



Yoga
Does Not Just
Change The Way
We See Things,
It
Transforms The Person
Who Sees

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**Apex School of
Naturopathy & Yogic Sciences**

LIFE @ APEX



Message

From the Chairperson's Desk



Dr. Ravi Juniwal
Chairperson

Naturopathy & Yogic Sciences Welcome to Apex School of Naturopathy & Yogic Sciences at Apex University. Our institution is dedicated to fostering holistic health and well-being through the ancient sciences of Naturopathy and Yoga. At Apex, we believe in the profound connection between mind, body, and spirit, and our programs are designed to nurture this harmony.

Our curriculum is a blend of traditional wisdom and modern scientific knowledge, providing students with comprehensive training in natural healing methods. We are committed to academic excellence, innovative research, and community service, ensuring our graduates are well-equipped to promote health and wellness in society. We take pride in our state-of-the-art facilities, experienced faculty, and vibrant campus life. Our students are encouraged to engage in hands-on learning, community outreach, and personal growth. At Apex, we cultivate an environment where future practitioners of Naturopathy and Yoga can thrive and make meaningful contributions to the health sector. Join us in our journey to transform healthcare and inspire a healthier, more balanced world. Together, we can lead the way in natural health and well-being. Welcome to Apex, where tradition meets innovation.

■ **Dr. Ravi Juniwal**
Chairperson

A Journey

REDEFINING EXCELLENCE

Apex School of Naturopathy & Yogic Sciences

Nurturing Excellence Since 2018

Since 2018, the Apex School of Naturopathy & Yogic Sciences has been at the forefront of promoting excellence in natural health education. The school's dedication to academic rigor, combined with a nurturing and supportive learning environment, has resulted in the development of a robust educational framework.

Be A Part of 60 Years Legacy

Apex University is a distinguished institution known for its commitment to academic excellence and innovation. The Apex School of Naturopathy & Yogic Sciences is a proud part of this legacy, contributing to the university's long-standing tradition of providing quality education. Over the decades, Apex University has built a reputation for fostering intellectual growth and professional development across various disciplines. By joining the Apex School of Naturopathy & Yogic Sciences, students become part of this rich heritage, benefiting from the university's extensive resources, experienced faculty, and a vibrant academic community that spans nearly six decades.

Recognized as One of the Best Naturopathy & Yogic Sciences Schools in Rajasthan

The Apex School of Naturopathy & Yogic Sciences has earned recognition as one of the premier institutions for naturopathy and yogic sciences in Rajasthan. This accolade is a testament to the school's unwavering commitment to academic excellence, comprehensive curriculum, and the holistic development of its students. The school's emphasis on practical training, research, and community engagement ensures that graduates are well-prepared to make meaningful contributions to the field of natural health.





About

APEX SCHOOL OF COMPUTER & IT

APEX SCHOOL OF NATUROPATHY & YOGIC SCIENCES:

The Apex School of Naturopathy and Yogic Sciences is a distinguished institution dedicated to promoting holistic wellness through the principles of naturopathy and yogic practices. Founded with a vision to harmonize the mind, body, and spirit, the school offers comprehensive programs that encompass natural healing methods and ancient yogic wisdom.

At Apex School, students gain a deep understanding of naturopathic principles, including nutrition, herbal medicine, hydrotherapy, and more. The curriculum emphasizes the importance of preventive healthcare and the body's innate ability to heal itself. Furthermore, the school places a strong emphasis on yogic sciences, teaching students the art of mindfulness, meditation, asanas, and pranayama for overall well-being.

Guided by experienced practitioners and educators, Apex School provides a nurturing environment for personal and professional growth. Graduates not only acquire a solid foundation in natural health practices but also become ambassadors of holistic living, contributing to a healthier and more balanced society.

WHAT MAKES APEX SCHOOL OF NATUROPATHY & YOGIC SCIENCES UNIQUE?



Holistic Blend: Naturopathy & Yoga



Ancient Wisdom, Modern Science



Personalized Wellness Approach



Experienced Practitioner Faculty

PROGRAMME **HIGHLIGHTS**

05

**Campuses
in Jaipur**

04

**International
Research
Conferences**

08

**Centers of
Excellence**

35

**Global Thought
Leaders on Academic
Advisory Council**

20+

**Full Time
Faculty**

100+

**Industry Leaders
interacted with
students**

PROGRAMME HIGHLIGHTS

15+

**Global Visiting
Faculty from Industry
& major universities
of the globe**

252+

**Campus Placements
in a single day in
Pool Campus Drive
and still continuing**

5000+

**Alumni Network
spread over
10+ Countries**

50+

**Prizes won by
students at National
Level/State Level/
Inter College Fests.**

05

**Collaborations with
Leading Global
Institutions**

PROCEDURE **ADMISSIONS 2025**



Step 1:

Visit the Official Website

Go to the official website of Apex University: www.apexuniversity.co.in.
Your first step towards a promising academic journey begins here.

Step 2:

Apply Online

Click on the Apply Now button.
Fill out the application form and pay the application fees.



Step 3:

Appear for AUCET

Take the Apex University Common Entrance Test (AUCET) as part of the admission process.

Step 4:

Document Submission

Submit all necessary documents, including academic records, ID proof, and other required paperwork.



