

UNIVERSITY OF PATANJALI

PVC & R/Notification-2018

Office of the Registrar
June 18, 2018

NOTIFICATION

Sub. : Policy on Applications of Yoga.

The University Policy on Applications of Yoga to be adopted henceforth is enclosed.
This comes into effect immediately.

By Order



Pro Vice-Chancellor and Registrar incharge

To,

1. Dean, Academic and Administrative Affairs
2. Professor, Philosophy
3. Professor, Yoga
4. Director, Placement cum Academic Administrator
5. Finance
6. Library
7. Hostel Warden Girls Hostel & Boys Hostel

Submitted to,

1. The Chancellor
2. The Vice Chancellor

UNIVERSITY OF PATANAJLI

Policy for Application of Yoga

1. PREAMBLE

Yoga is one of the basic stream of vedic wisdom originated ancient India thousands of years ago. It involves cleansing techniques physical postures, breathing techniques, Concentration meditation, social and ethical principles that aim to promote physical, mental, social and spiritual well-being. Yoga can provide a range of benefits, including increased flexibility, sensory improvement strength, balance, and relaxation. It can also help reduce stress, anxiety, and depression, and improve overall health and quality of life.

It was started as a spiritual practice but has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in many other countries typically emphasizes physical postures, breathing techniques, and meditation.

The University of Patanjali established Yoga as a traditional discipline and follow the path of ancient sages for individual spiritual up upliftment to make the nation prosperous powerful and healthy.

2. Application of The Policy

The University of Patanjali is the manifestation of the divine vision envisaged by His Holiness Swami Ramdev and Hon'ble Acharya Balkrishna as a center for integral education blending all spectrum of oriental wisdom and scientific knowledge.

University of Patanjali is striving to promote biological, psychological, social, managerial and spiritual implications of Yoga through teaching-learning and research. Biological implications of yoga can be reported in terms of health promotion, diseases promotion, healing and age reversal is conducted by substantial scientific research.


2.1 Biological

2.2 Psychological

2.3 Social

2.4 Spiritual

The mission of The University of Patanjali is combining the Best of the East with the Best of the West. The aim is to produce the ideal citizens who lead the country and worlds also. The objectives of the UOP are to explore and propagate the therapeutic benefits of yoga through academic training, research activities and clinical services. The department provides yoga therapy services to one and all.


(Pro. Vice Chancellor and Registrar In-charge)


(Vice-Chancellor)
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Psychological implication covers the use of Yoga principles and practices for improving resilience, self-esteem, self-confidence, emotional stability and maturity moreover, Yoga practices are found useful to enhance cognitive, affective and conative performance of the practioner.

Social implication of Yoga as made by Value leaders of Patanjali Yogpeeth and its sister organizations, The University of Patanjali is notable and quotable to reestablish vedic culture, inhibit social violence, cultural conflict, dowery system, coasteism, gender and social discrimination leading to harmony's psychosocial endearments additional, Yogic living and feeling also induces care to plant and animal kind dome result in optional ecology.

Spiritual implication of Yoga is more about awakening paranormal powers to realize the truth about self and universal existence leading to liberation from worldly pros and cons thus, biological, psychological, social and spiritual implications of Yoga can be practiced in organizational management.

3. Policy

On these ground The University of Patanjali has set up The faculty of Yoga and Yogic culture and environment to impart formal and informal education and training programs and R&D to promote biological, psychological, social and spiritual implications of Yoga as underneath:

3.1 Biological

3.1.1 UoP has been running B.Sc. and M.Sc. Yoga programs to produce in competent Yoga therapists to be employed in Hospitals, Ayush Centers, Wellness Centers/Institutes, Education Institution and Allied Healthcare organization.

3.1.2 All teaching, non-teaching members and students of The University of Patanjali are privileged to attend regular Yoga Classes conducted by P. P. Swami Ji and other competent teachers for their health promotion and healing.

3.1.3 The University of Patanjali and Patanjali Ayurved Hospital have well equipped OPDs to provide Yoga therapy for internal Staff and outsiders.


3.1.4 Yoga R & D of the Patanjali Yogpeeth has published above 150 research papers to validate biological impacts and health benefits of Yoga.

3.1.5 The University of Patanjali has mandatory provision of performing Yajana and Yoga daily for students and weekly for entire UoP family.

3.1.6 The dietary pattern and food products availability in the University canteen is totally guided by yogic principles.

3.2. Psychological

To boost psych immunity of the member of The University of Patanjali, His Holiness Swami Ramdev Ji and Hon'ble Acharya Balkrishna Ji have made underneath provisions:


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3.2.1 Fortnightly/weekly Yoga class and psychological discourse of Swami Ji for University of Patanjali staff and students, fortnightly Spiritual discourses of Hon'ble Acharya Ji to overcome psychic morbidity and loosing morale.

