



## UNIVERSITY OF PATANJALI, HARIDWAR

### CRITERIA V- STUDENT SUPPORT & PROGRSSION

## Reports enlisting details of Yoga Programmes that are Skill oriented and create employment opportunities.

### A. Workshops on “Pranic Healing”.

*Reported By: Dr. Arti Yadav, Deptt. of Yoga Science.*

Two workshops on “Pranic Healing” and “Chinese Acupressure & Tongue Diagnosis” were organized by Department of Yoga Science, University of Patanjali, Haridwar from 3<sup>rd</sup> – 6<sup>th</sup> April, 2019 and 25<sup>th</sup> – 30<sup>th</sup> April, 2019 under the supervising by Dr. Rudra Bhandari (Assistant Professor) and Dr. Arti Yadav (Assistant Professor). The main objective of the workshops was to familiarize students of Yoga science with the Complementary and Alternative therapies and trends to develop therapeutic perspective. There were 150 numbers of students of University of Patanjali from different classes (M.A./M.Sc/PG/B.A./B.Sc final years) with including research scholar also. The both workshops were conducted from 10:00 am to 5:00 pm with 4 sessions each day.

1. Workshop on “Pranic Healing” was conducted by Mrs. Usha Jaiswal and Mr. Rakesh Jaiswal form Assistant Professor, Dept. of Rural Studies and Sustainability, Dev Sanskriti University (DSVV), Haridwar.





**Following topics were covered in Programme of Pranic Healing:**

- Basic knowledge of Pranic Healing,
- Panch kosha, relationship between Subconscious Mind & Pranic Healing,
- General Sweeping and Localized Sweeping,
- Twin Heart Meditation,
- Distance and Self-Healing,
- Pranic Healing according to Several Diseases.

**B. Workshops on “Pranic Healing” and “Chinese Acupressure and Tongue Diagnosis”**

*Reported By: Dr. Arti Yadav, Deptt. of Yoga Science.*

Workshop on “Chinese Acupressure & Tongue Diagnosis Acupressure” was conducted by Mr Vishal Jaiswal & Rajesh Verma from Acupressure Shodh, Prashikshan Evam Upchar Sansthan, Allahabad (ASPEUS).



**Following topics were covered in Programme of Chinese Acupressure & Tongue Diagnosis Acupressure:**

- Basic knowledge of acupressure
- Five Elements Theory,
- Chi Clock Cycle,
- Meridian Systems and Locating Acupoints,
- Acupressure therapy according to Diseases

**C. Report -International Webinar-2020 on “YOGA-AN IMMUNITY BOOSTER”**

**Coordinated by- Dr. Nidheesh Kr.Yadav** *Deptt. of Yoga Science.*

During the pandemic of Corona virus, there was total lockdown all around the world. All the schools, colleges and other academic Institutions were closed from March 2020. Mostly the academic classes were conducted online from then till now. The only hope for all academicians and students during this lockdown was online classes.

Simultaneously, I discussed about organizing an International Webinar on any relevant topic during pandemic with **Swami Parmarthdev Ji and Hon’ble Provice Chancellor of University of Patanjali (UOP)**. I was directed to choose such a topic, which can help out the students of UOP as well as the masses to serve against Corona pandemic. After the brainstorming, I came up with topic “**Yoga- an Immunity Booster**” which was approved by respected **Swami ji, Hon’ble PVC Sir and Registrar Madam** on 01<sup>st</sup> of July 2020. I then immediately connected to my known resource persons of the relevant subjects for speakers. Luckily I got **Prof. B.R. Sharma**, Dean, School of Life Sciences, Sri Sri University, Odisha, **Prof. J.P.N. Mishra**, Dean School of Life Sciences, Central University of Gujrat, **Dr. Sanjeeb Kumar Patra**, H.O.D. Dept. of Yoga & Life Sciences, Central University of Rajasthan, Ajmer, **Dr. Meena Ramanathan**, Deputy Director, CYTER, Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeetha, Pondicherry on 02<sup>nd</sup> of July 2020. I was directed by my officials to conduct this International webinar on 07<sup>th</sup> of July 2020 with above mentioned experts and speakers. Since I was running with shortage of time immediately I propagated the online paid registration form for Rs.200 only with relevant information’s to all the students and other staff of UOP on 03<sup>rd</sup> July,2020.

