

7.6.1 Application of Yoga in various segments of society

YOGA TRAINING AT AN OLD AGE HOME:



With the aim to achieve psycho-physiological health benefits, an intensive yoga camp was organized between 4th January 2022 and 25th March 2022 by a research scholar Ms Priyanshi Kaushik under the guidance of Dr Abhishek K Bhardwaj, Assistant Professor, Faculty of Humanities and Ancient Studies.

Daily yoga practical and theory classes were taught by Priyanshi Kaushik in Aawasiya Vriddhaashram (governed by Social Welfare Deptt, Uttar Pradesh, India) around three months. A total of 50 seniors (above 60 years) were participated regularly in yoga and health awareness program. Following long term training, their balance and sleep quality improved.





Domi Road, Hapur, Uttar Pradesh, India

	Longitude 77.7759° E	Latitude 28.7306° N	 30° C
	Wednesday, 09, Mar, 2022		08:25 AM

वृद्धा आश्रम पर लगेगा मेडिकल कैम्प

दि हापुड़ : सम्यक सुजन सोशल वेलफेयर सोसायटी के तत्वावधान में एक मेगा मेडिकल कैम्प ग्राम दौयमी स्थित आवासीय वृद्धा आश्रम में चार जनवरी को लगाया गया। कैम्प का शुभारम्भ राष्ट्रीय अनुसूचित आयोग की सदस्य एवं प्रदेश की प्रभारी डा.अंजु बाला करेंगी। संस्था की अध्यक्ष अंगु शर्मा ने बताया कि कैम्प में राष्ट्रपति से पुरस्कृत योग विज्ञान में डॉक्टर प्रियंका काशिक एक माह तक

संस्था के तत्वावधान में सभी वृद्ध योग सिखाकर निरोगी करेंगी। डॉ. अलावा डाक्टर बीडी शर्मा, डाक्टर अजय मुदगल, डाक्टर शिवाशंकर एवं डा. पारस बाटला आदि वृद्धों के स्वास्थ्य की जांच करेंगे। राष्ट्रीय अनुसूचित आयोग की सदस्य एवं प्रदेश की प्रभारी डा.अंजु बाला की समस्या को सुनकर संबंधित अधिकारियों से वार्ता कर उनका समाधान कराएंगी।



पतंजलि विश्वविद्यालय University of Patanjali

संस्थापित १९७५ वर्षों में १९९९ में राष्ट्रीय उच्च शिक्षण आयोग (UPEA) के अंतर्गत संचालित
Established by Pt. Bhanu Prasad Mishra in 1975 and recognized by UPEA in 1999

पत्र (No.) : VOP/Research/20/2022 दिनांक (Date) : _____

03 January 2022

To,

The Manager
Anwasiya Vriddha Ashram
(Governed by Social Welfare Deptt., U.P.)
Hapur, Uttar Pradesh

Sub: Regarding permission for data collection in Anwasiya Vriddha Ashram.

Dear Sir,

Greetings from the University of Patanjali, Haridwar (a higher education centre governed by Patanjali Yogpeeth Trust, Haridwar, Uttarakhand, India).

Ms. Priyanka Kaulsik is enrolled at our University for Doctoral programme in Yoga Science Department (Enrollment no. 171883). Her research title is "Effectiveness of yoga practice on postural balance, sleep quality and psychological parameters in geriatric population". For completion of her research, she will collect data and provide yoga intervention to the seniors in your Ashram for two months. The programme will be very helpful for their psycho-physical health promotion. Please co-operate her in data collection.

Thanking You.

Yours sincerely,



Prof. V. K. Katiyar
Dean (Academics and Research)
University of Patanjali, Haridwar

मुख्य कार्यालय : पतंजलि योगपीठ, पौड़ी-दोहड़ राष्ट्रीय राजमार्ग, मीरत बसस्टैंड, पौड़ी- 246449, उत्तरांचल प्रदेश
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ADVANCE YOGA TRAININGS BY THE SCHOLARS OF THE UNIVERSITY OF PATANJALI AT CHOTIPURA GURUKUL, UTTAR PRADESH

Advance Yoga classes including the training of advance physical postures, breathing techniques, cleansing practices as mentioned in Hathyogawere provided by Priyanshi Kaushik and Neha Pathak in Shrimad Dayanand Kanya Gurukul,Chotipura, Amroha from 21 January 2021 to 26 March 2021. Around 350 participants were taught asana, pranayama and meditation in daily yoga program.Teachers also participated in the evening session regularly.



Selected students having age group of 8-10 years to 18-21 years (total 26 students) were prepared for the National level yoga competition also.



Also, theory and practical classes of yoga were taken by Priyanshi Kaushik, Drishti Raj and Preeti from 22 November 2022 to 4 December 2022 at same institution. About 80-100 participants were taught asana, pranayama, meditation in daily group yoga program. 64 students were learned Shatkarma techniques with other forms of Yoga.

