

7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

Response:

The Practice: Community out Reach Activities

1) Title: Community out Reach Activities

2. Objectives of the Practice

- To create a platform for the students to get first-hand experience
- To make the learning experience of students more enriching and to increase students' satisfaction through imparting content beyond syllabus
- To bridge the gap between academia and the society
- To create awareness about the different programs launched by the government for the benefit of the society like: "SWATCH BHART ABHIYAN" etc.
- To develop more self-confidence to lead a successful life in the society
- Increase support and gain public interest
- To show case and give demo on different self defense techniques
- Enhancing the quality of our personal and professional relationships

3. The Context:

In order to fulfil this aspect of our personality i.e. BEING SOCIAL, it is very necessary to organize the social awareness rallies and campaigns at regular intervals for the students. This task will help the students to be aware of all the realities of the society as well as the ways to handle different tasks and on the other hand the Society will also be benefitted with the positive attitude shown by the youth. To give back to society, such events, i.e. clean drive, blood donation camp, plantation program, farmers awareness workshops, rally for Ganga protection etc. were conducted on annual basis. To give back to the society, such events, i.e. Ganga protection, clean drive, blood donation camp, plantation program, rally for etc. were conducted on annual basis. The girls and women in the society are to safeguard them against violence committed against them are learning self-protection and Self Defense.

4. The Practice: The following are the components:

1. **Awareness Campaign for Social work values:** Such as service, social justice, importance of human relationship, dignity and worth of the person, integrity, loyalty to profession, hard work, cultural sensitivity, teacher ship, patriotism and responsibility and commitment.



2. Rallies for addressing the community and client needs: Awareness-campaigns are based on the needs (rather felt needs) of the community. Numbers of campaigns were organized by UOP where clients are made aware of what is happening to them and their surroundings, which includes health, sanitation, economy, education and their rights etc. Workshop on “Pranic Healing” was conducted by Mrs. UshaJaiswal and Mr. Rakesh Jaiswal, Assistant Professor, Dept. of Rural Studies and Sustainability, Dev Sanskriti University (DSVV), Haridwar. A blood donation camp was organized by NSS volunteers on 10th October 2017.

3. Extensive interaction with the Society: This is achieved by giving importance to cultural sensitivity. Information of human rights, traditional practices, cultural values and the development of harmony are essential practices implemented by the university.

4. Student-centric approach: The entire design of awareness-campaign revolves around the students. Knowledge about the socio-cultural and psychological aspects of the clients as well as their attitudes and belief systems on the issue at hand is essential pre-requisites to design the awareness campaign programme.

5. Principle of goal clarity: The success or failure of any work depends on the clarity of goals defined. The acceptability by the target audience of the issue and its goals should be specifically and vividly defined. A 6 days Continuing Medical Education Programme (CME) on Yoga Therapy funded by Min. of AYUSH, Govt. of India was conducted at Kaivalyadhama during 20th to 25th Aug 2018 by UOP.

6. Active participation of the Students: Active participation forms the crux of awareness-campaigns whether it is related to cleaning drive, plantation drive, blood donation etc.

7. Extensive interaction with experts: Communication Culturally-sensitive, and two-way communication is essential to effective awareness-campaigns. Every method and means appropriate to the situation must be used for awareness campaign. In this connection a help from local government administration were taken time to time as specific subject expert. The tips were elaborated on how to self-protect and defend our self. Special women's Defense training programme was also conducted by expert Mr. Sandeep Marikpuri to enhance physical strength of women to survive in the society. Theoretical knowledge of defense in relation to Yoga was also delivered by him.

5. Evidence of Success

During the Covid-19 pandemic times when the students on their own volunteered in their own areas to render service in collaboration with the health department. PatanjaliYogpeeth under the direction of ParamPujya Swami Ramadev Ji and Acharya Balkrishna Ji took charge to save people and progressively the nation against the pandemic.

Simultaneously, various other social services were also rendered by University of Patanjali along with other institutions of the organization. Through Patanjali Research Institute (PRI), our students acquire



practical training on the protection, promotion, uses, health benefits of medicinal and aromatic plant species and, also their get a static idea of their economic importance which in-turn can aid in National Economy Building. The University of Patanjali propose to undertake focused action towards Swachhata Action Plan by periodic reviews and cleanliness activities as part of Swachh Bharat Mission (SBM).

Students are now more interested in nature preservation and environmental protection activities. By the blessings of Swami Ramdev Ji and Acharya Balkrishnaji, Van Mahotsav week was celebrated on 06 July 2021 by the University of Patanjali, Haridwar by planting several saplings of Ashoka, Mango, Neem, etc in the new campus to spread awareness of forest conservation and to save the environment, among students and teachers. The students got Green Award from the reputed Organisation on their green and Swachhta initiatives.