Step 5:

Admission Confirmation and Fee Payment

Upon successful selection, confirm your admission by paying the required fees.

Step 6:

Join Apex University

Once your admission is confirmed, become a part of Apex University and begin your academic journey.

PROGRAMS OFFERED

M.A YOGA SCIENCES

ELIGIBILITY

Bachelor's degree or equivalent.
Obtained at least 50% for General, 45%
for SC, ST, OBC & SBC.

FEE : ₹ 40,000 Per Annum

DURATION : 2 Year

M.SC. YOGA SCIENCES

ELIGIBILITY

Bachelor's degree (any discipline) or
equivalent. Obtained at least 50% for General,
45% for SC, ST, OBC & SBC.

FEE : ₹ 40,000 Per Annum

DURATION : 2 Year



CAREER PROSPECTS

- » Lecturer
- » Research Assistant
- » Yoga Teacher
- » Naturopathist
- » Content Writer
- » Healthcare Consultant
- » Physiotherapist
- » Massage Therapist
- » Yoga Instructor

- » Research Assistant
- » Medical Officer
- » Community Officer
- » Vlogger Research Officer
- » Naturopathy Consultant
- » Naturopathy physician
- » Publication Officer (Naturopathy)
- » Therapist
- » Naturopathy Experts

INTERNATIONAL YOGA DAY CELEBRATION



ACHIEVEMENTS



Ankit Chandel Bagged the Gold Medal and Garima Kumari & Aarzo Gupta Won Silver Medals in Yogasana Sports Championship



Won Yoga Competition at TECHNOAGAZ, Participants Had Practised Various Forms of Yoga Asanas



Karan Singh Rathore Batch Topper (2021-22) in PGDYN Won Gold Medal in All India Basketball Tournament & Senior National Basketball Tournament



NATUROPATHY DAY CELEBRATION



INDUSTRIAL VISIT



BEYOND ACADEMICS



Celebrating World Health Day



*Awareness camp on the topic of
'Improving Vitality Through Naturopathy' for students and public,*



INTEGRATED YOGIC PRACTICES

					
Jalaneti	Sutra Neti	Tadasana	Hastottanasana	Kapalabhati Kriya	Sarvangasana
					
Gomukhasana	Vakrasana	Shashankasana	Setubandha Sarvangasana	Marjariasana	Kunjali
					
Bhujangasana	Dhanurasana	Ardha Chakrasana			
					
Makarasana	Ustrasana	Bhramari			
					
Matsyasana	Katicakrasana	Vajrasana			

STUDENT'S SUCCESS STORY



Hi, I am Swati pandey .I have completed my Post Graduation Diploma in yoga & Naturopathy (PGDYN) from Apex University, Jaipur .I got an amazing opportunity to get trained by amazing professors.Thank you so much for making a big class feel small and super fun! Thank you for a great first semester at college! May the wisdom and well health goes long .Thank you for your amazing lectures and feedback and thank you for being so supportive !

Swati Pandey
PGDYN (2019-2021)



Apex School of Naturopathy and Yogic Sciences has provided me with excellent guidance and extensive knowledge about the intricate sciences of naturopathy. It also has enlightened me in various phases of the great brain science, yoga. It has not only been supportive of my educational needs but also has provided care and encouragement to nurture my interests in extracurricular activities. The residential environment proves to be a significant aspect for gaining the experience of naturopathy and yoga, which are not mere healing sciences but are indeed a way of life.

Purva saxena
M.Sc Yoga (2019-2021)



The academic experience with great infrastructure and excellent faculty at Apex School of Naturopathy and yogic sciences has endured me with a lifelong carrier excellence. This institution has enlightened me throughout the beautiful journey. It made me realize that learning environment makes it different, I owe my success to ASNYS and I really feel lucky and proud of being a alumni of this institution.

Anjali Kumawat
M.A. Yoga (2019-2021)

A GUARANTEE OF THE FINEST QUALITY IN EDUCATION

Is Your Future Secure With Us ?

Well, These Marks of Excellence Speak For Us !



This is What CUET Means For You...

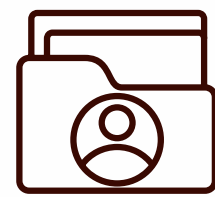
Apex University Made History By Becoming The Youngest University in India To Receive 5,90000 CUET Applications in UG & PG Programme.



Best Quality Infrastructure &
Digital Resources



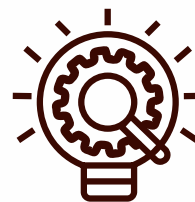
Quality in Teaching & Student
Development



Relevant Curriculum on a
Local, National & Global
Levels



Highest academic degree
value upon Graduation



Top quality research and
innovation Initiatives

CELEBS @ APEX



Apex South Campus - I



Apex West Campus - I



Apex Kota Campus



Apex South Campus - II



Apex West Campus - II



Apex South Campus - III



Apex North Campus



Dr Sagar Mal Juniwal's

APEX UNIVERSITY

Ph.: 0141-6660999 | 1800-200-7000

Email : info@apexuniversity.co.in, Web.: www.apexuniversity.co.in

Admn. Office :
Sector -5, V.T. Road, Mansarovar
Jaipur (Rajasthan) 302020

Delhi Office :
203, Second Floor,
Bhikaji Cama Bhawan, New Delhi-110066