In two days 03 and 04 July nearly 75 registrations were only done by the students and staff of University of Patanjali. Further, on 05<sup>th</sup> of July 2020 morning, I promoted this webinar with my personal links on watsup, mail etc. Finally, 216 paid and 226 free in total 442 registrations were received (Annexure-2). Since the online Webinar application was purchased to connect limited 500 participants, so the registrations were closed on the eve of sameday.

Finally, on 07<sup>th</sup> July 2020 webinar was hosted online with the help of our students Sh.

Sameer Singh Ji, Sh. Siddharth Sharma Ji from B.Sc. Yoga Science final Year, Ku. Rama Mishra, B.A. with Yoga and Sh. Vardan B.Sc. Yoga Science 1<sup>st</sup> Year.

All the speakers, students were asked to join the online webinar at 09.45 am. Respected Swami Parmarthdev Ji, Hon'ble, Pro-Vice Chancellor Prof. Mahavir Agarwal Sir, respected Registrar Madam Smt. Parveen Ji, all the speakers and participants joined the session. Everyone was introduced by the coordinator of the Programme Dr. Nidheesh Kumar Yadav during the introductory session, followed by the welcome address by the madam Registrar of the university.

The session was chaired by the Pro-Vice Chancellor Sir and was initiated with the Key note address. He advocated the vedic education and living system to cope up with current Corona pandemic. He also enlightened the role of swami Dayanada Ji and Swami Virjananda Ji to re- establish the Arya cult in India. Further, Swami Parmarthdev Ji focused on the relevance of Vedic literatures and their directions to sustain against any ill healthy situations. He emphasized the role of personal & social immunity through Vedic behavioral modulations of Yama, Niyama and Pratyahara. Prof. J.P.N. Mishra ji detailed the therapeutic aspects of various Asanas, way of performance and their physiology. He also discussed the role of breathing, oxygen in immunity building during Asanas. Then after, Prof. B.R. Sharma Ji detailed the relevance of yogic texts to enhance metabolic immunity through Pranayama. He also discussed the correlation of Prana, Chitta, Atman, Buddhi with their relevance to enhancement of immunity with slide presentation. Dr. Meena Ramanathan, further showed the detailed texts and relevant researches on Shatkarmas to improve immunity. Dr. Sanjib Patra finally focused on the relevance of Dharna and Dhyana to improvise immunity. Question-answer sessions were done after every session. Participants were extremely satisfied with the content as well as the queries. The feedbacks from the participants of all the session were also recorded simultaneously.

**D. Workshop on Potential Examiners to Certification For Yoga Personnel**

**Coordinated by- Dr. Nidheesh Kr.Yadav Deptt. of Yoga Science**



Dr. Nidheesh Yadav demonstrated how to evaluate the yoga practitioners as per the guidelines of Indian Yoga Certification Board to become a potential examiner for Yoga professionals.

