

Indira Gandhi National Centre for the Arts

Regional Centre, Puducherry.

Report for Vihangama / IGNC Website

Topic: - The Vedic System of Yoga – An Introduction.

Date: 21st June, 2021

As part of the 7th Yoga day celebrations of IGNC, The Regional Centre of IGNC Puducherry organized a Lecture titled **The Vedic System of Yoga – An Introduction** by **Prof. Sampadananda Mishra**, Rashtram School of Public Leadership, Rishihood University, Sonapat. In addition Dr. Mishra, as a devotee of Sri Aurobindo and the Mother, is familiar with their writings and feels comfortable in delivering lectures on Philosophy and practice of Sri Aurobindo's Yoga. The program aimed at having Lecture on the aspects of Proving that The Veda is origin of yoga and what is the effect of the Vedic deities on practices of Yoga.

The session of the program was begun with best wishes of Dr.Sachchidanand Joshi, Hon'ble Member Secretary, IGNC, by taking of Chair by Dr. Priyanka Mishra, IPS, Director (Admin) IGNC. The welcome address was given Dr.Gopal Jayaraman, Regional Director, Puducherry. There after **Prof. Sampadananda Mishra** has started his presentation.

In this solemn discourse, Prof. Sampadananda Mishra said this while explaining the significance of Yoga that The Veda is the main foundation of Sanatana Dharma. The eternal knowledge of Veda which is the source of everything was developed later for the philosophy and practices of yoga.

The Vedic system of yoga gave prime importance to the growth of consciousness. It believed that man must make itself free from the limited consciousness and live in Satyam, Ritam and Brihat (The Truth, Harmony and Vastness). Nourishing itself and manifesting the Divine qualities for the full realization of the Divine was central to the Vedic system of Yoga.

The philosophy of the Vedas was enlightened by Prof. Mishra thus - The core teaching of the Veda can be described by the following words: The Rishis realised that-

a) There is a world of Truth, Light and Immortality higher and superior to the world of human existence and Man has to inwardly ascend to it and live in it.

b) Man has to discover the path to this great world of Light, Truth and Immortality.

c) Our life is a battle between the powers of Light and Truth and the Powers of Darkness and Falsehood. Man can establish Truth and Light within him and attain victory over Darkness and Falsehood by constantly invoking the Divine powers and manifesting them within him.

d) Reality as One; the Veda declares: Ekam sat or tad Ekam.

Prof. Sampadananda Mishra pointed out that the various deities invoked in the Veda are various powers and functionalities of the Human Consciousness. By invoking them one allows them to grow within the seeker. This was possible by following the system of Yajna which meant self-giving. So the Vedic system of yoga gave much importance to the harmonious growth of human consciousness and nurturing the inner life of man.

At the end of the lecture Dr. K.T.V. Raghavan, Research Officer made his vote of thanks to Prof. Sampadananda Mishra , authority of IGNCA as well as those participated in this presentation. Beside the program has been well received by the audience and it has been applauded by all the members of traditional yoga researchers.

Prepared by
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Photographs of Event



