

Programme Report

SPECIAL E-LECTURE STATE LEVEL

ON

YOGA AS A SOLUTION OF THE RECENT CRISIS

**ORGANISED BY- DEPARTMENT OF SANSKRIT, SRIKRISHNA COLLEGE, BAGULA, NADIA,
WEST BENGAL**

(DATE-18TH DECEMBER)

Introduction

The tradition of Patañjali in the oral and textual tradition of the Yoga Sūtras is accepted by traditional Vedic schools as the authoritative source on Yoga, and it retains this status in Hindu circles into the present day. In contrast to its modern Western transplanted forms, Yoga essentially consists of meditative practices culminating in attaining a state of consciousness free from all modes of active or discursive thought, and of eventually attaining a state where consciousness is unaware of any object external to itself, that is, is only aware of its own nature as consciousness unmixed with any other object. This state is not only desirable in its own right, but its attainment guarantees the practitioner freedom from every kind of material pain or suffering, and, indeed, is the primary classical means of attaining liberation from the cycle of birth and death in the Indic stereological traditions, that is, in the theological study of salvation in India. The Yoga Sūtras were thus seen by all schools, not only as the orthodox manual for guidance in the techniques and practices of meditation, but also for the classical Indian position on the nature and function of mind and consciousness, for the mechanisms of action in the world and consequent rebirth, and for the metaphysical underpinnings and description of the attainment of mystical powers.

The relevance of yoga — amid the Covid-19 pandemic, which has upended the lives and livelihoods of millions of people around the world — has increased substantially. As we celebrate the seventh International Yoga Day on June 21, this year especially, we need to understand how its healing touch can improve our physical well-being.

Yoga, which originated in India and has been part of the Indian civilisation for millennia, has been a practice that aligns our mind, body and spirit, and enhances mental clarity. It is an effective tool to reduce stress and improve motor functions, which, in turn, helps keep various health problems at bay.

The pandemic has led to a substantial loss of human lives and has created unprecedented challenges for the public health system, not just in India, but across the world. The fear of

this ever-mutating virus has kept many of us indoors. This forced confinement has increased the stress on our bodies and minds.

This public health crisis has brought to the fore the importance of strengthening our immune systems. For this, we need to adopt a healthy lifestyle. Studies suggest that yoga contributes to improving the immune system since it is a combination of physical exercise, controlled breathing and mental concentration — all of which are known to have health benefits. Among the many yoga *asanas*, *shavasana* and *sasakasana* reduce stress which, many practitioners believe, increases the efficiency of the immune system. Breathing techniques like *pranayam* improve the functioning of the respiratory system. *Trikonasana* improves blood circulation which benefits all our organs.

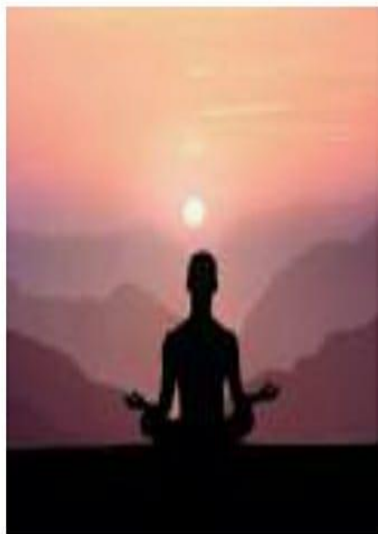
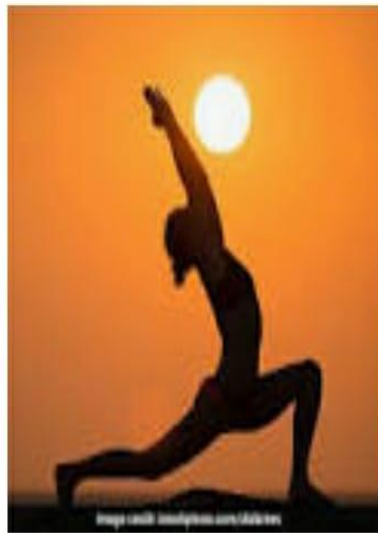
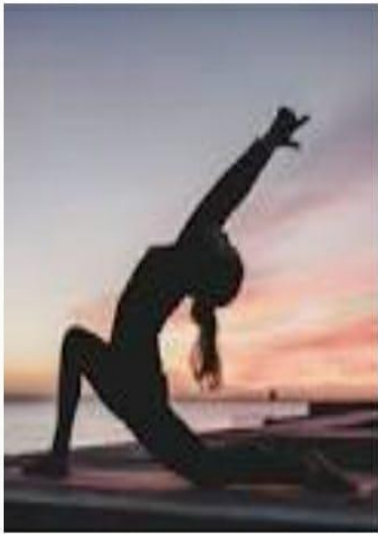
Several medical practitioners and experts have suggested that those suffering from mild symptoms of Covid-19 and who have been advised to isolate at home, could benefit from practising yoga *asanas* and breathing exercises, albeit with caution.

