



Department Of Yoga Science University of Patanjali, Haridwar

INTERNSHIP PROGRAM REPORT

Jamshedpur Womens University, Jamshedpur
(10th Mar to 19th March 2024)

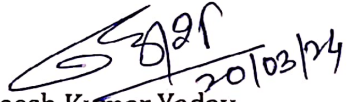
In Pursuance of the MoU with Jamshedpur Womens University, The Registrar of Jamshedpur Womens University requested the Head of the Dept. Yoga science, University of Patanjali to conduct a ten days internship Program for Post Graduate students of Yoga Science of their University vide Letter no JWU/R/2024/78 Dated 07.03.2024 (**Annexure-A**) to gain some Scientific and practical knowledge in the field of Yoga Therapy and Philosophy. The undersigned submitted the request to the authorities and receive approval by Hon'ble Pro-Vice Chancellor, UOP for this training Program vide letter No DYS/Office/2023-24/50 dated 10.02.2024 (**Annexure-B**).

The ten days internship program schedule was designed as per the requirement of the internees (**Annexure-C**). The interested research scholars of University of Patanjali provided the opportunity to conduct various classes and sessions.

The internship program was inaugurated with the blessings of Professor Omnarayan Tiwari, Dean Faculty of Yoga Science on 09-03-24. During the internship internees got opportunity to experience therapeutic demonstration of yoga practices. The internees also visited Yog Gram and Patanjali Ayurvedic College.

The consultation fees of ₹ 15000/- has been received from Jamshedpur Womens University and submitted to the accounts vide receipt no 3884 dated-11-03-24 (**Annexure-D**). The internship program was found successful by the internees and the feedback for the same was also collected (**Annexure-E**).

The program was concluded on 19-03-24 with facilitation of with valedictory function, were the internees were facilitated by internship completion certificates.


Dr. Nidheesh Kumar Yadav
HOD Dept. of Yoga Science

विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार





REGISTRAR

JAMSHEDPUR WOMEN'S UNIVERSITY

SIDHGORA CAMPUS (BESIDE SURYA MANDIR), JAMSHEDPUR

JHARKHAND, PIN - 831 009

Ph. No.: 0657 - 2249105

Email: registrarjwu@gmail.com

registrar@jwu.ac.in

Ref. No.: JWU/R/2024/...208.....

Date: 07/03/24.....

To,

The HOD, Yoga Science,
University of Patanjali,
Haridwar

Sub.: Request for providing Internship Classes to our 15 students of M.A. in Yogic Science 4th Semester 2022-2024.

Sir,

In pursuance of the MoU signed by Jamshedpur Women's University the 15 (fifteen) students of M.A. in Yogic Science 4th Semester 2022-2024 have to undergo the internship classes for 10 days from 10.03.2024 to 19.03.2024 at your University.

Mr. Ravi Shankar Newar, a faculty member of Department of Yoga of Jamshedpur Women's University, Jamshedpur will lead the students during this internship programme.

It is requested kindly to arrange for the same.

By Order
Sd/-
Registrar (I/c)
Jamshedpur Women's University,
Jamshedpur

Memo No. JWU/R/2024/...208.....

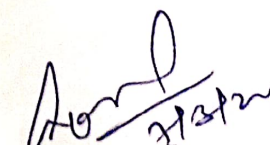
Date: 07/03/24.....

Encl.:

1. List of 15 students.

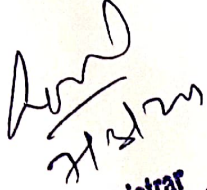
Copy to:

1. PA to V.C. for kind information to the Hon'ble Vice Chancellor.
2. Person concerned
3. FO
4. In file


(Rajendra Kumar Jayaswal)
Registrar (I/c)
Jamshedpur Women's University,
Jamshedpur

**List of Students for Internship Programme
M.A. in Yogic Science (2022-204)**

Sl. No.	Name of the Students
1.	Mili Sannyashi
2.	Archana
3.	Renu Kumari
4.	Mamta Kumari
5.	Khushboo Singh
6.	Ruma Kumari
7.	Jyoti Bhakat
8.	Sadaf Ara
9.	Aarti Jha
10.	Sweta Kumari Mahato
11.	Kanchan Kumari
12.	Suman Kumari
13.	Punam Kumari
14.	Nitu Kumari
15.	Bina Kumbhakar


Registrar
Jamshedpur Women's University
Jamshedpur





DEPARTMENT OF YOGA SCIENCE
University of Patanjali, Haridwar-249405

Letter No: DYS/Office /2023-24/50

Dated: 10.02.2024

To,

The Pro Vice Chancellor
University of Patanjali
Haridwar

Through Proper Channel

Ref: JWU/R/CVC/2024/072 dated 02.02.2024 from Registrar JWU, Jamshedpur
Sub: - Internship Program of MA Yoga students of Jamshedpur Womens University,
Jamshedpur.

