

Report on One Month Yoga Workshop by Dr. Jayanti P. Sahoo, Department of Philosophy

1. The workshop began on 24th May, 2021, and culminated on 24th June, 2021, It ran through Monday to Saturday, from 7 am to 8.45 am, with a rest day on Sunday.
2. In addition to the Zoom platform, all sessions streamed live on YouTube, and hence can be watched again any time.
3. More than 400 participants attended the sessions on a daily basis throughout the duration of the workshop.
4. Participants included students, teachers, non-teaching staff, retired people and many others.
5. Participants from all over India and outside India joined: Delhi, Uttar Pradesh, Tamil Nadu, Tripura, Telangana, Bihar, Maharashtra, Himachal, Punjab, Odisha, Goa, Jammu and Kashmir, Bangalore, Madhya Pradesh, Gujarat, Haryana, and even from other countries like Sri Lanka, United Kingdom and also from Indonesia
6. The workshop covered several topics, as desired by the participants, such as asanas for eye related problems, lower back pain, blood pressure, Diabetics, Knee problem, Thyroid, Obesity, Post covid related problems, Stress and anxiety, and many more. We have taken care of all the eight steps of Patanjali Yoga, stress was on Yama and Niyama.
7. We combined both theory as well as practical sessions and discussed Yogasutra of Patanjali, Samkhya Metaphysics, Narada Bhakti Sutra, Hatha Yoga Pradipika, Shaiva Yoga. Bhagavad Gita and Jainism. I noticed that the participants are really keen to know all the texts in relation to Yogic Practice. We also discussed different kinds of Yoga, such as Karma Yoga, Jnana Yoga, Bhakti Yoga and Raja Yoga.
8. All the participants sincerely attended and put their best efforts for this programme.
9. We kept 45 minutes to 1hr everyday for question and answer session. Participants actively participated in the question answer session.

10. We celebrated the International Yoga Day on 19th June 2021 (7am to 10.30am). We began with the Welcome address by Prof. Swati Pal. She discussed the importance of yoga in our daily life and also discussed various aspects of Yoga Philosophy relating to the COVID-19 Pandemic. Our Resource Persons, which included Professor Bal Ram Singh, Dr. TP Sasi Kumar and Prof. Balaganapathi, spoke on the theme. The Participants enjoyed the session for having fabulous, highly informative, brilliant and thought provoking lectures by all the resource persons. The emphasis was on both theory and practice. The event also highlighted the practice of Yama and Niyam in our daily life and many more. Our Distinguished Yoga Instructors (Yogacharya Anil Mudgal, Ms. Kavita Kumari and Mr. Sandeep Kumar Jha) demonstrated the Yogic practices such as Benefits of Pranayama, Hasya Yoga, Sukshma Vyayam and Surya Namaskar.
11. Indian Knowledge system is so vast that it was difficult to cover the entire thing within one month.
12. The objective of this workshop was to cherish the Vedic Idea “Ekam Sad Vipra Vahudha Vadanti, Vasudhaiva Kutumbakam and Vahujana Hitaya and Bahujna Sukhaya.”

It was a beautiful experience to have so many sincere, disciplined participants as a part of this workshop, making it a huge success. My sincere heartfelt gratitude and thanks to one all present here.

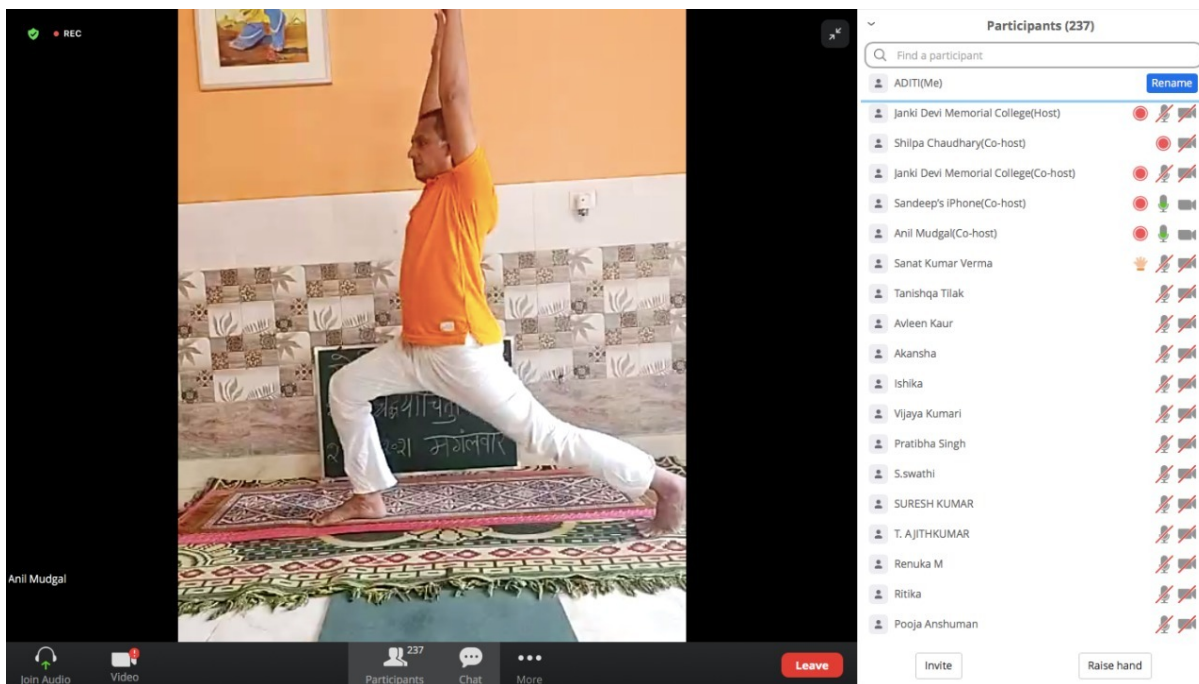
YouTube Links:

