

Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

and

Inter-University Centre for Yogic Sciences, Bengaluru

Jointly Organizing

National Workshop

on

Patanjala Yogasutra

Samadhi Pada (With the commentary of Vyasa Bhasya)

October 03 - 08, 2023

Venue: AUDITORIUM, MDNIY



Patron

Sh. Vikram Singh

Director,

MDNIY, New Delhi



Patron

Prof. Avinash Chandra Pandey

Director, IUAC, New Delhi

and

Inter University Centre for
Yogic Sciences, Bengaluru



Primary Resource Person



Prof. Krishna Kanta Sharma

Former Professor,

Department of Vaidic Darshan

Faculty of Sanskrit Vidya Dharma Vijnana,

Banaras Hindu University, Varanasi

Special Lectures By



Prof. Ishwar Bhardwaj

Dean, Academic Affairs,
Dev Sanskriti Vishwavidyalaya
Haridwar, Uttarakhand



Prof. Om Nath Bimali

Director,
Centre for Hindu Studies and
Head, Department of Sanskrit,
University of Delhi,
New Delhi



Prof. Suresh Lal Barnwal

Dean & Head
Dept. of Yogic Sciences and Human
Consciousness School of Indology,
Faculty of Yoga and Health,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand

About the Workshop

The *Yogasutra* by Sage Patanjali, is a seminal book compiled between 500BC and 400CE. This treatise is the first known text that codifies and systematically presents the theory and philosophy of *Ashtanga Yoga*, which encompasses the eight limbs of Yoga.

It holds great significance as the primary text of classical Yoga and every aspiring individual and Yoga teacher is expected to acquaint themselves with the *Yogasutra*. With 195 *sutras*, there are four *padas* (chapters) in Patanjala *Yogasutra*:

- *Samadhi Pada*
- *Sadhana Pada*
- *Vibhuti Pada*
- *Kaivalya Pada*

The workshop will focus on the first chapter of Patanjala *Yogasutra*, i.e. *Samadhi Pada*, through *Vyasa Bhasya* (Vyasa's commentary). *Samadhi Pada* is comprised of 51 *sutras* about enlightenment and is the first and foremost resource on the foundation of Yoga. This foundational text presents *abhyasa* (practice) and *vairagya* (detachment), as two primary means in the journey of *Yoga sadhana*. This *pada* (chapter) of *Yogasutra* includes essential concepts like, the nature of the chitta, states of consciousness, mental cleansing, and the path to spiritual realization. By integrating Vyasa's commentary, the workshop would offer clarity, historical context, and diverse perspectives.

Aim

To gain an understanding of the original text of Patanjali's *Yogasutra* with the authentic commentary of Vyasa (*Vyasa Bhasya*).

Special Lectures

The one-week workshop will be led by Prof. Krishna Kanta Sharma, Former Professor, Department of Vaidic Darshan, Faculty of Sanskrit Vidya Dharma Vijnana, Banaras Hindu University, Varanasi as the primary resource person. Distinguished scholars, detailed below, have also been invited to deliver special lectures on relevant topics, to enhance the overall knowledge about *Yogasutra* during the inaugural and valedictory programs.

Prof. Avinash Chandra Pandey

Director,
Inter University Accelerator Centre,
Aruna Asaf Ali Marg, New Delhi-110067

Prof. Om Nath Bimali

Director, Centre for Hindu Studies and
Head, Department of Sanskrit, University of Delhi,
New Delhi

Prof. Ishwar Bhardwaj

Dean, Academic Affairs,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand

Prof. Suresh Lal Barnwal

Dean & Head, Dept. of Yogic Sciences and
Human Consciousness School of Indology,
Faculty of Yoga and Health, Dev Sanskriti
Vishwavidyalaya, Haridwar, Uttarakhand

Workshop Schedule

Day 1

October 03, 2023, Tuesday

| | |
|-----------------------------|---------------------|
| 09:00 am to 10:00 am | Yogasutra Chanting |
| 10:00 am to 11:30 am | Inauguration |
| 11:30 am to 12:00 noon | Tea Break |
| 12:00 am to 2:00 pm | Session 1 |

Day 2

October 04, 2023, Wednesday

| | |
|----------------------|--------------------|
| 08:00 am to 09:00 am | Yogasutra Chanting |
| 09:00 am to 10:30 am | Session 2 |
| 10:30 am to 11:00 am | Tea Break |
| 11:00 am to 01:00 pm | Session 3 |

Day 3

October 05, 2023, Thursday

| | |
|----------------------|--------------------|
| 08:00 am to 09:00 am | Yogasutra Chanting |
| 09:00 am to 10:30 am | Session 4 |
| 10:30 am to 11:00 am | Tea Break |
| 11:00 am to 01:00 pm | Session 5 |

Day 4

October 06, 2023, Friday

| | |
|----------------------|--------------------|
| 08:00 am to 09:00 am | Yogasutra Chanting |
| 09:00 am to 10:30 am | Session 6 |
| 10:30 am to 11:00 am | Tea Break |
| 11:00 am to 01:00 pm | Session 7 |

Day 5

October 07, 2023, Saturday

| | |
|----------------------|--------------------|
| 08:00 am to 09:00 am | Yogasutra Chanting |
| 09:00 am to 10:30 am | Session 8 |
| 10:30 am to 11:00 am | Tea Break |
| 11:00 am to 01:00 pm | Session 9 |

Day 6

October 08, 2023, Sunday

| | |
|-----------------------------|--------------------|
| 08:00 am to 09:00 am | Yogasutra Chanting |
| 09:00 am to 10:30 am | Session 10 |
| 10:30 am to 11:00 am | Tea Break |
| 11:00 am to 01:00 pm | Session 11 |
| 02:00 pm to 03:00 pm | Valedictory |

Organising Committee

| | | |
|----|---|------------------|
| 1. | Dr. I. N. Acharya, P.O. (Yoga Therapy) | Chairperson |
| 2. | Dr. Arpit Kumar Dubey, Asst. Prof. (Sanskrit) | Member |
| 3. | Dr. Vandana Singh, Asst. Prof. (Hindi) | Member |
| 4. | Dr. Pawan Kumar, Asst. Prof. (Yoga Education) | Member |
| 5. | Dr. Suman Rathore, Asst. Prof. (English) | Member |
| 6. | Dr. Indu Sharma, Asst. Prof. (Yoga Education) | Member Secretary |

General Guidelines

Intake Capacity: 150 seats and that will be done on first come, first serve basis.

Medium of Instruction: Hindi is the preferred medium.

Eligibility Criteria:

- Students pursuing/pursued undergraduate (UG), postgraduate (PG) degrees, or diplomas in the fields of Yoga, Sanskrit, or Philosophy.

Workshop Fee:

- For MDNIY'S current students of M.Sc., B.Sc., PGDYTMP, DYSc, alumni and staff: ₹100/-
- For students from other Institutes/Colleges/Universities: ₹ 200/-
- For other participants: ₹ 500/-

Note:

- *The registration fee is non-refundable.*
- *All the participants will be awarded a Participation Certificate.*
- *Attendance in all the sessions is compulsory for certificate.*

Last date of Registration: 25th September, 2023

Registration Link: <https://forms.gle/GvzBx4ZL4dV3qn7V7>



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