**SAMBHRAM ACADEMY OF MANAGEMENT STUDIES**

**School of Management**

**“Human Being Enrichment Webinar**

**“All life is Yoga: Sri Aurobindo’s Vision for an Integral Transformation”**

**June 25, 2021**

**The Report**

Dr. Surabhi Jha welcomed the Resource Person Dr. Anuradha Choudary, Assistant Professor, Department of Humanities and Social Sciences, Indian Institute of Technology, Kharagpur. Prof K.C. Mishra, Principal introduced the Guest to the participants and threw his views on the topic focusing Sri Aurobindo’s teachings in the context of today’s Webinar.

Resource person made her session interactive by asking some questions to the participants and gave exercise to analyse the participants themselves as to understand the state of mind. Yoga was linked to a car which is having a good driving force to take the passengers to happiness and to reach life’s destination. By asking participants the question what is life she took note of some answers given and answered life as **“Collection of Actions and Decisions”.** Answering her one more question what is success she said to attain success of optimisation of one’s own resource, we should be conscious about the potentials available in us thus utilise the same consciously. In her opinion Yoga is an answer to lead a meaningful and dedicated life.

Taking response to her question we have our body or we are the body that she added transformation takes place in that body through Yoga. She ignited the participants by giving example of one sports lady Ms. Arunima who was thrown out of moving train and both hers legs were broken and she did not give up but confidently continued to practice and then achieved immense in her life. She also gave example of caterpillar transforming into a butterfly which indicates the eternal beauty of the transformed phase. Adding on to it she also said about a seed becoming a tree; the seed cannot become a tree if seed does not possess the characteristics required to become a tree.

She quotes Sri Aurobindo “**one needs to use all the bodily instruments to engage in constructive activities**”. Selfless action and selfless thoughts are in our control only; hence, if one wants to achieve the maximum, s/he has to identify and hold the Dharma to achieve the Best.

Further asking the meaning of term “Consciousness” she said to take up things consciously to achieve wonders in life. Moving on she highlighted caterpillar is the creation of nature which gets transformed to butterfly but among all living beings human being is only one who is having the potential choice to transform. Whether we crawl or fly depends on our Swabhav; our emotions are triggered by our thoughts and then our body reacts. So if any living organism is on red alert, we have to analyse using the mind and take a choice by fearfully being careful. Body is in the control of mind and it functions optimum when our emotions are controlled.

We are part of nature’s experiment which forces us to think of our own self, who am I? Present pandemic is a wakeup call for realising ourselves. Prof Mishra wanted how to accept today’s wakeup call about a Faculty battling for life. She says what comes has to go and we have to face the reality and wait for the Divine answer. Our collective intense prayer in good sense for his speedy recovery could work wonders and yoga is a way to take potential decisions and thoughts as well as actions. Our negativity has to be replaced with positivity; t**ransform littleness to vastness** by the power of influence from inside.

Ms Tintu Maria extended vote of thanks to the resource person for enlightening by engaging the participants actively. Prof Choudry ended the program with Shanti Mantra. If one wants everybody to be happy, make everyone witness happiness.