

## **Enclosure 3.6.1a**

### **Various extension activities of UoP**

#### **Introduction**

University of Patanjali, from the day of its establishment has been engaged in various extension activities *viz.*, Plantation (Medicinal and Aromatic Plants) Drives, Yoga, Health and Hygiene Awareness Drives, Social Responsibilities and Awareness Programmes, Women Safety, Security and Empowerment Campaigns, Language Promotion Programmes especially Ancient Languages such as Sanskrit, Maithili etc., Psychological Awareness Drives, Science and Technological Intervention Programmes, Academic and Co-curricular Programmes, Drug Discovery and Development, Tribal Upliftment through Training, Communication, Education and Awareness, Agricultural Interventions. In brief the reports cover on the following Extension activities;

1. Plantation
2. Village Health Care and Awareness Camps - World Breast feeding day, Pulse polio day, Oral Hygiene day, Dental camps
3. Ganga cleaning programs
4. International Yoga day
5. COVID-19 prevention programs
6. CharekhDanda village medicinal plants survey
7. World Herbal Forest
8. Tribal and Vegetation survey
9. Herbal Monograph

Some of the field oriented reports are given below;;

It is a dilemma of our country that even after continuous efforts by our government on awareness regarding cleanliness, we often fail to bring it in our actions.

We all want change but we need to understand is that all starts from taking initiative!!

One such beautiful initiative was taken by B.Sc. first year students of University of Patanjali. Entire First year was taken on a one day camp. The main purpose was to clean the way that leads to Chandi Devi along with getting the blessings of Maa Chandi. The journey started at 11:00 a.m. When the students and their coordinator assembled at Patanjali Yogpeeth Phase 1 to go on their cleanliness drive! This was the first part of the journey which was a wonderful

one! Thanks to the lovely weather that day! A fine morning, views of Maa Ganga from the window, entire class together with lovely songs makes the perfect combo.

Since not many students had visited the place before nor they had the chance to travel by that path, a lot of things were new to them, whose descriptions were given to the students by their coordinator to make them a little more familiar with the city of Haridwar! The first phase was completed and excited students arrived at the foot of Chandi Devi Hills.

Here the real journey started!! Trekking is fun but more so when you have your friends together. Climbing was crazy!! Laughing, panting everyone arrived at the top of Chandi Devi. Very peacefully everyone was directed towards the Mandir by Dr. Nidheesh. After receiving the blessings he made everyone sit near mandir and an naadaanushthan was conducted with number of OM CHANTINGS and Gayatri Mantra. What a surreal experience!! The peace was inexpressible. Top of the Hills, by the side of Maa Chandi like a single voice the chanting were echoing after which everyone sat in silence and at peace for a couple of minutes.

Henceforth students visited another temple, whose way was lined up by monkeys!! Who were cute for some but terrific for most of us!! What a fun time!! After this ecstatic experience now was the time to move ON! It was 2 pm and everyone start feeling hungry so after doing bhojan Mantra everyone had their Prasad and snacks!

Now came the main part: **Cleanliness Drive!** On our way down!! Dr. Nidheesh divided students into three groups A, B and C. Groups A & B were given two sides of the way to clean whereas group C had to clean the main road and had to supervise group A and B. All the groups were given masks, protective gloves and big bags to collect the plastic and waste which was littered everywhere. A competition was placed between the groups with the condition that the group with maximum amount of waste collected will win the competition! A dull job was made exciting with the competition aspect, coordination and cooperation of everyone!

So this is how everyone was back to the foot of the hills. Henceforth, students were taken to droliaPustakBhandar to buy books, which was a pre planned part of this camp. With all the work done, the food that everyone had earlier also got digested! So there we go again! Everyone had the lunch near Bharat Mata Mandir, Haridwar and we boarded the bus again to come back.

This was the last part of the journey and to make it a memorable one an antakshari competition was held between boys and girls. No group journey can ever be completed without antakshari!! But what was more? A bhajan antakshari... yup you read it right!! And now came the toughest part!! Parting ways!! Although we were set to meet next day in the class! this journey came to an end when the bus arrived at Patanjali Yogpeeth! Everyone was feeling strong emotions... a circle was completed!!