

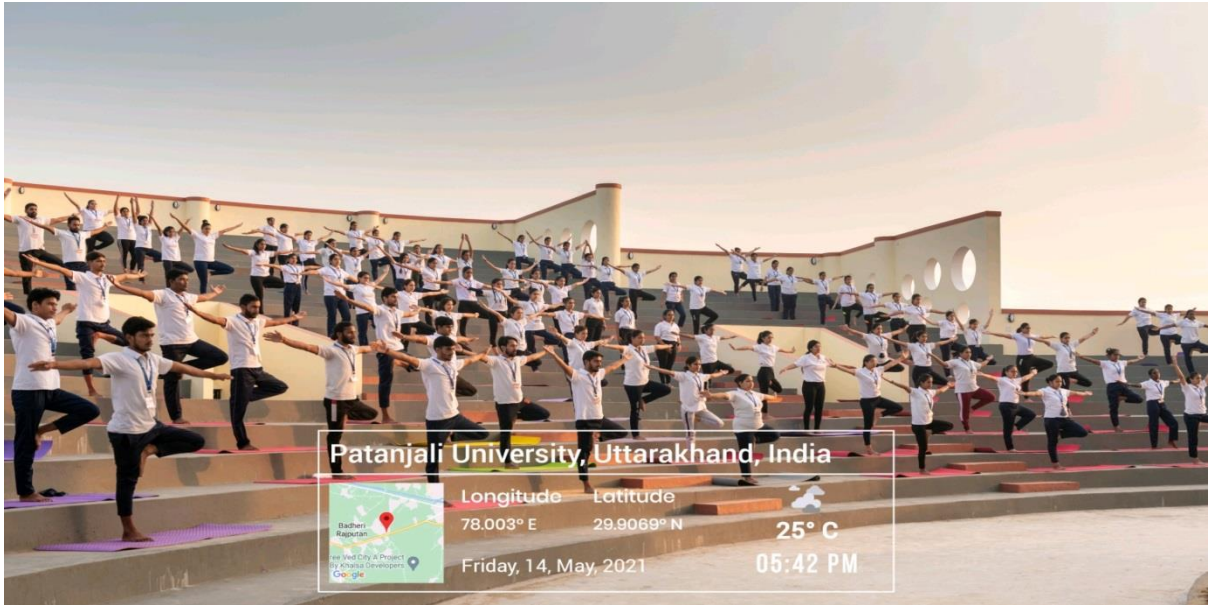
## Criteria 2.4: Yoga for health

Metric: 2.4.2 Integral to the teaching learning methodology of the institution (Philosophy and practice).

Date: July 2017- June 2022

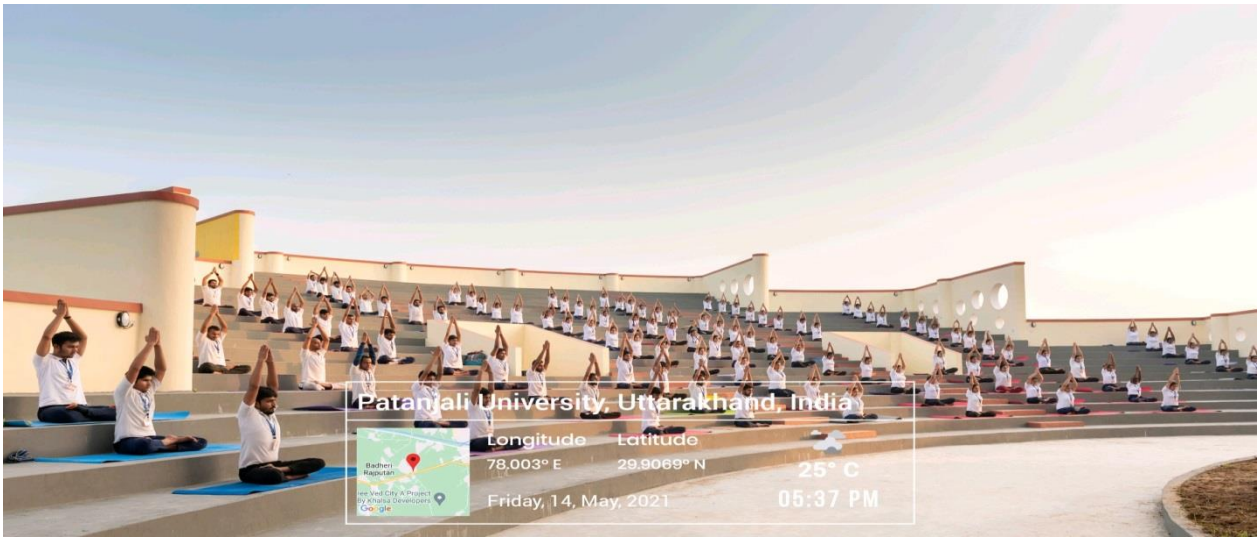
- **Yogasana: Students performing various asanas like Shasankasana and Parvatasana which are helpful for good health, improve flexibility, strength, balance and reduce stress.**





