

WAVES

Wider Association for Vedic Studies

(Formerly 'World Association for Vedic Studies, India Branch')



A Multi-disciplinary
Academic Society

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Newsletter

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ABOUT OUR WEBSITE

www.waves-india.com

Website of WAVES, India gives information about its history, nature, purpose, aims, objectives, chapters, membership, conferences, seminars, lectures, other academic activities, publications, prizes, reports of conferences, newsletter, photo gallery, governing council, standing committees, and forthcoming events. Please visit and give your feedback.

Please forward your suggestions,
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WAVES announces

20th India Conference of WAVES

jointly organized with

12th International Conference of WAVES-USA
on "Scientific Aspects of Vedic Knowledge"

"वैदिक ज्ञान के वैज्ञानिक पक्ष"

at the S.C.S.S., Jawaharlal Nehru University, New Delhi
15th (Thursday) to 18th (Sunday), December, 2016

NINETEENTH INDIA CONFERENCE

SCIENCE AND SPIRITUALITY IN VEDIC TRADITIONS: MODERN CONTEXT



Inaugural Session

The glorious '19th India conference' was conducted by WAVES in collaboration with 'Delhi Sanskrit Academy, from 27th to 29th November, 2015, at 'Delhi Sanskrit Academy, Delhi' on the theme 'Science and Spirituality in Vedic Traditions: Modern Context'. The inauguration session started in the morning of first day with *Mangalacharan* presented by Shiv Kumar and Hitesh, research students of Sanskrit from

University of Delhi. Shri Sashi Kejriwal, President, World Association for Vedic Studies (WAVES), USA inaugurated the conference with Chief Guest, Dr. Ganesh Dutt Sharma, Vice-President, Delhi Sanskrit Academy; and other dignitaries by lighting the lamp. In the inaugural session, Prof. Upendra Rao, Chairman, Special Centre of Sanskrit Studies, JNU, Delhi was the *Saraswat-Atithi*. Dr. Rohit Chauhan, Vedic Scientist, USA & Jaipur; Prof. Ram Gopal, Former Director, DRDO & President, Jodhpur-WAVES; and Mr. Prashant Bhardwaj, Deputy Chairman, Haryana Sarasvati Heritage Development Board, Government of Haryana were the *Vishishta Atithis*. Prof. S.R. Bhatt, Chairman, Indian Council of Philosophical Research, MHRD, Government of India; and Shri Subhodh Kumar, Engineer and Vedic Scholar, Ghaziabad were the keynote speakers. Prof. Ram Karan Sharma, Former VC and President, WAVES presided over the inaugural session. **Dr. Jeet Ram Bhatt**, Secretary, Delhi Sanskrit Academy welcomed the renowned dignitaries present on the dias with presentation of flowers and *Shalas*. **Prof. Shashi Tiwari**, Conference Coordinator,



Inaugural Session

EDITORIAL



With immense pleasure we present the 17th issue of the WAVES Newsletter, showcasing all the activities of WAVES held from April 2015 to March 2016.

In the field of Vedic studies, WAVES is a shining star, continuously imparting and spreading the divine knowledge of Vedas since 1997. Every aspect of Indian philosophical thought starts and ends with the notion of achieving divine happiness through connecting with the supreme power or absolute reality. Indian literary heritage is like a ship which helps in crossing the ocean of ignorance to accomplish that internal peace and happiness. WAVES, as per its name, is continuously connecting us with ancient Indian Knowledge to help us get to the true goal of life—of peace and harmony.

In its continuous efforts to spread that marvelous insight and to connect people with Vedic concepts, WAVES conducted six major events in Delhi this year. Also, in the golden traditions of its India Conferences, WAVES organized the most successful 19th India Conference at Delhi Sanskrit Academy on an extremely relevant topic. Foreign delegates, renowned personalities, and research scholars from all over India participated in this conference and made it a memorable event. We are sincerely thankful to Delhi Sanskrit Academy for providing the venue and facilities for this meet. We are anticipating the same enthusiastic response for the upcoming 20th India Conference which will be held jointly with WAVES-International at Jawaharlal Nehru University in Dec. 2016.

We are proud of our young members who under WAVES's youth wing 'tarun-tarang' are working with full cooperation and zeal. WAVES is now strong with its 251 life members, and with many more annual members. Chapters of WAVES are working as usual with firm determination and some of their programs are reported here.

Here's hoping that the learned members' everlasting association and continuous endeavor to spread divine knowledge in every aspect of life will continue. We wish to sum-up with the famous Shanti-mantra of *Ishavasya Upanishad*—"Purnasya purnama-dāya purnamevavashishyate".

—Shashi Tiwari (Chief Editor)

INDIA CONFERENCE

and General Secretary of WAVES said that WAVES's sharing dais with Delhi Sanskrit Academy highlights the support and attraction of masses for Vedic learning. Vedas speak about *Brahma-Vidya* and all knowledge. Through this conference we aim to find out the relation of Science and Spirituality in Vedas.

In his inaugural address, **Shri Sashi Kejriwal** discussed the historical relevance of Vedas. He said Indians should take pride for having Vedic knowledge. Now east should be quoted instead of west for valuable ideas. He referred Greek historian, Pythagoras theorem, and knowledge of pyramids to highlight importance of Vedic thought in his address. Chief Guest, **Dr. Ganesh Dutt Sharma** indicated that Vedic sages recognized natural sources of energy as deities like sun, fire, water, tree *Ashvatha* etc in various mantras such as 'सूर्य आत्मा जगतस्तस्थुषश्च', 'अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम्'. According to him Science and Spirituality are co-related because without each other they are handicapped. 'Vedas are foundation of Indian *Vidya* and WAVES is working for it continuously' said **Prof. Upendra Rao**. He elaborated that Vedas are result of our *sages, research and dedication*. Vedas are actual depositories of science. People generally refer Vedas as book of rituals whereas in Vedic mantras indications of Science and Spirituality go hand in hand. **Dr. Rohit Chauhan** narrated Vedic knowledge as the knowledge through which universal eternal truth is revealed to us. **Prof. Ram Gopal** stated that Spirituality is always defended by science. **Mr. Prashant Bhardwaj** praised WAVES as *school of thoughts* and emphasized that Saraswati Sindhu Civilization is the oldest civilization of the world. He talked about various findings being carried out on Saraswati river near Yamuna Nagar, Yamanotri and Gangotri Glaciers. He informed that the arrangements of rivers mentioned in Vedas are found totally true.

Delivering Keynote address, **Prof. S.R. Bhatt** emphasized that Indian spiritual knowledge is not contradictory to scientific concepts. Spiritual substances such mind, intellect and *Prana* are inclined to science for various benefits. 'Science should reach to new heights but in its roots there should be spirituality', this is the message of Indian thought for welfare of world.