Sir,

University of Patanjali is having a MoU with Jamshedpur Womens University for academic and research exchange programs. Accordingly, The Registrar of JWU requested to provide 10 days internship program to 17 students of MA IV Sem of that University, tentatively from 10th to 19th in the month of March.

The female students of JWU will stay outside the University of Patanjali campus on their own. They will be availing our mess on prescribed coupon. Further, they will provide a consultation fees of Rs. 15,000/- to the Department of Yoga Science against this educational program.

I am submitting the request letter to accord the approval to conduct the above internship program.

Thanks

Dr. Nidheesh Yadav
HOD Dept. of Yoga Science
University of Patanjali, Haridwar
nidheesh@uop.edu.in

Encl: Request Letter from Registrar Jamshedpur Womens University

Dean Faculty of Yoga Science

Forwarded
35/02/24
11/02/2024

12/02/24
डा० महावीर अग्रवाल
प्रति - कुलपति
पतंजलि विश्वविद्यालय, हरिद्वार

Internship Schedule for Students of Jamshedpur Women University, Jamshedpur

Point of Contact for the Program:

Ms. Pragya Ji: 7024317773; Ms. Rishika Ji: 6398816471; Ms. Gajendra Ji: 8006392464

Venue of Sessions: Pre-lunch Session: Yoga Hall : Post-Lunch Session: UG 16 daily

Day 0	09th March 2023		
	Arrival & Stay	09.00 pm (Hotel at Gate No 4)	
	Daily Breakfast	08.00 am- 09.00 am	
	Lunch	12.30 am- 01.00 am	
	Dinner	07.00 pm-07.30 pm	
Day 01:	10th March 2023 (Sunday)		
	Inauguration:	10.00 am -11.00 am	Dean, Faculty of Yoga Science
	Session 01 (Patanjala Yog Sutra)	11.00 am - 01.00 pm	Dr. Nidheesh Yadav, HOD
	Session 02 (Pre-Data Collection)	02.00 pm- 03.00 pm	Ms. Pragya Manjhi/Mr. Gajendra Ji
	Session 03 (Ganga Aarti)	03.00 pm- 07.00 pm	Mr. Gajendra Ji & Ms. Pragya Ji
Day : 02	11th March 2023 (Monday)		
	Session 04 Yoga Practical:	06.30 am - 08.00 am	Devika Ji/Rishika Ji
	Session 05 (Foundation of Yoga)	09.30 am - 11.00 am	Sambit Ji/ Prabhunarayan Ji
	Session 06 (Principles of Hatha Yoga)	11.00 am- 12.30 pm	Lata Ji
	Session 07 (Indian Philosophy)	04.00 pm - 06.00 pm	Pragya Ji/Pooja Ji
	Session 08 Yoga Practical	06.30 pm - 07.30 pm	Devika Ji/Rishika Ji
Day : 03	12th March 2023 (Tuesday)		
	Session 09 Yoga Practical:	06.30 am - 08.00 am	Devika Ji/Rishika Ji
	Session 10 (Yoga in Srimad Bhagwad Geeta)	09.30 am - 11.00 am	Sambit Ji/ Pushkar Ji
	Session 11 (Human Anatomy & Physiology)	11.00 am- 12.30 pm	Rishika Ji
	Session 12 (Principle Upnishads)	04.00 pm - 06.00 pm	Gajendra Ji
	Session 13 Yoga Practical	06.30 pm - 07.30 pm	Devika Ji/Rishika Ji
Day : 04	13th March 2023 (Wednesday)		
	Session 14 Yoga Practical: Shatkarma	06.30 am - 08.00 am	Sakshi Basata Ji/Rishika Ji
	Session 15 (Yoga in Srimad Bhagwad Geeta)	09.30 am - 11.00 am	Sambit Ji/ Pushkar Ji
	Session 16 (naturopathy)	11.00 am- 12.30 pm	Dr. Arti Yadav Ji
	Session 17 (Principle Upnishads)	04.00 pm - 06.00 pm	Gajendra Ji
	Session 18 Yoga Practical	06.30 pm - 07.30 pm	Mansi Ji/Rishika Ji
Day : 05	14th March 2023 (Thursday)		
	Session 19 Yoga Practical: Shatkarma	06.30 am - 08.00 am	Sakshi Basata Ji/Rishika Ji
	Session 20 (Psychology)	09.30 am - 11.00 am	Sambit Ji/Geeta ji
	Session 21 (Principles of Ayurveda)	11.00 am- 12.30 pm	Suraj Ji/ Rahul Ji
	Session 22 (Principle Upnishads)	04.00 pm - 06.00 pm	Gajendra Ji
	Session 23 Yoga Practical	06.30 pm - 07.30 pm	Mansi Ji/Rishika Ji



