



पतंजलि विश्वविद्यालय

1.2.16

दिनांक: 04.09.2019

दिनांक: 04.09.2019

कार्यवाही

दिनांक 27.08.2019 को मध्याह्न 03.00 बजे कुलपति कार्यालय के समिति कक्ष में योग विभाग के अध्यक्षता के साथ माननीय प्रति-कुलपति जी की अध्यक्षता में बैठक आयोजित की गई, जिसमें उपस्थित निम्न लेखित सदस्य रहे-

1. श्री महावीर अग्रवाल	प्रति-कुलपति
2. डॉ० प्रदीप गुनिया	कुलसचिव
3. डॉ० वी. के. कटियार	सकायाध्यक्ष, शोध एवं प्रकाशन
4. डॉ० विनोद बसल	परीक्षा नियंत्रक
5. स्वामी परमार्थ देव	विशेष प्रतिनिधि, श्रद्धेय कुलाधिपति जी
6. डॉ० सजय सिंह	समन्वयक, योग विज्ञान विभाग
7. डॉ० रुद्र मण्डारी	सहायक प्राध्यापक, योग विज्ञान विभाग
8. डॉ० नरेश सिंह	सहायक प्राध्यापक, योग विज्ञान विभाग
9. डॉ० निधीश यादव	सहायक प्राध्यापक, योग विज्ञान विभाग
10. डॉ० आरती यादव	सहायक प्राध्यापक, योग विज्ञान विभाग

बैठक में निर गये निम्नलिखित हैं-

1. बैठक में सदस्यों द्वारा निर्णय लिया गया कि एम-एससी योग विज्ञान के प्रथम सेमेस्टर के पाठ्यक्रम जो कि विद्या परिषद् की बैठक दिनांक 30.05.2019 को स्वीकृत हुआ है। उस विषय के पाठ्यक्रम को ही पढाया जायेगा तथा जहाँ कहीं भी आवश्यकता होगी तो उस विषय के अनुसार अतिरिक्त कक्षाओं का प्रबंध किया जायेगा।

(कार्यवाही-सकायाध्यक्ष)

2. प्रथम सेमेस्टर परीक्षा से पूर्व आयोजित किये जाने वाले आंतरिक परीक्षा का प्रारूप स्टैंडिंग कमेटी की 11.05.2019 को सम्पन्न हुई बैठक में कुलाधिपति श्रद्धेय स्वामी जी के निर्देश से परियतित किया जाना तय हुआ है। उक्त परीक्षा में 20 अंक का शास्त्र स्मरण तथा 10 अंक शास्त्र लेखन के रहेंगे।

(कार्यवाही -प्राध्यापकगण)

3. आंतरिक परीक्षा के प्रत्येक पेपर के लिए शिक्षक शास्त्र स्मरण हेतु स्वयं अधवा अपने साथ दो अन्य शिक्षक (जो शास्त्र का ज्ञान रखते हों) के साथ परीक्षा सम्पन्न करायेंगे।

(कार्यवाही -प्राध्यापकगण)

4. लिखित परीक्षा में 10 अंको की परीक्षा होगी, उसके लिए परीक्षा विभाग से केवल आवश्यकतानुसार टाइपिंग की सुविधा प्राप्त की जा सकेगी, विभाग से परीक्षा हेतु उत्तर-पुस्तिका प्रदान की जायेगी। आंतरिक परीक्षा के प्रश्न-पत्र आदि की गोपनीयता व प्रामाणिकता के साथ करवाने का उत्तरदायित्व शिक्षक का स्वयं होगा।

(कार्यवाही -प्राध्यापकगण)

5. आंतरिक परीक्षा की तिथि के एक सप्ताह के अन्दर अवार्ड लिस्ट (अंक सूची) परीक्षक/शिक्षक, विभागाध्यक्ष तथा सकायाध्यक्ष के हस्ताक्षरोंपरान्त उपस्थिति पत्रक के साथ कुलसचिव कार्यालय (परीक्षा विभाग) में जमा करना अनिवार्य होगा।

(कार्यवाही -प्राध्यापकगण)



