

One Day State level Seminar

ON

Yoga Ethics and Its Relevance in Present Day W

SPEAKER: DR. SK. ABDUL HALIM



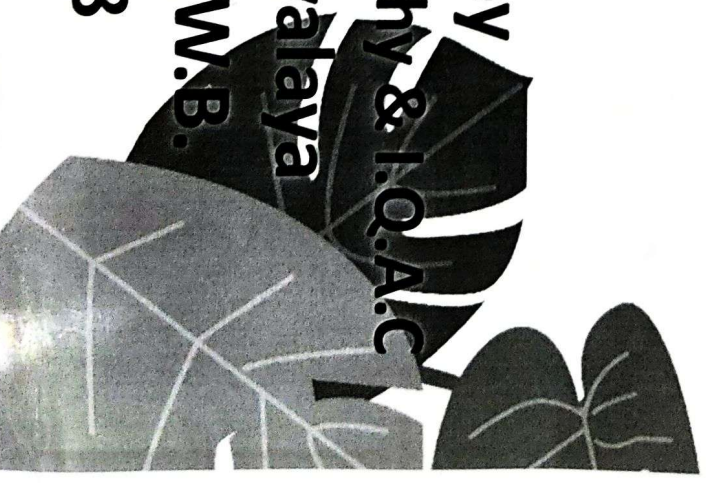
Organised by

Department of Philosophy & I.O.A.C

Polba Mahavidyalaya

Polba, Hooghly, W.B.

PIN-712148



To
The Teacher-in-Charge
Polba Mahavidyalaya
Polba, Hooghly
Pin- 712148

Sub: Seeking permission to organize a one-day state level Seminar on Yoga Philosophy

Respected Sir,

With due respect, I, on behalf of Philosophy Department in collaboration with IQAC, Polba Mahavidyalaya, would like to request your kind permission to organize a one-day Seminar on "Yoga Ethics and it's Relevance in Present Day World " in the college premises. The proposed date of the said seminar is tentatively 21/02/2023. The date would be finalized according to the convenience of the Resource Person.

Proposed Resource Person: Sk Abdul Halim

Proposed Budget:

o Resource Person Honorarium:

Rs. 1000/-

Hope you would be kind enough to provide your administrative and financial permission for the forthcoming Seminar.

Thanks and Regards,

Sharmistha Gupta (Dutta)

Dr. Sharmistha Gupta (Dutta)

Head of the Department of Philosophy

Polba Mahavidyalaya

Allowed.
Abdul Halim

Telephone: (03213) 225128, 225133

Fax : (03213) 225128

web site: polbamahavidyalaya.com

e-mail: officepolbamahavidyalaya@gmail.com



POLBA MAHAVIDYALAYA

Post Office - Polba, District – Hooghly, West Bengal, Pin -
712148

AFFILIATED TO THE UNIVERSITY OF BURDWAN

Recognized under Sections 2(f) & 12(B) of the UGC Act. 1956

NAAC Accredited

Ref. No.

Date: 15.02.2023

Notice

All the Teaching and Non-Teaching Staffs along with the Students of Philosophy of Polba Mahavidyalaya are hereby informed that department of philosophy in collaboration with IQAC is going to organize a state level seminar on 'Yoga Ethics and its Relevance in present day world" on 21/02/23

B. S. Ghosh

Head of the Department
Philosophy

N. S. Ghosh
15/2/23

Teacher-in-Charge

Programme of the Seminar

One-day State level Seminar

on

“Yoga Ethics and its Relevance in Present Day World”.

Organized by
Philosophy Department & I.Q.A.C. POLBA MAHAVIDYALAYA
21/02/2023

:Venue:

Polba Mahavidyalaya(Room No. 202), Polba, Hooghly, W.B.-712148.

- Registration: 12.00noon – 12.30pm
- Inaugural Session: 12.30 pm – 12.45 pm

Objectives of the Seminar: Dr. Sharmistha Gupta Dutta H.O.D. Department of Philosophy, Polba Mahavidyalaya 12.45-1:00pm

Lighting of Lamp by the respected Teacher in Charge in the presence of the resource person and other.

