

PARUL UNIVERSITY

JAWAHARLAL NEHRU HOMOEOPATHIC MEDICAL COLLEGE

Report- Expert lecture on Yoga for Modern Life

DATE: 20 June 2019

TIME: - 10 am to 11 am

**PLACE: Lecture hall no 205, Jawaharlal Nehru
Homoeopathic Medical College**

NUMBER OF FACULTIES: 14

NUMBER OF STUDENTS: 110



On 20th June 2019, an expert lecture on the topic “Yoga for Modern Life” was organised for the students of First year BHMS. The speaker for this lecture was Swami Paramdhama Das (Iskcon Ahmedabad.)

More than 100 students of First Year BHMS along with their faculty members has attended this lecture. He has explained about yoga in detail. He gave multiple examples from the epic book Bhagavat gita which high lightened the importance of Yoga.

He has explained the origin & meaning of the word Yoga and then he has discussed about four different types of Yoga which are karma Yoga, Gyan Yoga, Asthang Yoga & Bhakti Yoga. He has also described in short about the different forms of Ashtang Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samadhi).

It was followed by a quick session on meditation for the students where the students have realised the importance of meditation in their day to day life as well as its effects on mind and body. Swami Paramdhama das has also explained that how chanting of holy names can help to get rid of bad habits, addictions and improving concentration.

He concluded his session by saying that practicing yoga is the only way of achieving uninterrupted happiness in life.



Report Prepared by: [Dr. Pathak A P](#)