Date	YouTube link	Topic covered
24/05/21 (Monday)	https://youtu.be/aVLkcZl5qrg	Inaugural session
25/05/21 (Tuesday)	https://youtu.be/For8dvyCViY	Yoga for eyes related problems
26/05/21 (Wednesday)	https://youtu.be/oqEYCrhb4Os	Yoga for diabetes

)		
27/05/21 (Thursday)	https://youtu.be/yMIIaYsl_ms	Yoga for Menstruation, Menopausal and Post menopausal issues
28/05/21 (Friday)	https://youtu.be/dBFerZ5YsWY	Samkhya Yoga
31/05/21 (Monday)	https://youtu.be/wDJMoZKPTVM	Yoga for lower back pain
01/06/21 (Tuesday)	https://youtu.be/pcYf55UtohE	Yoga for Post COVID recovery; Samkhya Yoga
02/06/21 (Wednesday)	https://youtu.be/uK9cPQ6LEjc	Manage stress through Yoga and Meditation
03/06/21 (Thursday)	https://youtu.be/2dbhr6_xV1M	Yoga for high/low blood pressure
04/06/21 (Friday)	https://www.youtube.com/watch?v=PCX1u4D4I3Q	Diabetics and Stress Lifestyle Disorder
05/06/21 (Saturday)	Workshop on Yogic Breathing and Ahaar	Lecture on Yogic Breathing and Ahaar by Mr. Saurabh Rawat
07/05/21 (Monday)	https://youtu.be/FM1UVP6my-l	Yoga for eyes related problems
08/06/21 (Tuesday)	https://youtu.be/UE72dJ6vBkA	Yoga for menstrual disorders
09/06/21 (Wednesday)	https://youtu.be/UXAh67ILnO0	Yoga for reducing migraine
10/06/21 (Thursday)	https://youtu.be/emQsyNiDBcc	Yoga for weight related issues
11/06/21 (Friday)	https://youtu.be/G2ebrqa0pG0	Samkhya Yoga
12/06/21 (Saturday)	Workshop on Ashtanga Yoga of Patanjali	Lecture on Ashtanga Yoga of Patanjali by Mr. R. Ramanujan
14/06/21 (Monday)	https://youtu.be/4ASRecws8XY	Yoga for high/low blood pressure
15/06/21 (Tuesday)	https://youtu.be/PJbUR8OkaHY	Manage stress through Yoga and Meditation
16/06/21 (Wednesday)	https://youtu.be/4Wy7Vhq6QfY	Diabetics and Stress Lifestyle Disorder

17/06/21 (Thursday)	https://www.youtube.com/watch?v=tLRn-G5RIQM	Yoga for lower back pain
18/06/21 (Friday)	https://www.youtube.com/watch?v=PCX1u4D4I3Q	Yoga for Post COVID recovery; Samkhya Yoga
19/06/21 (Saturday)	International Yoga Day Celebration	International Yoga Day Celebration
21/06/21 (Monday)	https://www.youtube.com/watch?v=mM7I4ihSTZk	Yoga for high/low blood pressure
22/06/21 (Tuesday)	https://youtu.be/I9j1yV8dwk	Lecture on Bhakti Sutras by Mr. Prakash Seetharaman
23/06/21 (Wednesday)	https://www.youtube.com/watch?v=5PXOdjDyxYY	Lecture on Hatha Yoga Pradipika by Yogacharya Dr. Pradeep Yogi
24/06/21 (Thursday)	https://www.youtube.com/watch?v=BpZ9o6D-8Vg	Valedictory Ceremony

Few glimpses from the Workshop:



Zoom Meeting

Recording **LIVE** on YouTube

8 Limbs of Yoga
अष्टांग योग

resanskrit.com

Yogic breathing also known as diaphragmatic breathing

Breathing comes under "Pranayama" limb of yoga

Role of Asana in yogic Breathing

Bodily functions affected by Yogic Breathing

Engaging in Yogic Breathing

Saurabh Rawat

Type here to search

27°C 07:16 05-06-2021

Zoom Meeting

Recording **LIVE** on YouTube

Tanishqa Tilak

Janki Devi Me...

