

# UNIVERSITY OF PATANJALI

PVC & R/Notification-2018

Office of the Registrar  
June 18, 2018

## **NOTIFICATION**

**Sub. : Policy on Applications of Yoga.**

The University Policy on Applications of Yoga 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 PATANAJLI

## Policy for Application of Yoga

### 1. PREAMBLE

Yoga is one of the basic stream of vedic wisdom originated ancient India thousands of years ago. It involves cleansing techniques physical postures, breathing techniques, Concentration meditation, social and ethical principles that aim to promote physical, mental, social and spiritual well-being. Yoga can provide a range of benefits, including increased flexibility, sensory improvement strength, balance, and relaxation. It can also help reduce stress, anxiety, and depression, and improve overall health and quality of life.

It was started as a spiritual practice but has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in many other countries typically emphasizes physical postures, breathing techniques, and meditation.

The University of Patanjali established Yoga as a traditional discipline and follow the path of ancient sages for individual spiritual up upliftment to make the nation prosperous powerful and healthy.

### 2. Application of The Policy

The University of Patanjali is the manifestation of the divine vision envisaged by His Holiness Swami Ramdev and Hon'ble Acharya Balkrishna as a center for integral education blending all spectrum of oriental wisdom and scientific knowledge.

University of Patanjali is striving to promote biological, psychological, social, managerial and spiritual implications of Yoga through teaching-learning and research. Biological implications of yoga can be reported in terms of health promotion, diseases promotion, healing and age reversal is conducted by substantial scientific research.


2.1 Biological

2.2 Psychological

2.3 Social

2.4 Spiritual

The mission of The University of Patanjali is combining the Best of the East with the Best of the West. The aim is to produce the ideal citizens who lead the country and worlds also. The objectives of the UOP are to explore and propagate the therapeutic benefits of yoga through academic training, research activities and clinical services. The department provides yoga therapy services to one and all.

  
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Psychological implication covers the use of Yoga principles and practices for improving resilience, self-esteem, self-confidence, emotional stability and maturity moreover, Yoga practices are found useful to enhance cognitive, affective and conative performance of the practioner.

Social implication of Yoga as made by Value leaders of Patanjali Yogpeeth and its sister organizations, The University of Patanjali is notable and quotable to reestablish vedic culture, inhibit social violence, cultural conflict, dowery system, coasteism, gender and social discrimination leading to harmony's psychosocial endearments additional, Yogic living and feeling also induces care to plant and animal kind dome result in optional ecology.

Spiritual implication of Yoga is more about awakening paranormal powers to realize the truth about self and universal existence leading to liberation from worldly pros and cons thus, biological, psychological, social and spiritual implications of Yoga can be practiced in organizational management.

### 3. Policy

On these ground The University of Patanjali has set up The faculty of Yoga and Yogic culture and environment to impart formal and informal education and training programs and R&D to promote biological, psychological, social and spiritual implications of Yoga as underneath:

#### 3.1 Biological

3.1.1 UoP has been running B.Sc. and M.Sc. Yoga programs to produce in competent Yoga therapists to be employed in Hospitals, Ayush Centers, Wellness Centers/Institutes, Education Institution and Allied Healthcare organization.

3.1.2 All teaching, non-teaching members and students of The University of Patanjali are privileged to attend regular Yoga Classes conducted by P. P. Swami Ji and other competent teachers for their health promotion and healing.

3.1.3 The University of Patanjali and Patanjali Ayurved Hospital have well equipped OPDs to provide Yoga therapy for internal Staff and outsiders.

3.1.4 Yoga R & D of the Patanjali Yogpeeth has published above 150 research papers to validate biological impacts and health benefits of Yoga.

3.1.5 The University of Patanjali has mandatory provision of performing Yajana and Yoga daily for students and weekly for entire UoP family.

3.1.6 The dietary pattern and food products availability in the University canteen is totally guided by yogic principles.

#### 3.2. Psychological

To boost psych immunity of the member of The University of Patanjali, His Holiness Swami Ramdev Ji and Hon'ble Acharya Balkrishna Ji have made underneath provisions:

  
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3.2.1 Fortnightly/weekly Yoga class and psychological discourse of Swami Ji for University of Patanjali staff and students, fortnightly Spiritual discourses of Hon'ble Acharya Ji to overcome psychic morbidity and loosing morale.

### 3.3 Social

The University of Patanjali has formulated below mandatory provisions to promote social implication of Yoga.

3.3.1 1-3 month internship program for passing out students to apply their learned yogic knowledge on skills for societal welfare.

3.3.2 Conduct of regular informal Yoga camps by teachers, novices, nuns and saints associated with UoP.

3.3.3 Regular telecasting of Swami Ji's Yoga sessions covering eternal Yogic tips to inhibit casteism gender inequity, racial discrimination, religious terrorism, socioeconomics conflicts, intake of non-vegetarian food and addictive behaviors.

### 3.4 Spiritual

UoP has a quotable wing.

3.4.1 Vedic Gurukulam to impart classical teaching-learning and research on Vedic wisdom, Indian Philosophy and culture from kinder garden to Ph.D. level.

3.4.2 Vedic Gurukulam has developed proper environment and activities for spiritual advancements of learners, who can act as the future pillars to make India prosperous, powerful and globally top educational hub.

3.4.3 Any one from the globe can join the Vedic Gurukulam for spiritual cause and volunteer for the welfare of global humankind.

3.4.4 The University of Patanjali has set research criteria to carry out research on spiritual aspects of Yoga and Vedic wisdom.

3.4.5 There is strict dietary prescription of facilitate spiritual elevation of students at the canteen The University.

3.4.6 The start of daily regimen from Yoga and Yajna is mandatory for all learners.


## 4. Areas of the Policy

This policy will guide the university How to administer application of yoga

4.1 This policy will Constant Training and skill enhancement programs for students and facility in order to engrain a culture of innovation and entrepreneurship in young minds

4.2 Nurture, strengthen and build strong relationship and partnership among the students

  
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4.3 Provision for mentoring and enhancing yoga Sadhna experience of the students and teachers.

4.4 Constant training and yoga skill enhancement programs for students and faculty in order to engrain a culture of innovation and Entrepreneurship in young mind.

## **5. Objectives of the policy**

5.1 To Strengthen Holistic and multidisciplinary Personality of the student

5.2 To Promote Quality Culture in all the dimension of Life

5.3 To Promote Quality Culture in all the dimension of Society

5.4 To Promote Quality Culture in all the decimation dimension of Nation

5.5 To Promote Livelihood

5.6 To Established World Peace


## **6. Accountability and Transparency**

6.1 Setting up of AFY Committees minimum 2 Yoga Porosity Abroad the Nation is a mandatory requirement under this policy for the university of Patnajari.

6.2 Annual reports of the AFY Committees should be displayed on the website.

6.3 A minimum of 2 meetings per year is mandatory for the AFY Committees.

6.4 Names and contact details of all the AFY Committee members should be displayed on the university website and in prominent places on the campus.

  
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