

## **BEST PRACTICES**

Two best practices of the University of Patanjali are mentioned below:

### **Best practice 1:**

#### **CONTRIBUTIONS IN COVID-19 PANDEMIC**

The terrible global pandemic called 'Corona' has shaken the entire world. What we had never thought of even in a dream has happened and entire mankind is horrified at present. The most developed and advanced nuclear powers of the world like America, France, Italy, Germany, and Japan also seem to be extremely helpless, without having solution of this ongoing pandemic. This pandemic has abolished off millions of global lives. In this period of global health crisis, hope of survival seems to be flashed into yoga education, Indian Vedic life style and divine voices of ancient sages. Veda, Ayurveda, Yoga, Yajna, Upanishad, Srimad-bhagvad Gita, Indian philosophy etc. have been realized as timeless knowledge, treasures to show direction and induce hope to horrified mankind at this novel calamity. 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. 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.

Reputed Universities and research centers are not able to manage the crisis. Contemporary Yoga Rishi, Revered Swami Ramdev Ji and Ayurveda Shiromani Honorable Acharya Balkrishna Ji have established University of Patanjali to produce youths with fullest physical, mental, intellectual and spiritual potentials to safeguard humanity by providing yoga education to create global human resources with healthy body, focused mind, and purified emotions. This is the reason behind the success of undergraduates, graduates, post graduates and research scholars provide guidance to global masses. The best knowledge, propounded in Yoga and Ayurveda texts has been timeless gift once again for health promotion, disease prevention, healing and longevity.

University of Patanjali and Patanjali Yogpeeth Trust took drastic 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. Patanjali has made new and first evidence based medicine ‘Coronil kit’ not only for India but for the whole world which have been launched by the Hon’ble Health Minister of India. The Haryana Govt. has distributed one lakh Coronil Kit for safety of the people of Haryana. More than five crores people have ordered the kit for their good health. Simultaneously, various other social services were also launched such as,

1. Donation Rs 27.5 Crore to the Prime Ministers Care Fund.
2. Distribution of Masks, Sanitizers, emergency medicines and food (ration) like rice, oils, biscuits etc. to the needy free of cost at various quarantine and isolation centers of Haridwar, UK.
3. Distribution of plant saplings of *Neem*, *Tulsi*, *Ashwagandha* and *Giloy* to initiate immunity in the society in a long run.
4. Various units of Patanjali had been turned into quarantine and rehabilitations centers.
5. Pujya Swami Ji took quick initiative and offered the government to convert Patanjali facilities for the treatment of the corona patients.
6. Provided Yog Gram – the world’s largest naturopathy hospital and Kolkata center to be used as covid care center.
7. Provided Devprayag Patanjali Sewashram besides Mirza, Guwahati, Assam buildings to be used as quarantine centers.
8. Patanjali has handed over its Yoga Hall with centralized air-conditioning, water supply facilities and 24 hour power backup to the state Govt. of Assam in north-east and Bangalore in south India as shelter for distressed people.
9. Regular Yoga classes had been arranged in coordination with various district administrations at various quarantine centers and rehabilitation centers to improve and sustain the immunity of the patients.
10. Patanjali Research Team finally concluded a remedy of Corona and to improve immunity as-
  - a. Cut the twigs of Amrita plant, chew and have the juice.
  - b. Boil Ginger, Tulsi and Turmeric till water becomes one fourth, immediately add pepper and have as tea.
  - c. Juice of ashwagandha, aloe-vera and amla twice a day in morning and evening.

Revered Swami Ramdev Ji finally, invented a remedial measure for boosting immunity and answered to Corona with the help of *Divya Shwasari Vati*, *Patanjali Giloy Ghan Vati*, *Patanjali Tulsi Ghan Vati*, *Patanjali Ashwagandha Capsule* jointly in a proper quantity with nasal application of Anu tail. Randomized placebo controlled trial was done at National Institute of Medical Science and Research, Jaipur on 100 corona infected patients of which 69% recovered in just 3 days while it took seven days for recovery of 100% patients. Importantly, none of them died during this experiment. It was the first successful clinical trial in the field of Ayurveda for the management of Corona pandemic. *Acharya Shree* announced that Patanjali has succeeded in creating a history in the research of Ayurveda. He added that Patanjali also succeeded in transforming the traditional knowledge of sages into the terminology of modern science. He informed that compound Withanone in *Ashwagandha*, tinocordicide in *Giloy*, scutellarin in *Tulsi* and Pistacia integrrima in *Divya Swasari* have very significant role in providing systematic remedy for Corona. More than 500 scientists and devotees of Patanjali worked rigorously even during the pandemic to come up with such a gift to the nation under the innovative directions of Param Pujya Swami Ramdev Ji Maharaj and Shradhhyeya Acharya Balkrishna Ji Maharaj.

