

BEST PRACTICES AND SOCIAL SERVICES BY UNIVERSITY OF PATANJALI

1. PLANTATION BY THE NSS VOLUNTEER AT UNIVERSITY CAMPUS

Tree Plantation Programme was held in Girls' hostel field on 4th Aug. 2018 at 3:00 pm about 100 NSS volunteers' participated in the programme. Tree Plantation Programme was organized to celebrate birthday of Honorable Vice Chancellor, Shradheya Acharya Balkrishna Ji. His holiness with Sh. Dinkar Burathoki Ji, Registrar, Program Officers Dr. Vaishali Gaur and Mr. Kapil Shastri alongwith other faculty members and students planted 100 various saplings of Neem, Tulsi, Aloe vera, Guava and Giloy in Girls' hostel field. Students explained about the importance of Plantation. Staff of gardeners watered the saplings and also explained the people how to plant saplings with an understanding of their importance, uses and relevance.

2. TOWN CLEANING CAMPAIGN

Every year 'Kawads' visit holy city of Haridwar on Shravan month. It is the strong belief of pilgrims that brings them to the holy Ganges from miles. In travel trade this activity is known as Mass Tourism in which a city or town receives a huge amount of people from various places. Not only in Hinduism, but also in Islam and Christianity the pilgrims visit their holy places. The same happens in the foothills of Uttarakhand where during the Kawad season there is no place for vehicles to drive, the bus service is also not available, music speakers are all loud and the crowd is on its peak. After the event is all completed, all leftovers' in the form of pile of polythenes, rags, empty plastic water bottles, tetra packs, thermocol glasses, food wastes etc. remains which sometimes makes it difficult to breathe properly.

Year after year, University of Patanjali has taken many initiatives and drives to clean the town and create awareness on general health and hygiene. Cleanliness drives are also being conducted by the students of the University.



3. GANGA SAFAI ABHIYAAN

Ganga Safai Abhiyaan was conducted by the students of University of Patanjali on 18th Nov. 2018 on the call of Government of Uttarakhand. Nearly 50 students including boys and girls (Yoga Science, Vth semester) actively participated under the guidance of Dr. Nidheesh and the supervision of Dr. Arti Yadav and Sh. Jagmohan Ji. The intensive 'Ganga Safai Abhiyaan' started nearly at 9 AM and finished with the cleaning of the given area by afternoon. The Government of Uttarakhand expressed warm gratitude towards the Vice Chancellor and Pro-Vice Chancellor of the University of Patanjali for serving their hand in the massive drive.

4. SEVEN DAYS SPECIAL NATIONAL SERVICE SCHEME CAMP

Seven days special National Service Scheme camp was organized by University of Patanjali under the supervision and guidance of Dr. Vaishali Gaur and Kapil Shastri from dated 13 to 19 March, 2019. The motto of the camp was to reduce gap between rural and urban populations. During camp various activities were performed by NSS volunteers like voting rally, toilet survey, awareness program of clean and green India, say no to polythene, promotion of health and hygiene. Theoretical knowledge was also given to the volunteers by Experts. Special women's Defense training programme was also conducted by expert Mr. Sandeep Marikpuri to enhance physical strength of women to survive in the society. Theoretical knowledge of defense in relation to Yoga was also delivered by him. In the Closing ceremony of the camp Dr. Mahavir Aggarwal (Hon'ble Pro-Vice Chancellor) addressed the students and said that "Always remember that the happiest people are not those getting more, but those giving more".