Firstly we should understand our own culture in real sense then we can preach world. Oneness of all is essence of spirituality. **Prof. Pushpendra Kumar**, Former, Head of the Sanskrit Department, University of Delhi commented अग्निर्वै ब्रह्म, जलं वै ब्रह्म, अन्नं वै ब्रह्म are some Vedic references which have deep scientific meanings. **Shri Subhodh Kumar** in his address explained the importance of Vedas in abolishing the difference of rich and poor. If one study Vedas, Puranas, Smritis then there is no need to constitute



Planery Session

a constitution. Vedas narrate references on many modern subjects such as democracy, consumer protection, re-election, global happiness, family life, skill development, poverty elevation, leadership qualities, food sciences, competitive spirit, planning commission, renewable energy etc. Delivering presidential address, **Prof. Ram Karan Sharma** enlightened the audience with the Binary notation of *Maharishi Pingal*. Whole science talks about



A Group of delegates

THE EDITORIAL BOARD

Dr. Shashi Tiwari

Dr. Aparna Dhir

Ms. Suruchi Sharma

INDIA CONFERENCE

energy and 'fire' is the prime source of energy and the main *Vedic God* (Rigveda 1.1.1).

During program, the souvenir of the conference containing 92 summaries of papers was released. About 120 delegates from different parts of country and abroad participated in the deliberations of the three day national conference which was divided into well-designed

ten parallel sessions. Names of some delegates who participated as chairperson, moderator or paper-presenter are: Prof. Shridar Vasishtha, Delhi; Prof. S.P. Narang, Delhi; Prof. Puspendra Kumar, Delhi; Dr. Urmila Rustagi, Delhi; Dr. Bharti Sharma,



Academic Session

Roorkee; Dr. Dayanand Parashar, Delhi; Dr. Vijay Sankar Shukla, Delhi; Dr. Sati Shankar, Delhi; Prof. Radhey Shyam Kaushal, Delhi; Dr. Vedwati Vaidik, Gurgaon; Dr. Karuna Arya, Delhi; Dr. Pardeep Rai, Delhi; Dr. Archana Rani Dubey, Delhi; Dr. Raj Kumari Trikha, Delhi; Dr. Saroj Gulati, Delhi; Dr. Lalita Kumari Juneja, Faridabad; Dr. Pratibha Shukla, Haridwar; Dr. Anju Seth, Delhi; Dr. Meena Kumari, Delhi; Dr. Rajnish Shukla, Delhi; Dr. Sushma Choudhary, Delhi; Dr. Ranjit Behra, Delhi; Col K. R. Murty, Tamil Nadu; Dr. Aparna Dhir, Delhi; Dr. Shyamdeo Mishra, Delhi; Dr. Aruna Shukla, Navashahar; Dr. Richa Sikri, Radaur; Dr. Pankaja Ghai



Dr. Shakuntala Bora, Assam

Kaushik, Delhi; Mr. Prem Deoli, Delhi etc. Young researchers of universities of Tirupati, Gauhati, Allahabad, Delhi, Aligarh, Rohtak, Mumbai, Nanital, Jaipur, Hyderabad, Jawaharlal Nehru University, and Shri Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeetha actively took part in the proceedings of the conference.

Two plenary sessions were organized on the second and the third day respectively. These sessions were chaired by Dr. Suresh P. Singh Chauhan, Delhi; Prof. Bhu Dev Sharma, Delhi; Dr. Chand Bhardwaj, Delhi; and Dr. Urmila Rustagi, Delhi. Few eminent speakers and their topics were:

- **Dr. Rohit Chauhan**, Vedic Scientist, USA & Jaipur, Rajasthan—*Spirituality Driven Science Is Essential For Excellence.*
- **Prof. Om Vikas**, Senior member, IEEE, Delhi & Former Director, IIITM, Gwalior—*Pursuit of Innovation for Vedic Studies.*
- **Prof. Vijay K. Vaishnavi**, Emeritus Professor, Computer, Georgia State University, USA—*Raja Yoga in the Modern Scientific Context.*
- **Prof. Ram Gopal**, Former Director, DRDO & President, Jodhpur Chapter, WAVES—*Science And Spirituality For Holistic Development of S&T Personnel.*

Dr. Rohit Chauhan stated that all sciences are driven by needs of a physical human-self. 'Spirituality' is the foundation for all advancements. All renowned contributors to mankind, including scientists, have been known to exhibit spiritual behavior. In some respect, every living being possesses spirituality—may be in a latent form. Science is objective, relating almost entirely with physical levels of human consciousness, while the spiritualists are in the higher levels of consciousness. Spirituality is subjective, relating with non-physical aspects of life where science may now be consciously knocking at the doors for fresh ideas. **Prof. Om Vikas** stated that Knowledge is critical factor in accomplishing any task with excellence. Innovation is reflection of multi-disciplinary frameworks of knowledge. Knowledge flows in both explicit and implicit forms. Western (Cartesian) logic has its own limitations. Further, cognitive studies look towards oriental systems of knowledge representation, reasoning, inference and interpretation.



Prize winning researchers

Prof. Vijay K. Vaishnavi said that Raja yoga provides a systematic path for our spiritual growth and for realizing our true nature of divinity—Cosmic Consciousness

(*Param Shiva*), symbolically represented by *Shiva Lingam*. He provided a brief review of Raja yoga along with that of yoga. **Prof. Ram Gopal** discussed about the goal of *Sarvan hitay sarvan sukhay* that can be achieved by implementing Vedic Traditions. Without spirituality one does not develop politeness, modesty and *Seva Bhava*. Value based management of science and spirituality needs to be brought with Indian concept of unity in diversity at global level.

In the Valedictory session, prizes for **seven outstanding research papers** were presented to young scholars. The prizes named '**Svargiya Smt. Dhanno Devi Memorial Award-2015**' were constituted by Prof. Lallan Prasad in the memory of her mother. Prize-committee comprised of *Dr. Asha Rani Tripathi* (Lucknow), *Dr. Pravesh Saxena* (DU) and *Dr. Dharma Sharma* (DU). Details of prizes are as follows:

- ❖ **1st Prize** (Rs. 3000/-)—**Mr. Subramanian Chidambaran**, Univ. of Mumbai
- ❖ **IInd Prize** (Rs. 2000/-)—**Ms. Rumi Kaman**, Gauhati University
- ❖ **IIIrd Prize** (Rs. 1000/-)—**Dr. Rishiraj Pathak**, Delhi
- ❖ **IIIrd Prize** (Rs. 1000/-)—**Mr. Vikas Sharma**, University of Delhi
- ❖ **Encouragement Prize** (Rs. 500/-)—**Dr. K. Geetha**, Hyderabad
- ❖ **Encouragement Prize** (Rs. 500/-)—**Dr. Abhijit Dixit**, JNU, Delhi
- ❖ **Encouragement Prize** (Rs. 500/-)—**Mr. Tahasin Mondal**, AMU, Aligarh

Prof. Lallan Prasad, Vice-President, WAVES & Former Dean, University of Delhi was the chief guest of the Valedictory Session. Prof. Bhudev Sharma, Renowned Mathematician & Founder President, WAVES, USA presided over this session. Prof. Ramesh Bhardwaj, Head of the Department, Sanskrit, University of Delhi was the *Saraswat Atithi*. Dr. Shakuntala Bora, Asso. Professor, Philosophy, University of Gauhati, Assam, Shri Vidya Sagar Verma, Former Ambassador of India, and Dr. Ram Sevak Dubey, Asst. Professor, Sanskrit, University of Allahabad, Allahabad were the *Vishishta Atithis* in the closing session.