Vickal

1.2.1 Photos showcasing authentic and traditional practices

Sl. No.	List
1	Students of M.A. (YOGA) Practicing “vaman Dhauti” purification process prescribed in our traditional texts Hatha Pradipika & Gherand Samhita
2	Students of M.Sc. (YOGA) practicing “sutra Neti” a purification process prescribed in ancient texts
3	Students practicing “Jala Neti” a variation of Neti
4	Students practising Bhramari Pranayama, a type of pranayama given in our Hatha Yogic Texts.
5	Students practicing “nadi shodhan pranayama” a practice from ancient text.
6	Student practicing “Bhramari Pranayam”

1.2.2: Traditional Teachings Students

1	Students practising yajnya “a traditional ritual” of the Vaidik culture & pranayama
2	Practitioner from the MoU institutions practicing pranayama and welcome of Pujya Swami ji to the university.
3	Celebration of Guru Poornima Mahotsava at university
4	Preaching sessions of P.P. Swami Ramdev Ji for the students of the university
5	Practice of “Yajnya” (Vaidik Practices) at the university
6	“Psychological counselling session” by the teachers and students of the university.
7	Expert talk for the students of the University
8	Students participation in extracurricular activities at “Rashtriya Sanskrit Sansthanam”
9	Celebration of “Sanskrit Saptah Mahotsava” at University of Patanjali, Haridwar.
10	Celebration of cultural activities at University of Patanjali
11	Cultural festival celebration at University
19	Yajna and traditional Vaidik practices at University
20	Yajnya Practice and practice session of Pujya Swami Ji for students

1.2.3: Curriculum Outreach to Society Demonstration

1	Demonstration of Yogasana Activities during yoga camp for the society
2	Mass yoga camp for the society by Pujya Swami Ji Chancellor of the university
3	Mass Yoga activities for the Society
4	Mass Yoga activities for the Society
5	Celebration of International Yoga Day at Patanjali Yogpeeth
6	NSS activity by the students and faculty of the university at BalaKunj, Haridwar
7	In house NSS activities conduction for the students of University.
8	Tree plantation activity by the students of the university
9	Tree plantation activity by faculties of University
10	Mentoring session for the scholars of University.
11	Public awareness program by the students of University
12	Public awareness through cultural program by the students of University
13	Mass yoga activity for the public of Rajasthan by University faculty and students
14	Awareness program by the students of the university for the Audience present in auditorium
15	Mass yoga activity for public health
16	Yoga and health talk by the faculties of the university for public welfare

1.2.4: Curriculum Outreach to Society

1	Students performing yajnya under the blessings of pujya Swami ji
2	Participation of students in outdoor activities
3	Social camping by students
4	Student participation in cultural activities of University
5	Students participation in activities adventures and cultural
6	Students participation in music (song) competition during 'Abhuday' cultural festival

7	Students participation in various life transforming and skill development activities
8	Tree plantation by the students under the guidance of Pooja Acharya Shri the Vice Chancellor of the University
9	Tree plantation by the students of University
1.2.6 Transformation within faculty member	
1	Pro-Vice Chancellor of the University performing 'Meditation'
2	Faculty of Yoga Department performing 'Sarvangasana' in his yoga practice
3	Faculty of the Yoga department performing 'mayurasana'
4	Faculty of Yoga department performing 'Bakasana' a hand balancing posture
5	Faculties of Yoga dept. performing Yajnya and Vaidik practices at department
6	Faculty of science department performing Halasana, a forward bending posture
7	Faculty of Naturopathy dept. performing "Vakrasana" – a twisting posture
8	Faculties of yoga department performing 'Bhramari Pranayama'
1.2.8: Participation of Faculty, Students, Alumni, Experts, Parents and yoga Entertrenures.	
1	Participation of students of University in speech competition
2	Participation of faculties at ek divasiya Hindi sammelan
3	Participation of students in the sports meet of University and the blessings by Acharya ji.
4	Participation of students in Rassa Kasi a sports event at University.
5	Campus placement drive at University
6	Expert talk for the students of the university
7	Experts session for the university students
8	Expert talk for the students of the university
9	University faculty and students visit to Malagaon hills.
10	Arts exhibition for the students of University
11	Participation of students in sports event.

