

CENTRAL SANSKRIT UNIVERSITY

Guruvayoor Campus, Puranattukara Thrissur – Kerala

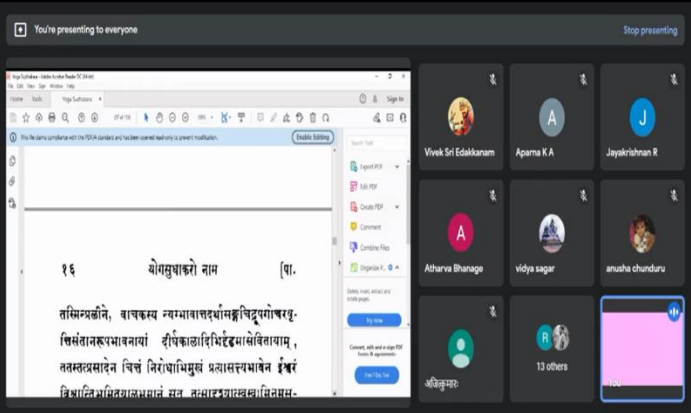
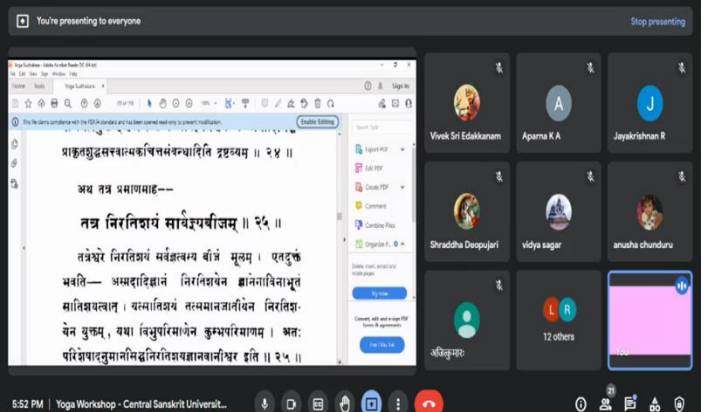
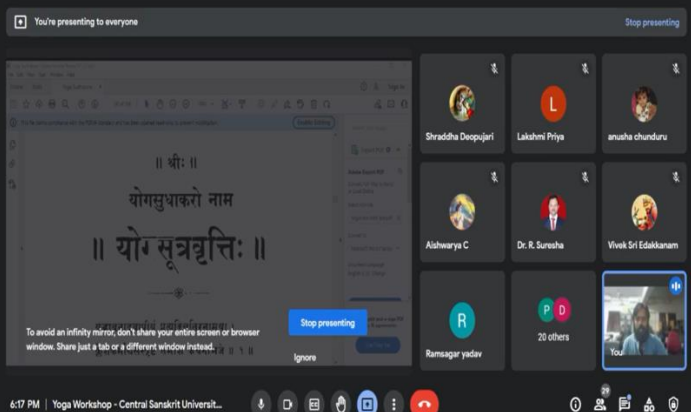
