirituality into the system of medicine.

OUR MISSION:

To evolve Yoga & Naturopathy Doctors who would ensure safe, ethical and competent Naturopathy cure for the suffering humanity. To promote Yoga & Naturopathy Research and integrate it with other systems of medical treatment.

B.N.Y.S. DEGREE COLLEGE

BACHELOR OF NATUROPATHY AND YOGIC SCIENCE

5 ½ Years Medical Degree Course in Naturopathy and Yogic Science

The College will be creating Nature Cure Physicians of the future holding Bachelor of Naturopathy and Yogic Science (**BNYS**) degree. BNYS is a 5 & 1/2 years Medical Degree course and is conducted by recognized Institutions all over India. Yoga and Naturopathy is recognized as a system of medicine by the Department of AYUSH coming under the Ministry of Health and Family Welfare of the Government of India.

ELIGIBILITY:

Eligibility for joining the course: 50% total in +2 Science stream (or equivalent 12th standard) with Physics, Chemistry and Biology as subjects.

FACILITIES:

- 50 bedded Yoga & Naturopathy Hospital for clinical training
- Sophisticated Laboratories and state of art simulation models for teaching
- Well-equipped modern library with latest books, e-books, journals and digital learning materials.
- Well equipped class rooms and Yoga Hall to accommodate 300 students
- Hostel facilities separately for boys and girls

CAREER OPPORTUNITIES:

- Successful B.N.Y.S. graduates are eligible for Registration as Class 'A' Medical practitioner.
- Naturopathic Physician/Consultant
- Medical Research Scientist
- Doctor in MEDI-SPAs
- Academician in Naturopathic Medical Institutions
- Yoga Consultant/Therapist
- Stress Management Consultant
- Life Style Interventionist in various disciplines like Cardiology/Obesity/Fitness/Endocrinology etc.
- Acupuncture Physician
- Corporate/Wellness Consultant
- Health Consultants in Holistic Wellness Centers in India and abroad
- Dietician in Government and Public sector Hospitals

COURSE CONTENT:

FIRST YEAR:

- Anatomy
- Physiology
- Biochemistry
- Philosophy of Nature Cure
- Yoga Practices

SECOND YEAR:

- Pathology
- Microbiology
- Community medicine
- Yoga philosophy
- Magneto therapy & Chromo therapy

THIRD YEAR:

- Manipulative therapies
- Acupuncture
- Yoga applications
- Fasting therapy
- Naturopathy diagnosis

- Modern diagnosis & first aid

FOURTH YEAR:

- Nutrition dietetics & herbs
- Obstetrics & gynecology
- Yoga therapy
- Hydro therapy
- Physiotherapy
- Holistic practice of naturopathy & yoga
- Hospital management & research methodology
- Psychology & basic
- Psychiatry

FINAL YEAR:

- Compulsory one year rotatory internship program in various hospitals

JAGADGURU KRIPALU UNIVERSITY (PROPOSED)

Jagadguru Kripalu University is the outcome of the vision of **Jagadguru Kripaluji Maharaj**, who is the fifth original Jagadguru in Indian history, after Jagadguru Shri Shankaracharya, Jagadguru Nimbarkacharya, Jagadguru Ramanujacharya and Jagadguru Madhvacharya. The University is designed to fulfill the aspirations of the modern day students, by forging their complete personality development – at the physical, mental, intellectual and spiritual levels. The present education system in India gives the students, knowledge but not enough wisdom; jobs but not occupation; money but not happiness; ambition but not contentment. Jagadguru Kripalu University is meant to remove these anomalies and empower students with a clear vision of their life-goals, an intense aspiration and will to strive for them, and the qualities of head and heart to attain them. This unique University will give the students holistic education enshrined in universal human values, that will equip them to be self-reliant and meet the demands of industry and society with enthusiasm and confidence.

DEVELOPING CAMPUS:

Jagadguru Kripalu University has already taken possession of the land and plans are afoot in bringing up a beautiful campus at the University site. It will be our endeavor to put up structures that will reflect Indian ethos with aesthetic appeal. There will not be huge structures that will dwarf human beings. It will not be a concrete jungle. The built up area will be confined to not more than fifty per cent of the total area. The remaining part of the land will be maintained as part of nature. The campus will be declared as Eco-friendly region. The campus in its final form will be frequented by about 10,000 students and 1000 teachers, with spacious Class Rooms, Laboratories, Workshops, Seminar halls, Administrative block, Library, Alumni Centre, Hostels, Convocation Hall, Meditation Hall, Guest House, Staff Quarters and Playgrounds.

THE PERSONALITIES INVOLVED IN SHAPING THE UNIVERSITY

JAGADGURU SHRI KRIPALUJI MAHARAJ

Eternally liberated Divine personalities sometimes descend upon the earth for the welfare of humankind. Jagadguru Shree Kripaluji Maharaj, or "Shree Maharaj ji", as he is lovingly called by his devotees, is such a Divine personality.

In the year 1957, he was unanimously acclaimed by the Kashi Vidvat Parishat, the topmost body of Vedic scholars in India, as "Jagadguruttam" or supreme amongst the Jagadgurus of Indian history.

The spiritual movement founded by him has transformed millions of people around the globe. The beauty of his philosophy is that, using perfect scientific logic, he reconciles the apparently contradictory teachings of previous acharyas, to present the simple straight-forward path to enlightenment.

Jagadguru Kripalu University will be based upon Shree Maharajji's vision of synthesizing spirituality with materialism for the complete personality development of students.

SWAMI MUKUNDANANDA

Swami Mukundananda is a unique world spiritual teacher in the renounced order, who also possesses a distinguished educational background, having done Engineering and Management from two world famous institutes, IIT and IIM. As a senior disciple of Jagadguru Shree Kripaluji Maharaj and the President of JKYT, Pujya Swamiji travels around the world, changing the lives of hundreds of thousands of seekers by offering new ways of understanding and applying the ancient knowledge of the Scriptures in our daily lives.

DR. S. RAMARATNAM

Dr.S.Ramaratnam is the Vice Chancellor Designate of the University. He worked in a similar capacity at Sri Sri University before joining us. Having worked as the Director of a Management Institute and Principal of Colleges, he has more than 40 years of experience in the academic world. He has five Post Graduate degrees, four Undergraduate degrees, ten Diplomas and a Ph.D. degree to his credit. A number of titles and awards like Bharata Kala Nipuna have been conferred on him. He has presided over sessions in International Conferences held in Germany, Austria, Australia, USA and several other countries and he was also a Visiting Professor at Oxford University.

CONTACT

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