

Saumyendra Nath Brahmachary Distinguished Lecture Series: 30th Lecture

Lecture by Dr. Goutam Patra

Principal, WBSES, Government Training College, Hooghly, West Bengal, India



Dr. Goutam Patra addressing the students and the faculty members

The 30th Lecture of Saumyendra Nath Brahmachary Distinguished Lecture Series was organised by Dev Sangha Institute of Professional Studies and Educational Research, Deoghar on 15th February 2025, on the topic “**Therapeutic Yoga Kriyas: Physical, Mental and Spiritual well-being of the Learners**”, by **Dr. Goutam Patra** Principal, WBSES, Government Training College, Hooghly, West Bengal, India

Dr Patra began his lecture with Vedic Chanting and Shanti Mantra. Emphasizing the importance of discipline in day-to-day life Dr Patra discussed the meaning of Yoga and Therapeutic Yoga. He said that when a particular yoga is practiced as a therapy to treat a particular disease, it is called therapeutic yoga. He introduced different kinds of yogic positions, mudras and kriyas to cure different diseases. Focusing on the Patanjali Yoga Sutra he defined Therapeutic Yoga Kriyas and illustrated different Mudras including their need of practicing to maintain balance between body, mind and spirit. Dr. Patra not only explained different Yoga Kriyas but also conducted the practice session of yoga Kriyas, in which students and faculty members participated actively. He said that we should practice yoga kriyas regularly to prevent stress, anxiety, and physical ailments easily. The lecture not only provided practical tools for managing stress and physical discomfort but also encouraged a lifestyle of wellness that students and faculty members can continue to practice beyond the duration of the sessions.

The lecture was highly informative as well as interactive as it was in face-to-face mode and was attended by Teachers and Students of Dev Sangha Institute of Professional Studies and Educational Research. The programme was successfully anchored by Sona Selina Hembrom and Diksha Ray, student teachers, B.Ed. 2024-26, and coordinated by Shri Kumud Ranjan Jha, Coordinator, DLS Programme.