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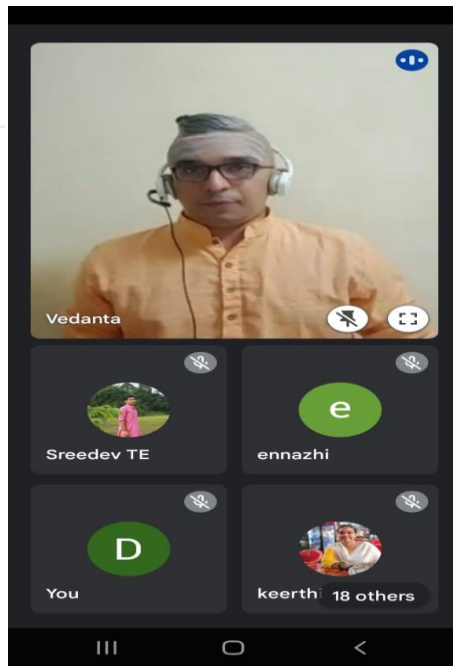
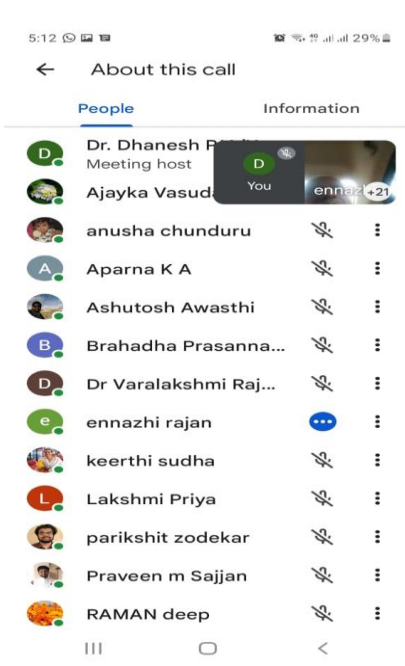
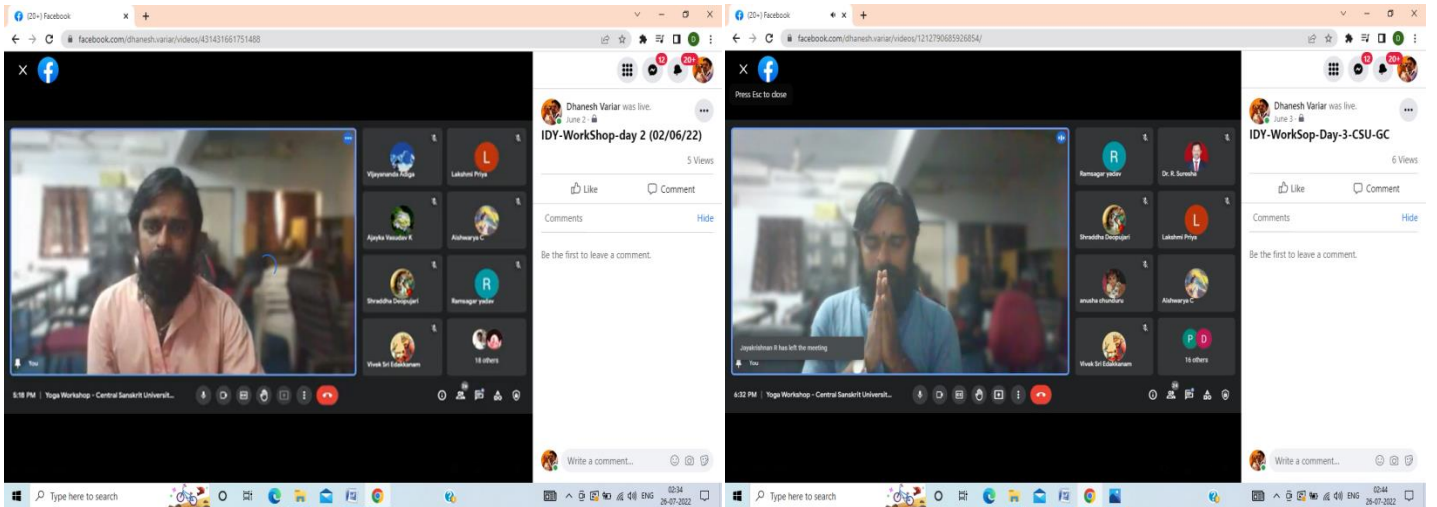
Report