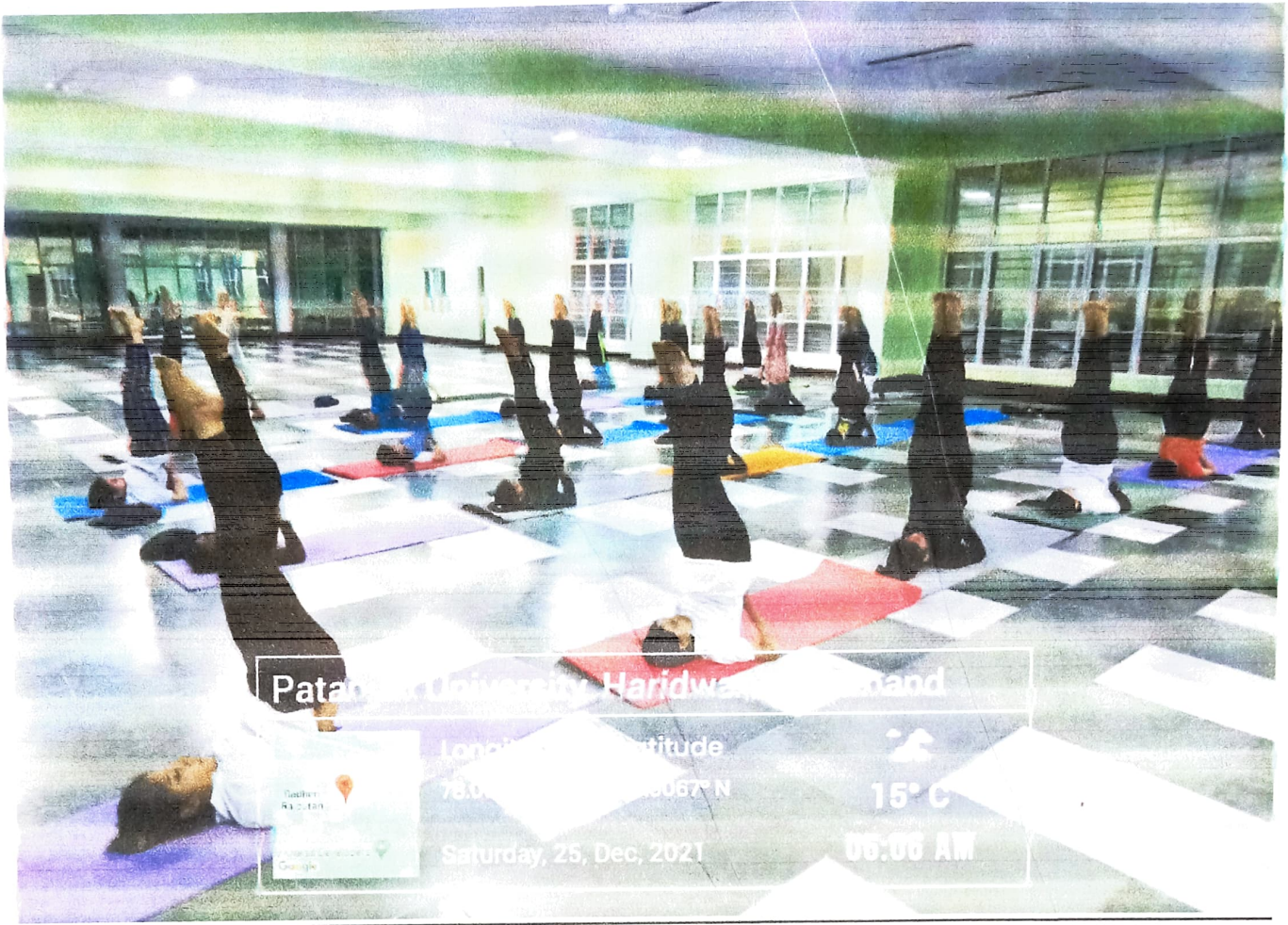
12	Participation of students in inter department sports competitions.
13	Conduction of Psychology workshop for students and faculties.
14	Blessings of pujya Swami Ji and Acharya Shri Ji for the students of University
15	Participation of students in outdoor sports activities.

