

UNIVERSITY OF PATANJALI

PVC & R/Notification-2018

Office of the Registrar
June 18, 2018

NOTIFICATION

Sub. : Policy on Strategy on Yoga for Youth.

The University Policy on Strategy on Yoga for Youth 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 Youth

Preamble

Youth are the backbone of any country. The greatest wealth and strength of any nation is the youth. They are invaluable assets of the nation. If the youth are strong, the nation will be strong. The youth is one of the most imperative segments of society or nation. They play essential role in the development of a society. The future of the nation lies in the all-around development of youth. Hence, youth plays a supreme role in nation-building. For the health of youth yoga plays an effective role to empower their health and well-being, help in personality development and enables them to become constructive, energetic and fruitful members of society. Integrating Yoga into the education system is a policy initiative that supports the physical, mental, social, economic and spiritual well-being of students. Yoga can help students to cope with stress, increase concentration and focus, and improve overall physical and mental health. It is essential to act according to policy to make yoga program inclusive and accessible to all students regardless of their background, gender, caste, place, programme of study, age, class or abilities. Such vibrant and dynamic youth with clarity of vision can create a healthy, well organised and spiritual society.

Vision

The University is very much aligned to yogic principles as practices compiled by and hence Maharshi Patanjali University of Patanjali named to credit his timeless contribution, to play a leading role in promoting the philosophy and practice of Yoga, Ayurveda and Indian culture in the country and across the world. The University of the Patanjali has been running Yoga related programs at all levels- certificate, under graduate, post graduate, post graduate diploma and Ph.D right from its inception. The Faculty of Yoga Science is the biggest strength of the University.

Objective

To produce professionally competent, personally developed and society empathetic youths via yoga education and research.

Policy


- To transform the youth and create bright future for our nation, yogic knowledge and techniques coined by Maharshi Patanjali, Swami Dayanand Saraswati, Swami Vivekanand and other contemporary yoga masters have been included in yoga curricula and course contents running at University of Patanjali.
- Students of University of Patanjali to regularly practice Yoga and follow Vedic lifestyle for being well mannered, healthy, genius, creative and innovative.


(Pro. Vice Chancellor and Registrar In-charge)


(Vice-Chancellor)
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हरिद्वार

- The University of Patanjali has formulated mandatory provision to carry our research on philosophical and scientific aspects of yoga at PG and Ph.D. levels.
- University of Patanjali faculty members and students have to participate / contribute to International Yoga Day, Yoga Camps and yoga classes and educate youngsters, youth, adults, unhealthy and sick persons in the society about various parts, type and styles of yoga.
- To conduct Training and skill enhancement yoga programs for youth to promote innovative and entrepreneurial mind set.
- Social interactions via yoga camps for building cordial intrapersonal, interpersonal and business communications workshops on yoga for holistic constant training and personality development of Youths.




(Pro. Vice Chancellor and Registrar In-charge)


(Vice-Chancellor)
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