Valedictory Session

In his welcome address, **Dr. Jeet Ram Bhatt** appreciated the efforts of WAVES and the large participation of scholars from different parts of the country. Dr. Shashi Tiwari conducted the proceedings of this session and gave a brief of these three day conference activities. **Prof. Lallan Prasad** emphasized that observation and investigation play a very significant role both in Science and Spirituality. While quoting 'सुखस्य मूलम् धर्म धर्मस्य मूलम् अर्थः', he mentioned that welfare of mankind should be our prime goal. He thanked the organizers for a wider conference. In his address, **Prof. Ramesh Bhardwaj** discussed the chronological and archeological evidence for dating of Vedas.

He stressed on the implementation of the report of first Sanskrit commission given by Prof. Suniti Kumar Chatterjee. We should introduce Sanskrit as mainstream of knowledge in all areas of education such as language, literature, social science, environmental science, political science etc at every level.



Valedictory Session

Dr. Shakuntala Bora said in brief about the importance of knowing our roots and our culture. **Dr. Ram Sevak Dubey** spoke about the vastness of Vedic wisdom and limit of human intelligence. In his comments, **Shri Vidya Sagar Verma** referred books titled 'Vedic Religion' and 'The Bible of India', and explained that Vedic ideology is in perfect harmony with science. **Dr. Ganesh Dutt Sharma** declared WAVES conference as *gyan-yagya*. **Dr. Suresh P. Singh Chauhan** and **Dr. Pravesh Saxena** commented on the success of the conference. In concluding remarks, **Prof. Ram Karan Sharma** communicated that material knowledge, spiritual knowledge and scientific knowledge are interconnected according to our holy scriptures. *Ishavasyopanishad* has depicted it very beautifully- 'विद्यया मृतमश्नुते'.

On this occasion, two books titled '*Sanskritsahitya-Anushilnam*' authored by **Prof. Shashi Tiwari** and '*Manusmriti*' authored by **Dr. Asha Rani Tripathi** were released by the renowned dignitaries.

Prof. Bhu Dev Sharma pointed out two noble laureates of physics of this year in his presidential address. There should be research orientation scheme. Finally, Prof. Shashi Tiwari proposed a vote of thanks to all invited guests, delegates, scholars and authorities of Academy for their support and participation.

The conference concluded with the recitation of *Shanti Mantra*.



'Sanskritsahitya-Anushilnam'



'Manusmriti'

COMMENTS FROM DELEGATES OF 19TH INDIA CONFERENCE

Congrats. Very well organized 19th India Conference-WAVES,

—**Prof. Ram Gopal (Jodhpur)**

Congratulations on organizing this to encourage our youth to study Sanskrit and scriptures.—**Mr. Subodh Kumar (Ghaziabad)**

Thank you, Professor Tiwari for such a nice conference.

—**Prof. Bal Ram Singh (USA)**

Our congratulations!

—**Prof. S.R. Bhatt (Delhi)**

It was quite pleasant and quite informative to be at the conference. Subject was undoubtedly quite pertinent and gathering impressive. I really enjoyed and learned during these three days.

—**Mr. Sati Shankar (Delhi)**

Congratulations on successfully concluding the academic deliberations. Well done. The grand organization was superb and you all richly deserve deep appreciation and accolades"

—**Dr. Dayanand Parashar (Delhi)**

I enjoyed a lot. Some papers were highly informative and attractive. I am sure only in WAVES's conference can bring such nice presentations.

—**Dr. Vedawati Vaidik (Gurgaon)**

The discussion and dialogues, done beautifully by delegates, make the standard of this conference extraordinary.

—**Dr. Pradeep Rai (New Delhi)**

Congratulations for a very well organized conference.

—**Dr. Rajkumari Trikha (Delhi)**

Great work by the waves's members. It's a pleasure to be a part of this.

—**Ms. Rumi Kaman & Parmita (Assam)**

ACTIVITIES AT DELHI

IMPACT OF INDIAN PHILOSOPHY

9th May, 2015

Delhi Sanskrit Academy, Delhi

A symposium on 'Impact of Indian Philosophy' was organized by WAVES, in association with Delhi Sanskrit Academy, at Seminar Room, Delhi Sanskrit Academy. Dr. Yvette C. Rosser, Author and Philosopher, University of Texas, Austin, USA and Prof. Sunita Singh Sengupta, Faculty from Management Studies, Delhi University and Honorary Convener, ISOL Foundation were the invited speakers. Dr. Dharmendra Kumar Shastri, Secretary, Delhi Sanskrit Academy, Delhi was the *Saraswat Atithi*. Prof. Bhu Dev Sharma, Founder President, WAVES was the Chief Guest on this occasion. Prof. Usha Choudhuri, Former Professor, Sanskrit Department, University of Delhi chaired the program.

Dr. Yvette C. Rosser presenting her views on 'How Ancient India's Philosophies are Changing Modern America's Psychology- with reference to 'Nasadiya Sukta' talked about great personalities of India who influenced the intellectuals of world. She mentioned Mahatma Gandhi, Rabindranath Tagore, Shri Aurobindo, Swami Vivekananda, Maharishi Yogi and many other saints of Indian land in this context. For over two centuries the West, and the US in particular, has been integrally influenced by ideas from India; beginning with the Transcendentalists, in the early nineteenth century, followed by the dynamic teacher Swami Vivekananda who took American by storm in 1863, and the Theosophical Society at the end of the century.

Then decades later came the realized monk Paramahansa Yogananda in the 1920's, whose Self-Realization Fellowship is still a vibrant force in the USA where by the late half of the twentieth century, societal changes had catalyzed the search for answers to vexing ontological and epistemological questions, which led millions of Americans to look for the meaning of existence from within the ancient traditions of India. Questioning is important way of learning and explanation in Vedic philosophy. She proclaimed that the concept of oneness plays significant role in Indian philosophy.

