

7.5.3c Standardized mechanism/ protest to facilitate and measure students' well-being and transformation.

Preamble:

UOP has prioritized Yoga and Ayurveda teaching-learning, research and living for all students' holistic well-being and transformation, irrespective of the programs and courses. As evidenced by modern scientific research and classical yogic perspectives, Ayurveda is recommended for health promotion, disease prevention, healing and enhancing longevity, mainly via herbal/mineral formulations, somatic detoxification and lifestyle cum dietary moderation. On the other hand, Yoga is proposed as the primary means for psychic rectification to promote holistic well-being and awake extrasensory perceptions of the practitioner. UoP has set and implemented the below measures and mechanisms to implement Ayurvedic and Yogic ways of living among all students.

Mechanisms and Measures:

1. All students have to practice twenty traditional exercises, twelve Yoga postures and eight breath regularity practices coined by the Revered chancellor.
2. All students must perform regular Yajna in their respective hostels and weekly with teaching staff in academic blocks.
3. All students must wake early by 4 am to attend the practical Yoga classes starting at 5pm with no single-day break.
4. UOPians have to attend all cultural and spiritual programs conducted / to be conducted by prolific and elevated personalities to enhance their spiritual pursuit and holistic well-being.
5. UOP canteens have to serve natural, fresh, and vegetarian eatables recommended in Ayurveda and Yogain accordance with seasons.
6. UOPians have to attend intermittent spiritual and enlightening discourses of the Revered Chancellor and Hon'ble Vice Chancellor.
7. UOP canteens should serve unsalted and spices-free food to promote spiritually tempered students' determination and coping power.
8. UOPians are advised to participate in various cultural and festive celebrations graced by Revered Chancellor and Hon'ble Vice Chancellor.



9. The learner passionate about self-transformation, selfless service and spiritual elevation should get a costless teaching-learning and accommodation facility in Vedic Gurukul (a unit of UOP).
10. Students with good sports and leadership backgrounds should be encouraged to participate in national/international games, gatherings, conferences, seminars and other allied programs with explicit provisions to compensate for their attendance and academic loss.
11. The participation, attention, interest, attendance and performance of the students in aforementioned activities should be reported satisfactory by concerned departments/units/wings before awarding any degree/qualifying any program of the University.



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