Felicitations of Hon'ble T.I.C. Polba Mahavidyalaya, Distinguished Resource Person & by the Students

Inaugural Speech by Hon'ble T.I.C., Polba Mahavidyalaya,
1:00 pm – 1:15 pm

Introduction of the Speaker: Dr.Pratima Dhali, Assistant Professor Dept. of Philosophy, Polba Mahavidyalaya.

Discussion 1:15 pm -2.15pm
Speech: " Yoga Ethics and its Relevance in Present Day World "
by Sk Abdul Halim,

2:15 -2:30 pm
Vote of thanks is given by Dr. Sharmistha Gupta (Dutta)
The Seminar concludes.

Baner
28.02.23

Objectives of the Seminar

Although ethics is discussed separately as a branch in Western Philosophy, ethics is not discussed in such a clear or distinct manner in Indian philosophy. Again, Indian philosophy cannot be thought of without moral discussion. Many scholars believe that Indian philosophy originated out of necessity. And that need is the solution to our infinite sorrows and problems. Those who speak of theory as a solution speak of moral practice as a stepping stone to a proper understanding of that theory and knowledge. And those who speak of action as a solution speak of a needs-based approach with an emphasis on moral practice. Yoga philosophy points to the latter path. Many believe that the first two stages of Ashtanga Yoga, Yama and Niyama, as mentioned in the Yoga Sutras, contain the principles of all the scriptures of the world. I will try to limit today's discussion to the nature,

Banta 28.02.23

A Progress Report of the Seminar

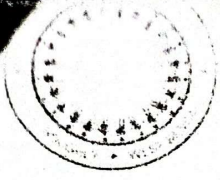
A One-day State level Seminar was organized by the department of Philosophy & I.Q.A.C. of Polba Mahavidyalaya, Polba, Hooghly, W.B.-712148 on 21st February, 2023. The topic of discussion of the seminar was **“Yoga Ethics and its Relevance in Present Day World”**.

We started the Registration followed by the Inaugural Session around . The Objectives of the Seminar was briefly stated by Dr. Pratima Dhali, Assistant Professor of Philosophy, Polba Mahavidyalaya, Then the programme was carried forward by completing lighting the Lamp ceremony and Felicitations of Hon'ble T.I.C.sir and distinguished resource person were done by the Students. Next the Inaugural speech was delivered by our respected T.I.C. sir of Polba Mahavidyalaya, Mr. N. G. Kaibartya,

We started our Technical Session introducing the Resource person, Dr Pratima Dhali Assistant Professor Dept. of Philosophy .Dr., Sharmista Gupta Dutta H.O.D., Dept. of Philosophy, Polba Mahavidyala delivered the Keynote Speech on **“Yoga Ethics and its Relevance in Present Day World”** valuable talk deliver by distinguished resource person Sk.Abdul Halim. The students with audience were highly enriched by his valuable discussion.

Then we moved to the Valedictory Session. Dr Sharmista Gupta Dutta H.O.D Dept.of Philosophy Polba Mahavidyalaya addressed Vote of Thanks to the Hon'ble Resource Person, Respected T.I.C. Polba Mahavidyalaya, I.Q.A.C. Coordinator, Dr. Santanu Sengupta, Assistant Professor, Dept. of History, Polba Mahavidyalaya, Hon'ble Bursar, Dr. Sanjay Kumar Ghosh, Associate Professor & H.O.D., Dept. of Bengali, Polba Mahavidyalaya, Dr. Sohini Ghosh, Assistant Professor & H.O.D., Dept. of Education, Convenor of Seminar Committee of Polba Mahavidyalaya, all the Respected Faculty Members & Non-teaching Staffs of our college and also our beloved students. Following that we finally closed our programme.

Sd/- 28.02.23



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Date: 21-02-2023

To whom it may concern

This is to certify that Dr. Sk Abdul Halim, Assistant Professor and Coordinator, Department of Philosophy, Kazi Nazrul University delivered a seminar lecture titled "Yoga Ethics and it's Relevance in Present Day World" at Polba Mahavidyalaya on 21.02.2023.

We appreciate Dr. Halim's adept articulation and profound knowledge which not only enriched the young minds of those present but also left a profound and lasting impression. We are grateful for his painstaking efforts in enhancing the standard of education at our institution.