## E. A REPORT ON SPEECH COMPETITION

Reported by-Dr. Nivedita Sharma *Deptt. of Allied & Applied Science*

The Department of Allied & Applied Science had organized a speech competition for Under Graduate (UG) Students on 11 Nov, 2021. The topics given for the competition were - 1) Social Media: Bane or Boon? सोशलमीडिया: बैनयाबून? 2) Pros and Cons of online learning ऑनलाइनसीखनेकेफायदेऔरनुकसान 3) Social impact of Covid-19 कोविड-19 कासामाजिकप्रभाव. The duration of the speech was 5 minutes. The competition was inaugurated by Honble Swami Parmarthdev ji, Chief Proctor, Prof V.K Katiyar, Dean-Academics & Research and Prof KNS Yadav along with Dr. Vinay Kumar Sharma- Associate Professor and Coordinator of the Department, Dr. Rachna Arora- Assistant Professor, Dr. Anju Tyagi- Assistant Professor and Dr. Nivedita Sharma, Assistant Professor and Coordinator of the competition. Students of B.Sc- Allied & Applied Science sang Saraswati Vandana after the lighting of lamp by honble guests. First prize was bagged jointly by Yashi Tanwar (B.Sc-Allied & Applied Science-1<sup>st</sup> Sem) and Maitreyi (B.Sc Yoga Science 5<sup>th</sup> Sem). Second prize was given to Bhupendra Singh (B.A Yoga Science-3<sup>rd</sup> Sem) and Third prize was given to Veer Sharma (B.Sc Yoga Science-1<sup>st</sup> Sem). The speeches of the students were very informative and the students were very confident. It was indeed an informative session. At the end of the competition students got blessings from our honble chief guests and vote of thanks was given by Dr. Nivedita Sharma.



Inauguration By Pujya Swami Parmarthdev Ji

F. **Poster competition on “SAY NO” To Single Use Plastic**

Dr. Nivedita Sharma *Deptt. of Allied & Applied Science*

पतंजलि विश्वविद्यालय के संबद्ध एवं अनुप्रयुक्त विज्ञान विभाग द्वारा एकल उपयोग प्लास्टिक को ना कहें विषय पर एक पोस्टर प्रतियोगिता का आयोजन 29<sup>TH</sup> Dec, 2021 किया गया। कार्यक्रम का विधिवत उद्घाटन विश्वविद्यालय के सम्मानित अधिकारियों प्रो. यादव, प्रो. वी के कटियार, डॉ. निर्विकर केसाथ डॉ. लक्ष्मीशंकर रथ, डॉ. विनय कुमार शर्मा, डॉ. नीधीश यादव, डॉ. विपिन कुमार दुबे, मोनिका जी द्वारा किया गया। छात्रों ने बहुत प्रभावशाली पोस्टर बनाए और अपनी थीम के बारे में भी बताया। कार्यक्रम का सफलता पूर्वक आयोजन एवं संचालन डॉ. निवेदिता शर्मा, सहायक प्रोफेसर, संबद्ध और अनुप्रयुक्त विज्ञान विभाग द्वारा किया गया। कार्यक्रम का समापन डॉ. निवेदिता शर्मा द्वारा परिणाम की घोषणा और धन्यवाद प्रस्ताव के साथ हुआ।



Swami Ji Addressing the Gathering for “SAY NO” TO USE SINGLE USE PLASTIC





WINNER POSTER



POSTERS WITH PARTICIPANTS

### G. CLEANLINESS DRIVE AT HAR KI PAURI

*Reported by, Dr. Vaishali Gaur, NSS Coordinator*

University of Patanjali, Haridwar organized a swachhta drive under the aegis of swachta action plan initiated by Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India at Har ki pauri, CCR and nearby areas of pantdweep parking using Gandhi Chhadi with B.Sc biological science students. Masks were also distributed among Har ki pauri visitors and they were told about the need of sanitization and proper cleanliness in daily life. The programme was successfully coordinated by district coordinator for swachta action plan Dr. Nivedita Sharma.





