

# UNIVERSITY OF PATANJALI

PVC & R/Notification-2018

Office of the Registrar  
June 18, 2018

## **NOTIFICATION**

**Sub. : Policy on Strategy on Yoga for Peace and Harmony.**

The University Policy on Strategy on Yoga for Peace and Harmony to be adopted henceforth is enclosed.

This comes into effect immediately.

By Order



**Pro Vice-Chancellor and Registrar incharge**

**To,**

1. Dean, Academic and Administrative Affairs
2. Professor, Philosophy
3. Professor, Yoga
4. Director, Placement cum Academic Administrator
5. Finance
6. Library
7. Hostel Warden Girls Hostel & Boys Hostel

**Submitted to,**

1. The Chancellor
2. The Vice Chancellor

# UNIVERSITY OF PATANJALI

## Policy On Yoga for Peace and Harmony

### 1. PREAMBLE

The concept, strategy, and mechanism of adoption are apparently changing decade by decade. For example, 5000 years ago, yoga was regarded as a holy discipline, the knowledge of which was restricted to a small number of individuals; nevertheless, through time, knowledge and practice of yoga spread to the general public.

In recent decades, we have come to understand a larger manner of employing yoga not only as exercise (Practice of Asanas), but also as therapy. With advancements in the approach, yoga has been applied as for the prevention of ailments, management of diseases, and even treatment of illnesses. It focuses on preserving and spreading the knowledge of ayurveda, patriotism and yogic lifestyle.

In recent time, with the intrusion of research in the field of yoga, mind-body therapy and Yajnya therapy was counted as one of the complementary integrative therapy which helps in the prevention and management of Psycho-somatic disorders.

University of Patanjali brings integrated approach by which was taken up as with the concept of yoga sutra written by Maharshi Patanjali. According to scriptures like the Patanjali yoga sutra, the cause for all miseries, suffering, and diseases are ignorance and lack of awareness

### 2. Application of the policy

The institutional strategies in ensuring the various form of practices amongst its aspirants (students/ teaching and non-teaching faculty) for yoga, ayurveda Indian culture and traditional sciences –

Yoga is a practice that can help bring about inner peace and harmony. University of Patanjali vision is to spread peace and harmony through Yoga, Ayurveda, Indian culture, and Traditional Sciences. UOP spreading yoga, ayurveda, Indian culture and traditional sciences to the whole world as a holistic health and wellbeing for the nation as.

- Pranayama: Pranayama is a breathing exercise that can help calm the mind and reduce stress. Patanjali University practices simple breathing exercises such as Anulom Vilom, Bhastrika, or Kapalbhathi to induce a sense of calm and relaxation.
- Meditation: Meditation is a powerful tool to calm the mind and promote inner peace. University of Patanjali proposes practices such as Aumkar meditation and mantra meditation to help calm the mind and promote relaxation.
- Yoga Asanas: Yoga asanas can help release physical tension and promote relaxation. Poses like Vrikshasana, Makrasana, or Savasana can help promote a sense of calm and relaxation.

  
(Pro Vice-Chancellor and Registrar In-charge)

  
कुलपति  
(Vice-Chancellor)  
पतंजलि विश्वविद्यालय  
हरिद्वार



- Yoga Nidra: Yoga Nidra is a practice of deep relaxation and meditation that can help release tension and promote inner peace. practice Yoga Nidra at any time of the day to help promote relaxation and peace.

The university inculcates the value of Culturing of emotions through bhakti by regular Bhajan sessions, spiritual lectures, and notional corrections.

University of Patanjali is a manifestation of the divine vision and to establish a centre for an integral education blending all spectrums of oriental wisdom and scientific knowledge. The regular practice of karma yoga encourages the selfless action know as karma and sense of detachment which along with the regular spiritual lectures and practices in turn enhances the discrimination power also known as Viveka which ultimately leads to spiritual evolution.

Institution aims to promote harmony and peace at the level of its aspirants and society at large. (Delineate the inbuilt mechanism and practices that cuts through the various activities promoting harmony and peace) explain the institutional strategies in disciplining and bringing about overall peace and harmony in – Body (Kaya Shuddhi), Mind (Chitta Shuddhi), Senses (Indriya Shuddhi), Prana (Prana Shuddhi), Harmony and peace in the society (Samaj Hitah)

### 3. Policy

The Vision of University of Patanjali To play a leading role in giving new and higher dimensions to the philosophy and practice of Yoga, Ayurveda and Indian culture within the country and across the globe; to endeavour that the knowledge contained in the above fields in Indian and other traditions, along with that of medicinal plants and herbs, be incorporated and accorded their rightful place in the higher education system; to prepare global citizens by bringing together the Vedic knowledge and the modern sciences, who would be equipped with diverse skills, in tune with international standards, and be inspired by sattvic (righteous & ethical) karma (conduct & practices) and spiritual intuition, and also who would, imbued with the spirit of karma yoga, make incessant all-out effort to achieve their goals and be endowed with a balanced, integral and scientific outlook. The strategies adopted for the same are divided at various levels such as; at the level of body, mind, senses, Prana and Samaj Hitah (Harmony and peace in the society).