As the virus directly affects the lungs, it is imperative to strengthen the respiratory system. Practising yoga is also advised to those who have recovered from the virus. Yogic breathing, beginner-level yoga *asanas* and meditation bring mental peace, a vital factor in the recovery process for those who have had the traumatic experience of contracting Covid-19. Apart from these, modified breathing techniques and yoga poses recommended by experts can help reduce fatigue and slowly restore energy levels among Covid-19 patients who are on the mend.

Children can also benefit from yoga. As many are facing mental stress due to isolation and anxiety in an unpredictable school year, yoga can be a useful coping method. Hence, I appeal to all the parents and teachers to motivate young children to practice yoga in their daily lives. Being a country with the largest population of young people, we must make significant efforts to help them navigate through the adverse effects of the pandemic-induced disruption.

Parents and teachers can and should motivate children to practise yoga. This will help improve physical flexibility and enhance concentration in these challenging times.

Our way of life has changed, most likely, forever. Across the world, yoga has come to be recognised as an effective tool in improving health, which, in turn, helps maintain an all-important work-life balance. Today, yoga has gained an enormous following globally and could well be considered one of the pillars of India's soft power.



All yoga practices utilize deep relaxation which could release all tensions and stresses to prevent immune suppression that would otherwise have weakened the responses to the onslaught of infectious bacteria and viruses. We need to practice antidote for stress – at work or even at home – at the time of experiencing the stress, not 5 h later when we can cloister ourselves in a room for a short time!

Any holistic therapy should address the entire spectrum of body-mind-consciousness of an individual so that the totality of human personality is ready for the next evolution in human consciousness. The five sheaths of body, prana, mind and emotions, knowledge, and bliss are addressed in the modules developed here with the understanding that an imbalance in any one could bring disorder in all sheaths. The disorder is perceived only when it percolates to mind or body level and mending them in isolation will only bring transitory relief. For a complete cure, all the above sheaths must be addressed and set right so that the person is not only symptoms free but also ready to explore the depths of consciousness moving beyond the frail human condition.

Cover page of the Program



Special E-Lecture-No: 2(State level) on **Yoga as a solution of the recent crisis**

Organized by
DEPARTMENT OF SANSKRIT, SRIKRISHNA COLLEGE
(Affiliated to University of kalyani)
Bagula, Nadia, West Bengal, India
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Medium: Bengali & English

DATE:- 18TH DECEMBER, 2020

TIME:- 06:30-07:30 P.M

****Join us on:** Youtube link:

https://www.youtube.com/watch?v=Az7ZmNiYL_o

****WhatsApp link:**

<https://chat.whatsapp.com/JBqVbCLEgoE19J5NBIgvh2>

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Some pictures of the Programme:



6:47 PM

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Bidyut Mondal



Amit Mondal

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Description

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As the world faces one of its worst pandemics, there's been a renewed focus on building one's immunity. While eating right is one way to do it, another time-tested way is to practise yoga. Said to be a natural immunity booster, yoga also serves the dual purpose of helping keep stress at bay in these uncertain times.

Recorded You Tube link: https://www.youtube.com/watch?v=Az7ZmNiYL_o

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