Pramod Das

GUNDEVI RA...

ARJUN GUPTA

MUKESH YAD...

Unmute Start Video

Participants 142 Chat Share Screen Raise Hand

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Recording... LIVE on YouTube You are viewing Tanishqa Tilak's screen View Options

Asana

3) Asana- It is Yogic Postures

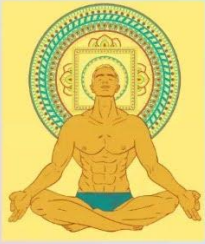
Patanjali doesn't mention any specific posture. He just says **Sthiram Sukham Asana** or that which is stable and happily done is posture. He further adds that **Prayatna Shaithilya Ananta Samapattibhyam** i.e. If we withdraw the effect in posture and do it effortlessly with more awareness then we can dive deep inside.

In Gita below verse is given in chapter 6th-

Yukt ahara Viharsaya Yukta chestasya Karmasu
Yukta Svapn Avabodhasya Yogo bhavati Dukhaha (6.17)

A yogi who has Moderate eating, lifestyle, balanced work, regulated sleep and waking cycle can slay all sorrows.

Samam Kaaya Shiro grivam dharayan achalam sthirah (6.13)
 Body, head and neck in one straight line, without any waiver and full steadiness.



Ram

Janki Devi Mem...

Swayam Prakash

Tanishqa Tilak

Dolly jain

Unmute Stop Video Security Participants 169 Polls Chat 6 Share Screen Raise Hand Pause/Stop Recording More End

Zoom Meeting Recording LIVE on YouTube

Sardar Kumar

Janki Devi Memorial ...

Tanishqa Tilak

Sudhya N Kulkarni

Dr. Pradeep Yogi

Himanshubala J...

Amrita Attri

Dr.TPS-6447437948

Bal Ram Singh

Vasant Machwe

Swati Pal

SREERAM Annagiri

usharani maddi

Ishika

Avinash Kumar Rithak...

Dolly jain

GUNDETY RAVINDER

Dr. Rishika Verma/W...

Pramod Das

Dr. Jyotirmayee Tripat...

Sohanshinee RayCh...

Sujash Tripathi 6C(35)

Sivayam Prakash

Ipsita Behera

Balaganapathi

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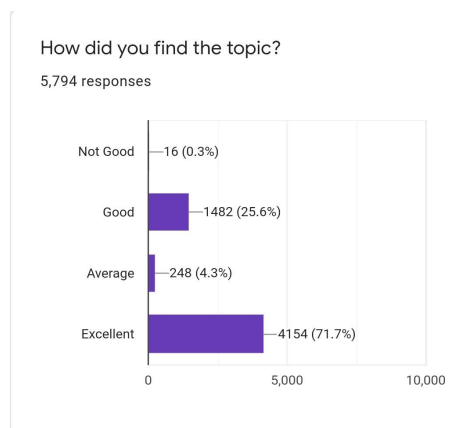


Attendance and Questionnaire links:

[Attendance link](#)

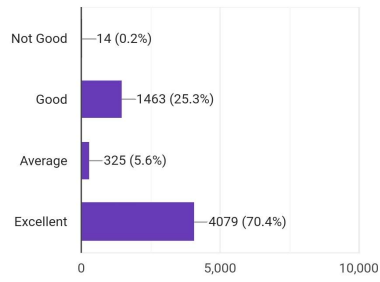
[Questionnaire link](#)

Feedbacks:



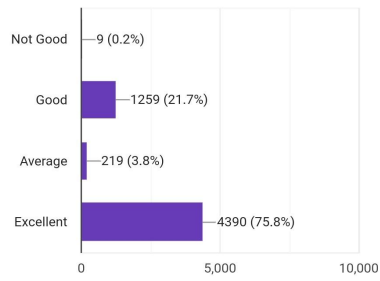
How did you find Yogacharya Anil Mudgal?

5,794 responses



How did you find Sandeep Kumar Jha?

5,794 responses



How did you find kavita kumari ?

5,153 responses

