

## **REPORT: "SAMPOORNA VYAKTITVA VIKAS ME PANCHKOSHIYA SIDDHANT KI BHOOMIKA**

On 14 December, 2024, a special lecture titled "Sampoorna Vyaktitva Vikas Me Panchkoshiya Siddhant Ki Bhoomika" was held at the A. K. Saran Conference Hall, Department of Sociology, University of Lucknow at 12:00 pm. It was organized by the Counseling and Guidance Cell (CGC) in collaboration with the Happy Thinking Laboratory (HTL), this lecture aimed to provide participants with insights into the practices and philosophies of Panchkoshiya Siddhant, emphasizing its role in enhancing both physical and mental fitness. This event featured a distinguished session led by Chief Speaker, Prof. Jayashankar Pandey from Bappa Sri Narain Vocational P.G. College (KKV), Lucknow. Prof. Pandey, renowned for his expertise in ancient Indian philosophies, engaged participants with a comprehensive exploration of Panchkosh Siddhant and its significance in modern life.

**लखनऊ विश्वविद्यालय**  
University of Lucknow  
(Accredited A++ by NAAC)

**Counselling And Guidance Cell and Happy Thinking Laboratory**  
in collaboration with  
Department of Sociology

Under the Patronage of Prof. Alok Kumar Rai  
Hon'ble Vice Chancellor

**Special Lecture**  
on-  
**"संपूर्ण व्यक्तित्व विकास में पंचकोषीय सिद्धांत की भूमिका"**

by-  
**Prof. Jayashankar Pandey**  
Bappa Sri Narain Vocational P.G.  
College (KKV), Lucknow

14 December, 2024  
12:00 pm

A.K. Saran Conference Hall  
Department of Sociology,  
University of Lucknow

**CONVENERS**  
Dr. Vaishali Saxena, Director, Counselling and Guidance Cell  
Prof. M.Priyadarshini, Director, Happy Thinking Laboratory  
Prof. D.R. Sahu, Head, Department of Sociology, University of Lucknow

You are cordially invited

The core objective of the lecture was to highlight the importance of Panchkoshiya Siddhant in achieving Sampurna Vyaktitva Vikas (holistic personality development). This ancient Indian philosophical concept focuses on the interconnectedness of the five layers of human existence—Annamaya Kosh (Physical body), Pranamaya Kosh (Vital force), Manomaya Kosh (Mind), Vijnanamaya Kosh (Intellect), and Anandamaya Kosh (Bliss)—which together shape an individual's overall well-being.

The lecture proved to be highly engaging and educational for the audience. Participants gained a deeper understanding of the Panchkoshiya Siddhant and its importance in holistic development. Prof. Pandey's insights offered participants a fresh perspective on integrating ancient Indian wisdom with contemporary approaches to mental and physical fitness. Several attendees expressed a keen interest in learning more about the subject and applying these teachings to improve their personal lives.

The lecture concluded with a dynamic Q&A session, where participants actively engaged with Prof. Pandey. Questions ranged from the application of Panchkoshiya Siddhant in daily life to its relevance in the context of modern challenges such as technology addiction and stress management.

Prof. M. Priyadarshini, Director, HTL and Head, Department of English and M.E.L at the University of Lucknow, emphasized the significance of the workshop and her broader perspective on the importance of mindfulness.

Dr. Vaishali Saxena, Director of the Counseling and Guidance Cell, delivered the vote of thanks at the event, expressing sincere gratitude to Honourable Vice Chancellor Prof. Alok Kumar Rai, Chief Speaker, Prof. Jayashankar Pandey from Bappa Sri Narain Vocational P.G. College (KKV), Lucknow, and Prof. M. Priyadarshini, Director of the Happy Thinking Laboratory. She also thanked the coordinators and all participants for their collaborative efforts that contributed to the event's success.

The event was a resounding success, achieving its goal of spreading awareness about the practical and philosophical significance of Panchkoshiya Siddhant in modern society. It served as a valuable platform for participants to explore the connection between ancient wisdom and modern-day challenges, fostering both personal growth and well-being.







## ATTENDANCE

S. No	Name	Signature	Contact No. & Email
1.	Sonika Gautam	<u>Sonika</u>	8004979225
2.	Ankita Deep	<u>Ankita</u>	9369511292
3.	Reena Yadav	<u>Reenayad</u>	9303684679
4.	Sangeeta Sharma	<u>Sangeeta</u>	7318202388
5.	Jyoti Sani	<u>Jyoti</u>	7855176383
6.	Sumita Yadav	<u>Sumita</u>	6306104409
7.	Pooja Tripathi	<u>Pooja</u>	9696980513
8.	Sunay Prakash Kumar	<u>Sunay</u>	9532408435
9.	Rajnish Singh	<u>Rajnish</u>	7239011161
10.	Nidhi Chauhan	<u>Nidhi</u>	6391387164
11.	Mamta	<u>Mamta</u>	9118306769
12.	Vikramaditya	<u>Vikram</u>	8115833269
13.	Ravikant Pandey	<u>Ravikant</u>	9989697710
14.	Sanjay Singh	<u>Sanjay</u>	9013944375
15.	Sachin Upadhyay	<u>Sachin</u>	8933078705
16.	Gaurav Singh	<u>Gaurav</u>	7080333930
17.	PRASHANT SHUKLA	<u>Prashant</u>	914077022
18.	Prachi Singh	<u>Prachi</u>	9358292470
19.	Manish Singh	<u>Manish</u>	8172995003
20.	ANIL YADAV	<u>Anilyadav</u>	7316227994
21.	Alok Kumar Tripathi	<u>Alok</u>	6388502955
22.	Dr. Vijayanta Thakur	<u>Vijayanta</u>	8052789541
23.	Sujata Devi	<u>Sujata</u>	9335798795
24.	Pradeep Kumar Vishwakarma	<u>Pradeep</u>	9340473266
25.	Kamini Singh	<u>Kamini</u>	6283974327
26.	VISHAL KUMAR PATWA	<u>Vishal P.</u>	9336440157
27.	YASHWANT KUMAR NISTAL	<u>Yashwan</u>	739858729
28.	Rishy Bharti	<u>Rishy Bharti</u>	7786004347
29.	Neeha Devi	<u>Neeha</u>	9140208279
30.	Ankita Rastogi	<u>Ankita</u>	9140208279