5. ONE DAY NATIONAL SERVICE CAMP

One day National Service camp was organized by University of Patanjali under the guidance of Dr. Vaishali Gaur, Program Officer of National Service Scheme. The program started with the pleasant presence of dignities like Dr. Mahavir Aggarwal (Hon'ble Pro Vice Chancellor), Dr. Vinod Bansal (Director of Academics and Placement), Dr. Govind Mishraji (CEO), Dr. Sanjay Singh and others faculty staff. To enhance the social and creative skills of the students, various competitions like poster



presentation, speech and poem (self composed) were performed. An energetic Patriotic song was performed by our music teacher Mr. Chandra Mohan Mishra and his team. Winners were awarded by Dr. Vipin Dwivedi, Mrs. Rachna Arora, Mr. Sandeep Marikpuriji and Dr. Vaishali Gaur.

6. ONE STEP TOWARDS COMMUNITY...

The NSS volunteers celebrated the 50th Foundation Day of National Service Scheme on 24 September, 2019. The event was held under the supervision of the programme officer Dr. Vaishali Gaur. Our honorable Pro-Vice Chancellor Prof. Mahaveer Agarwal was the chief guest of the Programme and inauguration was done by him. He said that national service is a big platform to develop human personality. We should always ready to do service for our society. Various activities were performed by our active volunteers such as Street play, poem and speech regarding clean India awareness. Dr. Anju Tyagi and Mrs. Rachna Arora gave their valuable time to motivate the students. Mr. Rohit and Km. Savita also gave their valuable contribution.

7. WORKSHOP ON INTERNATIONAL APPROACH OF YOGA TRAINING

Students of University of Patanjali were requesting for some exposure regarding international approach of Yoga Teaching and Learning. Accordingly, various Yoga Teachers of international repute were consulted. Fortunately, Gracija Bravin, The Director of Himalayan Yoga Institute, 86-90 Paul Street London EC2A NE accepted the offer to organize a workshop. Accordingly, workshop was conducted during 27- 28 March 2018 in the Yoga Hall of Shatkarma Department under the supervision of Dr. Nidheesh Yadav, Asst. Professor Department of Yoga Science and coordination of Ms. Pragya Rathore, student of MAYoga Science. 28 students in total had been registered for the workshop. There were 05 practical sessions in total for 02 hours each.

8. REPRESENTATION OF UoP AT NATIONAL & INTERNATIONAL PLATFORMS



International Deputation of UOP Staff to Japan by Indian Yoga Association Indian Yoga Association (IYA) is an apex body in India for maintenance, promotion and advancement of Yoga, its application and different Indian Yoga Traditions under chairmanship of Revered Swami Ramdev Ji. Personal Certification Body (PrCB) of IYA is approved under the scheme for Voluntary Certification of Yoga Professionals owned by YogaCertification Board, launched by Ministry of AYUSH. IYA PrCB is a leading certification body indulged into Yoga certification from last few years. IYA PrCB is not only conducting Yoga Certification examinations all over the nation but also globally. In accordance Dr. Nidheesh Kumar Yadav, Asst. Professor Dept. of Yoga Science has been deputed for International Yoga Certification process to OSAKA and TOKYO in 9th to 14th August 2018 as Lead Examiner along with Sh. Hiroshima Ikata from Japan and Mr. Manoj Thakur from Singapore. He has also been given an extra responsibility as the Coordinator for this International Certification process. Dr. Nidheesh Kumar Yadav, has been deputed for Yoga certification in India since 2015. He is a senior examiner also conducted two workshops for Examiners of Yoga Certification in Kaivalyadhama, Lonavla, Pune in 2016 and Dev Sanskriti Vishwavidyalaya in 2017.

Representation of UoP in University Grant Commission, Human Resource Development, Kumaun University Nainital. A Short Term Course on Yoga and Physical Education was conducted by University Grant Commission (UGC), Human Resource Development Center (HRDC) Kumaun University, Nainital. The academicians of Sports, Physical Education and Yoga working in various Universities, Institutes and affiliated colleges participated in the above Short term Course for the fulfillment of the basic requirements of their promotions. Dr. Nidheesh Kumar Yadav Asst. Professor Dept. of Yoga Science got an opportunity to deliver a lecture on Ashtanga Yoga from the Director, UGC HRDC Nainital on 22nd Aug 2018. The lecture was appreciated by the participants as it was concluded with a big applause.