1.2.1

Attached are the photographs that are exhibiting the authentic practices and procedures of cleansing processes (shuddhi kriya 'termed as shatkarma in text') 'Sutra Neti', 'Jala Neti' extracted from 'Hatha Pradipika' and 'Gherand Samhita'. In addition, the photographs exhibit 'Bhramari Pranayam' and 'Naadi Shodhan' Pranayam, as illustrated in the ancient text 'Hatha Pradipika', 'Gherand Samhita', 'Hatha Ratnavali'.

Also, there is exhibition of asanas, the conventional practices from our traditional texts. Sarvangasan, Utthita Padhastasan, Marudasan have been exhibited in these photographs.

Conventional Practices



Students of the University, while practicing Sarvangasana

Demonstration of 'Utthita Padahastasan' an advanced forward bend floor posture.

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3rd SENIOR
NATIONAL YOGASANA SPORTS CHAMPIONSHIP

Venue: 19th to 21st March, 2023
Mount Carmel School
Ward No. 79, Digari Kalan, Jodhpur (Raj.)

Digari Kalan, Jodhpur, Rajasthan

Longitude	Latitude	26° C
74.0802° E	28.287° N	11:38 AM
Monday, 20. Mar. 2023		

Demonstration of 'Marudasan' an advanced twisting posture.



1.2.2

As a supporting document, some copies of syllabus are attached here, which shows the clear incorporation of traditional teachings into the overall programmatic curriculum. And also some feedback of the students have been enclosed here, which shows clear outcome on benefits on incorporating traditional teaching.

Traditional yoga practices at University of Patanjali is a life changing experience. I've been pursuing my graduation in B.sc (yoga science) that has completely transformed my approach to yoga. The traditional practices of *Hath yoga* and *Ashtang yoga*, taught to us in the practical classes, has enhanced my capabilities at different aspects of a holistic health. The practice sessions of asana, pranayama and meditations at different levels along with the exclusive sessions for the therapeutic approach is complete in itself for the physical, mental, emotional and spiritual wellbeing of every individual. I've come to understand the true essence of yoga as a lifestyle. Before this, I simply watched online videos and went through the poses without any real focus. The teachers at the practical classes are exceptional, and I am extremely grateful for the opportunity to have learned from such an amazing team. Each class has a valuable learning experience that is thoroughly relevant for the optimistic development of every yoga aspirant today. I certainly feel blessed to be a part of this yoga centric environment and extremely grateful to the teachers, trainers and therapists, giving their best to provide us the essential concepts and unleash the unknown sides of yoga before us in order to inflict the misconceptions about yoga prevailing in the contemporary scenario.

Veer Sharma

B.Sc. (yoga science) 4th semester.

I want to share my experience regarding the Yoga Practical of University of Patanjali, Haridwar. Firstly, I really enjoy the classes offered to us by Sanyasis, their giving of knowledge to us is great but the classes seem very repetitive and that too very dynamic, there is a lack of teaching proper meditation techniques; which in my opinion is very important. Secondly, it is good that our teachers give the students the opportunity to take the yoga classes but that is just once in a blue moon. Finally, I really enjoy, if our teacher makes us run or do something different for warming up, but that is also very rare. In terms of improvement, if we are taught the use of different props in our yoga class that would be great, with also the skills to teach others, and yoga classes with new flows and techniques each day focusing on a particular muscles group to bring strength and flexibility. However, in general the environment that our university provides us for our yoga practices is just great.

Viraj Shah

B.Sc. (yoga science) 4th semester

I was searching for a way to connect my spiritual journey with the body that is carrying me through this earth, and I have found that connection in yoga. I learn something new in every single class, and I always leave feeling refreshed and renewed. I have been practising yoga by myself but didn't realise how to enhance my practise and give it a fresh start until I joined the institution. My practise has changed a great deal. I am calmer; more focused, and generally have fewer aches and pains in my body. All the yoga teachers are thoughtful and committed to providing exceptional instructions. Even in group classes, instructors are able to pay attention to everyone, which I really appreciate. I have enjoyed excellent instruction in the classes that I have taken. I now consider these classes essential parts of my week. They can be challenging or chilled depending on how I feel, but it's no longer a want, indeed a need in my life.