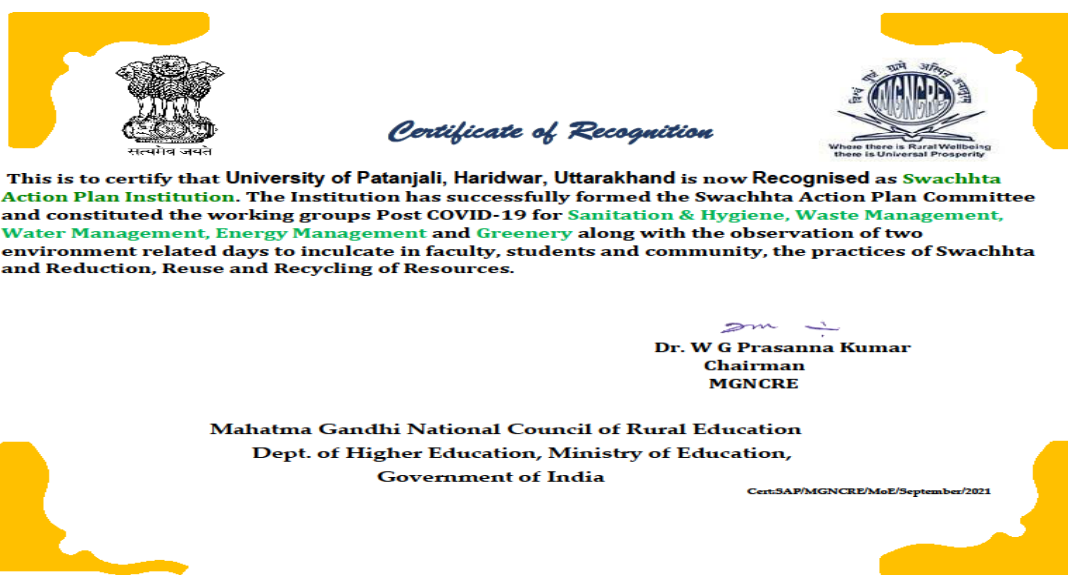
## H. PLANTATION DRIVE

*Reported by, Dr. Vaishali Gaur, NSS Coordinator*

Plantation drive was successfully implemented by adopting a plant, tree in nearby areas, nursery and University campus by the students and taking pledge to take care of the adopted tree.



University of Patanjali has been recognised as Swachta Action Plan Institution by Mahatma Gandhi National Council of Rural Education, Ministry of Education, India. The programme was coordinated by Dr. Nivedita Sharma.



UNIVERSITY OF PATANJALI RECEIVED SWACHTA ACTION PLAN CERTIFICATE OF APPRECIATION

## I. CELEBRATION OF NATIONAL SCIENCE DAY

**Dr. Nivedita Sharma Deptt. of Allied & Applied Science.**

National Science Day was celebrated with great enthusiasm by the Department of Allied and Applied Science on 28th Feb, 2022 to mark the discovery of the Raman Effect in 1928 by the Indian Physicist sir Chandra Shekhara Venkata Raman. Science day celebration started with the inaugural session with the lighting of lamp and paying homage to sir C.V Raman by Honb'le Pro Vice Chancellor, Prof. Mahavir Agrawal Ji, Pujya Swami Parmarthdev Ji, Dean- Academics & Research, Prof. V.K Katiyar Ji, Dr. Laxmi Shankar Rath, Dr. Nivedita Sharma, Dr. Bipin Kumar Dubey and Dr. Ram ji Mishra. Prof. Mahavir Agrawal Ji presided over the programme and gave his blessings to students by motivating and teaching them the importance of science since the time of Vedas. Pujya Swami Parmarthdev Ji and Prof. Katiyar Ji urged to think out of the box and to focus on research which can serve mankind. Dr. Laxmi Shankar Rath and Dr. Vipin Kumar Dubey also shared their views on the importance of science day. The program was very well anchored by Shreyanshi Mukesh and Sapna Bisht, B.Sc (Hons.)-4th Sem, Allied & Applied Science. Aditi and Diksha Rai, B.Sc (Hons.)-4th Sem, Allied & Applied Science gave speech on the life history of Indian Scientists and their contribution. An essay writing competition was conducted on the topic "Development of Science and Technology in India. The programme ended with the vote of thanks by Dr. Nivedita sharma.