Students and Staff are encouraged to practice asana, Pranayama, dharana and dhayana. The timetable at the university has compulsory classes at 5:0 am on yoga practical. This disciplines the students mind and body. Instilling the quality of early to bed, early to rise. The day of the students start with yoga practices and after Yajnya session is held. This sets the holistic approach for the student to begin the day with positive attitude and have attitude of peace and harmony in all the activities of the day. Thus there is chitta Shuddhi and indriya Shuddhi. Before each class begins and at the end of the class prayers are recited to promote a healthy, positive and peaceful approach towards each other i.e. among the student and the teacher

and toward the subject of study. This also leads to pran Shuddhi. Lectures of prominent personalities in the field are organized to inspire the student and help them choose and focus on their career paths.

Every Sunday take yoga class by chancellor Swami Ramdev ji. A blend of tradition and modern approach can be seen as a guru Shishya prmptra. Yajnya is performed every Saturday to build peace and harmony among the students. Philosophy, Vedas, and Sanskrit language classes are also organized in the university. Which reflects our Gurukuliya education system. There is an oath taking ceremony held for the convocation students wherein they promise to contribute the best of their skills and learning abilities in building a strong, peaceful and harmonious society and nation. The alumni community of the university is strong and meetings are held with the alumni wherein the knowledge of yoga to promote peace and harmony in the society, nation and world through yoga, and Indian culture is inculcated. Thus, one can observe all the activities at University of Patanjali from the point of entry until the award of the degree and also after that as an alumnus strives its best to promote peace and harmony at all levels of body, mind, senses, Prana and samaj hitah (Peace and harmony).

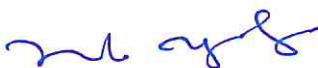
#### 4. Areas of the Policy

This policy will guide the university How to stablish yoga culture for peace and harmony

- 4.1 This policy will Constant Training and skill enhancement programs for students and faculty in order to engrain a culture for peace and harmony envirmint in the campus
- 4.2 Nurture, strengthen and build strong relationship and partnership among the students.
- 4.3 Provision for mentoring and enhancing yoga Sadhna for peace and harmony.
- 4.4 Constant training of peace and harmony for students and faculty.

#### 5. Objectives of the policy

- 5.1 To promote peace and harmony by the yoga practice among the student
- 5.2 To Promote Holistic and multidisciplinary Personality.
- 5.3 To Promote Quality Culture in all the dimension of peace and harmony among the students.
- 5.4 To Promote nationalism for peace and harmony.
- 5.5 To Promote brotherhood for peace and harmony.
- 5.6 To Established World Peace

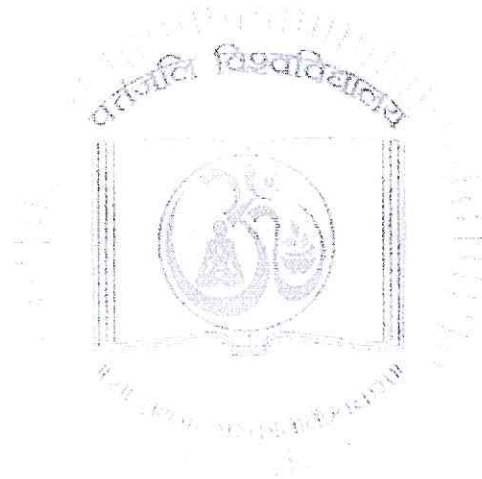
  
(Pro Vice-Chancellor and Registrar In-charge)

  
(Vice-Chancellor)  
पतंजलि विश्वविद्यालय  
हरिद्वार



## 6. Accountability and Transparency

- 6.1 Setting up of YPH Committees minimum 2 social worker from the society is a mandatory requirement under this policy for the university of Patnajali
- 6.2 Annual reports of the YPH Committees should be displayed on the website
- 6.3 A minimum of 2 meetings per year is mandatory for the YPH Committees
- 6.4 Names and contact details of all the YPH Committee members should be displayed on the university website and in prominent places on the campus



  
(Pro Vice-Chancellor and Registrar In-charge)

  
(Vice-Chancellor)