

Special Talk by Prof Bal Ram Singh

National/International/Inter-University/State Level/College Level - **College Level**

Date (DD-MM-YYYY) - **17-01-2023**

Name of the organizing Department/Society - **Centre for Research, & ACPG, Maitreyi College**

Name of the convenor/coordinator of the event - **Dr Pinky Bajaj and Dr Gopi Devdutt Tripathy**

Resource Persons (along with their affiliation) - **Prof Bala Ram Singh**, President of Advanced Sciences, Dartmouth, USA and Director, Botulinum Research Centre, Dartmouth

Total Number of the participants/beneficiaries (with relevant proofs) - **293 (Online mode - 136, Offline mode - 157)**

Number of the participants/beneficiaries from college - **157**

Report of the event: The special lecture began with the lamp-lighting ceremony led by the principal, Prof Haritma Chopra and Prof Bal Ram Singh. Prof Chopra then proceeded to formally introduce Prof Singh to the gathering before presenting him with a token of gratitude. Dr Meena Yadav, Associate Professor, Department of Zoology, then proceeded to warmly welcome and introduce Prof Singh to the gathering, before inviting him for his lecture.

Prof Singh began his talk by referencing Harivansh Rai Bachchan's famous book, "*Madhushala*", before introducing the audience to the topic of integrative health. By introducing the audience to the use of yoga techniques for gaining a scientific epistemology for purposes related to health, he drew on analogies from different concepts in science - such as autophagy. Furthermore, he enlightened the audience regarding terms such as "*yog*", state of mind, "*chitta vritti nirodha*" etc.

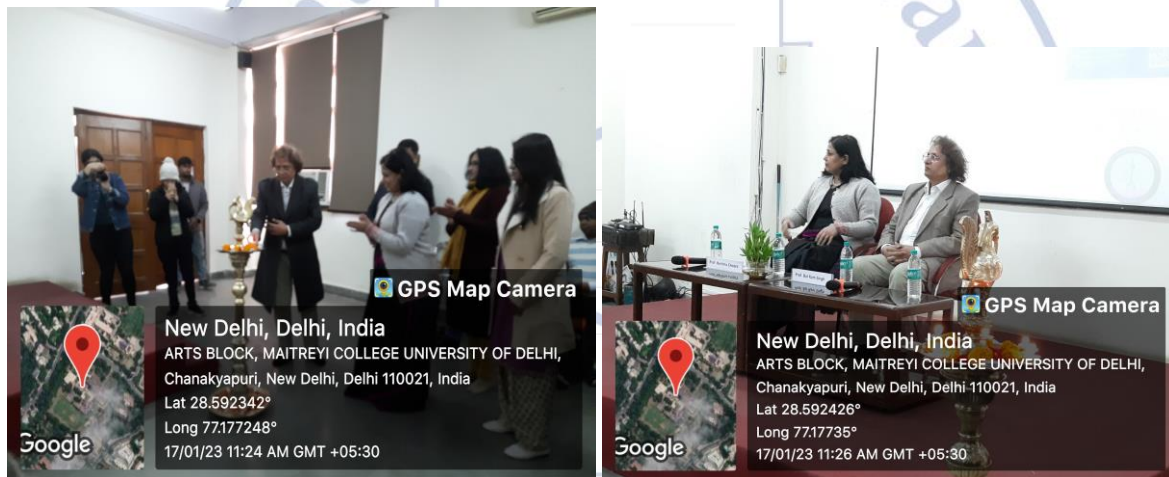
Prof Singh talked about the holistic goals and means of life and stressed on the importance of yoga and integrative health. He talked about *yog* as a practice to learning - referring to *astanga yoga* and also about the understanding of self (*swadhyay*), while touching up on the concepts of "*swadharm*" and independence. At length, he also talked about natural action - that is, *karma* without attachment which eventually leads to freedom. Furthermore, he talked about health, that is "*swasthya*", which was a portmanteau of "*swa*" and "*stha*", that implied that being within oneself is true equality.

Prof Singh also talked about the NEP (National Education Policy), which he perceived as being a prime example of holistic education.

Following the talk, an interactive session was held, which involved active participation from both students and members of faculty. Questions on topics of science, religion, belief systems, integrative health, meditation and “*kriya yoga*” were discussed and talked upon. The best question was awarded to Gunjan Yadav, 3rd Year, Zoology Hons. The session concluded with a formal vote of thanks by Dr Brototi Roy, Department of Zoology, Maitreyi College.

Online meeting link - NA

Geotagged photographs of the event (minimum 3)





Significance of the event (Outreach/Soft Skill Development/Curriculum Enrichment, etc.) -



Health is one of the most important assets that any human being possesses. This lecture aimed at familiarising and making the audience aware regarding the concept of integrative health. It was not restricted to a single discipline - rather, it aimed at spreading the message amongst individuals belonging to various disciplines. A special lecture like this, on the issue of integrative health, was extremely beneficial for all those attending - ranging from the students of different years, to the faculty members - and provided them with several ideas to ponder upon deeply.

Name of the Prize holders (if any) along with their affiliation -

Gunjan Yadav, Zoology Hons, 3rd Year, was awarded the prize for Best Question

Poster


Celebrating Centenary Year of the University of Delhi

 **CENTRE FOR RESEARCH** 
MAITREYI COLLEGE, UNIVERSITY OF DELHI

ORGANIZES

SPECIAL LECTURE

**"Use of Yoga to Develop Scientific
Epistemology for Integrative Health"**



DATE: JANUARY 17th, 2023
TIME: 11:00 AM
VENUE: AUDIO VISUAL ROOM

REGISTRATION LINK:
<https://forms.gle/khuuXMuahbysojH18>

SPEAKER :

PROF. BAL RAM SINGH
Institute of Advanced Sciences,
Botulinum Research Centre,
Dartmouth MA, USA

SCAN FOR THE LINK

