

MDNIY Inaugurates Five-Day National Workshop on Patanjala Yoga Sutra

Workshop to Explore Vibhuti Pada Through a Systematic Study of Vyasa Bhashya

Experts Highlight Relevance of Patanjala Yoga Sutra in Understanding the Human Mind, Discipline and Consciousness

Posted On: 26 OCT 2026 6:53PM by PIB Delhi

The Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, today inaugurated a five-day National Workshop on “Patanjala Yoga Sutra: Vibhuti Pada (In the Light of Vyasa Bhashya)”. Scheduled from October 26 to 30, 2026, the workshop aims to deepen participants’ understanding of Vibhuti Pada through a systematic study of the Patanjala Yoga Sutra and its traditional interpretation.

Prof. Krishna Kant Sharma, former Professor, Department of Vedic Philosophy, Faculty of Sanskrit Vidya Dharma Vigyan (SVDV), Banaras Hindu University (BHU), Varanasi, participated as the subject expert and emphasised the importance of integrating classical wisdom with practical learning. He stated, “MDNIY is committed to imparting practical knowledge alongside a deeper understanding of the classical Yoga text Patanjala Yoga Sutra. The teachings of Maharishi Patanjali offer valuable insights into understanding and managing human suffering through Yoga.”

Dr. Jyoti Keswani, Director, MDNIY, highlighted the relevance of the Patanjala Yoga Sutra in personal development and the cultivation of discipline and awareness. She stated, “This classical text inspires us to become better human beings by cultivating discipline and awareness to manage the ego (Asmita). Each reading offers a new perspective. Vibhuti Pada, with its exposition of Siddhis, presents profound concepts that invite deeper philosophical inquiry and further scientific exploration. It encourages us to approach this traditional knowledge with an open mind, while recognising the importance of systematic research in understanding its significance and potential applications.”

Md. Taiyab Alam, Communication and Documentation Officer and DD (I/C), MDNIY, underscored the importance of applying the teachings of Yoga in everyday life. He stated, “The true essence of Yoga lies not in merely memorising the Yoga Sutras, but in integrating their wisdom into daily life. Vibhuti Pada, enriched by the philosophical depth of Vyasa

Bhashya, offers profound insights into the discipline and purpose of Yoga. I am confident that this workshop will foster dialogue, learning and the dissemination of India's classical Yoga heritage."

Dr. I. N. Acharya, Programme Officer, MDNIY, discussed the contemporary relevance of the Patanjala Yoga Sutra, particularly in understanding and regulating the human mind. He stated, "In today's world, where information is increasingly accessible and life has become more complex, Patanjala Yoga Sutra offers valuable guidance for understanding and regulating the human mind while encouraging mindfulness and awareness."

Vibhuti Pada, the third chapter of the Patanjala Yoga Sutra, explores advanced dimensions of Yogic practice, including Dharana, Dhyana and Samadhi, collectively known as Samyama. It also elaborates on various Siddhis (Yogic attainments), their implications and the importance of discernment in understanding their significance in the pursuit of spiritual progress.

The workshop provides an academic platform for an in-depth exploration of these concepts through a systematic study of the Sutras and the traditional commentary of Vyasa Bhashya. It also seeks to examine the philosophical foundations of Patanjala Yoga and the relevance of classical Yogic teachings in understanding higher stages of Yogic discipline and consciousness.

Dr. Indu Sharma, Assistant Professor, Yoga Education, MDNIY, is coordinating the workshop.

Through such academic initiatives, MDNIY continues to promote the systematic study of classical Yoga texts and strengthen understanding of India's rich Yogic and philosophical heritage.



SR/SV/SG

(Release ID: 2328655) Visitor Counter : 202
Read this release in: Urdu , हिन्दी

Share



515 words



2 min read