-Mansi Tyagi

1.2.3

Here are the photographs attached that showcase the expansion of Yoga activities for society. In addition, some reports of the patients from outside has been enclosed here that shows how the society has been benefitted by our practices.

PO No :PO4060635128-782



Name	: Mr.SARANSH NAGPAL	Registration Date	: 08-Jan-23 02:57 PM
Age/Gender	: 27/Male	Collection Date	: 08/Jan/2023 01:48PM
Patient ID	: OKH489850	Sample Receive Date	: 08/Jan/2023 05:26PM
Barcode ID / Order ID	: D1298452 / 6430971	Report Status	: Final Report
Referred By	: Dr	Report Date	: 08/Jan/2023 06:03PM
Sample Type	: Whole Blood-EDTA		

HAEMATOLOGY

Test Name	Result	Unit	Bio. Ref. Interval	Method
Complete Blood Count				
Hemoglobin	12.8	g/dL	13.0-17.0	Cyanide Free SLS
RBC	4.22	10 ⁶ /cu.mm	4.5 - 5.5	Impedance
HCT	39.1	%	40 - 50	Calculated
MCV	92.7	fL	83 - 101	RBC pulse measurement
MCH	30.3	pg	27 - 32	Calculated
MCHC	32.7	g/dL	31.5 - 34.5	Calculated
RDW-CV	12.2	%	11.6-14	Calculated
Total Leucocyte Count	4.05	10 ³ /μL	4 - 10	Impedance
Differential Leucocyte Count				
Neutrophils	59.6	%	40-80	Flowcytometry DHHS/ Microscopy
Lymphocytes	32.6	%	20-40	Flowcytometry DHHS/ Microscopy
Monocytes	5.9	%	2-10	Flowcytometry DHHS/ Microscopy
Eosinophils	1.4	%	1-6	Flowcytometry DHHS/ Microscopy
Basophils	0.5	%	0-2	Impedance / Microscopy
Absolute Leucocyte Count				
Absolute Neutrophil Count	2.41	10 ³ /μL	2-7	Calculated
Absolute Lymphocyte Count	1.32	10 ³ /μL	1-3	Calculated
Absolute Monocyte Count	0.24	10 ³ /μL	0.2-1	Calculated
Absolute Eosinophil Count	0.06	10 ³ /μL	0.02-0.5	Calculated
Absolute Basophil Count	0.02	10 ³ /μL	0.02-0.1	Calculated
Platelet Count	197	10 ³ /μL	150-410	Impedance /Microscopy
MPV	11.3	fL	6.5 - 12	Calculated
PDW	20	fL	9-17	Calculated

Reema

Dr. Reema Agrawal
MBBS, MD (Pathology)
Consultant Pathologist
Reg No. 56096



PO No : PO4060635128-782



Name	: Mr.SARANSH NAGPAL	Registration Date	: 08-Jan-23 02:57 PM
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Referred By	: Dr	Report Date	: 08/Jan/2023 06:03PM
Sample Type	: Whole Blood-EDTA		

HAEMATOLOGY

Test Name	Result	Unit	Bio. Ref. Interval	Method
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Comment:

- As per the recommendation of International council for Standardization in Hematology, the differential leucocyte counts are additionally being reported as absolute numbers of each cell in per unit volume of blood.
- Test conducted on EDTA whole blood.