Day : 06 15th March 2023 (Friday)

Session 24 Yoga Practical(Yog Bhavan)	04.45 am - 7.30 am	param puja Swami ji
Session 25 (Panchakarma-I)	09.30 am - 11.00 am	Prabhu Narayan Ji
Session 26 (Panchakarma-II)	11.00 am- 12.30 pm	Prabhu Narayan Ji
Session 27 Yajna chikitsa	04.00 pm - 06.00 pm	Rohit Ji
Session 28 Yoga Practical	06.30 pm - 07.30 pm	Anni ji/Rishika Ji

Day : 07 16th March 2023 (Saturday)

Session 29 Yoga Practical: Shatkarma	06.30 am - 08.00 am	Sakshi Basata Ji/Rishika Ji
Session 30 (Principles of Yoga Therapy)	10.00 am - 11.00 am	Purva/ Devendra ji
Session 31 (Principles of Yoga Therapy)	11.00 am - 12.30 pm	Purva/ Devendra ji
Session 32 Yajna	04.00pm - 05.00pm	Amphitheatre
Session 33 Yoga Practical	06.30 pm - 07.30 pm	Devika ji/Rishika Ji

Day : 08 17th March 2023 (Sunday)

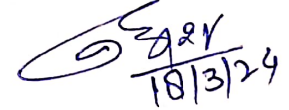
Session 34 (Yog Gram Visit)	9.00 am- 3.00 pm	Gajendra ji/Rishika ji
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Day : 09 18th March 2023 (Monday)

Session 35 Yoga Practical:	06.30 am - 08.00 am	Devika Ji/Rishika Ji
Session 36 Yoga Practical: Meditation	10.00 am- 10.30 am	Divyanshi ji/Rishika ji
Session 37 Yogopnishad	02.30am- 03.30 am	Milan ji/Rajesh ji
Session 38 (Research Methodology)	04.00 pm - 06.00 pm	Ms. Ami Gupta Ji
Session 39 Yoga Practical	06.30 pm - 07.30 pm	Divyanshi Ji /Rishika Ji

Day : 10 19th March 2023 (Tuesday)

Session 40 Yoga Practical:	06.30 am - 08.00 am	Divyanshi/Rishika Ji
Session 41 (Alternative Therapies-I)	09.30 am - 11.00 am	Veer Sharma Ji/Ravi Ji
Session 42 (Post- Data Collection)	11.00 am- 12.30 pm	Pragya Ji/Gajendra Ji
Valedictory, feedback & Certificate distribution at 03.00 pm onwards		Dean, Faculty of Yoga Science


18/3/24

Dr. Nidheesh Yadav
HOD Department of Yoga Science
University of Patanjali, Haridwar



पतंजलि विश्वविद्यालय
University of Patanjali

फोन : 01334-242526
वेब : www.uop.edu.in

सम्पर्क कार्यालय : पतंजलि योगपीठ, महर्षि दयानन्द ग्राम, दिल्ली-हरिद्वार राष्ट्रीय राजमार्ग, निकट बहादुराबाद, हरिद्वार-249405, उत्तराखण्ड (भारत)
Contact Office : Patanjali Yogpeeth, Maharishi Dayanand Gram, Delhi-Haridwar National Highway, Near Bahadurabad, Haridwar-249405, Uttarakhand (INDIA)

रसीद सं० (Receipt No.) : 3884

रसीद (Receipt)

दिनांक (Date) : 11/03/24

छात्र/छात्रा का नाम (Name of Student) : Jamshedpur Womens University
पाठ्यक्रम (Course) : FY Internship (1st student) - 30 days (Dept of Yoga)
रुपये (शब्दों में) (Rupees in words) : One Thousand Only

विलम्ब शुल्क (Late Fee) दस्तावेज शुल्क (Document Fee)

दण्ड (Fine) पुनर्परीक्षा शुल्क (Re-Exam Fee)

अन्य शुल्क (Other Fee) : 15000

₹ 15,000

FOR
(Internship Programme)
By UPP through
(Dr. Vidheer Sir)



हस्ताक्षर प्राप्तकर्ता
Receiver's Signature