

## Seven-Day International Textual Workshop

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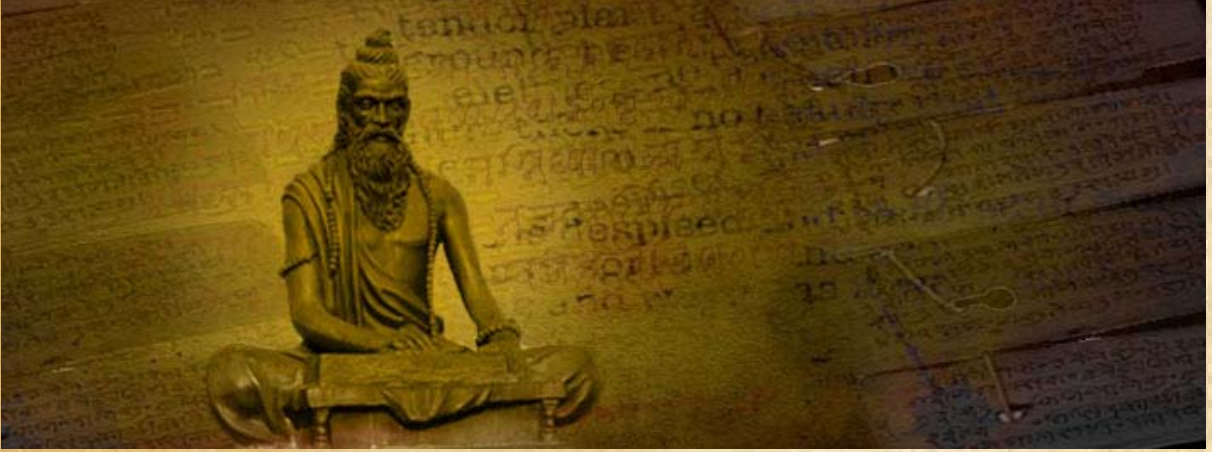
### YOGADARŚANA ( PHILOSOPHY OF YOGA )

Jointly organised by

**Ṛiṣi Ṛiṇa Trust, Pune &**

**Department of Sanskrit, Pondicherry University**

**17<sup>th</sup> - 23<sup>rd</sup> December 2017**



Philosophy of Yoga (Yogadarśhana) is one of the six orthodox systems of Indian Philosophy. It is a discipline to undertake enquiry into one's inner world. It aims at disciplining man in order to bring about inner transformation.

Man is in a conditioned state and hence suffering. Yoga philosophy prepares a man both physically and psychologically to take up the journey towards his or her de-conditioned state from his or her conditioned state. Hence, Yoga philosophy is a deep psychology. It shows the path to be at Peace which is the real State of a person. It disciplines mind to be introvert. It teaches to discover one's own Form. That is why all other systems of Indian philosophy ultimately take the help of Yoga Philosophy to realise the ultimate goal of life even though the nature of that goal may differ from system to system.

We have planned a **Three Level programme** to introduce this Yoga Philosophy through reading the original Text (Yogasūtras of Patañjali ) with this perspective. We will try to understand the text with the help of the original commentary of Vyāsa.

**Level-1: Introductory**  
*(17<sup>th</sup> to 23<sup>rd</sup> December, 2017)*

In this Level we will read the 1<sup>st</sup> chapter (Samadhi-pāda) of the Yogasūtras of Patañjali. While explaining the sutrās the commentary of Vyāsa will be consulted. This level will be the Foundation for the next two levels. The focus will be to introduce basic terms and concepts of the Yoga system. Prominently the philosophical aspect the Yoga will be discussed. Attempts will be made to understand the meaning and implication of the each sūtra of the 1<sup>st</sup> chapter of Patañjali in the light of the commentary of Vyāsa. We will also try to get acquainted with metaphysics, epistemology and the goal of life as per the philosophy of Yoga.

The aim of this level is to provide an overall picture of Patañjali's Yoga as a system of Indian philosophy to bring about transformation in life.