-----21/02/2023

(Narugopal Kaibarta)

Teacher in Charge
Polba Mahavidyalaya
Polba, Hooghly, West Bengal



Received

28-02-23

Bill

Received Rs.1,000/- (Rupees One Thousand only) from Polba Mahavidyalaya as
Honarium for attending Seminar as Resource Person organized by Polba
Mahavidyalaya on..21.02.2023

Full Name : Dr. Sk Abdul Halim

Signature : SK Abdul Halim.

Dr. Sk Abdul Halim
28.02.23

YOGA ETHICS AND IT'S RELEVANCE IN PRESENT DAY WORLD

*Dr. Sk Abdul Halim
Assistant Professor & Coordinator
Department of Philosophy
Kazi Nazrul University*

Although ethics is discussed separately as a branch in Western philosophy, ethics is not discussed in such a clear or distinct manner in Indian philosophy. Again, Indian philosophy cannot be thought of without moral discussion. Many scholars believe that Indian philosophy originated out of necessity. And that need is the solution to our infinite sorrows and problems. Those who speak of theory as a solution speak of moral practice as a stepping stone to a proper understanding of that theory and knowledge. And those who speak of action as a solution speak of a needs-based approach with an emphasis on moral practice. Yoga philosophy points to the latter path. Many believe that the first two stages of Ashtanga Yoga, Yama and Niyama, as mentioned in the Yoga Sutras, contain the principles of all the scriptures of the world. I will try to limit today's discussion to the nature, application, and consequences of that ethical practice.

*Dr. Sk Abdul Halim
28.02.23*

POLBA MAHAVIDYALAYA

POLBA, HOOGHLY, PIN-712148

Department of Philosophy

A One-Day Departmental Seminar on


“Yoga Ethics and it's Relevance in Present Day World”

Date: 21.02.2023

SL. no	Name	Semester	Roll Number	Subject	Signature
1.	Manish Kumar Ghosh	5th	110	Education	Manish Kumar Ghosh
2.	SK. Sobab	5th	403	History	SK. Sobab
3.	Kankana Bhattacharya	5th	107	Education	Kankana Bhattacharya
4.	Ankita Ghosh	5th	1040	Bengali	Ankita Ghosh
5.	Piu Kan	5th	1050	Bengali	Piu Kan
6.	Rakhi Saren	5th	1150	Gen	Rakhi Saren
7.	Rituparna Manna	5th	1086	Gen	Rituparna Manna
8.	Babita Ghosh	5th	9053	General	Babita Ghosh
9.	Nilmoni Hembram	5th	1126	General	Nilmoni Hembram
10.	Puja Besra	5th	1103	General	Puja Besra
11.	Priti Das	5th	1072	General	Priti Das
12.	Rojumazid	3th	1111	Education	Rojumazid
13.	Puja Malik	5th	1109	General	Puja Malik
14.	Shampa Malik	5th	1123	General	Shampa Malik
15.	Rakhi Malik	5th	1089	General	Rakhi Malik
16.	Kakali Ghosh	5th	1031	General	Kakali Ghosh
17.	Sulekha Ghosh	5th	1018	General	Sulekha Ghosh
18.	Nilmoni Mandi	5th	1022	General	Nilmoni Mandi
19.	Samima Khatun	5th	1006	General	Samima Khatun
20.	Debi Chakraborty	5th	1013	General	Debi Chakraborty
21.	Rohit Roy	5th	1134	General	Rohit Roy
22.	Garalmandi Mune	5th	1144	General	Garalmandi Mune
23.	Baddender Mande	5th	1048	General	Baddender Mande
24.	Paramita Hazra			General	Paramita Hazra
25.	Diya Hazra	5th	1145	General	Diya Hazra
26.	Payel Adak	5th	1122	General	Payel Adak
27.	Sima Sadhukhan	5th	1104	General	Sima Sadhukhan
28.	Afroja Khatun	3rd	104	Hon. Education	Afroja Khatun
29.	SK Masuma Khatun	3rd	102	Education	SK Masuma Khatun
30.	Shoroni Pal	3rd Sem	105	Education	Shoroni Pal

