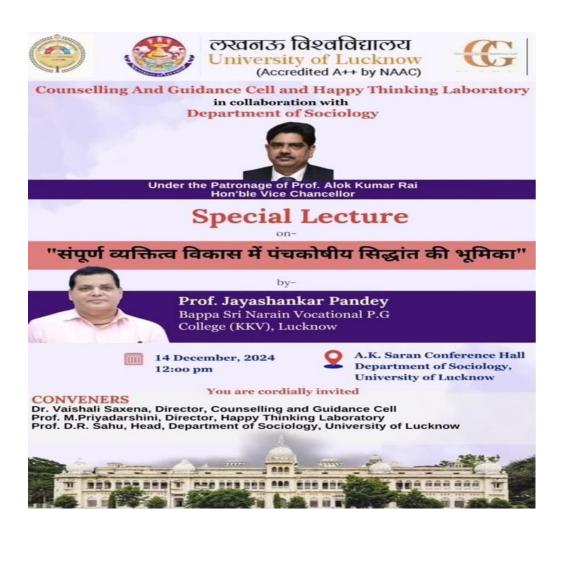
REPORT: "SAMPOORNA VYAKTITVA VIKAS ME PANCHKOSHIYA SIDDHANT KI BHOOMIKA

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.



The core objective of the lecture was to highlight the importance of Panchkoshiya Siddhant in achieving Sampoorna 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

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