**Level-2: Aṣṭāṅga-yoga of Patañjali**  
*(Dates and Venue will be decided after the completion of the Level-1)*

In this level we shall read chapter II of Patañjali assisted by the commentary of Vyāsa. Here the focus will be to understand the eight instruments (sādhana) elaborated by Patañjali to materialise the desired psychological transformation in life.

**Level-3: Goal of Life according to Yoga**  
*(Dates and Venue will be decided after the completion of the Level-2 )*

In this level we will go through the remaining two chapters III and IV and shall try to identify the goals of life. Practice of Yoga generates extra-ordinary capacity in man, claims Patañjali. Many types of miracles can be performed. But Patanjali as a philosopher cautions the practitioners by telling that it is very likely that the practitioners may get attracted towards the performance of those miracles which will prove to be detractors towards the real goals of life. Thus, one should try to avoid going for performing miracles.

Ultimately, the practitioners should try to discover their real Form and finally be in that. That alone will bring them the sense of fulfilment. That is the ultimate goal of human life according to Patañjali.

**Faculty:**

**Rishi Rina Trust**

1. Prof. V N Jha, Former Director, Centre of Advanced Study in Sanskrit, University of Pune. (vnjha1946@gmail.com)
2. Prof. Mrs. Ujjwala Jha, Former Director and Professor, Centre of Advanced Study in Sanskrit, University of Pune. (ujjwalajha@yahoo.co.in)

## **Details of the workshop: Level I**

### **1. Schedule:**

Participants Arrive:	By 17 <sup>th</sup> Afternoon
Inauguration:	17 <sup>th</sup> Evening (Time 6:00Pm)
Classes commence:	18 <sup>th</sup> morning ((Time 10:00AM onwards) 1st Session 10:00 to 12:30 with tea break at 11:00AM 2 <sup>nd</sup> Session 3:00 to 5:30 PM with tae brake at 4:00PM
Participants depart:	23 <sup>rd</sup> evening or 24 <sup>th</sup> morning

***Food arrangements would be made from 17<sup>th</sup> evening to 23<sup>rd</sup> evening only***

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### **2. Registration fee for the workshop:**

Indian Students -- Rs.3000/-  
Indians ( other than students ) -- Rs.5000/-  
International Participants -- Rs.10,000/-

Indian participants are requested to make the payment by 14th October 2017. International Participants can pay on arrival at the venue. The fee has to be paid directly to RISHI RINA TRUST, Pune, for which the necessary details are given below . (the registration fee covers only the workshop participation).

***Kindly note that the registration fee is non-refundable.***

Details for payment of registration fee :  
RISHI RINA TRUST,  
Bank A/c No. 60285750369 ,  
Type of a/c - Maha Sarvajan Savings Bank ,  
Bank of Maharashtra,  
Pimple Saudagar Branch ( 1443 ) ,  
Address:  
Dwaraka Lords, Pimple Saudagar, PUNE ,  
IFSC code - MAHB0001443

(Kindly ensure that the banker mentions the name of the remitter so that it facilitates linking the remittance with the participant.)

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### **3. Workshop Venue and Lodging**

SRI AUROBINDO CENTRE FOR ADVANCED RESEARCH ( SACAR)  
39, Vanniar street,  
Vaithikuppam,  
Puducherry-605012.  
phone : +91 413 2348067  
email id : [sacaroffice@gmail.com](mailto:sacaroffice@gmail.com)

**Local name of the street: Masimagham Road in front of the Muttumariamman temple.**  
**Landmark that most auto drivers know: Near Mother's house and Ayodhya Bhavan**

**4. Boarding & Lodging** is available at the place where the workshop is going to be held (SACAR). Non-A/c room (on sharing basis) costs Rs.500/- per person per day (boarding & lodging inclusive). Few a/c rooms are also available about which details will be provided shortly. (Note - Only about 40-45 outstation participants can be accommodated. Any number of local participants can participate.)

#### **5. Route to Pondicherry**

From Chennai railway station -- 3 hrs 30 minutes by road.