*** End Of Report ***

Reema

Dr. Reema Agrawal
MBBS, MD (Pathology)
Consultant Pathologist
Reg No: 56096





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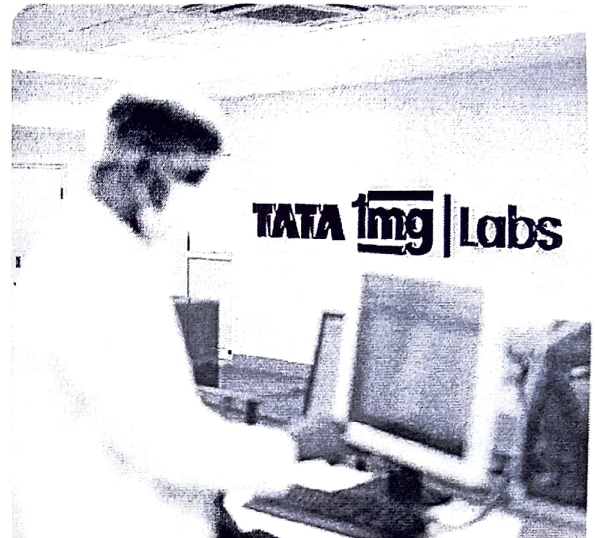
Detailed information of each test



Expert team of medical professionals



Doctor-verified reports with 3-step review process



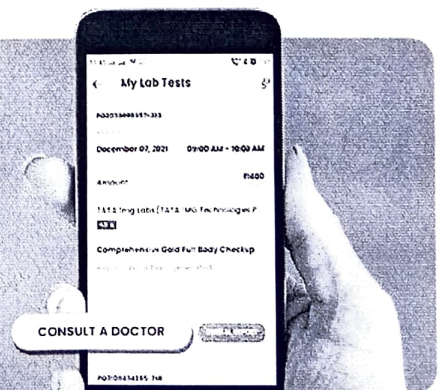
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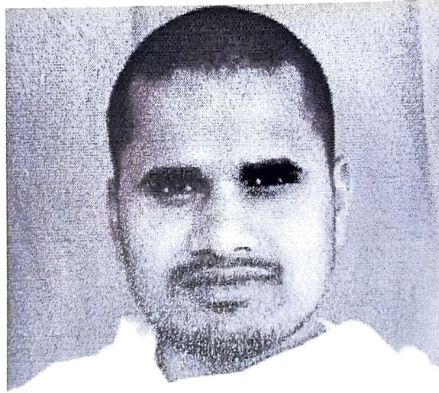
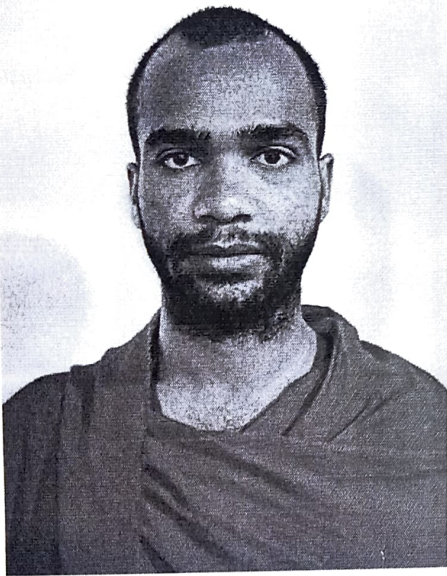
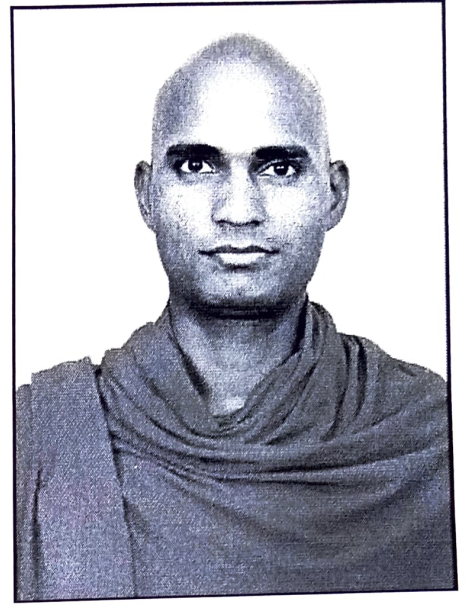
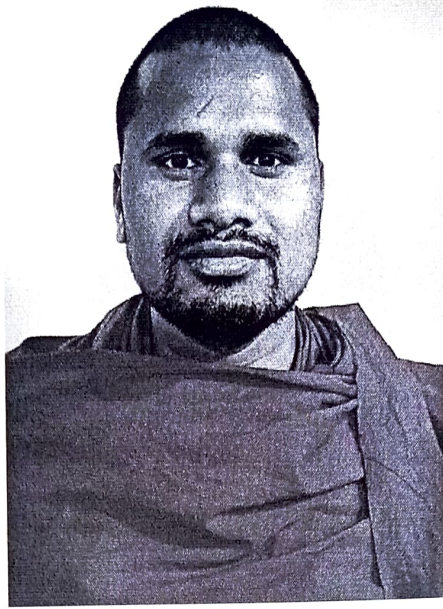
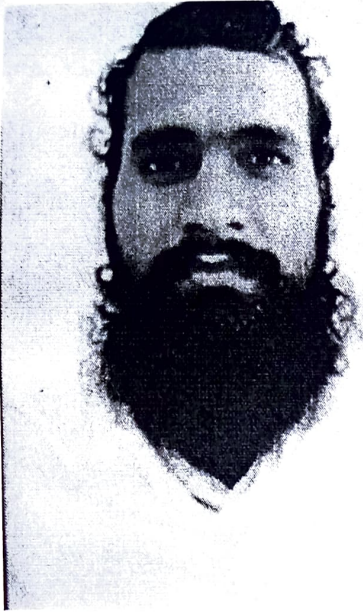
1.2.4

