



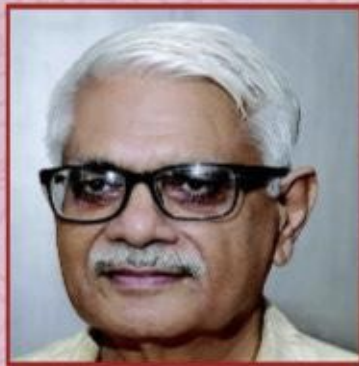
**HANSRAJ COLLEGE**  
**UNIVERSITY OF DELHI**



UNDER THE AEGIS OF ICPR  
**DEPARTMENT OF PHILOSOPHY**  
PRESENTS



**NATIONAL SEMINAR ON**  
**YOGA AND**  
**EVERYDAY LIFE**



**Prof. (Dr.) Girishwar Mishra**  
Former Vice-Chancellor, Mahatma  
Gandhi Antarrashtriya Hindi  
Vishwavidyalaya, Maharashtra

**Prof. Nisha Bala Tyagi**  
Former Faculty, Department of  
Philosophy, Miranda House,  
University of Delhi

**Prof. Brajesh Kumar Pandey**  
Professor, School of Sanskrit  
and Indic Studies,  
Jawaharlal Nehru University



**12th July 2023**



**11:00 AM - 2:00 PM**



**Old Seminar Room**

**CONVENOR**

**Dr. Upendra Kumar,**  
TIC, PHILOSOPHY  
DEPARTMENT

**COORDINATOR**

**Mr. Deepak Kumar Sethy,**  
Asst. Professor,  
PHILOSOPHY DEPARTMENT

**PATRON**

**Prof. (Dr.) Rama**  
PRINCIPAL,  
HANSRAJ COLLEGE

**ORGANIZING TEAM**

**DEPARTMENT OF  
PHILOSOPHY**

**FOR QUERIES**

**Chaitanya Sharma**  
9013088814  
**Tapish Singh**  
8439695847



## REPORT

### NATIONAL SEMINAR : “YOGA AND EVERYDAY LIFE” (INTERNATIONAL DAY OF YOGA)

Department of Philosophy, Hansraj college under the aegis of ICPR organized a National Seminar on 12 July 2023. It was to commemorate the International Yoga day and was themed as: **“Yoga and everyday life”** in which Prof. (Dr.) Girishwar Mishra, Prof. Nisha Bala Tyagi and Prof. Brajesh Kumar Pandey consented to be the keynote resource persons.

The Seminar started with facilitating the guest speaker by the Principal of Hansraj College Prof. (Dr.) Rama and accompanied by all the faculties of Department of Philosophy, Hansraj College, University of Delhi. Thereafter, Prof. Girishwar Mishra delivered an insightful account about “Yoga Chitta Vritti nirodha” by touching upon the Patanjali sutra, kathopanishad, and drawing references from Bhagavad-Gita. Sir elaborated that yoga is “process, product and that it is completeness” i.e it aids to our existence because of the transformation that takes place in the doer who performs yoga thereby signifying that “transformative nature is the true essence of yoga” To support his various assertions, sir had also drawn parallels from the philosophies of Sri Aurobindo and Mahatma Gandhi. Respectively, Professor highlighted essence and relevance of yoga from the perspective of Advaita Vedanata where the the individual self through the process of Yoga transcends the empirical self and mingled with the absolute self. He also stressed upon the health benefits of yoga, including stress reduction, improved flexibility, increased strength, and enhanced mental focus. The speaker also highlighted how yoga can help prevent and manage various health conditions.

The H.O.D of Philosophy Department, Dr. Upendra Kumar, then summarized the scholarly remarks where he pointed out the need of the neverending creativity in the mind of a moral agent and the requirement of mental equilibrium in the face of dynamic changes taking place around mankind.

Mr. Deepak Kumar Sethy delivered a formal vote of thanks. Refreshments were arranged for everyone in the end. The seminar was resourceful and intellectually engaging and everyone participated in it enthusiastically.

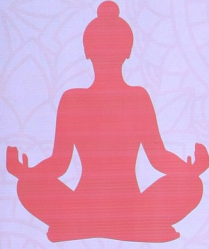
The seminar was successfully educated participants about the benefits and practice of yoga. Through interactive sessions and expert guidance, participants gained a deeper understanding of yoga's physical, mental, and spiritual aspects. The seminar concluded with a collective commitment to integrating yoga into daily lives, promoting a healthier and more balanced lifestyle for all.



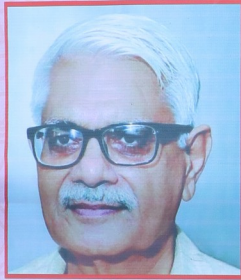
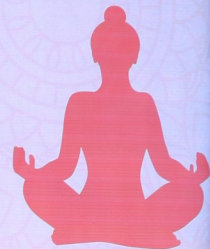
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