



**SIVANATH SASTRI COLLEGE**  
(Formerly City College Com. Dept. South Kolkata (Morning))  
(City College South Kolkata Women's Branch)  
[Accredited by NAAC]

23/49, Gariahat Road, Kolkata-700029  
Email : sivanathsastricollege@yahoo.in  
website : sivanathsastricollege.org  
Mobile : 6289449983

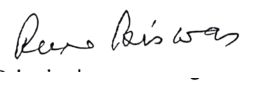
### Report of the Three-Days Periodical Lecture Series on "Quite Your Mind Through Yoga"

The lecture series organized by the Department of **Philosophy** of Sivanath Sastri College for Celebration of the **International Day of Yoga** in Collaboration with IQAC, sponsored by ICPR. The Programme was held on **27<sup>th</sup>, 28<sup>th</sup> June** and **19<sup>th</sup> July 2024** at 9.00 am onwards, in the College Campus Hall. ICPR has provided financial support by granting Rs. **40000/-** (Forty thousand only) for this programme. The Teaching Staffs of our college as well as the members of other institutions and approximately 120 students participated in that programme . The lecture series was informative and ended successfully.

Details of the programme is given below:

**Title of the programme: "Quite Your Mind Through Yoga".**

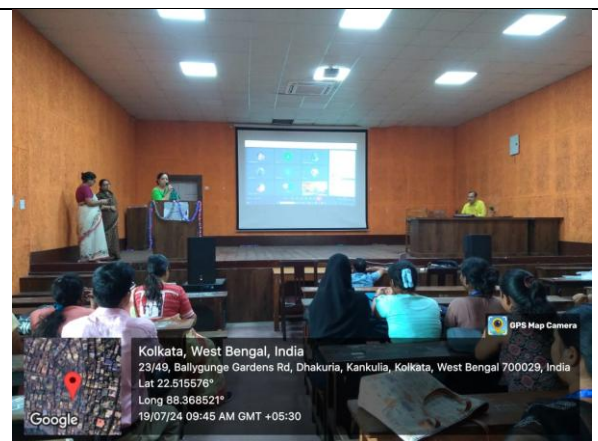
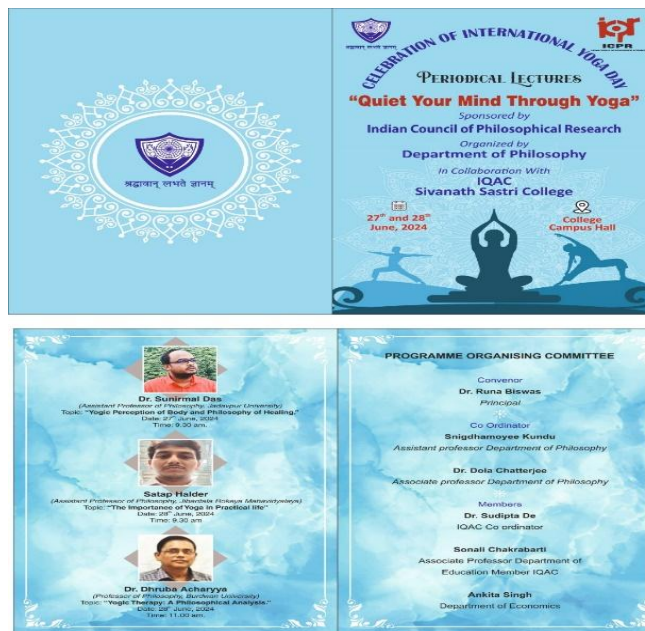
Date	Speaker	Topic	Objective of the Programme
<b>Day-1</b> 27 <sup>th</sup> June, 2024	1.Dr. Sunirmal Das Assistant Professor, Jadavpur University, Mail Id: sunirmal.phil@gmail.com	"Yogic Perception of Body and Philosophy of Healing"	1.The purpose of Yoga as taught by the ancients is to attain enlightenment of self-realization. 2.Self-realisation, to overcome all kinds of sufferings leading to ' the state of liberation '(moksha) or ' freedom '(kaivalya). 3.Yoga improves strength, balance & flexibility, slow movements & deep breathing increase blood flow & warm up muscles.
<b>Day-2</b> 28 <sup>th</sup> June 2024	2. Dr. Dhruva Acharyya Professor, Department of Philosophy, Burdwan University Mail Id: dhruba.acharyya@gmail.com	"Yogic Therapy: A Philosophical Analysis"	4.Yoga is one such Indian method through which not only physical health is improved, but mental peace is also achieved.
	3. Satap Halder Assistant Professor Jibantala Rokeya Mahavidyalaya Mail Id: sataphalder@gmail.com	"The Importance of Yoga in Practical life"	5.Yoga essentially means the union of Mind, Body & Soul.
<b>Day-3</b> 19 <sup>th</sup> July 2024	1. Dr. Kaushik Chatterjee Associate Professor Satyapriya Roy College of Education, Kolkata Mail Id: <a href="mailto:kausik.edu@gmail.com">kausik.edu@gmail.com</a>	"The Relevance of the Art of Chitta Sudhi and Nadi Sudhi Through Integral Yoga"	

  
Principal  
Sivanath Sastri College



	<p>2. Dr. Narendra Madhav Joshi Project Director Vivekananda Prabodhini Adjunct Professor Auro University, Mumbai Mail Id: narendrajoshi1710@gmail.com</p>	<p>“Indian Culture as Yoga for an Individual and Society at Large”  (Online Mode)</p>	<p>6.The original context of Yoga is spiritual development practices to train the body &amp; mind. 7.Yoga makes you feel good, increases your flexibility, improves your strength, boosts your immune system. 8.From relieving stress to toning muscles, to finding peace&amp; joy.</p>
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Few pictures are attached herewith



*Rana Biswas*  
Principal  
Sivanath Sastri College

