



# DEPARTMENT OF YOGA SCIENCE

## University of Patanjali, Haridwar-249405

### Report: Educational Tour of Ideal College of Ayurved to University of Patanjali

**Date of Visit:** 1<sup>st</sup> April, 2024

**Location:** University of Patanjali, Haridwar, India

**Coordinator:** Dr. Sandeep Kumar Singh, Assistant Professor, Department of Yoga Science, University of Patanjali.

**Overview:** Dr. Sanjivani Dabre, Principal; Dr. Rekha Khade, Professor, Dept. of Dravyaguna; Dr. Sumit Marathe, Assistant Professor, Dept. of Agadtantra, Ideal College of Ayurved, Palghar along with 56 students visited University of Patanjali for an educational tour. The complete report is attached herewith.

- 1. Introduction:** The purpose of the educational visit from Ideal College of Ayurved, to the University of Patanjali was to give students an understanding of the comprehensive practices of Yoga, Ayurveda and, Indic Sciences. The University of Patanjali, which is located in Haridwar, India, is well-known for both its contemporary research facilities and efforts, as well as its commitment to traditional Indian disciplines, including Yoga, Ayurveda, and Indic Sciences such as philosophies, Sanskrit and ancient history.
- 2. Objectives:**
  - 2.1** Introduce the students to the principles of Yoga, Ayurveda and Indian philosophy.
  - 2.2** Enhance the experience of students with how Yogic, and Ayurvedic principles are applied in contemporary healthcare.
  - 2.3** Help to investigate the University of Patanjali's research facilities and existing initiatives for the betterment of society at large.
  - 2.4** Encourage students to work in Yogic, Ayurvedic medicine and related sectors.
- 3. Activities:**
  - 3.1 Welcome Address and Orientation:** The University of Patanjali faculty gave a hearty welcome speech about the objectives and orientation of work here at University of Patanjali. An overview of the academic offerings, history, and mission

of the university was given at an orientation session by Dr. Nidheesh Yadav, Head of the Department, Yoga Science.

**3.2 Campus Tour:** A guided tour of the university's campus was provided to the students, covering the academic building, science building, research laboratories, central library, language laboratory, computer laboratory, herbal gardens, and yoga centers. The students from Ideal College of Ayurved had direct access to the facilities and infrastructure used for instruction, study, and hands-on training. The tour was facilitated by Dr. Sandeep Kumar Singh and Shree Subhash, Assistant Professors, University of Patanjali.

**3.3 Lectures and Workshops:** Proficient academic staff member Dr. Rudra Bhandari, Associate Professor, Department of Yoga Science presented lectures and led workshops on a range of topics related to Yoga and its therapeutic modalities, such as diagnosis concepts, treatment methodologies, and lifestyle management. In addition, yoga and meditation classes were planned with the goal of highlighting the significance of mental and spiritual health by our PhD research scholar Avichal Verma and Ishani Thakur.

**3.4 Interactive Sessions:** Students had the chance to engage with university practitioners, researchers, and professors. They had conversations on integrative healthcare methods, clinical studies, and new emerging scientific trends in yoga health and ayurveda. Live demonstration of yoga asanas was presented before students of Ideal College of Ayurved.

**3.5 Research Showcase:** The University of Patanjali's ongoing research projects were highlighted in a special feature. The visitor gained knowledge of cutting-edge research in fields like yoga therapy, illness management, and the creation of herbal drugs.

**3.6 Cultural Exchange:** Along with cultural events including traditional music, songs and orating performances, the tour gave students an opportunity to learn about Haridwar's rich cultural legacy and its importance in the practice of yoga and ayurveda. The exchange also highlighted the niche of herbs present in Uttarakhand along with the saints and tapestry places of Uttarakhand and Haridwar region.

#### **4. Conclusion:**

For the students of Ideal College of Ayurved, the educational tour to the University of Patanjali was a rewarding experience. It exposed them to cutting-edge research in these domains and gave them insightful knowledge of the tenets and applications of yoga, ayurveda, and recent discoveries in these domains through vast experience of research. Their academic understanding was improved by the tour, and it also encouraged them to look into potential careers in traditional Indian medicine. It is envisaged that these kinds of educational programs will keep encouraging cooperation and communication across academic establishments, advancing the field of Yoga, Ayurveda, and holistic medicine. The closing remark was facilitated by the sitting Pro-Vice Chancellor, Professor Mahavir Agrawal for his insight and thoughtful discourse.

#### **5. Acknowledgements:**

We express our heartfelt appreciation to revered Pujya Swami Ji Maharaj and Shraddhey Acharya Shree for creating such a welcoming atmosphere for learning. The facilities and resources made available to us during the visit were excellent, making it easy and enjoyable for our visitor to explore Yoga, Ayurveda, and research facilities. The experience was further enhanced by the campus's calm and serene ambiance, which encouraged a sense of reverence and a connection to the age-old traditions of Indian science and spirituality. The pool of incredibly appreciative administration, staff, and academics was at par. We are sure that experiences at the University of Patanjali will never fade from our visitor's memories, motivating us to carry on with our education and exploration in the realm of holistic healthcare.

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Picture showing the students visiting Department of Yoga Science, University of Patanjali, Haridwar

Place: Department of Yoga Science, University of Patanjali, Haridwar.

Latitude: 29.9065676500083

Longitude: 78.0011781283531



Picture showing the students systematized for a short discourse by Pro-Vice Chancellor, Professor Mahavir Agrawal Ji in front of administrative building

Place: Administrative Building, University of Patanjali, Haridwar.

Latitude: 29.9065676500083

Longitude: 78.0011781283531



Picture showing the students aligned for the picture moments with Pro-Vice Chancellor Professor Mahavir Agrawal, University of Patanjali, Haridwar  
Place: Department of Yoga Science, University of Patanjali, Haridwar.

Latitude: 29.9065676500083  
Longitude: 78.0011781283531



Picture showing the students gathered for the exchange program with Pro-Vice Chancellor, Professor Mahavir Agrawal Ji and the staff members

Place: Administrative Building, University of Patanjali, Haridwar.

Latitude: 29.9065676500083  
Longitude: 78.0011781283531

  
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