



INDIRA GANDHI NATIONAL TRIBAL UNIVERSITY, AMARKANTAK (M.P.)

**One Week National Workshop**  
**on**  
***Cultural Heritage and Yoga Tradition in Ancient India***

**(February 02-08, 2021)**



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**Organized by:** DEPARTMENT OF YOGA,  
ANCIENT INDIAN HISTORY CULTURE & ARCHAEOLOGY,  
INDIRA GANDHI NATIONAL TRIBAL UNIVERSITY,  
AMARKANTAK (M.P.)

## About Ancient Yoga Tradition:

Since ancient times, yoga tradition is found in Indian society, religion, art, culture and literature. Numerous evidences of yoga are found in folk traditions, Indus Valley Civilization, Vedic culture and heritage of the Upanishad period, Buddhist and Jain traditions, philosophies, epics called Mahabharata and Ramayana, mythological traditions of Puranas, Shaivites, Vaishnavites and Tantric traditions. According to historical and archaeological evidence, the earliest evidence related to yoga has been found in the Harappan civilization. Stone sculptures and terracotta figurines containing yoga postures have been reported from many Harappan sites named Harappa, Kalibanga, Lothal, Dholavira and Mohenjodaro. The sculptures found from the Harappan sites provide information about various yoga postures. The beautiful figure engraved on a steatite in Padmasana and Dhyana Mudra of a Yogi obtained from Mohenjodaro, and named as Yogi Pashupati. In this seal Yoga has been shown with three heads. A headress having three horns is worn and the major animals around are buffalo, tiger, elephant and stag. The seal is housed in the National Museum of India in New Delhi. Apart from this several terracotta figurines have also been reported from Harappan sites and demonstrate various types of asanas. Similar to Mohenjodaro, some other sites i.e. Harappa, Kalibangan and Kotdiji have also revealed evidence of Yoga postures. There are clear indications that the tradition of yoga started during the Harappan culture. Through the years, Indian and foreign scholars have provided information about many evidences related to yoga science in India about five thousand years ago. Scholars from all over the world accepted the fact that India is the father of yoga. The Vedic period maharishis composed many important mantras and hymns through yoga meditation and the collection of these hymns is found in the Rigveda, Samaveda, Yajurveda, Atharvaveda, Upanishads, Aranyakas, Vedanga Shdarshanas. The Vedic rishis include Maharishi Vamdev, Maharishi Augustya, Maharishi Kanva, Maharishi Vishwamitra, Maharishi Vishishtha, Maharishi Bhrigu, Maharishi Atri, Maharishi Bharadwaja, Maharishi Kashyap, Maharishi Manu, Maharishi Anangra, Maharishi Satapathar, Maharishi Vaastha, Maharishi Shruka, Maharishi Rishyashruna, Maharishi Garg, Maharishi Shaunak, Maharishi Vyas, Maharishi Udala, Maharishi Shuk, Maharishi Narada, Maharishi Durvasa, Maharishi Jabali, Maharishi Mudgal, Maharishi Vishwamitra, Maharishi Vishwali and Maharishi Vashishla Ghosh and Maharishi Vashishya Maharishi Balashila Varsha and Maharishi Vashishya, Maharishi Vashishya, Maharishi Vashishya, Maharishi Vashishya and Maharishi Vashishya Ghosh Lopamudra etc. had acquired knowledge of many important yoga disciplines, mantras and darshans by making research schools of yoga and meditation in the forested areas.

Yajna and yoga methods were very important in the Vedic period society. For this, the Vedic rishis had constructed a system of four ashrams. In Brahmacharya ashram, along with the education of Vedas, education of Shastra and Yoga was also given. 1500 BC to the Rigveda. From 1000 BC is believed to have been written between. Earlier Vedas were memorized and preserved on the basis of memory for thousands of years. According to the belief of Indian philosophy, the Vedas are considered to be inauspicious, that is, the Vedas are considered to be the voice of God. From the sixth century BC to 200 BC. The three parts

of yoga were the practice of Tapa, Swadhyaya and Ishwar Pranidhana. It has been called Kriya Yoga in ancient literature.

Sufficient references of yoga are also available in Upanishads, Vedangas, Smriti and Aranya texts. Important religious revolutions took place in the sixth century BC. Mahatma Buddha gave birth to Vipassana meditation and Mahavir Swami gave birth to the method of meditation. Both these methods were based on Prana i.e. human trust. In the second century BC, Maharishi Patanjali wrote the important text-Yoga Sutras of Yoga. In this book, along with the practical aspects of yoga, Yama, Niyam Asana, Pranayama, Pratyahara dharana, Meditation and Samadhi are described with subtlety. Vedas, Upanishads, Bhagavad Gita, Ashtabakra Gita, Hatha Yoga Pradeepika, Shiva Samhita, Gherand Samhita, Yoga Darshan, Mimamsa Darshan, Buddhist Darshan, Jain Darshan, Vaisesika Darshan, Samkhya Darshan, Gorakshatak, Yoga Varshishta etc. Go. Yoga practice, pranayama, Meditation postures and postures in Indian archeology have been very authentically marked as sculptures in sculpture. It is known from the ancient Indian literature that whatever postures of posture have been taken in Yoga Shastra, it has been taken from all living creatures and plants.

Yoga has been proved by many maharishis in ancient India by their own experiences. Yoga is the only means to attain immortality. Various authentic principles of yoga are given in Patanjali's Yogasutra. Patanjali was a scientist of the highest class of yoga. Yoga is a very big science. Today it is very difficult to understand in present times. This is today's science.

### **Sub Theme:**

- 1. Ancient Indian Yoga tradition**
- 2. Heritage and Culture**
- 3. Yoga Tradition in Indian Philosophy**
- 4. Indian Music**
- 5. Indian Yogic Psychology**
- 6. Diet and Nutrition**

### **List of Respected Guest & speakers:**

- 1. Justice Giridhar Malviya, Chancellor , BHU, Varansi**
- 2. Prof. B. R. Ramakrishna, Hon'ble Vice Chancellor, Swami Vivekananda Yoga Institute, Bengaluru**
- 3. Prof. Girishwar Mishra, Former Vice Chancellor, Mahatma Gandhi International Hindi University, Wardha, Maharashtra**
- 4. Prof. Kapil Kappor , Former Pro-Vice-Chancellor, Jawaharlal Nehru University, New Delhi**

5. **Dr. Ishwar V. Basavaraddi, Director, Morarji Desai National Institute of Yoga, New Delhi**
6. **Dr. B. R. Sharma, Dean and Head, Department of Yoga and Wellness, Sri Sri University Cuttack Orissa**
7. **Prof. J. S. Tripathi, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi**
8. **Dr. Neeru Nathani, Head, Department of Swastha Vritta & Yoga, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi**
9. **Dr. Richa Chopra, Former Head, Department of Contampletive and Behavioural Sciences, Sri Sri University, Cuttack, Orissa**
10. **Prof. Sushil Kumar Tiwari, Former Professor, Gorakhpur University Gorakhpur**
11. **Prof. Chandkiran Saluja, Sanskrit Development Foundation, New Delhi**

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**Dean and HOD, Deptt of Yoga**  
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**For Registration join the following link :**

<https://forms.gle/xFj9mkaXZBXdBnpU8>

**Program Description:**

**Date: 02 February 2021 to 08 February 2021**

**Time: 11:00 am to 1:00 pm.**