In his comments

Prof. Bhu Dev Sharma admired the speaker for depth of thoughts. He talked about the Brahmins of Boston and referred the book 'Experiences' authored by Arnold for deep psychological studies. He mentioned Steve

Jobs, CEO of Apple who spent seven months in Nanital for spiritual insights. **Shri Subodh Kumar** said many Americans believe in rebirth. Ms. Deepti Gupta wanted to know 'who

inspires the speaker for Indian culture'. Dr. Manoj Sharma asked 'Is the term Dharma synonym to Hinduism?' The speaker said Dharma incorporates Hinduism which is essence, idea, concept and natural law. Dharma is a big word. It is not a matter to believe because it exists eternally.

Prof. Sunita Singh Sengupta spoke about 'Vedantic Foundations of Education as Envisaged by Swami Vivekananda'. She talked about Swami Vivekananda's philosophy and his efforts towards integration. *Ashtavakra gita* illustrates important thoughts of Hinduism and philosophy of life. Spiritual stimulation and strong character was the aim of ancient Indian education. True nature lies in one's own self, in the sense of righteousness, she emphasized giving references.

Dr. Dharmendra Kumar Shastri talked about the sameness of all religious thoughts. Morals for human beings are universal i.e. 'sarvabhaum'. He explained the unity of *kaarana* and *kaarya* in reference to creation.

Dr. Ganesh Dutt Sharma expressed pride that India is foremost in giving philosophy and culture to world through Vedas and other scriptures. **Shri Vidyasagar Verma** stated relevance of ancient Indian wisdom in modern world. In her presidential address, **Prof. Usha Choudhuri** pointed out the vision of Vedic Seers on Dharma. It should be understood as a sustaining and developing aspect which is eternal. Vedas say that this world is *Dvandvatmak Jagat* because here all objects have two phases such as day-night, birth-death, *sat-asat* etc.

Only Brahman is ultimate consciousness and thus above duality. In India we have many philosophies and we respect opposite views as well.

On this occasion WAVES newsletter 2015, was released by the renowned scholars on dias. Program was attended by scholars and researchers including Prof. Pushpendra Kumar, Dr. Saroj Chawla, Shri T.R. Arora, Prof. R.S. Kaushal, Shri Y.K. Wadhwa, Dr. Dharma, Dr. Mala Chandra, Dr. Lalita Junjeja, Dr. Sunita Gupta, Dr. Renu Bala, Dr. Sunita Sharma, and Dr. Saroj Bhardwaj.

Dr. Ranjit Behra, Sanskrit Dept, University of Delhi and President, WAVES, Tarun-Tarang presented a vote of thanks.



Dr. Dharmendra Kumar Shastri welcoming Dr. Yvette C. Rosser



From L to R: Dr. Shashi Tiwari, Dr. Yvette C. Rosser Prof. Sunita Singh Sengupta



Dignitaries while releasing WAVES newsletter 2015

Conferences in U.S.A.

- ★ **Indus Saraswati Age and Ancient India**, Atlanta (Georgia) 1996
- ★ **New Perspectives on Vedic & Ancient Indian Civilization**, Los Angeles, 1998
- ★ **Contemporary Views on Vedic Civilization**, Hoboken, 2000
- ★ **India's Contribution and Influences in the World**, University of Massachusetts, Dartmouth, 2002
- ★ **India's Intellectual Traditions**, Univ. of Maryland, Washington 2004
- ★ **Vedic Ideas for Global Harmony**, Univ. of Houston, TX, 2006
- ★ **Vedic Heritage for Global Welfare**, Orlando, 2008
- ★ **Vedic Knowledge for Civilization Harmony**, Trinidad, 2010
- ★ **Vedic Cultures—Epic and Pauranic Phase**, Dartmouth, Massachusetts, 2012
- ★ **Vedic Living in Modern World**, Fairfield, Iowa, 2014

Conference in Nepal

- ★ **Vedic Traditions in South and South-East Asian Region**, July 12-13, 2003

Conferences in India

- ★ **Indian Identity and Cultural Continuity**, Dec. 27, 1997
- ★ **Ancient Indian Wisdom & Contemporary Challenges**, Dec 24-25, 1998
- ★ **Challenges of Modernity: The Vedic View**, Jan. 7-8, 2000
- ★ **State & Society : An Ancient Indian Perspective**, Dec. 15-16, 2000
- ★ **Vedic Wisdom & Global Issues**, Shri shailam, Dec. 28-30, 2001
- ★ **Vedic Intellectual Tradition : Modern Context**, Dec. 27-28, 2002
- ★ **Contemporary World Order**, Pondicherry, Dec. 27-29, 2003
- ★ **Consciousness & Vedic Heritage**, Bangalore, Dec. 31-2 Jan., 2005
- ★ **Approach to Health and Happiness in Indian Thought**, Jaipur, Dec. 16-18, 2005
- ★ **Cultural Consciousness in Ancient Indian Society**, Dec. 15-17, 2006
- ★ **Vedic Value System : Relevance**, Vrindavan, Dec. 14-16, 2008
- ★ **Harappan Civilization and Vedic Culture**, Dec. 24-25, 2008
- ★ **Creation and Existence: Indian Perspective**, Dec. 24-26, 2009
- ★ **Relevance of Ayurveda**, Hyderabad, Jan. 21-23, 2011
- ★ **Veda and Thought Revolution**, Haridwar, March 14-17, 2012.
- ★ **Vedic Views on Man and Nature**, Dec. 24-26, 2012
- ★ **Vedic Views on Education and Morality**, Lucknow, Nov. 22-24, 2013
- ★ **Vedic Philosophical Tradition**, Varanasi, Nov. 15-17, 2014
- ★ **Science and Spirituality in Vedic Traditions**, Delhi, Nov. 27-29, 2015

योगेश्वर श्रीकृष्ण और लोकहित-चिन्तन

25 जुलाई, 2015

संस्कृत विभाग, साउथ कैम्पस, दिल्ली विश्वविद्यालय

प्रो. राम करण शर्मा, वेब्ज-अध्यक्ष ने प्रस्तुत विषय पर परिचर्चा की। इस अवसर पर डॉ. मीरा द्विवेदी, अध्यक्ष, संस्कृत, साउथ कैम्पस, दिल्ली विश्वविद्यालय मुख्यातिथि के रूप में उपस्थित थी। प्रो. इच्छा राम द्विवेदी, प्रो. एन.डी. शर्मा और डॉ. राम सेवक दुबे परिचर्चा में आमन्त्रित वक्ता थे। स्वागत भाषण प्रस्तुत करते हुए डॉ. शशि तिवारी, महासचिव, वेब्ज ने विषय की प्रस्तावना दी। उन्होंने कहा कि श्रीमद्भगवद्गीता के प्रत्येक अध्याय में योग का संदेश है।