The knowledge, imparted through the ancient text has brought about the transformation at 3 levels into the students:

- Personal transformation
- Professional transformation
- Social transformation

Here are some documents attached that support the transformation at different level.

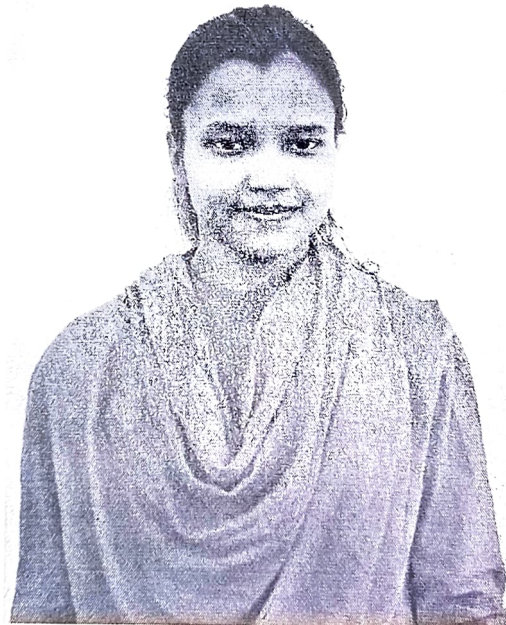
Personal transformation





साध्वी देवमैत्री

ओमिका



1.2.6

Here is attached the feedback of one of the faculties, that shows that how the faculty members themselves practiced and got benefitted through the practice of Yoga.

