

## Criteria 2.4: Yoga for health

Metric: 2.4.1 Various aspects of health- physical, mental, social and spiritual.

Date: July 2017- June 2022

- **Physical aspect: Students are performing various asanas, physical activities and sports which improves their physical health.**





Kota division, Rajasthan, India



Longitude Latitude

75.8648° E 25.2138° N

38° C

Thursday, 21, Jun, 2018

07:20 AM



Haridwar, Uttarakhand, India



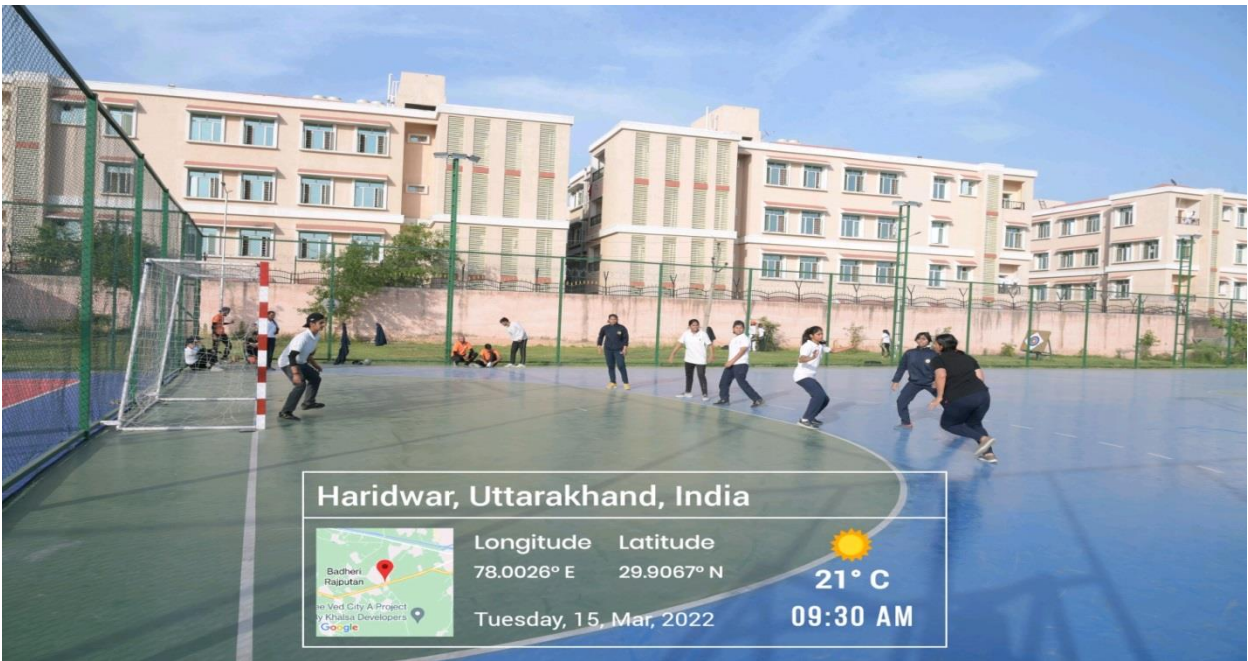
Longitude Latitude

78.0026° E 29.9067° N

27° C

Tuesday, 12, Apr, 2022

09:12 AM



Haridwar, Uttarakhand, India



Longitude Latitude

78.0026° E 29.9067° N

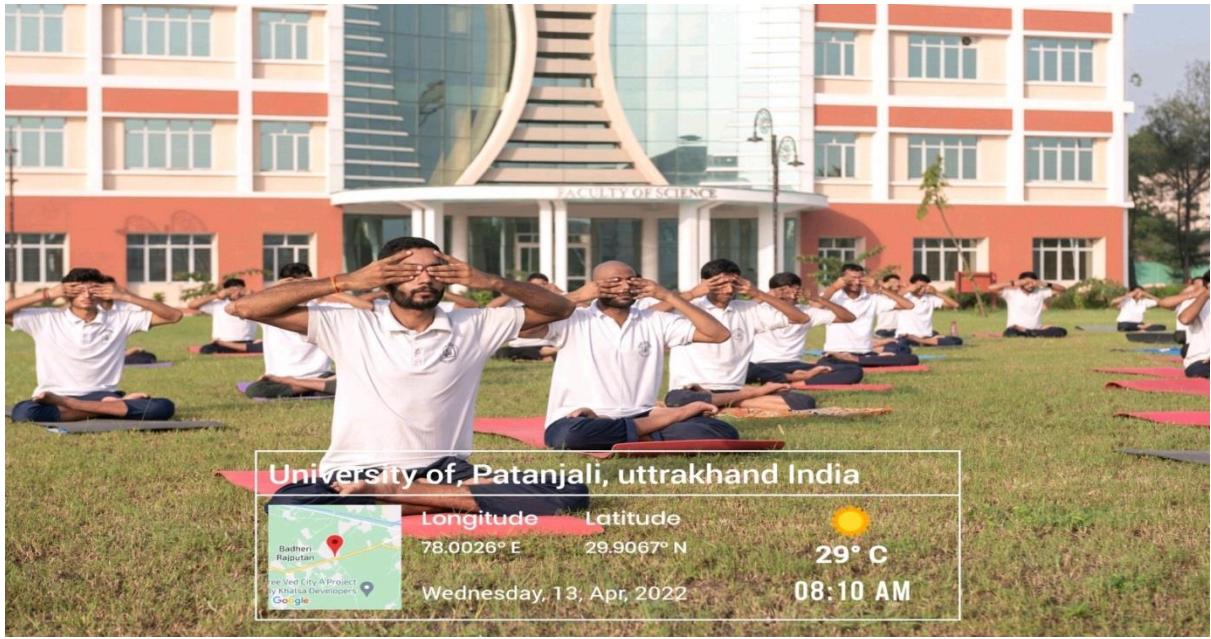
21° C

Tuesday, 15, Mar, 2022

09:30 AM

- **Mental aspect :** Students are performing various pranayama, some kriyas like tratka, yajna and some musical practices to make them mentally healthy.





- **Social aspect: Students are performing some interactive activities in society like tree plantation, Street shows, Parade and social togetherness which are very helpful to improve their social health.**



- **Spiritual aspect: For improving their spiritual health students are attending Yajna, spiritual lectures and talks delivered by various spiritual gurus and Chancellor of our University Param Pujye Swami Ramdev Ji Maharaj.**