**Few photos showing the University of Patanjali’s Contribution in Covid-19 Pandemic in Accordance with Patanjali Yogpeeth Trust**



## **SOCIAL SERVICE IN COVID 19 PANDEMIC BY THE NSS VOLUNTEERS OF UNIVERSITY OF PATANJALI**

From 21<sup>st</sup> March whole India was put up in lockdown even then our NSS volunteers did not halt. Though they were not together on the ground but they worked as a team through the Social Media platform. In the month of April volunteers made an awareness post on **STAY HOME STAY SAFE**. Many students made posters regarding the Corona pandemic and pasted them to their nearby places. An effort was also done by our active volunteers to inspire the people to download 'Arogya Setu app' by making a short video explaining the benefits of the app. Video conferencing was also conducted by our volunteers to motivate the public also to take better precautions in corona pandemic. From the very beginning of the pandemic our NSS volunteers had managed to make around 200 masks at home and distributed to the needy one. They even helped approximately 480 people to download Arogya Setu App. till 21<sup>st</sup> June. Our ten students participated in a video blogging contest organized by the Ministry of AYUSH. Wall painting was made at National Highway to create an awareness to fight against Corona virus. NSS volunteers were always active from the beginning of New Year till the critical stage of pandemic participating due to NSS slogan "NOT ME BUT YOU". Many of our students have taken online and specific yoga classes for fight against corona.

## **Best practice 2:**

### **COMMUNITY SERVICES' RENDERED BY THE UNIVERSITY OF PATANJALI**

University of Patanjali has adopted 2 villages namely Gram *Shantarsha* and *Bhadarpur Saini* at Haridwar, UK, India. Various social activities are organized in the villages. The details of the activities are as follows:

- 1. ORGANIZATION OF VARIOUS SOCIAL CAMPAIGNS, RALLIES, CAMPS, AWARENESS PROGRAMMES:** University of Patanjali organizes timely campaigns, camps, rallies and other activities on social issues to motivate the students' and relative adjacent communities to contribute their services and role towards the betterment of the society. For inculcating such values, timely organization of such programmes is another prime focus of UOP.
- 2. PERSONALITY DEVELOPMENT PROGRAM**

#### **A. ADDICTION AND YOUTH**

The risk for developing an addiction is exceptionally high during the adolescent and young adult years, and worldwide families and communities are suffering because of addiction's widespread impact. Addiction amongst youth causes devastating consequences within families and societies worldwide, one of which is the tragic loss of young life due to drug overdose. In the past decade the overdose death rate has more than doubled among people aged 12-25. Other than overdose deaths some other issues are also seen due to adolescent drug abuse *i.e.*, drug and alcohol are amongst the leading causes of youth crime as well as a leading factor in suicide. Getting young people into effective addiction treatment is one of the best ways to reduce the tragic and costly impact of addiction on individuals, families, and society, treating young people for addiction is practical and effective preventative medicine as the physical and mental toll of addiction becomes more severe as one ages. Students gave light on the topic as their sayings, '*Addiction is not just something confined to the consumption of drugs or alcohol only*' as they presented their views regarding addiction of mobile phones, social media sites etc.

## **B. SELF DEFENSE TRAINING**

Self defense, especially for women, is of utmost importance in the kind of world we live in today. Women, have been target since ages as some ill mentality considered them physically weak. In a country like India, where the cases of gender violence are on rise, out of which many go unreported, self-defense for women has become a necessity more than ever. Rape, Molestation, Kidnapping, Acid Attacks and Murders are the most common forms of crime against women in India. The mindset of the people, including the victims and the spectators, is to ignore and just let it go, but this is now high time when the importance of learning self-defense techniques for women is felt and required.

Just keeping these points in mind, an activity of Self-Defense Training for girls in University of Patanjali was conducted. The students got their training under the guidelines of martial art expert Mr. Sandeep Manikpuri. Volunteers were taught different tricks and trainings to defend themselves from different kinds of attacks and assaults.

### **BEST PRACTICE PHOTOGRAPHS**

#### **Social Services Rendered by the University of Patanjali**