6. Problems Encountered and Resources Required

- a. Time constraint.
- b. Lack of adequate conveyance facilities required at a time



The Practice: Integrated Holistic Health Education

1. Title: Integrated Holistic Health Education

2. Objectives of the Practice

- To increase students' knowledge regarding holistic health practices and theory.
- To develop skills that will positively enhance personal, community and global health and wellness.
- To cultivate awareness of the interconnection between body, mind, spirit and relationships of all types in order to affect attitudinal change regarding health and wellness.
- To ensure that students have the ability to apply the knowledge, skills and awareness of holistic health and wellness in their personal and professional lives.
- To promote sensitivity to the issues of diversity and multiculturalism within the continuum of individual and global health and wellness.

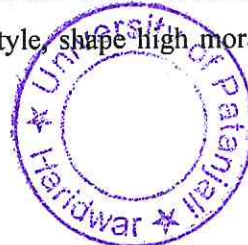
3. The Context

Holistic Education is an approach to teaching that focuses on the academics and social needs of students. The educators seek to fulfil the academics requirements of the students. And teach them the right methods by which they can face the challenges of life. They try to engage all aspects of the learner that includes the mind, spirit, and body. It necessitates skill mastery and advancement in all four domains. By the age of three, a child's brain has grown to 80% of its adult size. By the age of five, 90% of a child's brain has grown, allowing him or her to retain information more efficiently and swiftly. In this educational approach, the emphasis is on the positive environment of the schools. It is also teaches the thinking abilities of the students with their positive social behaviours.

4. The Practice

a. Yoga education & research:

Yoga has great importance in present education system. The modern education system emphasizes on science and technology in which the material progress is being achieved, but the inculcation of ethical, moral and spiritual values and promotion of healthy life-style are totally neglected. University of Patanjali provides a world class infrastructure where students acquire knowledge and skills acquired in their career, health and wellness of their families, society and humanity. It is one of the leading Yoga universities in the country where students from different states are admitted in various disciplines for graduate, post graduate, doctorate and D.Litt. programmes. The integration of Yoga education in the present system of education can endorse human values to reform attitude and behavior, relieve from stress and strain, build up healthy life-style, shape high moral character and



develop refined personality of the students so as to make them a complete well-being. In this connection UOP is providing Degree courses in Yoga, promoting Yoga via daily basis under mandatory training sessions for the students and faculties. This approach is not restricted within the university; a society is getting benefit of it. The students of UOP are approaching the society and aware people about this science and its health management via conducting yoga campaign time to time under given back to society as much. The students and staff members of the university practice yoga in terms of physical postures (asana), breathing practices (pranayama) and meditative practices (dhyana) on regular basis. Yajna is performed on daily basis at the Yajnasala. As per research-based evidence, both practices are important to achieve psycho-physiological health. Students of University of Patanjali were requesting for some exposure regarding international approach of Yoga Teaching and Learning.

b. Focus on Swadhyaya:

The students are motivated by their teachers to do this specific task on regular basis. Swadhyaya is a process of Self-study or self-introspection/ self-discipline. Through regular self-introspection, a person is able to know his/her positive traits (strength of the personality) and negative traits (weakness of the personality). Svadhyaya is a practice of getting to know our true nature, beyond our personality, thoughts, body, and emotions. There are many ways in which we can unearth a deeper connection to the Divine within.

5. Evidence of Success

Seven days special National Service Scheme camp was organized by University of Patanjali under the supervision and guidance of Dr. Vaishali Gaur and Kapil Shastri from dated 13 to 19 March, 2019. The motto of the camp was to reduce gap between rural and urban populations. During camp various activities were performed by NSS volunteers like voting rally, toilet survey, awareness program of clean and green India, say no to polythene, promotion of health and hygiene. Dr. Nidheesh Kumar Yadav has been deputed for Yoga certification in India since 2015. He is a senior examiner also conducted two workshops for Examiners of Yoga Certification in Kaivalyadhama, Lonavla, Pune in 2016 and Dev Sanskriti Vishwavidyalaya in 2017. In accordance, a 3 day workshop titled as "Step by Step Execution of Yoga Asanas" was conducted by Ms. Aslinah Jaffar, a renowned Yoga Teacher from Singapore on 30, 31 Aug and 01 Sept 2018. All the female students of M.A., M.Sc. and PG Diploma in Yoga Science participated in the workshop. There were 05 practical sessions in total for 02 hours each followed by Dr. Nidheesh Kumar Yadav Asst. Professor Dept. of Yoga Science got an opportunity to deliver a lecture on Ashtanga Yoga at HRDC Nainital on 22nd Aug 2018.