3.3 Social

The University of Patanjali has formulated below mandatory provisions to promote social implication of Yoga.

3.3.1 1-3 month internship program for passing out students to apply their learned yogic knowledge on skills for societal welfare.

3.3.2 Conduct of regular informal Yoga camps by teachers, novices, nuns and saints associated with UoP.

3.3.3 Regular telecasting of Swami Ji's Yoga sessions covering eternal Yogic tips to inhibit casteism gender inequity, racial discrimination, religious terrorism, socioeconomics conflicts, intake of non-vegetarian food and addictive behaviors.

3.4 Spiritual

UoP has a quotable wing.

3.4.1 Vedic Gurukulam to impart classical teaching-learning and research on Vedic wisdom, Indian Philosophy and culture from kinder garden to Ph.D. level.

3.4.2 Vedic Gurukulam has developed proper environment and activities for spiritual advancements of learners, who can act as the future pillars to make India prosperous, powerful and globally top educational hub.

3.4.3 Any one from the globe can join the Vedic Gurukulam for spiritual cause and volunteer for the welfare of global humankind.

3.4.4 The University of Patanjali has set research criteria to carry out research on spiritual aspects of Yoga and Vedic wisdom.

3.4.5 There is strict dietary prescription of facilitate spiritual elevation of students at the canteen The University.

3.4.6 The start of daily regimen from Yoga and Yajna is mandatory for all learners.


4. Areas of the Policy

This policy will guide the university How to administer application of yoga

4.1 This policy will Constant Training and skill enhancement programs for students and facility in order to engrain a culture of innovation and entrepreneurship in young minds

4.2 Nurture, strengthen and build strong relationship and partnership among the students


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4.3 Provision for mentoring and enhancing yoga Sadhna experience of the students and teachers.

4.4 Constant training and yoga skill enhancement programs for students and faculty in order to engrain a culture of innovation and Entrepreneurship in young mind.

5. Objectives of the policy

5.1 To Strengthen Holistic and multidisciplinary Personality of the student

5.2 To Promote Quality Culture in all the dimension of Life

5.3 To Promote Quality Culture in all the dimension of Society

5.4 To Promote Quality Culture in all the decimation dimension of Nation

5.5 To Promote Livelihood

5.6 To Established World Peace


6. Accountability and Transparency

6.1 Setting up of AFY Committees minimum 2 Yoga Porosity Abroad the Nation is a mandatory requirement under this policy for the university of Patnajali.

6.2 Annual reports of the AFY Committees should be displayed on the website.

6.3 A minimum of 2 meetings per year is mandatory for the AFY Committees.

6.4 Names and contact details of all the AFY Committee members should be displayed on the university website and in prominent places on the campus.


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Office of the Registrar
June 18, 2018

NOTIFICATION

Sub. : Policy on Strategy on Yoga for Peace and Harmony.

The University Policy on Strategy on Yoga for Peace and Harmony to be adopted henceforth is enclosed.

This comes into effect immediately.

By Order



Pro Vice-Chancellor and Registrar incharge

To,

1. Dean, Academic and Administrative Affairs
2. Professor, Philosophy
3. Professor, Yoga
4. Director, Placement cum Academic Administrator
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Submitted to,

1. The Chancellor
2. The Vice Chancellor

UNIVERSITY OF PATANJALI

Policy On Yoga for Peace and Harmony

1. PREAMBLE

The concept, strategy, and mechanism of adoption are apparently changing decade by decade. For example, 5000 years ago, yoga was regarded as a holy discipline, the knowledge of which was restricted to a small number of individuals; nevertheless, through time, knowledge and practice of yoga spread to the general public.

In recent decades, we have come to understand a larger manner of employing yoga not only as exercise (Practice of Asanas), but also as therapy. With advancements in the approach, yoga has been applied as for the prevention of ailments, management of diseases, and even treatment of illnesses. It focuses on preserving and spreading the knowledge of ayurveda, patriotism and yogic lifestyle.

In recent time, with the intrusion of research in the field of yoga, mind-body therapy and Yajnya therapy was counted as one of the complementary integrative therapy which helps in the prevention and management of Psycho-somatic disorders.

University of Patanjali brings integrated approach by which was taken up as with the concept of yoga sutra written by Maharshi Patanjali. According to scriptures like the Patanjali yoga sutra, the cause for all miseries, suffering, and diseases are ignorance and lack of awareness

2. Application of the policy

The institutional strategies in ensuring the various form of practices amongst its aspirants (students/ teaching and non-teaching faculty) for yoga, ayurveda Indian culture and traditional sciences –

Yoga is a practice that can help bring about inner peace and harmony. University of Patanjali vision is to spread peace and harmony through Yoga, Ayurveda, Indian culture, and Traditional Sciences. UOP spreading yoga, ayurveda, Indian culture and traditional sciences to the whole world as a holistic health and wellbeing for the nation as.

