

8th INTERNATIONAL CONFERENCE ON YOGA PHILOSOPHY YOGA SASTRA SANGAMAM 2025

Vivekananda Kendra, Kanyakumari is organising 8th International Conference on Yoga Philosophy named as **8th Yoga Sastra Sangamam 2025** on 28 Feb, 1st and 2nd March **2025** at Vivekananda Kendra, Kanyakumari, Tamil Nadu.

About the International Conference

The Yoga Sastra Sangamam 2025 is an International Conference on Yoga philosophy, which is distinctly different from the usually held Yoga conferences and Seminars. The objectives of the International Conference are to explore the philosophy and practice concepts of Yoga embedded in Yoga Vāsiṣṭha to inspire the participants to understand Yoga deeply. The Conference will focus on topics, ideas, contents, interpretations as well as practices elaborated in the Yoga Vāsiṣṭha. The Yoga Sastra Sangamam will provide an intense discussion and understanding of the Yoga Vāsiṣṭha.

The Theme

Philosophical, Psychological, Spiritual concepts, Principles and Methods of various practices in Yoga Vāsiṣṭha.

Invitation for Paper Presentations

The theme and content of all paper presentations is elaboration, discussion and understanding of Yoga Vāsiṣṭha. Papers can be in English and Hindi. **Papers oriented to Yoga Therapy Research need not be sent.**

Send a one-page synopsis/abstract not exceeding 300 words with paragraph margin of an inch, one and a half space between lines set to A4 size. The synopsis should be mailed both in a Word form and PDF to cyn.mgu@gmail.com and to yoga@vkendra.org. **Last Date to submit the abstract/synopsis: 10th February 2025.** (Confirmation of accepted papers will be informed within a week after receiving). The selected abstracts will be published in the proceedings of Yoga Sastra Sangamam 2025 with ISBN number.

The abstract to be submitted according to the following format:

FORMAT OF THE ABSTRACT

(Font - Times New Roman, Front Size 12)

Title of the Paper : (Example) be typed out in bold letters

Jnānabhumikās in Yoga Vāsistha – An analytical Study

Name of Presenter: (Example) in italics **Example**

Name:..... *Designation: Professor. Associate Professor/ Assistant*

Professor/Research Scholar/ Student etc. Name of Institution:

e mail: **What's app Mobile number**

Abstract

The sub headings of the Abstract shall be as under:

1. Aims and Objectives

2. Introduction

3. Methods (descriptive study etc)

4. Discussion

5. Conclusion

6. Keywords

Note: Contents should be typed out 1.5 line spacing. Write the Sanskrit words in Sanskrit Transliteration in English. Example:- प्राणायाम - *Prāṇāyāma* instead of writing Praanaayaam. **The total time for presentation will be 10 minutes,** and 5 minutes for question-answer session and discussion.

The presentation will be through PPT either in English or Hindi. Please follow the instructions detailed below while preparing the PPT.

1. The number of PPT Slides should not be more than **10**
2. The PPT font be **Times New Roman** and Font size be **28**
3. The First Slide is for the Title of the Paper and the Name of the Presenter, with name of Institution, address, e mail Id and Mobile number.
4. The Second and Third slides be for concise and precise Introduction such as purpose of the paper, concepts mentioned in the title of the paper etc.
5. Four to eight slides for clear discussion on the title with Sanskrit verses written in Devanagari alphabets and Transliteration in English. The 9th slide is for conclusion.
6. The 10th slide is for references.

Yoga Sastra Sangamam 2025 Brochure is attached.

Topics for Paper Presentations

1. VAIRĀGYA PRAKARAṆA

The first subject is dispassion, Vairāgya, an essential constituent of spiritual wisdom. On interacting with the ephemeral world, with all its frailties and deceits, any human mind is bound to generate dispassion sooner or later. Detailing the nature, place and purpose of dispassion, the Text takes up the genesis of spiritual quest. Prince Rāma's observation of the world and his reactions thereof.

1. Negation of desires
2. Impermanence of Life
3. On Childhood, youth, middle-age, old-age and their limitations
4. Play of Time and Death
5. Negation of material life

2. MUMUKṢU VYAVAHĀRA PRAKARAṆA

Having nurtured Vairāgya, one has to proceed further with the means to discover the Truth, else it remains only as a negative view of life. Instead, one has to dive into the Quest, in one's own mind and intellect. This Prakaraṇa offers the details of preparation, behaviour and attitude a seeker has to develop and nurture.

1. Importance of Pauruṣam- self-belief, effort and self-confidence. Two-fold influence of Śubha or Śuddha Vāsanās, auspicious or pure tendencies, and Aśubha or Malina Vāsanās — inauspicious or impure tendencies. Elimination of Aśubha Vāsanās through Śubha Vāsanās.
2. The four sentries for the Gate to liberation are Śama - sweet patience, Vicāra - analysis, discrimination, Santoṣa - contentment, and the fourth is Sādhusangama - association of the Wise. Suggestion to practise one or more of these.
3. Sadācāra - Ideal behaviour and transaction in and with the world.

3. UTPATTI PRAKARAṆA

Origin of Ahaṅkāra - the "I" and the involvement (mental) and indulgence (sensual) with the world. The world exists only in the mind.

1. Jīvanamukta Lakṣaṇa-s — Traits and characteristics of the Liberated in body.
2. Stories of Līlā; Visūcīkā; Aindava; and Indrajāla. These stories depict the origin of the world in the mind.

4. STHITI PRAKARAṆA

World is created in the mind and sustained by it through indulgence and involvement.

Different modes in which Ahaṅkāra sustains the world.

1. Stories of Bhārgava (Śukra); Dāma, Vyāla and Kaṭa; and Dāsūra.

5. UPAŚAMA PRAKARAṆA

After understanding and realising the role of the activity called mind, in the origin and perpetuation of the world, the next course of action will be to quieten it. This Prakaraṇa deals with the means and methods of Vicāra - contemplation. Which it does effectively.

1. King Janaka and his listening to Siddha Gītā - the song of the Enlightened Wise, and his method of Vicāra.
2. Emperor Bali's methodology of Vicāra.
3. Stories of Prahlāda, Gādhi, Uddālaka, Suraghu, Bhāsa-Vilāsa, and Vītahavya.

6. NIRVĀṆA PRAKARAṆA

1. This Prakaraṇa is perhaps the deepest as it gives several details like Prāṇāyāma; real worship of Śiva; Secret of Action through Kṛṣṇa's discourse to Arjuna; Understanding the Reality through dream of Hundred Rudras; Self introspection through Queen Cūdāla; Real meaning of Tapas, Cittaśuddhi and renunciation through the story of King Śikhidhvaja; Yoga Sapta Bhūmikā - the seven stages of Yoga; etc.

REFERENCE BOOKS

1. Laghu Yoga Vāsiṣṭha, Motilal Banarsidas
 2. Śrīmad Vālmīki Yoga Vāsiṣṭha, Motilal Banarsidas
 3. Philosophy of Yoga Vāsiṣṭha by B L Atreya
 4. Vāsiṣṭha Darśanam by B L Atreya
 5. The Wisdom of Vasiṣṭha by Raghunandan, Motilal Banarsidas.
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