REPRESENTATION OF UoP IN CONTINUING MEDICAL EDUCATION PROGRAMME ON YOGA THERAPY AT KAIVALYADHAMA, LONAVLA, PUNE

A 6 days Continuing Medical Education Programme (CME) on Yoga Therapy funded by Min. of AYUSH, Govt. of India was conducted at Kaivalyadhama during 20th to 25th Aug 2018. The academicians, teachers, and aspirants of Yoga participated into the CME from all over the nation. Dr. Nidheesh Kumar Yadav Asst. Professor Dept. of Yoga Science took two sessions in the above CME on Yoga Therapy module specifically for Sinusitis and Anxiety on 25th August 2018. The session was accepted and appreciated by the participants. Whole session was captured audio-visually to send it to Ministry of AYUSH for documentation.

INTERNATIONAL ORIENTATION FOR THE ENHANCEMENT OF YOGA

Teaching and Training for UOP Students University of Patanjali is ahead always for the improvement, research and development for skilled teaching and training experiments. In accordance, a 3 day workshop titled as “Step by Step Execution of Yoga Asanas” was conducted by Ms. Aslinah Jaffar, a renowned Yoga Teacher from Singapore on 30, 31 Aug and 01 Sept 2018. All the female students of M.A., M.Sc. and PG Diploma in Yoga Science participated in the workshop. First two days, students were taught 9 various types of Asanas according to postures. All the steps of every Asanas were emphasized systematically with international orientation. On the last day students were also taught how to lead a Pranayama and Meditation session. At the end students were asked to demonstrate whatever they had learned.

FIRST GYANKUMBHA WAS SUCCESSFULLY ORGANISED BY UNIVERSITY OF PATANJALI, HARIDWAR COLLOBRATION WITH GOVERNMENT OF UTTARAKHAND.

First Gyankumbha was successfully organized at Shradhyalam, Patanjali Yogpith, Phase-2, Haridwar by University of Patanjali, Haridwar with in collobration Government of Uttarakhand. The program was inaugurated by Sh. Ram Nath Kovind, the H'ble President of India by lightening the lamp. Principals from 500 Universities of the country, approximately 2000 Research Scholars from different streams, Various administrative authorities from ministries, and Vice-Chancellors of different Universities were present in this mega event.