- Pranayama: Pranayama is a breathing exercise that can help calm the mind and reduce stress. Patanjali University practices simple breathing exercises such as Anulom Vilom, Bhastrika, or Kapalbhathi to induce a sense of calm and relaxation.
- Meditation: Meditation is a powerful tool to calm the mind and promote inner peace. University of Patanjali proposes practices such as Aumkar meditation and mantra meditation to help calm the mind and promote relaxation.
- Yoga Asanas: Yoga asanas can help release physical tension and promote relaxation. Poses like Vrikshasana, Makrasana, or Savasana can help promote a sense of calm and relaxation.


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- Yoga Nidra: Yoga Nidra is a practice of deep relaxation and meditation that can help release tension and promote inner peace. practice Yoga Nidra at any time of the day to help promote relaxation and peace.

The university inculcates the value of Culturing of emotions through bhakti by regular Bhajan sessions, spiritual lectures, and notional corrections.

University of Patanjali is a manifestation of the divine vision and to establish a centre for an integral education blending all spectrums of oriental wisdom and scientific knowledge. The regular practice of karma yoga encourages the selfless action know as karma and sense of detachment which along with the regular spiritual lectures and practices in turn enhances the discrimination power also known as Viveka which ultimately leads to spiritual evolution.

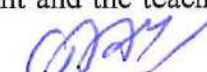
Institution aims to promote harmony and peace at the level of its aspirants and society at large. (Delineate the inbuilt mechanism and practices that cuts through the various activities promoting harmony and peace) explain the institutional strategies in disciplining and bringing about overall peace and harmony in – Body (Kaya Shuddhi), Mind (Chitta Shuddhi), Senses (Indriya Shuddhi), Prana (Prana Shuddhi), Harmony and peace in the society (Samaj Hitah)

3. Policy

The Vision of University of Patanjali To play a leading role in giving new and higher dimensions to the philosophy and practice of Yoga, Ayurveda and Indian culture within the country and across the globe; to endeavour that the knowledge contained in the above fields in Indian and other traditions, along with that of medicinal plants and herbs, be incorporated and accorded their rightful place in the higher education system; to prepare global citizens by bringing together the Vedic knowledge and the modern sciences, who would be equipped with diverse skills, in tune with international standards, and be inspired by sattvic (righteous & ethical) karma (conduct & practices) and spiritual intuition, and also who would, imbued with the spirit of karma yoga, make incessant all-out effort to achieve their goals and be endowed with a balanced, integral and scientific outlook. The strategies adopted for the same are divided at various levels such as; at the level of body, mind, senses, Prana and Samaj Hitah (Harmony and peace in the society).

Students and Staff are encouraged to practice asana, Pranayama, dharana and dhayana. The timetable at the university has compulsory classes at 5:0 am on yoga practical. This disciplines the students mind and body. Instilling the quality of early to bed, early to rise. The day of the students start with yoga practices and after Yajnya session is held. This sets the holistic approach for the student to begin the day with positive attitude and have attitude of peace and harmony in all the activities of the day. Thus there is chitta Shuddhi and indriya Shuddhi. Before each class begins and at the end of the class prayers are recited to promote a healthy, positive and peaceful approach towards each other i.e. among the student and the teacher


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and toward the subject of study. This also leads to pran Shuddhi. Lectures of prominent personalities in the field are organized to inspire the student and help them choose and focus on their career paths.

Every Sunday take yoga class by chancellor Swami Ramdev ji. A blend of tradition and modern approach can be seen as a guru Shishya prmptra. Yajnya is performed every Saturday to build peace and harmony among the students. Philosophy, Vedas, and Sanskrit language classes are also organized in the university. Which reflects our Gurukuliya education system. There is an oath taking ceremony held for the convocation students wherein they promise to contribute the best of their skills and learning abilities in building a strong, peaceful and harmonious society and nation. The alumni community of the university is strong and meetings are held with the alumni wherein the knowledge of yoga to promote peace and harmony in the society, nation and world through yoga, and Indian culture is inculcated. Thus, one can observe all the activities at University of Patanjali from the point of entry until the award of the degree and also after that as an alumnus strives its best to promote peace and harmony at all levels of body, mind, senses, Prana and samaj hitah (Peace and harmony).


