

# Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

68, Ashoka Road, New Delhi-110001

Jointly organised by MDNIY & IUCYS

## National Workshop

on

## Patanjala Yogasutra

Sadhana Pada (With commentary by Vyasa)



Patron

**Dr. Kashinath Samagandi**  
Director,  
MDNIY, New Delhi



Patron

**Prof. Avinash Chandra Pandey**  
Director, IUAC, New Delhi  
&  
Inter-University Centre for  
Yogic Sciences, Bengaluru

**December 09 - 13, 2024**  
**Venue: Auditorium, MDNIY**



### Primary Resource Person



**Prof. Krishna Kanta Sharma**

Former Professor,  
Department of Vaidik Darshan  
Faculty of Sanskrit Vidya Dharma Vijnan,  
Banaras Hindu University, Varanasi

### Coordinator



**Dr. Indu Sharma**

Assistant Professor  
Yoga Education, MDNIY  
New Delhi

## About Workshop

The Yoga Sutras, widely regarded as the authoritative text on Yoga. This is one of the six philosophy scriptures. The ultimate goal of Indian philosophy is freedom from threefold suffering, which is possible by attaining pure knowledge. The knowledge of 'Yoga Darshana' is centered around this. The text is estimated to have been written in between 200BC to 400CE by Sage Patanjali. This is the first Yoga text which presents the theory and philosophy of Yoga in a codified and systematic manner.

It is the most important text of classical Yoga and reading the Yoga Sutras is expected of every aspirant and Yoga teacher. With 195 verses, there are four padas (chapters) in Patanjali's Yoga Sutra:

- Samadhi Pada (Chapter on Enlightenment)
- Sadhana Pada (Chapter on Practice)
- Vibhuti Pada (Chapter on Powers / Manifestations)
- Kaivalyam Pada (Chapter on Liberation)

The workshop will focus on the second chapter of Patanjala Yoga Sutra, i.e. Sadhana Pada, with the commentary by Vyasa. Sadhan Pada is comprised of 55 sutras. Sadhana means 'spiritual practice,' and this chapter focuses on the steps the yogi can take to reach a state of union with the divine or higher Self. It offers practical guidance on the techniques and practices used to still the mind and achieve meditative absorption, as discussed in the first chapter, the Samadhi Pada. The Sadhana Pada begins by addressing the Kriya Yoga, 5 Kleshas (Ignorance, Egoism, Attachment, Aversion, and Fear of Death), Chaturvyuhvaad (Hey, Hey-hetu, Haan and Hanopay.). The chapter then introduces the eight limbs of Yoga, known as Ashtanga Yoga. By integrating Vyasa's commentary, the workshop aims to offer clarity, historical context, and diverse perspectives.

### **Aim**

To gain an understanding of the original text of Yoga Sutra by Patanjali with the authentic commentary by Vyasa.

### **Special Lectures**

Eminent experts of Yoga Sutras will be invited to deliver special lectures during the inaugural & valedictory sessions of the workshops.

# Workshop Schedule

## Day 1

December 09, 2024, Monday

09:00 am to 10:00 am	Yogasutra Chanting
<b>10:00 am to 11:30 am</b>	<b>Inauguration</b>
11:30 am to 12:00 noon	Tea Break
12:00 am to 2:00 pm	Session 1

## Day 2

December 10, 2024, Tuesday

08:00 am to 09:00 am	Yogasutra Chanting
09:00 am to 10:30 am	Session 2
10:30 am to 11:00 am	Tea Break
11:00 am to 01:00 pm	Session 3

## Day 3

December 11, 2024, Wednesday

08:00 am to 09:00 am	Yogasutra Chanting
09:00 am to 10:30 am	Session 4
10:30 am to 11:00 am	Tea Break
11:00 am to 01:00 pm	Session 5

## Day 4

December 12, 2024, Thursday

08:00 am to 09:00 am	Yogasutra Chanting
09:00 am to 10:30 am	Session 6
10:30 am to 11:00 am	Tea Break
11:00 am to 01:00 pm	Session 7

## Day 5

December 13, 2024, Friday

08:00 am to 09:00 am	Yogasutra Chanting
09:00 am to 10:30 am	Session 8
10:30 am to 11:00 am	Tea Break
11:00 am to 01:00 pm	Session 9
<b>02:00 pm to 03:00 pm</b>	<b>Valedictory</b>

## General Guidelines

**Intake Capacity:** Registration is limited to 150 seats and it will be done on first come, first serve basis.

**Medium of Instruction:** Preference will be given to Hindi language

**Eligibility Criteria:**

- Students pursuing/ pursued undergraduate (UG), postgraduate (PG) Degree and Diploma in Yoga/Sanskrit/Philosophy/Swasthavritta (Ayurveda)

**Workshop Fee:**

- For Alumni and MDNIY current students of DYSc, PGDYTMP, B.Sc. & M.Sc. Yoga and MDNIY staff: ₹100/-
- Students from others Institute/College and Universities: ₹ 200/-
- Other participants: ₹ 500/-

**Note:**

- *The registration fee will not be refunded to the participant under any circumstances.*
- *Participation certificates will be provided to all participants.*
- *Attendance in all sessions will be mandatory for certificate.*

**Last date of Registration: November 30, 2024**

**Registration Link: <https://forms.gle/PCwFVnYXQqY5x56T8>**



**मोरारजी देसाई राष्ट्रीय योग संस्थान**

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