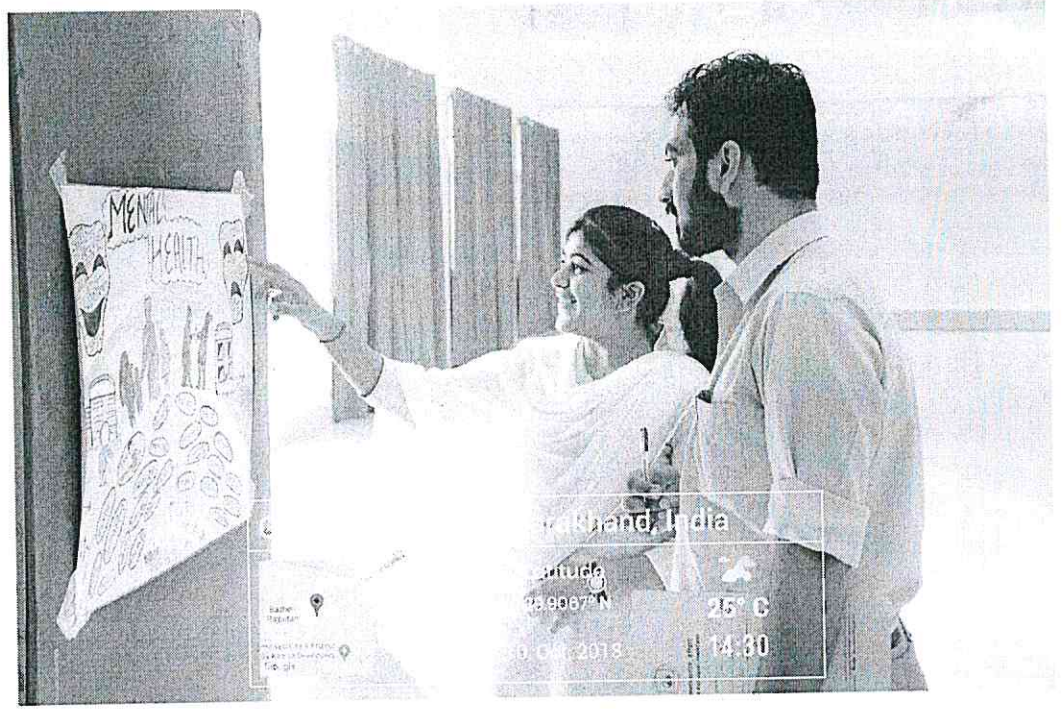




ONE DAY WORKSHOP ON MENTAL HEALTH

Under the blessings of Param Pujya Acharyaji (Vice-Chancellor of U.O.P), Dr. Vaishali Gaur (Head, Department of Psychology) organized one day Psychology Workshop entitled "Mental Health" on 10th October, 2018. Various activities were performed by the students like Speech, poem and poster presentation on this occasion. Winners were awarded by the judges. Vote of Thanks was given By Dr. Vaishali Gaur and Dr. Abhishek Bhardwaj.





INAUGURATION OF SANSKRIT EDUCATIONAL CENTRE, UNIVERISTY OF PATANJALI, HARIDWAR

Sanskrit Educational Centre (Non-Formal), governed by Sanskrit Central University, New Delhi inaugurated at University of Patanjali, Haridwar for the purpose of exploring Sanskrit Language worldwide.



EDUCATIONAL TOUR TO THE LEADING YOGA UNIVERSITIES

Students of BSc V Sem., who could not able to join main study tour to Maharashtra were being toured under the supervision of Dr. Sadhna, Deptt. of Sanskrit and Dr Nidheesh, Yadav, Deptt. of Yoga Science on 19 Dec 2018.

The students visited the following yoga institutions:

1. Department of Yoga Science, Uttarakhand Sanskrit University, Haridwar under the guidance of Dr. L. N. Joshi
2. Department of Yoga, Dev Sanskrit Vishwavidyalaya, Haridwar under the guidance of Dr. Kamta Prasad Sahu
3. Department of Yoga Science, Gurukul Kangri University, Haridwar under the guidance of Sh. Manoj Ji

EDUCATIONAL TOUR REPORT OF BACHELORS

A study tour was conducted by University of Patanjali being part of syllabus as a subject in final year of B.Sc. Yoga Science in which students has visited various Yoga Institutes and gathered knowledge of different Yoga Practices and styles of those Institutes. As per the directions of the authorities a study tour to Lonavala and Mumbai was organized headed by Dr. Nidheesh Yadav Asst Prof. Dept of Yoga Science and Dr. Sadhana Associate Professor, Dept of Sanskrit from 25th December, 2018 to 3rd January, 2019.

WORKSHOP ORGANIZED ON COGNITIVE BEHAVIOUR THERAPY

Under the blessings of Param Pujya Acharya ji (Vice-Chancellor of U.O.P), Dr. Vaishali Gaur (H.O.D), Dr. Abhishek Bhardwaj and Mr. Ram Gupta organized one day Psychology Workshop entitled "Cognitive Behavior Therapy" in which senior Clinical Psychologist from Institute of Human Behavior and Allied sciences, Shahdara, Dr. Uday Sinha and senior Professor Dr. Renu Rastogi detailed application processes of curing behavioral disorders with its theory. The workshop started with the pleasant presence of dignities like Dr. Mahavir Aggarwal (Pro Vice Chancellor), Dr. Katiyar (Dean and Research coordinator), Dr. Vinod Bansal (Director of Academics and Placement) Dr. Govind Mishraji (CEO) and others faculty staff. A total of 100



students got registered themselves and enjoyed learning with creative technique. In the Closing ceremony of the workshop Dr. Mahavir Aggarwal (PVC) addressed the students and said that 'Through positive thoughts a person can lead happy and stress free life'.