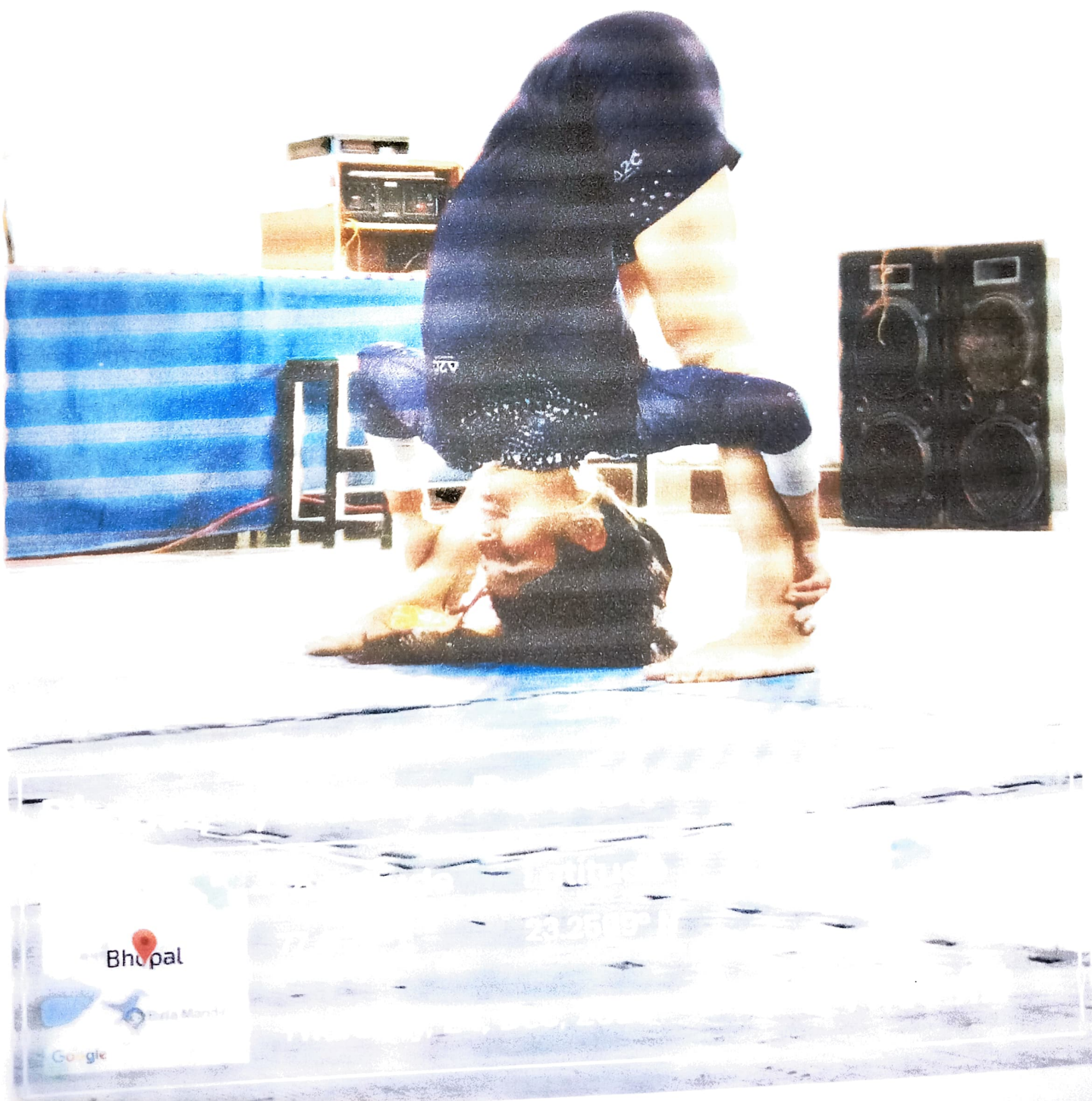
Faculty Feedback

Before getting into Yoga practices, I had lived a very unsystematic life. I did not follow a particular daily schedule. Getting up late, sleeping late in the night and an irregularity was there in sleeping pattern. I also had a habit of taking too much tea throughout the day. Due to all these irregularities, I suffered with body stiffness, lack of energy, lack of mental focus and many. But after getting into a regular yoga practice, I started feeling changes in the problems that I was suffering with. For practicing Yoga, I had to get up early in the morning. And because I had to get up early in the morning, I started sleeping early in the night. I could manage to follow a particular and disciplined lifestyle. Started feeling fresh throughout the day. Energy level and mental focus increased. I also got into advanced practiced of Yoga and also won prizes at National and International level.

Dr. Aarti Pal,
Assistant Professor,
Deptt. Of Yoga Science

1.2.6

Faculty of Yoga Department performing 'Marudasan' an advanced twisting posture.



1.2.6

Faculty of Yoga Department performing 'Utthita Padahastasan' an advanced forward bend floor posture.

SA
INDIA

TO NEHEGP N. IC

3rd SENIOR
NATIONAL YOGASANA SPORTS CHAMPIONSHIP

19th to 21st March, 2023
Venue: **Mount Carmel School**
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Digari Kalan, Jodhpur, Rajasthan

11:38 AM