अपने वक्तव्य में प्रो. इच्छा राम द्विवेदी, अध्यक्ष, पुराणेतिहास, श्री लाल बहादुर शास्त्री राष्ट्रीय संस्कृत विद्यापीठ, दिल्ली ने कहा कि योगेश्वर श्रीकृष्ण ने संसार को स्थिरता प्रदान करने के लिए योग का उपदेश दिया है। परमात्मा ब्रह्माण्ड के कण-कण में व्याप्त हैं। विषाद व्यक्ति को ब्रह्म से जोड़ता है इसीलिए गीता का पहला अध्याय है 'विषाद-योग'। महाभारत में सही लोगों ने गलत निर्णय लिए इसीलिए युद्ध हुआ। उन्होंने हृदय की दुर्बलता को छोड़कर आगे बढ़ने की ओर प्रेरित किया। वैदिक ऋषियों ने सदैव 'मेधा' की कामना की। वर्तमान समय में हमें सत्त्व-तत्त्व को जागृत करना चाहिए। प्रो. एन.डी. शर्मा, अध्यक्ष, कलाकोश, इन्दिरा गान्धी राष्ट्रीय कला केन्द्र, दिल्ली ने श्रीमद्भगवद्गीता के 9वें एवं 11वें अध्यायों को उद्धृत करते हुए श्रीकृष्ण के स्वरूप का वर्णन किया। श्रीकृष्ण के निराकार स्वरूप में समस्त संसार व्याप्त है। उन्होंने कहा कि अर्जुन की अपेक्षा संजय भगवान् कृष्ण के स्वरूप से अधिक परिचित थे, तभी संजय ने श्रीकृष्ण को 'महायोगेश्वर' सम्बोधन दिया। गीता को 'योगशास्त्र' कहते हैं। पुराणों में विश्वामित्र, मार्कण्डेय, भारद्वाज ऋषियों को भी 'योगेश्वर' कहा गया है। पूतना-वध आदि प्रसंग भगवान् कृष्ण की योग-शक्ति के उदाहरण हैं। 'कृष्णस्तु भगवान् स्वयम्'-अन्य अवतार तो अंशमात्र हैं परन्तु कृष्ण तो स्वयं भगवान् हैं। लोकहित के लिए विद्वानों द्वारा शास्त्रों का आचरण किये जाने पर डॉ. राम सेवक दुबे, संस्कृत, इलाहाबाद विश्वविद्यालय ने बल दिया। युवाओं की कोमल बुद्धि होने से श्रीकृष्ण ने अर्जुन को उपदेश दिया। श्रीमद्भगवद्गीता में अर्जुन संसार की समस्त युवा पीढ़ी का प्रतिनिधित्व करते हैं।

विद्वानों के वक्तव्यों के पश्चात् श्री विकास शर्मा, संयुक्त-सचिव, वेब्ज, तरुण-तरंग ने परिचर्चा का संचालन किया। डॉ. माला चन्द्रा, सहायक आचार्य, राष्ट्रीय संस्कृत संस्थान ने श्रीमद्भगवद्गीता के तीसरे

अध्याय की ओर ध्यान आकृष्ट करते हुए निरन्तर कर्म करते रहने और कर्तव्य-अकर्तव्य की विवेक-शक्ति का बोध होने पर बल दिया। डॉ. किशोर कुमार त्रिपाठी, संपादक, इ.गां.रा.क.के. दिल्ली ने शान्ति तथा मैत्री को सुखमय जीवन जीने की कला बताया। डॉ. श्यामदेव मिश्रा, सहायक आचार्य, रा.सं.सं. दिल्ली ने श्रीमद्भगवद्पुराण को आधार बनाकर श्रीकृष्ण-लीलाओं का चित्रण किया। डॉ. अरविन्द शर्मा, इ.गां.रा.क.के.दिल्ली ने श्रीकृष्ण द्वारा कही गई दैवी-असुरी शक्तियों का वर्णन किया। श्रीमती रक्षिता, शोध छात्रा, दि.वि.वि ने कर्तव्य-पथ पर चलने का आग्रह किया। उन्होंने श्रीकृष्ण के ज्ञान रूपी प्रकाश को जीवन का पथप्रेरक कहा। कु. गीता रानी ने योगक्षेम विषय पर प्रश्न उठाया। श्री सर्वेश कुमार मिश्र, श्री.ला.बा.शा.रा.सं.वि. दिल्ली ने गीता-ज्ञान को अपनी कवित्व-शक्ति के माध्यम से प्रकट किया। डॉ. रजनीश शुक्ला, सहायक आचार्य, रा.सं.सं. दिल्ली ने सभी वक्ताओं के वक्तव्यों की प्रशंसा करते हुए परिचर्चा के लिए कुछ नवीन सुझाव दिये। डॉ. हनीफ खान शास्त्री, सहायक आचार्य, रा.सं.सं. दिल्ली ने वैश्विक सम्पदा के रूप में श्रीमद्भगवद्गीता को माना। उन्होंने कुरान और गीता की समानता प्रदर्शित की।



बायें से—मीरा द्विवेदी, रामसेवक दुबे, एन.डी. शर्मा, रामकरण शर्मा, इच्छाराम द्विवेदी, शशि तिवारी एवं गीता रानी

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श्रीमती मीनू मिश्रा, शोधछात्रा, रा.सं.सं. दिल्ली ने बालकृष्ण और योगेश्वरकृष्ण के रूप में दो प्रकार की कृष्ण-भक्तियों की चर्चा की।

डॉ. प्रवेश सक्सेना, पूर्व आचार्या, दि.वि.वि. ने वर्तमान युग को आतंकवाद, भ्रष्टाचार और मानसिक-रोगों का युग माना। उन्होंने श्रीमद्भगवद्गीता को अवसाद से मुक्त कराने वाला शास्त्र और श्रीकृष्ण को मनोवैज्ञानिक कहा। मुख्यातिथि डॉ. मीरा द्विवेदी ने परिचर्चा के विषय को प्रेरणाप्रद कहा। उनके विचार में गीता का उपदेश अमृत के समान है, जो शान्ति प्रदान करता है। अपने अध्यक्षीय उद्बोधन में प्रो. राम करण शर्मा ने श्रीकृष्ण को जगतगुरु बताया। विरोधी तत्त्वों अथवा विचारधारओं का परस्पर सामञ्जस्य ही गीता है। उनके अनुसार श्रीमद्भगवद्गीता युद्ध का नहीं शान्ति का ग्रन्थ है। ईशावास्योपनिषद् के 'अन्धं तम प्रविशन्ति' मन्त्र को उद्धृत करते हुए उन्होंने जीवन में औचित्य नियम के पालन पर बल दिया।

