



CENTRE FOR COMPARATIVE RELIGIONS AND CIVILIZATIONS (CCRC)

CENTRAL UNIVERSITY OF JAMMU (CUJ)

IS ORGANIZING

ONE WEEK WORKSHOP CUM FACULTY DEVELOPMENT PROGRAM (FDP)

ON THE THEME

"YOGA AND MEDITATION

WITH REFERENCE TO KASHMIR SAIVISM"

Chief Patron



Prof. Sanjeev Jain
Vice-Chancellor,
Central University of Jammu

Resource Person



Dr R. Ramanand

Director, Abhinavagupta Institute of Advanced
Studies, Vagamon Idukki, Kerala

Convener



Dr. Ajay Kumar Singh

Director, I/C, Centre for Comparative Religion,
Central University of Jammu

ON 02-02-23 TO 06-02-23 AT

Venue- Classroom, Centre for Comparative Religions and Civilizations

Faculty

Dr. Narender Bharti
Shashank Sharma

Organizing Committee

Scholars

Sohail Mir
Narottam Kushwaha
Anne Maria Matthew
Manish Bharti
Salma Javid

Concept Note

After the declaration of International Yoga day by United Nations, 'the insistence of Yoga in the parlance and memory of common people knew no bounds, as it superseded the academic, spiritual and health interests of Indologists, Spiritualists and Lifestyle enthusiasts. Yoga has become India's most famous cultural export. Yoga has reshaped it from traditional philosophy and practice to a mass culture phenomenon; moreover, it is now complementary to biomedicine. The history of Yoga and meditation from the point of esoteric philosophy is an interesting topic. The five days' international workshop on Yoga and Meditation with a special reference to Kashmir Saivism is an academic program to enrich the participants with the basic tenets of Yoga and meditation with an emphasis on the coveted Kashmir Saivism.

Session Plan

1.	02-02-23	2 hours	The History of Yoga in India
2.		1.5 Hours	Meditation From Vijnana Bhairava Tantra
2.	03-02-23	2 hours	The History and Principles of Yoga in Kashmir Saivism
3.		1.5 Hours	Meditation From Vijnana Bhairava Tantra
5.	04-02-23	2 hours	The lineage of Masters in Kashmir Saivism
6.		1.5 Hours	Meditation From Vijnana Bhairava Tantra
7.	05-02-23	2 hours	Schools of Yogic Thought in Kashmir Saivism
8.		1.5 Hours	Meditation From Vijnana Bhairava Tantra
9.	06-02-23	2 hours	Significant Yogic literature in different schools of Kashmir Saivism
10.		1.5 Hours	Meditation From Vijnana Bhairava Tantra

Registration Details

Participants are required to submit below mentioned Workshop Registration charges. The Registration charges will include the participation fee, conference kit, workshop meal, and workshop proceedings.

Last Date of Registration: 25th January, 2023

Registration Fee: Rs. 1000/-

Registration Form Link :

<https://forms.gle/f3YRZsv8sDn8VSCP6>

Mode of Payment

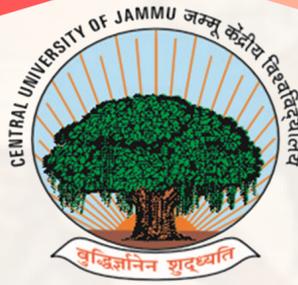
Payment of Registration charges shall be paid either through electronic transfer/ UPI in the account whose details are given below. Candidates are requested to possess receipt of registration charges.

Name of the Account	: DIRECTOR CENTRE FOR COMPARATIVE RELIGIONS & CIVILIZATIONS
Account Number	: 0902040500000052
Bank Name	: J&K BANK
&Address	: CENTRE FOR COMPARATIVE RELIGIONS CIVILIZATIONS & CUJ RAHYA SUCHANI BAGLA SAMBA JMU JK INDIA 181143
IFSC Code	: JAKA0RAHYAA

Contact for any queries -

Dr. Ajay Kumar Singh - 93139 71392

Dr. Narender Bharti - 6005810647



CENTRE FOR COMPARATIVE RELIGIONS AND CIVILIZATIONS (CCRC)

CENTRAL UNIVERSITY OF JAMMU (CUJ)

CORDIALLY INVITES YOU TO JOIN IN

Valedictory cum Book Release Function

on 07-02-2023 at 02:00 PM

"Swa: Struggle for National Selfhood"

by J. Nandakumar

Chief Guest cum Keynote Speaker

Chairperson



Prof. Sanjeev Jain
Vice-Chancellor,
Central University of Jammu



J. Nandakumar
National Convenor
Prajna Pravah

Guest of Honour



Pradeep Kumar
Nation Convenor
CSR & Archive, Vidya Bharti

Resource Person



Dr R. Ramanand
Director, Abhinavagupta Institute of Advanced
Studies, Vagamon Idukki, Kerala

Convener



Dr. Ajay Kumar Singh
Director, I/C, Centre for Comparative Religion,
Central University of Jammu

Venue- Brig. Rajinder Singh Auditorium, Central University of Jammu