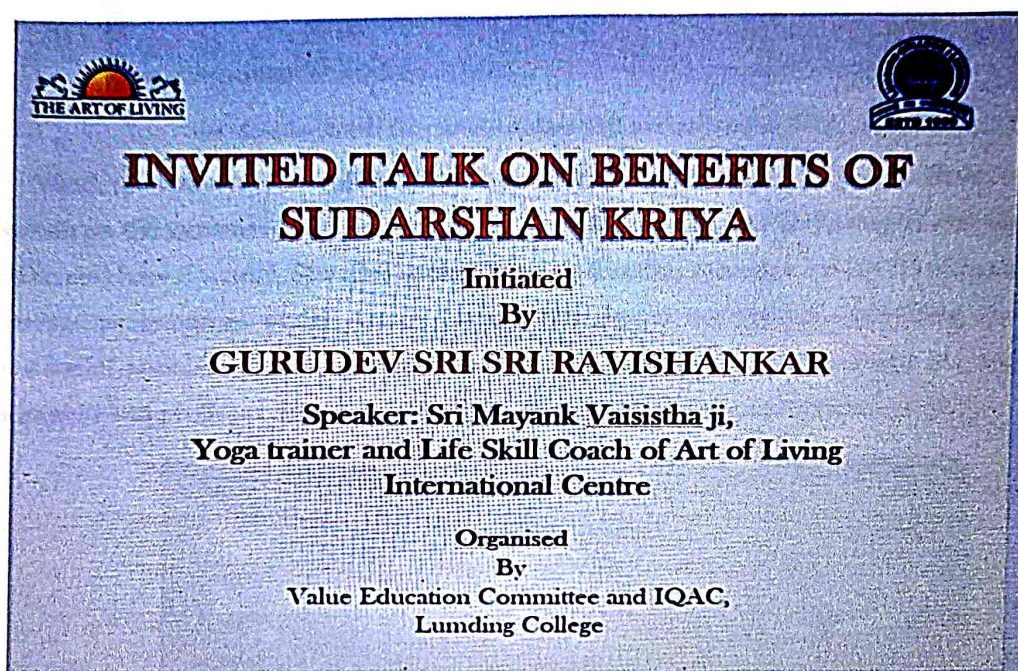


REPORT ON



INVITED TALK ON THE BENEFITS OF SUDARSHAN KRIYA

An invited talk on The Benefits of Sudarshan Kriya initiated by Gurudev Sri Sri Ravishankar was organized by the Value Education Committee, in association with IQAC, Lumding College on the 6th of February, 2023. The invited speaker for the occasion was Sri Mayank Vasistha Ji, who is a yoga trainer and Life skill coach at Art of Living International centre. The occasion was also graced by the presence of Sri Shyamal Das, Promotional Director of Diversity, North East Region and Sri Gourab Ghosh, volunteer, Art of Living.



The programme anchored by Dr. Satyajit Dey Baruah from the Department of Chemistry, started with a welcome speech by IQAC coordinator, Dr. Sanjay Kanti Das. He welcomed everyone on the occasion and expressed his gratitude towards the organizing committee as well as the invited guests for taking up the initiative to organize such a programme.





Dr. Sanjay Kanti Das while delivering the welcome note.

Next, the convenor of Value education committee, Dr. Sanghamitra Das Bose, spoke a few words on the occasion. She started off by explaining what Art of Living is and about its inception and how it works. She also spoke about its founder Gurudev Sri Sri Ravishankar and the various programmes under Art of Living. She ended her speech explaining about the various social initiatives taken up under Art of Living and how the movement has promoted development and progress across communities through diverse humanitarian projects.

