

You are cordially invited to the following programmes by

Pujya Swami Bodhananda Saraswati



Pujya Swami Bodhananda Saraswati

1. Eight Practices of Meditation

(Panchakosa, Kundalini & Yoga Nidra)

8 (eight) morning session from

Thursday 28th January to Thursday 4th February 2016

Timings: 7.45 to 8.45 a.m.

at H.T. Parekh Convention Centre, AMA Complex, ATIRA Campus,
Ahmedabad 380 015

Meditation is practiced to realize and activate ones hidden spiritual potential to experience health, peace of mind and happiness. Meditation helps its practitioner to draw deeply from the spiritual resources in terms of creative ideas and unique solutions to human problems. Meditation enhances productivity, sweetens relationships and improves quality of life and well being.

2. Indian Philosophy for Self Management & Leadership Development

Timings: 6.30 to 8.00 p.m. daily from Thursday 28th January to Thursday 4th February 2016

Thursday 28 January 2016	The Dharma World View: The Dharma view is cyclical and holistic as opposed to the Western Judeo-Christian world view which is linear and binary. What is the Dharmic understanding of the individual, the world, the Creator, the goals of human kind and the path to be followed to realize full human potential?
Friday 29 January	Lokayata and Modern Materialism: The modern scientific world is materialistic and India also is willy nilly following the same path of materialism, consumerism and mass production of goods and services. Can we find roots of materialism in the Indian tradition is the theme if this lecture ?
Saturday 30 January	Nyaya and Vaiseshika System: India has a rich tradition of logic, rationality and empirical thinking. This talk will explore that tradition and connect it to modern ways of thinking
Sunday 31 January	Sankhya Sashttra: India's spiritual, mental and health sciences are influenced by the sankhya system which reduces reality into matter and consciousness and this talk will deal with the psychological, health and human flourish aspects of this ancient system of thought.
Monday 01 February	Patanjala Yoga Sutras: Yoga has been recognized by the UN as the most effective system of health care. Patanjali's book on Yoga is the last word on the science and practice of yoga. This talk will be an attempt to unpack the sutras of Patanjali.
Tuesday 02 February	Mimamsa and Vedanta: The dominant Indian world view is based on the Vedas and this talk will be an in depth reflection on the Vedic teaching and its insights for the modern challenges of logical relativism, meaninglessness and pervasive violence.
Wednesday 03 February	Buddhism and Jainism: Two highly influential heterodox systems of Indian thought which radically differed from the Vedic world view and yet significantly contributed to the evolution of modern India and its religious, ethical and social beliefs and practices. A critical understanding of these two systems are a sine-qua-non for the thought leaders of India.
Thursday 04 February	Kashmira Shaivism: This mostly forgotten system of thought from its land of origin is a highly sophisticated philosophy and the foundation of Indian aesthetics. A knowledge of this system is unavoidable for Indian leaders who want to command the global discourse on world order

These talks will cover the entire spectrum of Indian philosophy – Brahmanic and Shramanic, theistic and atheistic, ancient and modern. The purpose is to find ground in our unbroken tradition for contemporary Indian thought and for organizational and leadership values. Decision values and purpose. The integral nature of Indian philosophy can contribute significantly to measure up to this challenge, where science and evolutionary biology have failed humanity. Pujya Swami Bodhananda is a Vedanta master with a degree in economics, philosophy, political science and history

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Courtesy: