

Santal Bidroha Sardha Satabarshiki Mahavidyalaya

ESTD - 2005



Government Aided, NAAC Accredited College

Affiliated to Vidyasagar University & Recognized by UGC (under 2(f) & 12(B))

P.O: Goaltore, Dist: Paschim Medinipur, PIN - 721128

Phone & Fax: 03227-288063, Email: sbssm_goaltore@rediffmail.com, Website: www.sbssmahavidyalaya.ac.in

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REPORT SUMMARY

Sl No	Items	Details
1	Title/Topic/Theme	National Webinar on The Concept of Yoga in Sanskrit and its Present Day Relevance
2	Club/ Dept /Occasion	Sanskrit
3	Event	Webinar
4	Organized By/Staff Co-Ordinator	Dr. Manoj Kumar Mishra, Sanskrit Department
5	Guest/Speaker/ collaborating agency	Dr. Prasanta Kumar Mahala, Professor & Head, Department of Sanskrit, Raiganj University, West Bengal Dr. Biswabandita Kar, Professor & Dean, School of Yoga & Spiritualism, KIIT (Deemed to be a University), Bhubaneswar. Dr. Sanjay Kumar Panda Assistant Professor, School of Yoga, KIIT (Deemed to be a University, Bhubaneswar)
6	Date & Time	10/09/2020
7	Venue/ Online Link	https://www.youtube.com/watch?v=uglUkRDIISc
8	Participants	Students and Faculty
9	Participants Count	145
10	About & Outcome	The Sanskrit Department of the college had organized the Webinar on 10/09/2020 about the topic "Concept of Yoga and its present day relevance". The concept of yoga is an invention of the Ancient Indian Intellectual Tradition (AIIT), which dates back to a hoary antiquity. We see ample evidences of the Vedic origin of Yoga at the very beginning of the written tradition that is Rigveda almost in the period of 2500 B.C. The Ramayana (5 th to 4 th hundred B.C.E) and the Mahabharata (almost same time) the great yogic allegory of ancient Indian literature present many yogic lessons showing mankind how to lead a spiritual life, with countless lessons illustrating the proper attitudes to take towards all the challenges of worldly life. Some of the Upanisads with particular relevance to the teachings of Yoga are among the oldest, dating from the 9 to 7th century B.C.E. These literatures have been boosting the human mind and soul still now, even in the worst situations like pandemic of the day. Not only for the spiritual life, but also for the physical life, the Practical Yoga as practical spiritual science, developed by Maharshi Patanjali has contributed a lot to the human civilization. The Yoga-Sutra as the first

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complete, detailed, well-organized, technical presentation of the author has become the most authentic scripture detailing the principles of **Astanga-Yoga**. This practical yoga, since the primitive age is being used not only to cure but also to protect various diseases. The webinar shall be trying to cover these two aspects of Yoga with respect to mind and body through presentation of the resource persons. This was the main purpose to organize the program.

SELECTED PHOTO & PICTURE

Resource persons invited for the Webinar



Dr. Prasanta Kumar Mahala
Professor & Head, Department of Sanskrit
Raiganj University, West Bengal



Dr. Biswabandita Kar
Professor & Dean, School of Yoga &
Spiritualism, KIIT (Deemed to be a
University, Bhubaneswar)



Dr. Sanjay Kumar Panda
Assistant Professor, School of Yoga, KIIT
(Deemed to be a University, Bhubaneswar)



ONE DAY NATIONAL WEBINAR ON

The Concept of Yoga in Sanskrit and its Present Day Relevance

Date: 10/09/2020
Time: 10.20 am to 1.00 pm



Organized by

SANSKRIT DEPARTMENT

Santal Bidroha Sardha Satabarshiki Mahavidyalaya
(NAAC Accredited B+ College)

Goaltore, Paschim Medinipur
West Bengal

Patron

Shri Srikanta Mahata
President
SBSS Mahavidyalaya, Goaltore

Chairman:

Dr. Mantu Kumar Das
Principal
SBSS Mahavidyalaya, Goaltore

Organizing Secretary:

Dr. Krushnapada Das Adhikary
Head, Department of Sanskrit

Convener:

Dr. Manoj Kumar Mishra
Assistant Professor, Sanskrit Department

Technical Coordinator:

Dr. Koushik Dey
Head, Department of Physics

Organizing Committee

Dr. Krushnapada Das Adhikary
Prof. Arup Ratan Chakraborty
Dr. Manoj Kumar Mishra, Dr. Koushik Dey
Mrs. Sayanti Chawdhury, Sri Sankar Mishra

Details of the Webinar:

- No Registration Fee.
- Last Date for Registration : 08-09-2020.
- Webinar through Google Meet and e-certificate will be provided to the participants after completion of webinar and submission of feedback.
- Registration Link:
<https://forms.gle/9nujX8LwZdNoQ2n9>
- Whatsapp:
<https://chat.whatsapp.com/JyzP6iwmesC2oUypNCDHxQ>
- Email: sbssmsanskritdepartment@gmail.com
- Eligibility: Any teacher, scholar and student of humanistic discipline.

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