इस अवसर पर उत्तर प्रदेश संस्कृत संस्थान, लखनऊ द्वारा 'महर्षि व्यास सम्मान' से सम्मानित हुई डॉ. शशि तिवारी का वेब्स संस्था के अध्यक्ष एवं सदस्यों ने अभिनन्दन किया। इस दौरान डॉ. अपर्णा धीर, संयुक्त-सचिव, वेब्स ने पावर-पोन्ट के माध्यम से डॉ. तिवारी के जीवन-वृत्त और उनकी शैक्षणिक उपलब्धियों की कुछ झलकियाँ भी दिखाई। प्रस्तुत कार्यक्रम में श्री विद्या सागर वर्मा, डॉ. एस.सी. गोस्वामी, डॉ. ललिता जुनेजा, डॉ. राजकुमारी त्रिखा, डॉ. धर्मा, डॉ. सुषमा चौधरी, डॉ. चाँद भारद्वाज, डॉ. आशा लता पाण्डेय, डॉ. करुणा आर्या, श्री एच. एल. कोहली इत्यादि भी उपस्थित थे। प्रो. लल्लन प्रसाद, उपाध्यक्ष, वेब्स ने भक्ति, ज्ञान, योग का मार्ग दर्शाने वाले श्रीमद्भगवद्गीता को जीवन-दर्शन का ग्रन्थ बताते हुए सभी वक्ताओं और श्रोताओं के प्रति धन्यवाद ज्ञापित किया।



अभिनन्दन करते हुए विद्वद्वृन्द

VEDIC YOGA

24th November, 2015

Human Advancement Institute, New Delhi

In association with Human Advancement Institute, WAVES has conducted a lecture on "Vedic Yoga", where Padma Bhushan Dr. David Frawley (Vedacharya Vamadeva Shastri), Vedic Scholar from USA was the key speaker and Prof. Bhu Dev Sharma, Renowned Mathematician & Founder President-WAVES was the chairman, while a number of eminent scholars and students were present as discussants. While introducing the speaker Dr. Shashi Tiwari quoted Sri Aurobindo's statement that Vedas reveal to those who has higher spiritual knowledge.

Dr. Frawley in his lecture explained that the deeper study of Vedas expose historical, cultural, scientific, spiritual and philosophical aspects of Vedic knowledge. In general the

term 'yoga' means 'asana', whereas in real sense Yoga-Vidya is applications such as bhakti-yoga, gyan-yoga, Karamyoga. 'Asana' is only one stage of yoga. 'Om' or 'Pranav' is the base of mantra-yoga. It is vibratory state of yoga. Term 'yoga' is mentioned in Upanishads. The first six shlokas of chapter-II of Shvetashvatara Upanishad deal with this subject. All Upanishads talk about 'Guhya Vidya' which is actually a spiritual knowledge. Shrimad-bhagvadgita is the main book on Yoga-philosophy. Moksha-dharam-parva of Mahabharata too narrates about the principles of Yoga.



Dr. Frawley on dias with Dr. Sharma and Dr. Rao

We should not look at Vedic deities according to Puranic concepts as Vedic deities are actually forces of nature which can be elaborated in context of the Yoga. Through them Vedic seers explained universal symbolism in a poetic way. One should always understand the deep rooted inner meanings of Vedic deities, such as 'Sun' is a symbol of universal divine light or can be explained as Prana or Atma. 'Indra' can be understood as ruling power which is Ishwar, Atma, Prana, Aayush. Agni is 'अंगुष्ठमात्र प्राण' i.e., 'जीवात्मा', वाक्, प्राण, शरीर, आत्मा are tools of Yoga. By quoting "शतं शतानि पुरुषः समेनाष्टौ शता...प्राणिनि चापापानिति", (Shatapatha Brahmana 12.3.2.8) he explained philosophy of Prana-Tattva. "We can experience ourselves as energy", by saying this Dr. Frawley concluded his talk.

In his comments Prof. Upendra Rao, Chairman, Special Centre of Sanskrit Studies, JNU, Delhi said yoga is ancient; we all should have proud on our ancient spiritual knowledge. Dr. Frawley gives the panoramic view of the Vedic Yoga through his lecture, said Dr. Somdutt Dixit. Dr. Chand Bhardwaj appreciated the connection of Vedic knowledge to scientific aspect of meditation. Many queries were raised. Prof. S.P. Narang asked about postures of Yoga. Prof. Lallan Prasad considered rituals as Yoga.

To explain or to teach Vedic spirituality one need practice of Ayurveda. Dr. R.S. Kaushal discussed plurality of meanings in Vedas. In his presidential address, Prof. Bhu Dev Sharma emphasized on the right application of rituals and congratulates Dr. David Frawley for his outstanding lecture. Mr. I.D. Kansal presented a vote of thanks.



Section of audience during lecture

RELATIONSHIP BETWEEN AYURVEDA AND JYOTISH

5th January, 2016

Human Advancement Institute, Delhi

On this occasion, **Dr. Jeffrey Armstrong 'Kavindra Rishi'**, Director, Vedic Academy of Science & Arts (VASA), Vancouver, Canada was the key speaker. Prof. Bhu Dev Sharma, Renowned Mathematician & Founder President-WAVES was the chairman. Dr. S.C. Goswami, a well known thinker and a former Prof. of Chemistry was present in the program as main discussant with other scholars and students. Dr. Shashi Tiwari introduced the speaker. She said that Dr. Armstrong is a relationship expert, philosopher, practitioner of Yoga and teacher of the Vedas, Ayurveda, and Jyotish for over 40 years. His deepest wish is to receive benefit for humanity from the great library of Vedic knowledge. Jeffrey has a clear perspective of the issues facing the world and the role Vedic knowledge can help in some of the problems of human sufferings worldwide. Dr. Armstrong is an award-winning poet and best-selling author of numerous books including spiritual teachings.

At the outset, Dr. Jeffery mentioned that there are nearly 2 million practicing yogis in the world today. He said that the knowledge of Ayurveda moved eastward to China and they picked it up.



Dr. Jeffrey with Dr. Kaushal in discussion

Dr. Jeffery explained the interconnected nature of all that exists. He said that in this universe all is based on intelligence. Nothing is random. There is a meaning behind every birth on this earth. Your body, your mother, your father all are based on your deeds i.e. *Karma*. Life i.e. *Jivana* is result of your *Karma*. Dr. Armstrong said that body is simply a carrier, made of five elements, i.e., *agni*, *prithvi*, *vayu*, *jal* and *aakash*. It should be in perfect shape to lead life up to its goal Moksha. For that Ayurveda helps. It studies type's of human body. There are three types of body due to prominence of three *Gunas*: *Vata*, *pitta* and *Kapha*. The effect of Jyotish moves from life to life. One has to balance one's life with nature. He said that 98% of the body type can be predicted by Jyotish. The punch line is to sell Ayurveda to the world as market is responding to it. He said that precise genetic code can be determined by Jyotish. He said that Indian culture is quickly recovering from colonization and the whole world is getting attracted to this.