From Chennai airport 3 hrs by road.

Direct flight available from Hyderabad.

From Pondicherry Bus Stand, you need to take an auto to reach the venue (SACAR). - approx cost Rs. **120-150**

Trains: From Howrah - No. 12867 SF Express, From Bangalore (Yeshwanthpur) - No. 12255 SF Express, From Bhubaneswar - No. 12898 SF Express, From Delhi - No. 22404 Express, From Chennai - NO. 16115 Express. Please note - Long distance trains run once a week. So kindly check at your end the exact day and do the necessary booking. The Railways have come out with their revised timetable which is effective from 15th October, 2017.

#### **6. Directions to reach SACAR:**

- Auto fare from the Bus stand to our place (Vaithikuppam, SACAR) is somewhere around Rs.120-150 and from the Railway station it is Rs.100-120. Please do not give more than this. There is no meter system in auto rickshaws in Pondicherry.
- The area to which you have to come is Vaithikuppam near Mother's house (Guest House)
- If you are coming from the Bus Stand you will cross Raja Theatre, Anna Road (better known as Anna salai) and Ananda inn-Surguru Hotel and reach Ajantha Square. (These are only landmarks which you can see or ask the auto driver)
- Even if the driver by-passes all these landmarks and chooses to bring you from the internal route, then also, you will come to Patel Road.
- Further directions from there are as below:
- 1a. From Ajantha Square take Patel Road and go towards the sea
- If you are coming from the Railway station the driver will bring you either from the Mission street or from the beach road. In both instances you will reach Patel Road....
- On Patel Road you would drive towards the sea (eastern side)
- You would reach old distillery (that's the end of the road)
- Turn left, the sea would be on your right.
- You would cross one white colour Church and then two large temples (please note that there is construction going on on this road. So there is a small U-shape diversion which will connect you back to the second temple)
- After the second temple immediately turn left. (SACAR would be on your left)
- A three storied round balcony building is SACAR.
- On the gate is written 39. SACAR, Vanniar Street in front of house no 10.
- If you follow the GPS system, please look for Sri Aurobindo Centre for Advanced Research, Vaitthikuppam. You will find the sea on the eastern side in the map.

In case you find all these instructions complicated which actually they are not and if the auto-driver does not understand you despite giving our address, please do not be nervous and call any of these numbers so that we can explain to the auto-driver:

Mrs. Deepshikha Reddy: 7639920796,  
Ms. Shruti Bidwaikar: 9994190403,  
Mr. Miresh: 9677986722

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**7. We request you to kindly take note of the following points:**

1. Kindly bring your own toiletries and towels. Bed-sheets alone will be provided here. You have to carry your own warm coverings etc.
2. You will have to share the room.
3. Bring your own medicines for here there are no medical shops close-by.
4. You will have to bring your cloth-line clips to save your washed clothes from flying away.
5. Evenings at Pondicherry are very pleasant. You may like to walk down the beach road which is very close to SACAR. For this you may bring appropriate footwear.
6. Kindly note the address of the venue/ Guest House (They are in the same campus)

***Text: Yogasūtrās of Patañjali (Pāda-1) with the commentary of Vyāsa.  
Text along with writing material kit will be provided to the participants.***

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Head of the Department  
**Dr.J.Krishnan**

Organising Committee  
**Dr.C.S.Radhakrishnan  
Dr.K.E.Dharaneedharan  
Dr.Chakradhar Bhera**

**Co-ordinators:**

**Dr. Anil Pratap Giri,**

Asst. Professor, Dept of Sanskrit,  
Pondicherry University (A Central University),  
Puducherry - 605013,  
Phone 0413 2654778 ,  
mobile +91 7200526855 ,  
email : [anilpratapgiri@gmail.com](mailto:anilpratapgiri@gmail.com)

**Mr. Ananth T. N.**

+91- 93466 99666  
+91- 79755 39644

***Queries pertaining to venue, travel, weather, etc. can be mailed to Dr. Anil Pratap Giri who shall guide you.***