4. Areas of the Policy

This policy will guide the university How to stablish yoga culture for peace and harmony

- 4.1 This policy will Constant Training and skill enhancement programs for students and faculty in order to engrain a culture for peace and harmony envirimnt in the campus
- 4.2 Nurture, strengthen and build strong relationship and partnership among the students.
- 4.3 Provision for mentoring and enhancing yoga Sadhna for peace and harmony.
- 4.4 Constant training of peace and harmony for students and faculty.

5. Objectives of the policy

- 5.1 To promote peace and harmony by the yoga practice among the student
- 5.2 To Promote Holistic and multidisciplinary Personality.
- 5.3 To Promote Quality Culture in all the dimension of peace and harmony among the students.
- 5.4 To Promote nationalism for peace and harmony.
- 5.5 To Promote brotherhood for peace and harmony.
- 5.6 To Established World Peace


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6. Accountability and Transparency

- 6.1 Setting up of YPH Committees minimum 2 social worker from the society is a mandatory requirement under this policy for the university of Patnajali
- 6.2 Annual reports of the YPH Committees should be displayed on the website
- 6.3 A minimum of 2 meetings per year is mandatory for the YPH Committees
- 6.4 Names and contact details of all the YPH Committee members should be displayed on the university website and in prominent places on the campus




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NOTIFICATION

Sub. : Policy on Strategy on Yoga for Youth.

The University Policy on Strategy on Yoga for Youth to be adopted henceforth is enclosed.

This comes into effect immediately.

By Order



Pro Vice-Chancellor and Registrar incharge

To,

1. Dean, Academic and Administrative Affairs
2. Professor, Philosophy
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Submitted to,

1. The Chancellor
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UNIVERSITY OF PATANJALI

Policy on Yoga for Youth

Preamble

Youth are the backbone of any country. The greatest wealth and strength of any nation is the youth. They are invaluable assets of the nation. If the youth are strong, the nation will be strong. The youth is one of the most imperative segments of society or nation. They play essential role in the development of a society. The future of the nation lies in the all-around development of youth. Hence, youth plays a supreme role in nation-building. For the health of youth yoga plays an effective role to empower their health and well-being, help in personality development and enables them to become constructive, energetic and fruitful members of society. Integrating Yoga into the education system is a policy initiative that supports the physical, mental, social, economic and spiritual well-being of students. Yoga can help students to cope with stress, increase concentration and focus, and improve overall physical and mental health. It is essential to act according to policy to make yoga program inclusive and accessible to all students regardless of their background, gender, caste, place, programme of study, age, class or abilities. Such vibrant and dynamic youth with clarity of vision can create a healthy, well organised and spiritual society.

Vision

The University is very much aligned to yogic principles as practices compiled by and hence Maharshi Patanjali University of Patanjali named to credit his timeless contribution, to play a leading role in promoting the philosophy and practice of Yoga, Ayurveda and Indian culture in the country and across the world. The University of the Patanjali has been running Yoga related programs at all levels- certificate, under graduate, post graduate, post graduate diploma and Ph.D right from its inception. The Faculty of Yoga Science is the biggest strength of the University.

Objective

To produce professionally competent, personally developed and society empathetic youths via yoga education and research.

Policy

- To transform the youth and create bright future for our nation, yogic knowledge and techniques coined by Maharshi Patanjali, Swami Dayanand Saraswati, Swami Vivekanand and other contemporary yoga masters have been included in yoga curricula and course contents running at University of Patanjali.
- Students of University of Patanjali to regularly practice Yoga and follow Vedic lifestyle for being well mannered, healthy, genius, creative and innovative.

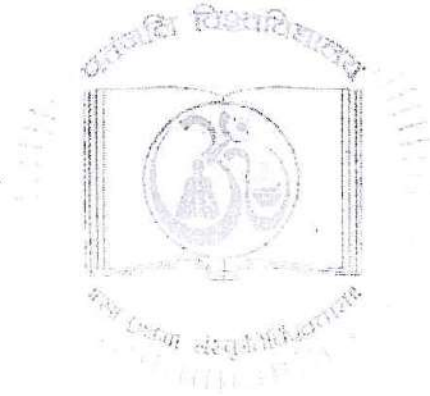



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- The University of Patanjali has formulated mandatory provision to carry our research on philosophical and scientific aspects of yoga at PG and Ph.D. levels.
- University of Patanjali faculty members and students have to participate / contribute to International Yoga Day, Yoga Camps and yoga classes and educate youngsters, youth, adults, unhealthy and sick persons in the society about various parts, type and styles of yoga.
- To conduct Training and skill enhancement yoga programs for youth to promote innovative and entrepreneurial mind set.
- Social interactions via yoga camps for building cordial intrapersonal, interpersonal and business communications workshops on yoga for holistic constant training and personality development of Youths.




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