



पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान मण्डल द्वारा पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 से अमलगत स्थापित
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

3.7.1 Number of Collaborative activities for research, Faculty exchange, Student exchange/ internship per year

Sr. No.	Title of the collaborative activity	Name of the collaborating agency with contact details	Year of collaboration	Nature of the activity
1	Training Of Experts etc.	Wonkwang Digital University (WDU), Iksan, South korea	2021	Training activities as per MoU
2	Training Education etc.	Tribhuvan University Kirtipur kathmandu, Nepal	2010	Training / Academic activitie
3	Media Cooperation, Cultural Development	Beijing Sky Century Information Technology Co., Ltd., China	2016	Academic as per the MoU
4	Exchange programs on yoga	Jamshedpur Women's College, Kolhan University, Chaibasa, Jharkhanad	2016	Academic as per the MoU
5	Acadmic and Reseach Coolebration	All india Institute of Medical Science, Rishikesh (Allms) Uttrakhand	2017	Academic as per the MoU
6	Research Training etc.	Dev Samaj College For Women, Punjab	2018	Research as per the MoU
7	Research Training etc.	Patanjali Research Foundation (PIR)	2019	Research as per the MoU
8	Social Welfare etc.	Bharat Swabhiman Trust, Hridwar, Uttarakhand	2021	Social as per the MoU





REPORT ON COLLABORATION ACTIITIES

1. Under the collaboration program with AIIMS, Rishikesh, the faculty members from the AIIMS makes periodical visits the university to learn the yoga protocols development. The yoga protocols for the AIIMS patients are shared below; Yoga module and duration for Gestational Diabetes Mellitus patients:

Patients will be subjected to daily Yoga session on 5 days in a week for 8 weeks starting from 24-28 weeks and end in 32-36 weeks of gestation. Each session will last 45 to 60 minutes. Components of each session will be administered according to the capacity of individual in following way:





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S.N.	Name of Yoga Practice	Repetitions	Doses per day
1	Siddhasana ¹	2 times with 20 seconds posture hold	2 times per day with empty stomach
2	Gomukhasana ²	2 times (Both sides) with 10 seconds posture hold	2 times per day with empty stomach
3	Tadasana ³	2 times with 10 seconds posture hold	2 times per day with empty stomach
4	Virbhadrasana ⁴	2 times (Both sides) with 10 seconds posture hold	2 times per day with empty stomach
5	Parsvakonasana ⁵	2 times (Both sides) with 10 seconds posture hold	2 times per day with empty stomach
6	Trikonasana ⁶	2 times (Both sides) with 10 seconds posture hold	2 times per day with empty stomach
7	Nadishodhan Pranayama ⁷	5 times	Three times per day with empty stomach
8	Bhramari Pranayama ⁸	5 times	Three times per day with empty stomach
9	A-Kar, U- kar, M-kar Chanting (Nadanusamdhana) ⁹	8 to 10 times	Three times per day
10	Yoga Nidra (Relaxation practice by Swami Satayananada) ¹⁰	20 to 30 minutes	Once per Day





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Like wise, the students visit the AIIMS to look at the patients at AIIMS after the yoga practicals

2. To promote the interaction between Dev Samaj college, Punjab and University of Patanjali, a separate cell is created for the girls is under the leadership of Sadvi Dev Priyaji and Smt. Krishna veni, Proctor of the UoP. Both institutions have agreed to meet and exchange the programs. Yoga being the core strength of the university, the students from DSCW visit and learn yoga practices.

3. Patanjali Research Foundation under research and development programs, the research scholars from yoga science department, UoP conduct yoga therapy treatment for patients. Under **extension program** of the university, the students undergo training in clinical research using the instruments available at the foundation. Field visits are conducted for graduate and post graduate students as a part of the curriculum both to PRF and Yog gram.

4. The number of students participate in the extension programs of Bharat Swabhiman Trust. Typical programs are like Bharat Swatch Abhyan, Ganga cleaning, COVID-19 awareness programs, Plantation etc are carried out. In 2021, more than 500 students participated in different programs. Charity and social welfare activities are carried out. Health camps, Dental camps are conducted with the participation from both institutes

5. Cultural, Media and Research programs are conducted between China's Sky century Information technology and Patanjali's media division. Students also take active interest and participate through on-line.

6. Under faculty exchange program, Dr. Nideesh visited Wonkwong Digital University (WDU), South Korea and participated and shared the yoga knowledge and practices

7. Teaching and Education programs are conducted between the 2 universities as per the MoU. The programs are related to yoga, culture The Sanskrit language popularization are also given prime importance.

