

'Yoga: Shastra and Shakti'

Session-2

(A Webinar)

A webinar titled 'Yoga: Shastra and Shakti' (session 2) was organised by Indira Gandhi National Centre for the Arts, Nari Samvaad Prakalp (NSP) on 20th June, 2020 on the eve of International Yoga Day. The webinar was inaugurated and chaired by Dr. Sachchidanand Joshi, Member Secretary, IGNCA and moderated by Dr. Sushma Jatoo, Project Director, NSP, IGNCA.

In his gracious inaugural speech, Dr. Joshi welcomed everyone along with the panelist, and highlighted the significance of the webinar dedicated to Matra-Shakti and her association with Yoga. He also spoke about the pervasiveness of the term 'Yoga' and laid special emphasis on Yogic practices that are being undertaken by women in their daily chores. The webinar focuses on the necessity of Yoga and how it is beneficial for the physical and mental health of a woman along with her spiritual growth. The panelists discussed various aspects of Patanjali Yoga, BKS Iyengar Yoga and other practices of traditional Yoga which are being practised in India and other countries across the globe, and how the continuous practice of Yoga-asanas can result in good health, peace and solace of mind and bring happiness in a woman's life in this fast-paced world, where she has to make a balance between her official and household responsibilities along with her own well-being.

Dr. Mrunalini Fadnavis, Vice Chancellor of Solapur University and an accomplished Yoga practitioner deliberated upon the various benefits of Yoga for a woman throughout her whole life. Ms. Nivedita Joshi, an accomplished Yoga Master and a disciple of BKS Iyengar, described the different aspects of Iyengar Yoga and how these are beneficial for a woman's health and well-being. She also elaborated her presentation by showcasing a PPT of Yoga-asanas which can be practiced at the three important stages of a woman, i.e., Puberty, Pregnancy and Menopause to avoid multiple problems and complications. Dr. Kshitija Jujam, Yoga & Ayurveda Professional, spoke on the role of Yoga and its benefits at the different age groups in a woman's life and how she can overcome the physical and mental challenges during the period of teenage, mid-life and old-age. She also spoke about the benefit of practising Yoga for achieving the spiritual growth and detachment from worldly affairs.

Another speaker Ms. Divya Prabha (Lucy Guest), Yoga practitioner and Co-founder, International Chandramauli Charitable Trust, Varanasi spoke on the 'Shastriya and Adhyamik aspects of Yoga' and how it can be applied in everyday life to get free from pain and suffering. She supplemented her lecture with a PowerPoint presentation showcasing her students practicing different Yoga-asanas. She also elaborated on benefits of Yoga by quoting from the Shrimad Bhagavad Gita. Dr. Reena Arora, an Ayurvedic Doctor, Researcher and a Yoga practitioner gave an exhaustive presentation on Yoga and Yoga-asana, and explained through a PowerPoint Presentation, how it can transform the whole world into a better and healthy society. She also spoke about such Yoga-Asanas which can increase the immunity and result in fighting the present-day pandemic like Covid-19 in a better manner. Dr. Nidhi Pandey, Senior Dietician and Nutritionist spoke about the benefits of Yoga for women and how a balanced diet and regular Yoga practice can help the humanity in achieving the sound mind in sound body. Dr. Kaynat Kazi, Author, researcher and travel blogger spoke about the benefits of Yoga and how it has benefitted her personally. She also spoke about her experiences while documenting the oldest Indian female Yoga guru, namely, Padma Shree V. Nanamal of Tamil Nadu. The documentation is a part of an ongoing project of NSP-

'Paramtapaa'. A small video clip of this documentation was also showcased during the webinar.

A virtual exhibition titled 'Yoga in visual arts of India' from the resources of slide Unit, Kalanidhi, IGNCA was also a part of this webinar. The exhibition was inaugurated by Dr. Sachchidanand Joshi, Member Secretary, IGNCA. The introduction to the exhibition was given by Ms. Mekala Mani of Kalanidhi Division. The exhibition consisted of the drawings based on 84 recognised Yoga-Asanas of Hatha Yoga, presently housed in the British Library. The peculiar modes of intertwining the legs and arms, etc. can be clearly seen in the aforementioned drawings.

The session culminated with a vote of thanksto the chair, panelists, participants by PD, NSP. Overall, the webinar was extremely successful for which a number of 959 participants registered and a number of 258 unique viewers joined in, according to the report provided by National e-Governance Division (**NeGD**). The recording of the webinar has also been uploaded on IGNCA Youtube Page at

<https://www.youtube.com/watch?v=CZ-8Vru59u0>

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**The report has been prepared under the guidance of Dr. Sushma Jatoo, PD, NSP.*