On the occasion of 8th International Day of Yoga (IDY) we have decided to celebrate this by focusing on **Yoga as a Shastra**. A thorough approach to Yoga Sutra is the best way to understand the real means of Yoga. The textual study of YogaSutram is the key. It will enhance the philosophical views and basic principles of Yoga Sastra. There are many commentaries, but for a beginner Yoga Sudhakara is the best commentary for Yoga Sutras. This precise but elegant with simple language commentary is only possible for such a Jivanmukta, Sri Sadasiva Brahmendra Sarasvaty. This workshop will help a person to enrich the textual knowledge on YogaSutram.

Regarding the same, we have conducted an Online National Textual Workshop (value added) on “**YogaSutram** - Yoga Sudhakar of Sri Sadasiva Brahmendra”. Our Yoga Teacher, Dr. Dhanesh P.V (PhD, M.Sc. in Yoga, Acharya & M.Phil in Sankhya Yoga), who is an eminent scholar in the field of Yoga Philosophy was the Resource Person for this 15 days Program. It was conducted from 01/06/2022 to 15/06/2022. Daily from 05.00 pm to 06.30 pm were the class timings, which was so convenient for students and teachers to attend. The online classes were conducted through Google Meet Platform. A minimal Fees did collect from the applicants as, from Students - Rs.100/-, Research Scholars - Rs.200/-, Teachers - Rs.300/-. The National famous scholar of Vedanta, Dr. K.S. Maheswaran was the chief guest for inauguration and valedictory of this 15 days program. Total 46 candidates were participated and all of them were awarded with digital certificates also for the participation.

Photo Gallery of National Textual Workshop on YogaSutram





National Textual Workshop
I D Y - 2022
Participants List

Sl.No	Name	Age	Gender	Mobile No.	Position
1	Ajithkumar C	25	Male	9746297367	Student
2	Praveen M Sajjan	20	Male	7892125909	Student
3	Lakshmi Priya K S	22	Female	9188759605	Student
4	Ratan Paria	52	Male	9830470452	Student
5	Mergu Manohar	27	Male	9849481281	Student
6	Subhash P V	22	Male	7356164632	Student
7	Sreedev T E	23	Male	8281347242	Student
8	Shanmukha Bhat	22	Male	9449371755	Student
9	Raveendran Komallur	45	Male	7559030433	Student
10	Jayakrishnan	17	Male	9746048450	Student
11	Rakshith Sharma BR	20	Male	8073783101	Student
12	Suhas BM	21	Male	9686208348	Student
13	Manoj	21	Male	9480329194	Student
14	Aparna K A	18	Female	9207907351	Student
15	B.Mamatha	29	Female	9542251632	Scholar
16	Theerthalakshmi P S	26	Female	9447191631	Scholar
17	Vadiraja K S	31	Male	7760118401	Scholar
18	Shraddha Paragdeopujari	32	Female	9766056130	Scholar
19	Vivek S	29	Male	8301025430	Scholar
20	Atharva Santosh Bhanage	24	Male	9620221487	Scholar
21	Appukrishna V	28	Male	8714463435	Scholar
22	Parikshit Nandkishor Zodekar	26	Male	9730434112	Scholar
23	Trivedi Kushagra Bhaskarbhai	27	Male	9448869612	Scholar
24	Aswathy S	26	Female	9946781174	Scholar
25	B Vinod Kumar	29	Male	9441859603	Scholar

26	Ramsagar Yadav	27	Male	7398183831	Scholar
27	Pransankar Majumdar	37	Male	8118992209	Scholar
28	Ajayka K V	26	Female	8589834176	Scholar
29	Brahadha Prasanna	35	Female	9500280736	Scholar
30	Ashwini Gangadhar Deshpande	27	Female	9404892418	Scholar
31	Ashutosh Kumar	30	Male	8745847921	Scholar
32	Priyanka	27	Female	7045583088	Scholar
33	Saiswari Sarangi	25	Female	8686107026	Scholar
34	Vijayananda Adiga B	32	Male	9901731995	Teacher
35	Dr. R. Suresha	42	Male	9980833466	Teacher
36	Gayathri Nagamani V	60	Female	7337427030	Teacher
37	Kuldeep Sharma	30	Male	8824623617	Teacher
38	Iswarya C	34	Female	9487642592	Teacher
39	Dr. B. Keshava Prapanna	32	Male	8124970316	Teacher
40	Ramandeep	29	Female	9416106826	Teacher
41	Nagasai Anusha Chunduru	34	Female	7093743168	Teacher
42	Dr. Vidhyadhar Prabhala	38	Male	8111970672	Teacher
43	Subrahmanya Bhat	27	Male	8762970370	Teacher
44	Dr. N. Shashidhar	44	Male	9885343309	Teacher
45	Ravinder Gone	34	Male	9989015281	Others

SECTION OFFICER

Sri. K. M. Ravindran

DIRECTOR

Prof. E.M. Rajan