Jyotish is a study of *graha* i.e. planets. A *Graha* is powerful as that holds one's life and casts its effect on it. If one can know about one's main *graha* and its relationship with oneself through Jyotish and side by side can know one's body type through Ayurveda, this can do wonders for the health as well as for mental enhancement and peace. These knowledge are helpful to understand the cause (*karana*) and inner mind (*antah karana*). Dr Jeffery praised Indian wisdom of medicine

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where preventive drugs are given importance. Modern medicine works mostly on symptoms of diseases as curatives. Removing one symptom and creating another is Allopathy. In Vedic traditions mankind is considered a mind-kind so they related body with mind and intellect to study a human being. Covering all the basics of body types, and their signs, he explained beautifully how to know ones identify, body type, personality and character.

Dr. S.C Goswami described the talk as highly inspiring. He said that we are all interconnected with each other at the quantum level. He described *Advaita Vedanta* as the crown jewel of all philosophies. Dr.Goswami remarked that it is the field theory behind the medicine rather than the chemistry which works. He said that yoga is a part of ancient knowledge based on practical and several integrated disciplines. We all should have pride on our ancient knowledge. He asked: How is it that Sun in Vedic tradition of Jyotish is considered one of the nine *grahas*, a planet while it is in fact a star? Dr. Jeffery answered that in Jyotish *graha* is the Sanskrit word meaning a heavenly body, not a mere planet. The confusion arises because of inappropriate translation of '*graha*' as a planet. **Dr. Chand Bhardwaj**, **Dr. R.S. Kaushal**, and **Dr. Sarojini Pitam** also commented on the lecture. At request, from the Chair, Dr. Armstrong recited a self composed poem.

In his presidential address, **Prof. Bhu Dev Sharma** mentioned about the roots of *Ayurveda* in *Atharvaveda*, where some ailments are attributed to past life and *karma*. This area, he said, seems to point to what are in the present system termed as genetic diseases. In respect of Jyotish he suggested to Dr. Armstrong to explore the *Vedic-Jyotish* of Lagadh, which is most ancient of work on Jyotish and is available. Further, he mentioned that based on astrological/ astronomical soft ware, birth, and other events, for example of Lord Rama, have been dated. He referred to some publications in that direction available with a friend who was present in the audience. The talk was greatly appreciated.

Congratulations !!!

DR. SHASHI TIWARI,
General Secretary-WAVES,
receiving President's
**CERTIFICATE OF
HONOUR, 2015**

from Hon'ble President of India
on 11th March, 2016 at
Rashtrapati Bhawan,
New Delhi.



—Governing Council, WAVES

ACTIVITIES AT DELHI

VEDIC RELIGION AND BUDDHISM

6th February, 2016

Human Advancement Institute, New Delhi

On the occasion of this special program, Dr. Koenraad Elst, Orientalist, Philosopher & Author of Hindu Religion from Belgium was the key-speaker. Prof. Bhu Dev Sharma, renowned mathematician was the chairman of the session. After invocation Dr. Asha Lata Pandey introduced the speaker and the guests to the audience.



Dr. Koenraad Elst said Buddhism is generally used as a weapon against Hinduism now-a-days to show their differences. Some authors project as if Hinduism is a problem while Buddhism is a solution. But all this is not true when we go through the principals of Buddhism in length. Dr. Elst emphasized that Hinduism is a much larger term. As Arya-Samaj, Ramkrishana- mission are Hindus so as Buddhists. Vedic Sanskrit is the language of rishis. Vedic traditions are the foundation of all thoughts developed in India. All the vernacular languages of Indians are sisters, daughters and nieces of Sanskrit language. Vedic traditions are centre of most of the Hindus practices. Vedic Culture must be considered as the backbone of Indian Wisdom. Dr. Elst opined that to him Buddhism is not a reaction or revolt to Vedic tradition. Vedic tradition is originated in Saraswati basin in remote past. Buddhism and Jainism were originated

after Upanishads. Buddha did not believe in caste system. He laid stress on Yoga and meditation. He used to give political advice to many contemporary kings. He was never a social reformer. He preached ethics and renunciation. Buddha insisted that desires cannot be fulfilled so be peaceful, nonviolent and calm and never waist valuable time in human life. It can be said that

his preaching was very much on Vedic lines. He advised his followers that all religious traditions must be preserved. He used *Dharma* and *Karma* terms in some different meanings which should be understood in right perspective.

Prof. Bhu Dev Sharma praised the talk before inviting comments. Prof. Lallan Prasad referred to Jatak studies of Buddhism in reference to Buddhist law of *Karma*. Whatever you do in this life is transferred to another life. Prof. S.P. Narang said that Buddhism, Jainism and Hinduism all are correlated. Dr. R.S. Kaushal observed that philosophical contribution of Buddhism was not discussed today while it is quite significant. Dr. Chand Bhardwaj asked how these values can be taught to youngsters. **Mr. Vidya Sagar Verma** said whatever is taught in Buddhism is not all taught by Buddha himself. How Buddhism got vanished from India is a question. Dr. Yvette C Rosser appreciated the speaker and told that people of America are practicing yoga and therefore, *Dharma* is attracting minds of masses. Prof. Shashi Tiwari narrated the incident of Tibet library. **Mr. Y.K. Wadhwa** presented a book on Buddha to learned speaker. **Mr. I.D. Kansal** presented vote of thanks to all present.



Reference Book

REVISITING INDUS-SARASVATI AGE AND ANCIENT INDIA

Edition : 1998

Editors : Prof. Bhu Dev Sharma and Dr. Nabarun Ghose

PRICE

Rs.500/- for Non-Members; Rs. 250/- for Members; Rs. 1000/- for Libraries

PUBLICATIONS OF WAVES

Reference Book

NEW PERSPECTIVES ON VEDIC & ANCIENT INDIAN CIVILISATION

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Editor : Prof. Bhu Dev Sharma

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Reference Book

CONTEMPORARY VIEWS ON INDIAN CIVILIZATION

Edition : 2003

Editor : Prof. Bhu Dev Sharma

PRICE

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BANGALORE CHAPTER

In connection with the continuation of *Pravacana malika* of our Kendra and WAVES, a Research Seminar on Yajurveda was organized at the Aurobindo Complex, I Phase, J.P. Nagar, Bangalore on 4th Oct., 2015. The inaugural presentation was made by Dr. R.L. Kasyap, Director of Sri Kapali Sastry Institute of Vedic Culture. He explained the importance of Yajurveda and the interpretations made by Sri Aurobindo to reach common people in its understanding the



relevance of the Veda. Dr. C.L. Prabhakar, gave a Preamble- note of the seminar and explained the studies done on Yajurveda hitherto.