6. Problem Encountered and Resources Required

- a. Time constraint.
- b. Lacking of adequate space for Multidisciplinary task and training

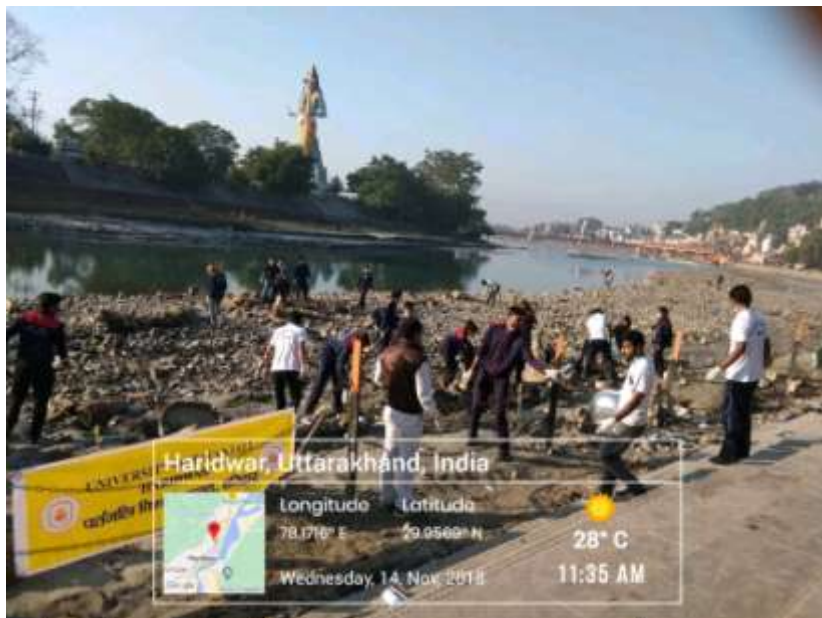



डा० महावीर अग्रवाल
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7.2.1 Best practices photographs

Swatch Bharat Mission, Ganga Cleaning







Green Certification to UOP





This is to certify that University of Patanjali, Haridwar, Uttarakhand is now Recognised as Swachhta Action Plan Institution. The Institution has successfully formed the Swachhta Action Plan Committee and constituted the working groups Post COVID-19 for Sanitation & Hygiene, Waste Management, Water Management, Energy Management and Greenery along with the observation of two environment related days to inculcate in faculty, students and community, the practices of Swachhta and Reduction, Reuse and Recycling of Resources.

Dr. W G Prasanna Kumar

Chairman MGNCRE

Mahatma Gandhi National Council of Rural Education Dept. of Higher Education, Ministry of Education, Government of India

Cert: SAP/MGNCRE/MoE/September/2021

Plantation Drive







Blood Donation Camp



Yoga Learning and Training





Self Defense Training





Cleaning Drive





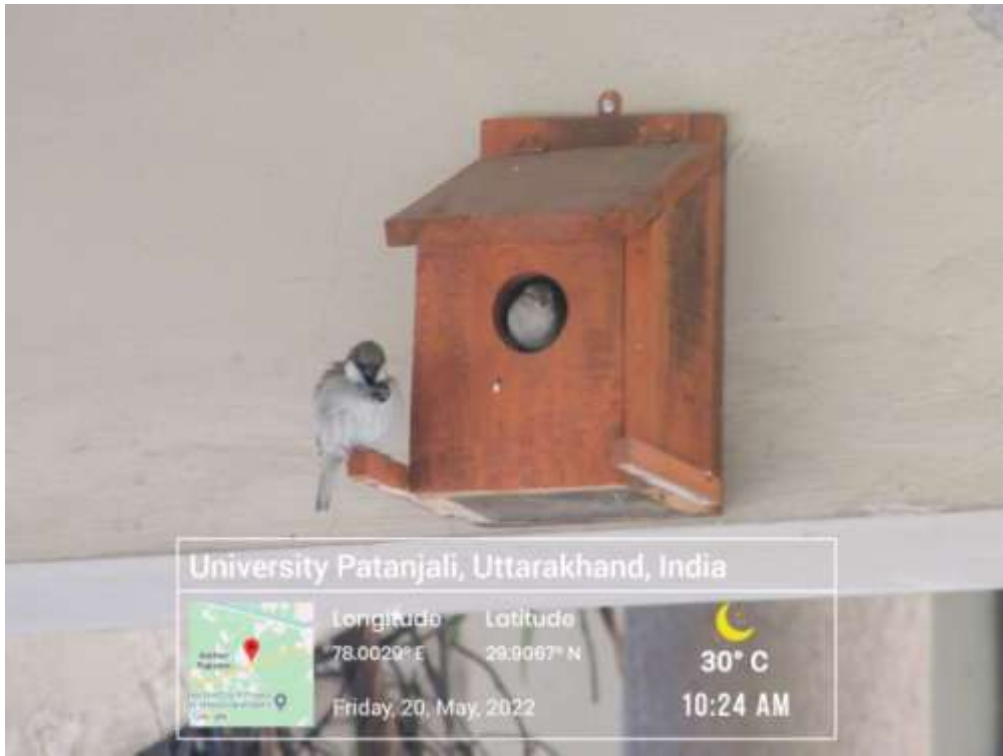
Awareness rally at urban and rural ecosystem





Biodiversity Conservation Program





Daily Yagya at UOP



Free yoga at UOP (social responsibility towards society)