## **Celebration of World Water Day**

**Dr. Nivedita Sharma *Deptt. of Allied & Applied Science***

World Water Day was celebrated with great enthusiasm by the Department of Allied and Applied Science on 22nd March, 2022. The day focuses on the importance of freshwater and to raise awareness among students to tackle the global water crisis. World Water Day celebration started with the lighting of lamp by Honb'le Pro Vice Chancellor- Prof. Mahavir Agrawal Ji, Registrar- Dr. Parveen Punia Ji, Dean Academics & Research- Prof. V.K Katiyar Ji, Dr. Laxmi Shankar Rath, Dr. Vinay Kumar Sharma and Dr. Nivedita Sharma. Prof. Mahavir Agrawal Ji presided over the programme and gave his blessings to students by teaching them the importance of water and to save and conserve water. Dr. Parveen Punia ji explain about the five elements human body is made up of and how important is water i.e Neer in it. Prof. Katiyar Ji urged to think out of the box and to focus on research which can serve mankind. The program was very well anchored by Shreyanshi Mukesh and Diksha Rai, B.Sc (Hons.)-4th Sem, Allied & Applied Science. Manish Mahato B.Sc (Hons.)-4th Sem presented a power point presentation on methods to conserve water. Aditi (B.Sc (Hons.)-4th Sem and Tapasya B.Sc (Hons.)-2nd Sem, Allied & Applied Science gave speech on the importance of water and global water crisis focusing on this year theme for world water day "Groundwater: Making the invisible visible. The programme was very well coordinated and organized by Dr. Nivedita Sharma.

**J. Got “Green Champion Award” by Mahatma Gandhi National Council of Rural Education (MGNCRE)**

**Dr. Nivedita Sharma Deptt. of Allied & Applied Science**

University of Patanjali is awarded “**green champion award**” from district haridwar by MGNCRE in a mini national conference hosted by University of Patanjali in collaboration with MGNCRE on 29<sup>th</sup> April, 2022 for various environment related activities performed by students of biological science like swachhta and plantation drives to motivate people in nearby areas of haridwar. The event was organized and coordinated by Dr. Nivedita Sharma.

**K. Organized a Workshop on “Tel Urja Chakram-2022”**

**Dr. Nivedita Sharma Deptt. of Allied & Applied Science**

A workshop on “**Tel Urja Chakram-2022**” had been organized by the Department in collaboration with CSIR-IIP, Dehradun, FDA Uttarakhand and SDS Foundation on 6<sup>th</sup> May, 2022.



L. Organised Space & Technology Exhibition during 07-09-2022 to 09-09-2022 in collaboration with **Vikram Sarabhai Space Centre, ISRO Ahmedabad.**

Dr. Nivedita Sharma *Deptt. of Allied & Applied Science*

In addition to the exhibition there was a lecture by eminent Scientist Dr. Naresh Bhatt Ji, Dr. Parul Patel and their team as a part of their outreach programme. All the faculty members as well as students actively participated in the programme and got appreciation certificates also.



TEAM ISRO AND FACULTY MEMBERS



ISRO TEAM WITH ALL FACULTY MEMBERS AND STUDENTS



**M. Report on six-day's workshop on Pranic Healing and Acupressure organized by Department of Yoga Science, University of Patanjali, Haridwar Uttarakhand.**

*Reported By: Dr. Arti Yadav, Deptt. of Yoga Science.*

With an objective to acquaint the student with the knowledge of Pranic Healing and Acupressure, Department of Yoga Science, University of Patanjali Haridwar, Uttarakhand has organized a six day's Workshop for Undergraduate and Post graduate students of University of Patanjali at Yoga Hall, Faculty of Oriented Studies of University of Patanjali, Haridwar from 28<sup>th</sup> to 30<sup>th</sup> April 2022 & 07<sup>th</sup> to 09<sup>th</sup> May 2022. Total 120 UG and PG students registered for the workshop.

The Workshop was inaugurated by Hon'ble Pro Vice Chancellor Prof. Mahavir Agarwal along with Dr. Sanjay Singh, Coordinator, Department of Yoga Science. Hon'ble Pro Vice Chancellor attended the students with an inaugural speech highlighting the importance of Pranic Healing and Acupressure.

The resource persons for the workshop were Dr. Rakesh Jaiswal From Dev Sanskriti Vishvavidhyalya, Haridwar Uttarakhand and Dr. Satendra Mishra from Lucknow.

Dr. Rakesh Jaiswal explained the importance of Pranic healing, Aura, Chakra, Prana and also given the practical skills to the all students. Further, Dr. Satendra Mishra explained the Acupressure Points, Meridians, Disease Management through Acupressure and also taught the practical skills to the all students.