Distinguished scholars in the field were the source persons who discussed various aspects of Sukla and Krishna Yajurveda.

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वेव्ज की हरिद्वार शाखा

दिनांक 8-5-2015 को हरिद्वार शाखा की ओर से वैदिक साधनआश्रम देहरादून में आयोजित विशेष वार्ता को देश के विभिन्न प्रान्तों से आये हुए लगभग 200 वेद-प्रेमियों ने एकाग्रतापूर्वक श्रवण किया। वार्ता का विषय था 'वेदों में योगविद्या'। वार्ताकार थे डॉ. स्वामी दिव्यानन्दसरस्वती, संरक्षक पातंजलयोगधाम हरिद्वार। स्वामी दिव्यानन्दसरस्वती ने अपने वैदुष्यपूर्ण वक्तव्य में योगविद्या का सर्वांगीण विवेचन करते हुए वेदों के आधार पर उसे प्रतिष्ठित एवं प्रमाणित किया। उन्होंने कहा कि योग केवल कुछ आसनों का नाम नहीं है। आसन सम्पूर्ण साधना का मात्र एक भाग हैं जिनसे शरीर स्वस्थ रहता है। योगविद्या वास्तव में ब्रह्मविद्या या प्राणविद्या है जो ईश्वरप्राप्ति का साधन है।

उन्होंने अपने दीर्घकालीन अनुभव एवं अध्ययन के आधार पर वैदिक संहिताओं से उपनिषदों तक उपलब्ध योगविषयक ज्ञान को क्रमबद्ध रूप से श्रोताओं के समक्ष प्रस्तुत किया। विद्वान् वक्ता ने पंचकोशों पर प्रकाश डालते हुए वेदोक्त प्रमाणों के आधार पर अन्नमयकोश की साधना के विषय में बताया। साथ ही मानव-शरीर की संरचना, शरीर विज्ञान की उपयोगिता और योगविद्या से शरीर विज्ञान का गहरा सम्बन्ध प्रतिपादित किया।

सामवेद की एक ऋचा में 'रथेभिः' शब्द इस बात का द्योतक है कि "जब तक जीवात्मा शरीर में रहता है तभी तक योगसाधनाओं के कारण परमात्मा को पा सकता है। बिना शरीर के न साधनाएं होती हैं और न परमेश्वर को ही पाया जा सकता है—सामवेद 933।

प्राणमय कोश की साधना का विवेचन करते हुए स्वामी जी ने सूक्ष्म शरीर की सत्ता को विवेचित किया। दस प्राणों से युक्त प्राणमय कोश

WAVES CHAPTERS

को दो भागों में विभक्त कर सकते हैं—1. पंच मुख्य प्राण— प्राण, अपान, व्यान, समान, उदान। 2. पंच गौण प्राण—नाग, कूर्म, कृकल, देवदत्त, धनंजय। वेदों में प्राण विज्ञान एवं उसकी उपयोगिता को स्पष्ट करते हुए विद्वान् वक्ता ने कहा कि यजुर्वेदीय मंत्र में रुद्राः शब्द से प्राण, अपान, व्यान, उदान, समान, नाग, कूर्म, कृकल, देवदत्त, धनंजय नामक दश प्राण एवं ग्यारहवाँ जीव—शतपथ ब्राह्मण 14, 6, 9, 4-6। योगसाधक जब नित्य सुख स्वरूप मोक्ष की प्राप्ति के लिए योगयज्ञ का विस्तार करता है तो वसन्तादि उत्तम ऋतुएं योगयज्ञ के विस्तार में सहायक हो समिधा का कार्य करती हैं—यजुर्वेद 2,5। ऋग्वेदीय ऋचा में प्रयुक्त रुद्रा पद द्वारा एकादश प्राणों का ग्रहण किया गया है। प्राणों का नियमित व्यापार करते रहने से ही स्थूल शरीर स्वस्थ रह सकता है। योगविद्या के अन्तर्गत प्राणायाम का महत्व स्वीकार करते हुए कहा कि प्राणायाम का अभ्यास विधिपूर्वक करने से अनेक लाभ होते हैं। परन्तु बिना सीखे अयुक्त विधियों से किया गया प्राणायाम अनेक रोगों का जनक होता है। उन्होंने मनोमयकोश का स्वरूप एवं मन का वेदोक्त विवेचन करते हुए श्रोताओं को संयम तथा मनोनिग्रह का महत्व स्पष्ट किया। ऋग्वेद के पुरुषसूक्त में शरीर और ब्रह्माण्ड की एकता दिखाते हुए कहा गया है कि इस शरीर रूपी पिण्ड में मन चन्द्रमा रूप है—चन्द्रमा मनसो जातश्चक्षोः सूर्यो अजायत।। (ऋ. 10, 90, 13, यजु. 31, 12)

उक्त कार्यक्रम के मुख्य अतिथि प्रो. मनमोहन बजाज, कुलाधिपति अहिंसा इण्टरनेशनल कामधेनु यूनिवर्सिटी ने अहिंसा पर विचार करते हुए जीव-हत्या के निषेध पर बल दिया। अहिंसा योग में सहायक है इस बात पर प्रकाश डालते हुए जीवों के जीने के अधिकार की बात की। उन्हें मारने का पाप विश्व में कहर बरपा रहा है। इसलिए योगयुक्त जीवन ही वरेण्य है। डॉ. प्रतिभा शुक्ला, सेक्रेटरी, हरिद्वार चैप्टर ने मंचसंचालन किया। सम्पूर्ण कार्यक्रम श्री योगेन्द्र बाधवा, पी.आर.ओ. वेव्ज, भारत शाखा एवं श्री प्रेमप्रकाश, मंत्री वैदिक साधन आश्रम, देहरादून के प्रशंसनीय प्रयासों से सम्पन्न हुआ।

उक्त कार्यक्रम के मुख्य अतिथि प्रो. मनमोहन बजाज, कुलाधिपति अहिंसा इण्टरनेशनल कामधेनु यूनिवर्सिटी ने अहिंसा पर विचार करते हुए जीव-हत्या के निषेध पर बल दिया। अहिंसा योग में सहायक है इस बात पर प्रकाश डालते हुए जीवों के जीने के अधिकार की बात की। उन्हें मारने का पाप विश्व में कहर बरपा रहा है। इसलिए योगयुक्त जीवन ही वरेण्य है।

डॉ. प्रतिभा शुक्ला, सेक्रेटरी, हरिद्वार चैप्टर ने मंचसंचालन किया। सम्पूर्ण कार्यक्रम श्री योगेन्द्र बाधवा, पी.आर.ओ. वेव्ज, भारत शाखा एवं श्री प्रेमप्रकाश, मंत्री वैदिक साधन आश्रम, देहरादून के प्रशंसनीय प्रयासों से सम्पन्न हुआ।

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