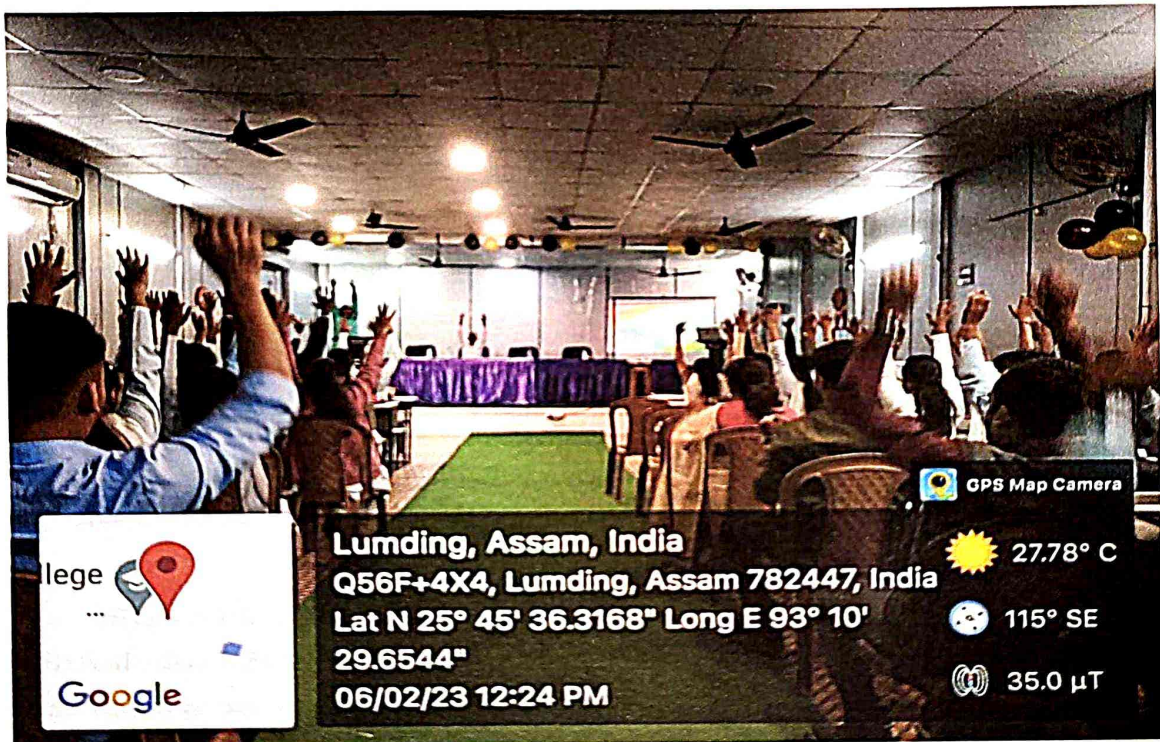


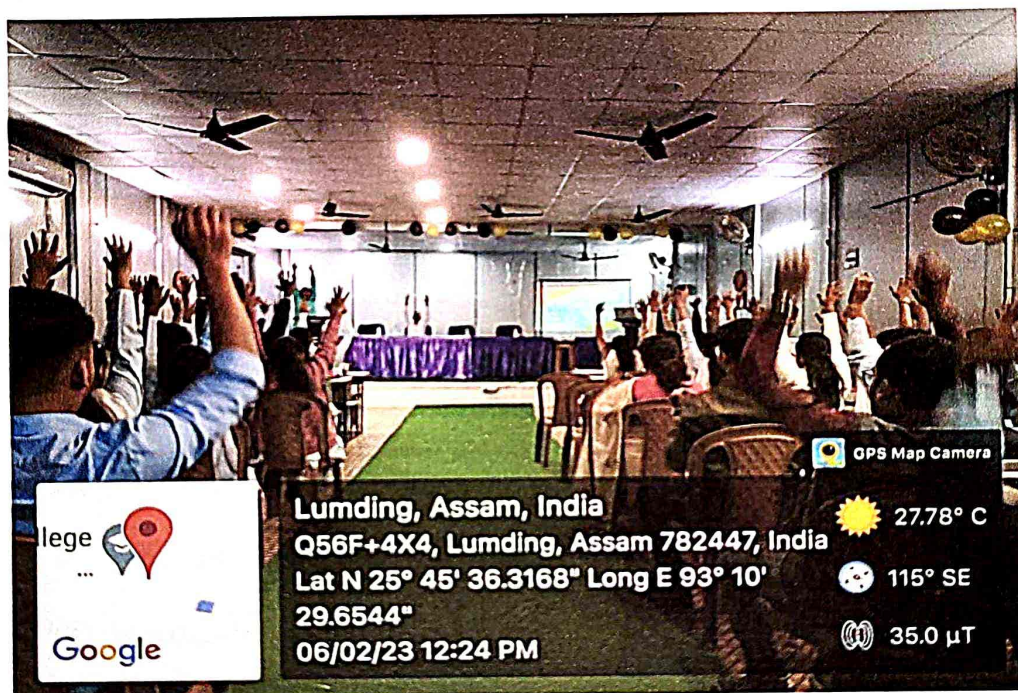
Dr. Sanghamitra Das Bose delivering speech.





After the speech by Dr. Sanghamitra Das Bose, the invited speaker Sri Mayank Vasistha ji addressed the audience. She spoke about the benefits of Sudarshan Kriya. He began his speech talking about what Sudarshan Kriya is – stress management through a powerful breathing technique. In his introduction to Sudharshan Kriya he explained that Sudarshan Kriya is a 3-part yogic breathing practice in which we breathe in slow, medium, and fast breathing cycles. This breathing exercise is designed to make the mind calm, focused and the body energized, completely relaxed. Practising it will improve your overall mental and physical health. He also explained the meaning of the Sanskrit term Sudarshan Kriya which is ‘proper vision by purifying actions’. Here “Sudarshan” comprised of “Su” means Proper or Clear and “darshan” means Vision. Kriya is called to any specific action or practice in yoga that is performed with guided instructions from a master to achieve some intended results. Next, he proceeded to talk about the benefits of Sudarshan Kriya. He explained how it reduces Post Traumatic Disorder symptoms, reduces depression, enhances immunity, keeps our hormones in balance, improves our sleep quality, and has a positive impact on our overall mental well-being. He also demonstrated how to do the kriya and it was followed by a small meditation session where the audience including students and faculty members participated.





Mayank Vasisthaji during his interaction with audience.

His speech was followed by a speech by Sri Shyamal Das, who also elaborately talked about Sudarshan Kriya and its benefits. He stressed on its importance during the present age where human beings increasingly suffer from mental health disorders. The programme ended with a Vote of Thanks by Dr. Satyajit Das, from the Department of Zoology.





Sri Shyamal Das during his speech.

Report prepared by:
 Rapporteur Group, IQAC,
 Luming College



Dated: 06.02.2023

Signature

1. Mrs. Seema Nath (Convener)
2. Mrs. Antara Choudhury (Member)
3. Ms. Sudhangshu Priya Bharati (Member)
4. Ms. Sampurna Bora (Member)
5. Ms. Deborah Daolagupu (Member)
6. Dr. Jahnabi Das (Member)
7. Ms. Chandrawali Goswami (Member)

Seema Nath
 A. Choudhury
 for
 Snera
 Daolagupu
 Jahnabi
 Goswami