NATIONAL WORKSHOP ON EFFECTS OF YOG THERAPY ON METABOLIC SYNDROME

With the blessings of His Holiness Swami Ramdev Ji (Chancellor of UOP) and with the inspiring presence of Reverend Acharya Balkrishna Ji (Vice Chancellor of UOP), a great work in the form of a workshop was conducted at Patanjali Yogpeeth organized and associated by Dept. of Yoga Science (University of Patanjali) and Shatkarma Clinic & Research Centre (Patanjali Ayurveda Hospital, Haridwar). The three days National Workshop was over the Effects of Yoga Therapy on Metabolic Syndrome (Obesity, Diabetes, Hypertension and High Cholesterol). It was a result the hard work and dedicated efforts of Dr. Sachin Tyagi (Head, Shatkarma Clinic and Research Centre) and Dr. Sanjay Singh (Convener, Dept. of Yoga Science) that the workshop was not only a great success but also a big platform through which one gained knowledge of the various effects and importance of Yog Therapy and also got practical knowledge of how diseases like these should actually be cured. Students as well as doctors from 15 different Universities all over India came to attend the workshop with about 300 registrations done in which more than half of the population was only of the outsiders. Various speakers were called to come and share their knowledge in the form of different lectures and presentations during these three days.

INTERSHIP PROGRAMME FOR PGD YOGA SCIENCE STUDENTS OF JAMSHEDPUR WOMENS COLLEGE, JAMSHEDPUR

As per the MoU between University of Patanjali and Jamshedpur Womens College, Jamshedpur, 20 female students of Post Graduate Diploma in Yoga Science of Jamshedpur Womens College, Jamshedpur visited to University of Patanjali for their Internship on 02 March 2019. They stayed at university of Patanjali for 15 days till 18 March 2019 to undergo their essential internship programme under the supervision of Dr. Nidheesh Yadav, Asst. Professor Department of Yoga Science.

WORKSHOP ON "TOURISM AND MANAGEMENT: A PRACTICAL APPROACH"



A one day workshop on “Tourism and Management: A Practical Approach” was organized by the department of Tourism on March 30, 2019 for the students of tourism department. In this workshop the guest’s speakers were the Prof. (Dr.) R.K. Dhodhi, Department of Tourism, HNB Garhwal University, Srinagar, Garhwal, Uttarakhand and Mr. R.C. Pandey, Retd. Principal, Hotel Management and Catering Institute, Dehradun.

WORKSHOPS ON PRANIC HEALING, CHINESE ACUPRESSURE AND TONGUE DIAGNOSIS

University of Patanjali, Haridwar A workshops on “Pranic Healing” and another on “Chinese Acupressure & Tongue Diagnosis” were organized by Department of Yoga Science, University of Patanjali, Haridwar from 3 – 6 April, 2019 and 25 – 30 April, 2019 respectively under the supervision of Dr. Rudra Bhandari, Assistant Professor and Dr. Arti Yadav, Assistant Professor. The main objective of the workshops was to familiarize students of Yoga science with the Complementary and Alternative therapies and trends to develop therapeutic perspective. Approx. 150 participants as students of University of Patanjali from various classes (M.A./M.Sc/PGD/B.A./B.Sc final years) including research scholar. Both workshops were conducted from 10:00 am to 5:00 pm with 4 sessions each day. Workshop on “Pranic Healing” was conducted by Mrs. Usha Jaiswal and Mr. Rakesh Jaiswal, Assistant Professor, Dept. of Rural Studies and Sustainability, Dev Sanskriti University (DSVV), Haridwar.

