

7th & 8th July
2020

Time :
11.00am to 1.30pm

Two days International Webinar
On

"IMPORTANCE OF YOGA AND THE TEACHINGS OF INDIAN SAGES DURING THE ONSLAUGHT OF COVID -19"

Organized by:

THE DEPARTMENT OF PHILOSOPHY
GOVERNMENT GENERAL DEGREE COLLEGE MANBAZAR-II

In association with

INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH, NEW DELHI



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Dr. Dipayan Pattanayak

Professor, Department of Philosophy,
Jadavpur University



Dr. Shamim Ahmed

Head & Associate Professor,
Department of Philosophy,
Ramakrishna Mission Vidyamandira, Belur



ABOUT THE WEBINAR

Due to the prevailing unprecedented situation caused by COVID -19 pandemic, the whole world has grounded to a standstill. All our academic schedules and normal activities get hampered. Despite this unavoidable situation, we have recently celebrated the 6th International Yoga Day on 21st June all over the world. There is no denying the fact that yogic exercises can immensely revitalize both our body and mind. In our daily life of hectic schedule, the regular uses of Yoga and Meditation will bring transcendental peace, harmony and calmness. Such a psychic state is required in this dire condition of social segregation and economic slowdown to face various obstacles in our daily life. Keeping these aspects in mind, this webinar aims at discussing the importance of Yoga in our daily life. In this regard the abundant knowledge of our Sages both ancient and contemporary must be integrated.

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