

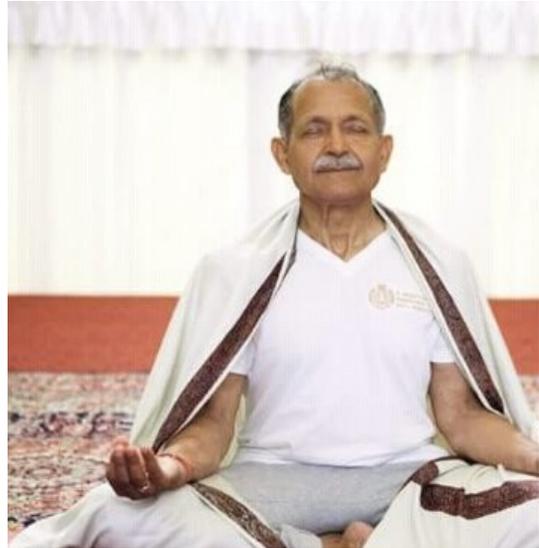
Report on Shri. C.M. Bhandari's Visit to the University of Patanjali

Date: February 24, 2024

Venue: University of Patanjali, Haridwar, Uttarakhand, India

Introduction:

Shri. C.M. Bhandari, a distinguished retired IFS officer, visited the University of Patanjali, seamlessly integrating his diplomatic finesse with profound expertise in Yoga, spirituality, and Marma. With a distinguished career spanning ambassadorial roles in Poland, Lithuania, UAE, and Cambodia, Shri. Bhandari's diplomatic journey epitomizes a commitment to global harmony. Internationally recognized for his contributions to the field of Yoga and holistic health, he fervently advocates for peace through transformative practices. His visit offered students a rare opportunity to glean insights from his diverse wisdom, bridging the realms of diplomacy with the ancient wisdom of Yoga and spirituality.



Events of the Day: Yoga Session (5:00 A.M - 6:30 A.M): Shri. C.M. Bhandari conducted a yoga session for the students and PhD Scholars of the University of Patanjali. The session commenced with gentle warm-up exercises followed by dynamic asana practices coupled with energetic inhalation and exhalation throughout the practice, meticulously curated by Shri. C.M. Bhandari facilitates the flow of energy throughout the body. Students were guided through pranayama practices aimed at enhancing breath control and meditation focused on inner peace and mindfulness. Approximately 100 students participated in the session, experiencing the practical aspects of



yoga

under

Shri.

Bhandari's

guidance.

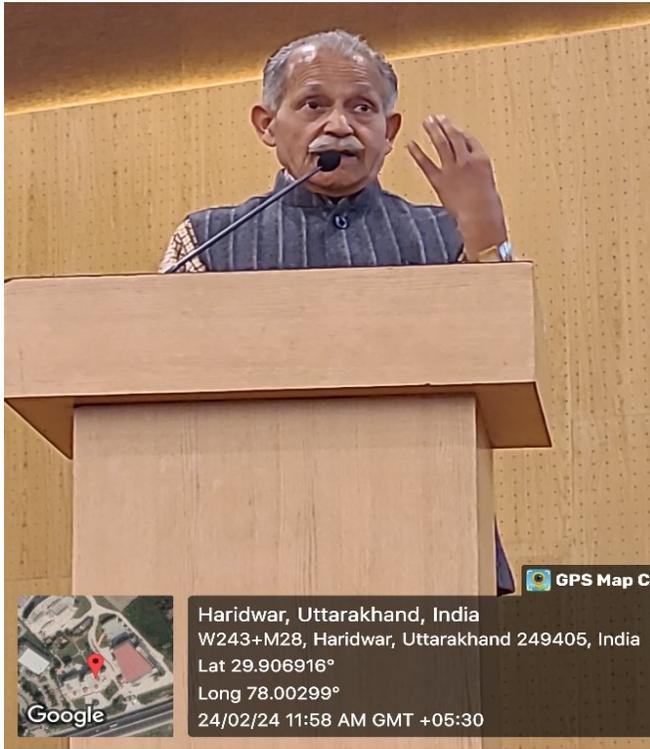
1. Lecture (11:00 A.M - 1:00 P.M):"Yoga Science Demystified Human Holistic Existence"

The eagerly awaited lecture, titled "Yoga Science Demystified Human Holistic Existence," commenced at 11:00 A.M. and spanned two insightful hours. Attendees, comprising faculty members, PhD scholars, and students from diverse



academic backgrounds, were captivated by Shri. Bhandari's eloquent discourse on the practical application of yoga philosophy for the enhancement of quality of life and elevation of Human Consciousness.

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Drawing from his rich reservoir of life



experiences, he shared anecdotes highlighting the profound impact of yoga on his personal and professional

journey. Emphasizing the universality of yoga, he elucidated its interconnectedness with various cultures and traditions worldwide, fostering a deeper appreciation for its timeless wisdom. Shri. Bhandari's discourse extended to Ayurveda and Marma Therapy, subjects close to his heart, as he illuminated their profound significance rooted in ancient Indian tradition and their global resonance.

A lively question-and-answer session ensued, allowing attendees to engage directly with the esteemed speaker and gain further insights into the multifaceted dimensions of yoga and holistic well-being.

2. Acknowledgements:



The event was graced by the esteemed presence of Dr. Mahavir Aggarwal, the Pro VC of the university, Dr. Manoj Kumar Patariya, the Dean of the Research Department, and Respected Swami Arshdev, who

extended a warm welcome to Shri. C.M. Bhandari, setting a tone of reverence and gratitude. **Dr. Rudra Bhandari** Associate Professor, Department of Yoga Science, hosted and managed the program, ensuring its smooth execution.



Expressions of gratitude were conveyed by Swami Arshdev Ji, University proctor and Dr. Nidheesh Yadav, HOD Yoga Science, who thanked Shri. Bhandari for his enlightening session and lecture, underscoring the profound impact it had on the university community.

Feedback:

Attendees expressed overwhelming appreciation for Shri. Bhandari's profound insights and engaging delivery style, citing the event as a transformative experience that left an indelible mark on their understanding of yoga's holistic approach to personal and societal well-being.

Conclusion:

Shri. C.M. Bhandari's visit to the University of Patanjali epitomized the convergence of academic rigor, spiritual enlightenment, and holistic well-being. His unwavering commitment to promoting peace and harmony through the ancient sciences of yoga and Ayurveda resonated deeply with the ethos of the university, inspiring all in attendance to embark on a journey of self-discovery and holistic transformation.


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