WORKSHOP ON “CHINESE ACUPRESSURE & TONGUE DIAGNOSIS ACUPRESSURE”

Workshop on “Chinese Acupressure & Tongue Diagnosis Acupressure” was conducted by Mr Vishal Jaiswal & Rajesh Verma from Acupressure Shodh, Prashikshan Evam Upchar Sansthan, Allahabad (ASPEUS). Following topics were covered in Programme of Chinese Acupressure & Tongue Diagnosis Acupressure:

- Ø Basic knowledge of acupressure
- Ø Five Elements Theory,
- Ø Chi Clock Cycle,



Ø Meridian Systems and Locating Acupoints,

Ø Acupressure therapy according to Diseases Photographs of Chinese Acupressure and Tongue Diagnosis Programme

WORKSHOP ON SEQUENTIAL PRACTICES OF ASANAS “ASHTANGA & VINYASA”

A one day workshop on sequential practices of Asanas “Ashtanga & Vinyasa” was organized on 22 Sept 2019 by the Dept. of Yoga Science, University of Patanjali in collaboration with Rishikesh Yog Kendra. The workshop was coordinated by Dr. Nidheesh Kr. Yadav, organized by Acharya Vimlesh Joshi and Acharya Neha Thakur from Rishikesh Yoga Kendra. Seventy one students of B.A. with Yoga Science and B.Sc. Yoga Science final year has registered for the workshop. The Workshop was inaugurated in the presence of Dr. Narendra Singh (Coordinator, for Practical). The Workshop was induced with various Breathing Techniques by Dr. Nidheesh followed by the practices of Ashtanga and Vinyasa with Acharya Vimlesh Joshi, Acharya Neha Thakur and Mr. Gaurav. Participants learned how to perform the asanas in sequential order and enjoyed the Workshop. The workshop was concluded within the auspicious presence and blessings of Swami Parmarthdev Ji.

WORKSHOP ON SPSS & MENDELEY: A KEY TO RESEARCH

With the blessings of Honorable Swami Ram Dev Ji Maharaj, Chancellor, UOP and Reverend Acharya Balkrishna Ji Maharaj, Vice Chancellor, University of Patanjali, Haridwar, a two days online workshop was organized on title “SPSS & Mendeley: A Key to Research” on 24th & 26th September 2020 exclusive for PhD Research Scholars of University of Patanjali. The aim of the workshop is to make familiar our Research Scholars to current research trends and the major research tools required while accomplishing any research work. Dr. Arun Kaushik from IIM Amritsar and Dr. Narender Kumar, Amity University, Noida were the resource persons of the program.

SOCIAL SERVICES OF UNIVERSITY OF PATANJALI IN ACCORDANCE WITH PATNAJALI YOGPEETH TRUST DURING CORONA-PANDEMIC



Corona being the global pandemic was the biggest challenge among the globe during 2020. This pandemic descended down the economy of the globe a lot. Small scale industrialization is about to vanish and various economies are even struggling hard to sustain. Human resource of the globe has also been hit badly. Those nations who took this pandemic lightly, suffered a lot. The Prime minister of India has already taken early measures to cope against this global pandemic with due co-operations from state authorities. Other social organizations have also served the people of our nation as per their capacities. Patanjali Yogpeeth under the direction of Param Pujya Swami Ramadev Ji and Acharya Balkrishna Ji took charge to save people and progressively the nation against the pandemic. The whole Patanjali Research Team was indulged day and night to come up with alternative against Corona. Simultaneously, various other social services were also rendered by University of Patanjali alongwith other institutions of the organization.



**Sign Boards to keep environment fresh and natural, to promote smoke free atmosphere
and to keep atmosphere neat and clean**





Press releases of services rendered by Patanjali

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प्रति - कुलपति
पतंजलि विश्वविद्यालय, हरिद्वार