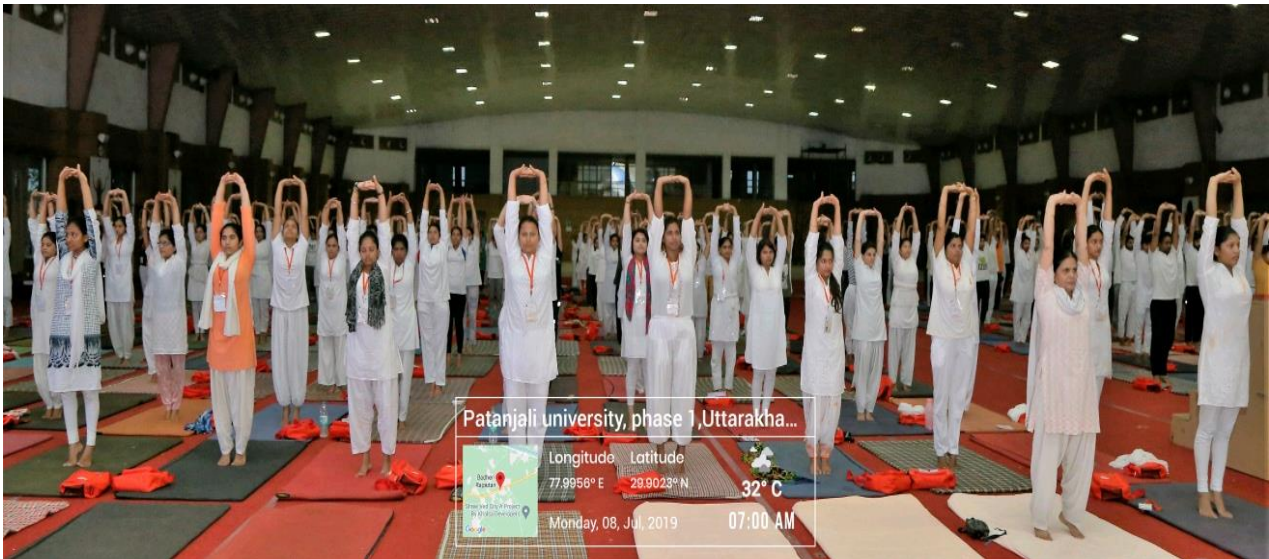
Patanjali University, Uttarakhand, India

Longitude	Latitude	Temperature
78.003° E	29.9069° N	25° C
Friday, 14, May, 2021		05:42 PM



Patanjali University, Uttarakhand, India

Longitude	Latitude	Temperature
78.003° E	29.9069° N	25° C
Friday, 14, May, 2021		05:37 PM



Patanjali university, phase 1, Uttarakha...

Longitude	Latitude	Temperature
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Monday, 08, Jul, 2019		07:00 AM

- **Pranayama:** Students are performing different pranayama like Bhramari pranayama, Anulom-vilom, bhastrika etc. which are helpful in improving their lung capacity, improves cognitive abilities like concentration, attention, learning, memory etc. and make them more conscious and calm.





- **Kriya:** Some of the kriyas like Jalneti and Trataka are shown below which purifies and detox the body, improves concentration and promote better sleep.



- **Meditation: Meditation improves cognitive functions, mental health, immunity and manage stress, reduce anxiety, and gives a sense of calmness and peace.**



- **Yoga Nidra: Yoga nidra promotes deep rest and relaxation, improves thought patterns of the students and reduces their stress level.**



- **Swadhyaya: Swadhyaya is very necessary to acquire knowledge, wisdom, to resolve doubts and for self-realization.**



- **Chanting:** Chanting mantras is an ancient practice that calms your mind and soul. Mind releases the positive energy that decreases the negative thoughts or stress.