All the participants were facilitated with participation certificates by Prof. Mahavir Agarwal, Hon'ble Pro Vice Chancellor and Dr. (Sadhvi) Devpriya, Dean Faculty of Yoga Science, University of Patanjali, Haridwar.

The program was successfully coordinated by Dr. Nidheesh Kumar Yadav and Dr. Arti Yadav, Asst. Professor Department of Yoga Science University of Patanjali, Haridwar.

The event was a successful one. The workshop was relevant to the title and was well appreciated by the students. After completion of workshop, students have felt encouraged to explore these areas further.



**UNIVERSITY OF PATANJALI**  
Patanjali Yogpeeth, Phase-1, Near Bahadrabad,  
Haridwar- 249405



Letter No. UOP/NID/2021-22/10

Date: 22.04.2022

To,

The Pro Vice Chancellor  
University of Patanjali  
Haridwar-249405

Sub: Permission to organize a various Workshops to enhance the academic & professional knowledge of the students.

Sir,

As per the need of profound and diversified knowledge to our students of University of Patanjali, I would like to organize following Workshops:

1. 6 Days Workshop on Pranic Healing & Acupressure for the final year students of Department of Yoga Science as per their academic requirements with external experts Dr. Rakesh Jaiswal Ji from DSVV Haridwar and Dr. Satyendra Singh Ji from University of Lucknow. (Annexure –A& B) as per the availability of experts for the Workshop may be 28<sup>th</sup> April 2022 to 30<sup>th</sup> April 2022 and 07<sup>th</sup> May 2022 to 09<sup>th</sup> May 2022.
2. 3 Days workshop on Application of Samadhipada & Sadhanapada of Patanjala Yoga Sutra for First Year students as per their academic requirements with external expert Dr. Sabbir Shekh Ji YSM Institute of Yoga & Research Foundation, Nerul Mumbai from 14 to 16 May 2022. (Annexure-C)
3. Registration fees of Rs 100/- per participants per workshop to be submitted in the university accounts after miscellaneous expenditures. *charged 2*

Please allow for the same.

Thanking You,

*Nidheesh*  
डा० निधेश्वर अग्रवाल  
प्रति- कुलपति  
पतंजलि विश्वविद्यालय, हरिद्वार

Yours sincerely

Dr. Nidheesh Yadav  
Asst Professor  
University of Patanjali  
9313186405

(i) *Pranic Healing Workshop*



*Dr. Rakesh Jaiswal taking Workshop at University of Patanjali in Yoga hall of faculty of oriented studies of UG and PG students*



*Dr. Rakesh Jaiswal conducted Workshop at University of Patanjali in Yoga hall of faculty of oriented studies of UG and PG students*



(ii) **WORKSHOP ON ACCUPRESSURE**

*Hon'ble Pro Vice Chancellor Prof. Mahavir Agarwal and Dr. Satender Mishra expert Acupressure on first day of workshop*



## N. Workshop on Sequential Practices of Asanas “Ashtanga & Vinyasa”

By Dr. Nidheesh Kumar Yadav Reported, Deptt. of Yoga Science.

A one day workshop on sequential practices of Asanas “Ashtanga & Vinyasa” was organized on 22 Sept 2019 by the Dept of Yoga Science, University of Patanjali in collaboration with Rishikesh Yog Kendra. The workshop was coordinated by **Dr. Nidheesh Kr. Yadav** organized by Acharya Vimlesh Joshi and Acharya Neha Thakur from Rishikesh Yoga Kendra. Seventy one students of B.A. with Yoga Science and B.Sc. Yoga Science final year has registered for the workshop.

The Workshop was inaugurated in the presence of Dr. Narendra Singh (Coordinator, for Practical). The Workshop was induced with various Breathing Techniques by Dr. Nidheesh followed by the practices of Ashtanga and Vinyasa with Acharya Vimlesh Joshi, Acharya Neha Thakur and Mr. Gaurav. Participants learned how to perform the asanas in sequential order and enjoyed the Workshop. The workshop was concluded within the auspicious presence and blessings of Swami Parmarthdev Ji.