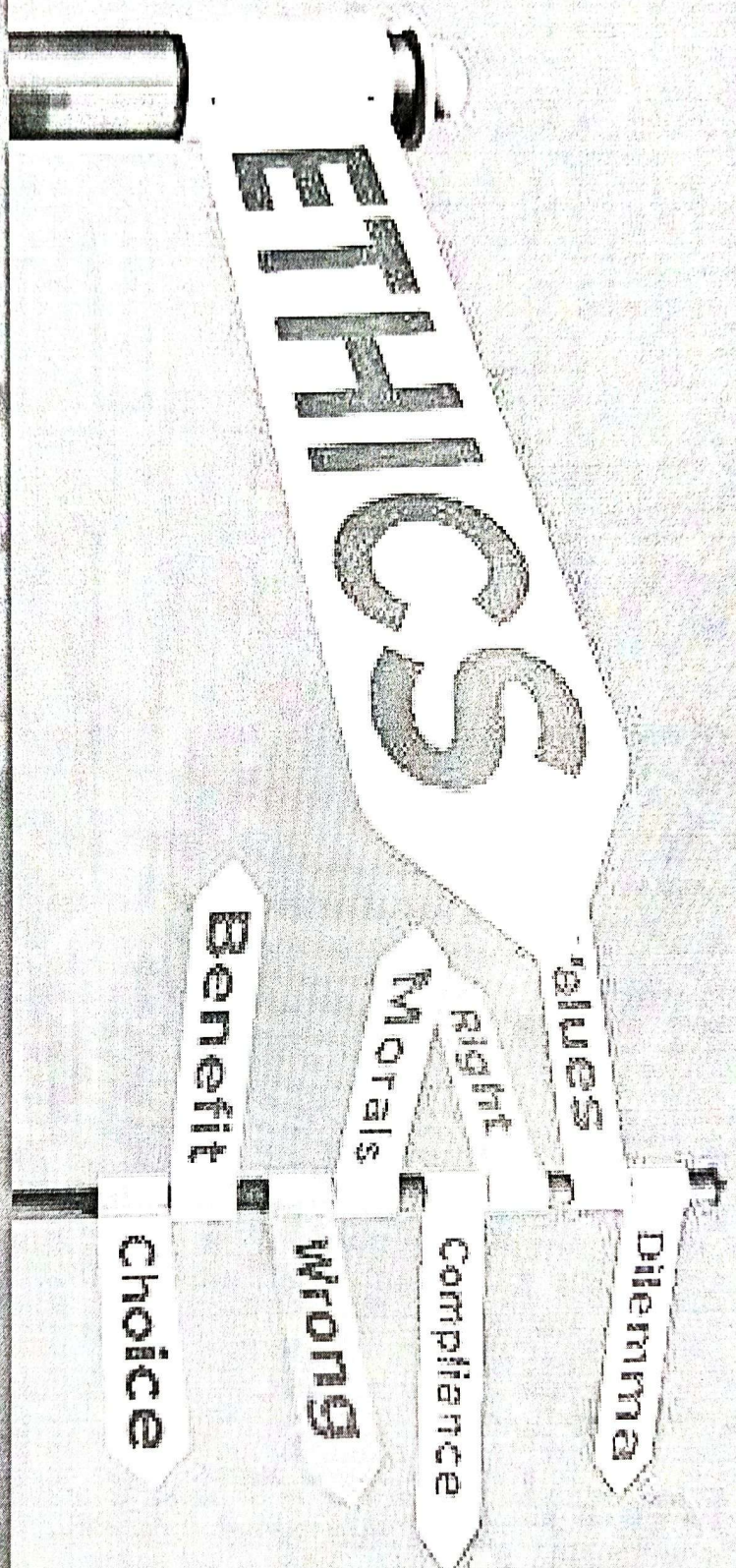
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31.	Susmita malik	5 Sem	06	Bengali(H)	Susmita malik
32.	Kabita Soeren	5th Sem	07	Bengali(H)	Kabita Soeren
33.	Bhiti Mahato	5th Sem	05	Bengali(H)	Bhiti Mahato
34.	Fariha Sarkar	5th Sem	05	Bengali(H)	Fariha Sarkar
35.	Ardya Parkhey	5th Sem	1061	Education	Ardya Parkhey
36.	Argha Mandal	5th	1090	Bengali(H)	Argha Mandal
37.	Nayna Ghosh	5th Sem	1073	Gen	Nayna Ghosh
38.	Shobani Ghosh	5th Sem	1010	Gen	Shobani Ghosh
39.	Bazum Dea	5th Sem	1017	Gen	Bazum Dea
40.	Argha Pal	5th Sem	1021	Gen	Argha Pal
41.	Asifa Sultan	5th Sem	1001	Gen	Asifa Sultan
42.	Madhumita Malik	5th sem	1062	Gen	Madhumita Malik
43.	Subir Mandal	5th Sem	1034	Gen	Subir Mandal
44.	Mariyam Khatun	5th sem	1012	Gen	Mariyam Khatun
45.	Tamanna Tabassum	5th Sem	1010	Gen	Tamanna Tabassum
46.	Simran Parvin	5th sem	1008	Gen	Simran Parvin
47.	Tanya Khatun	5th Sem	114	HONOURS	Tanya Khatun
48.	Saniya Khatun	5th sem	115	HONOURS	S.K
49.	Ferdous Khatun	5th sem	1009	Gen	F.Khatun
50.	Priya Karimaker	5th Sem	1003	Gen	P. Karimaker
51.	Shantanu Roy	5th sem	1001	Philosophy	S. Roy



 28.02.23

YOGA ETHICS AND ITS RELEVANCE IN PRESENT DAY WORLD



DR, SK ABDUL HALIM

ASSISTANT PROFESSOR & COORDINATOR

DEPARTMENT OF PHILOSOPHY

KAZI NAZAR UL UNIVERSITY

Qantar 28.02.23

What do we read in the paper?

- ❖ News about greed,
- ❖ Corruption,
- ❖ Discrimination,
- ❖ Robbery,
- ❖ Injustice and
- ❖ Many similar incidents.

25.11.2022

What do we see at home or in society?

✧ No respects

✧ People's faith in people is at rock bottom

✧ Deception in the name of service, and Lute in the name of business

✧ Waste of natural resources

✧ Abundance on one side and famine on the other

✧ Sickly childhood, deformed youth and unwanted and neglected old age

What do we want to see?

- ❖ Honesty and trustworthiness
- ❖ Respect for work and duty
- ❖ Discipline, consistency, devotion
- ❖ Be courteous and polite to each other
- ❖ Appropriate utilization of resources
- ❖ Sympathy
- ❖ Social stability

➤ Aren't we bothered about the on-going unnatural happenings including socio-economic corruption and political biasness in the world?

➤ Does it not seem like we're in a competition of how immoral can we be?

➤ Don't you think we are trying to achieve success through shortcuts in a somewhat hasty manner?

➤ **Well, even if we succeed in this way, are we happy with it?**

➤ **In the true sense, do we have any peace in our lives?**

Birth 28-02-23

2024/0/21 15:13

It is important that each one of us follows values in every sphere of life.

What will happen to our society if values are not practiced?

- ❖ **Loss of life and damage to public property;**
- ❖ **Break down of families;**
- ❖ **No law and order;**
- ❖ **Crime and corruption;**
- ❖ **Alcohol and drug abuse;**
- ❖ **Abuse of women, children and other vulnerable members of the society and**
- ❖ **Indiscreet use and wastage of resources.**

ashtanga Yoga

- ❖ *yama* : restraint
- ❖ *niyama* : culture
- ❖ *āsana* : posture
- ❖ *prāṇāyāma* : breath control
- ❖ *pratyāhāra* : withdrawal of the senses
- ❖ *dhāraṇā* : attention
- ❖ *dhyāna* : meditation
- ❖ *śamādhi* : concentration

yama

1. *ahimsā* – non violence
2. *satya* – truthfulness
3. *asteya* – non stealing
4. *brahmacharya* – control of carnal desires and passions
5. *aparigraha* – non possessiveness

niyama

śauca – cleanliness, purity

santoṣa – contentment

tapas – austerity

svādhyāya – self study

Īśvarapraṇidhānā – surrender to God



Polba, West Bengal, India
X875+5QQ, Polba, West Bengal 712148, India
Lat 22.962319°
Long 88.309434°
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Polba, West Bengal, India
X875+5QQ, Polba, West Bengal 712148, India
Lat 22.962353°
Long 88.309417°
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Polba, West Bengal, India
X875+5QQ, Polba, West Bengal 712148, India
Lat 22.962364°
Long 88.309423°
21/02/23 01:38 PM GMT +05:30



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X875+5QQ, Polba, West Bengal 712148, India
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Pranta 28-02-23