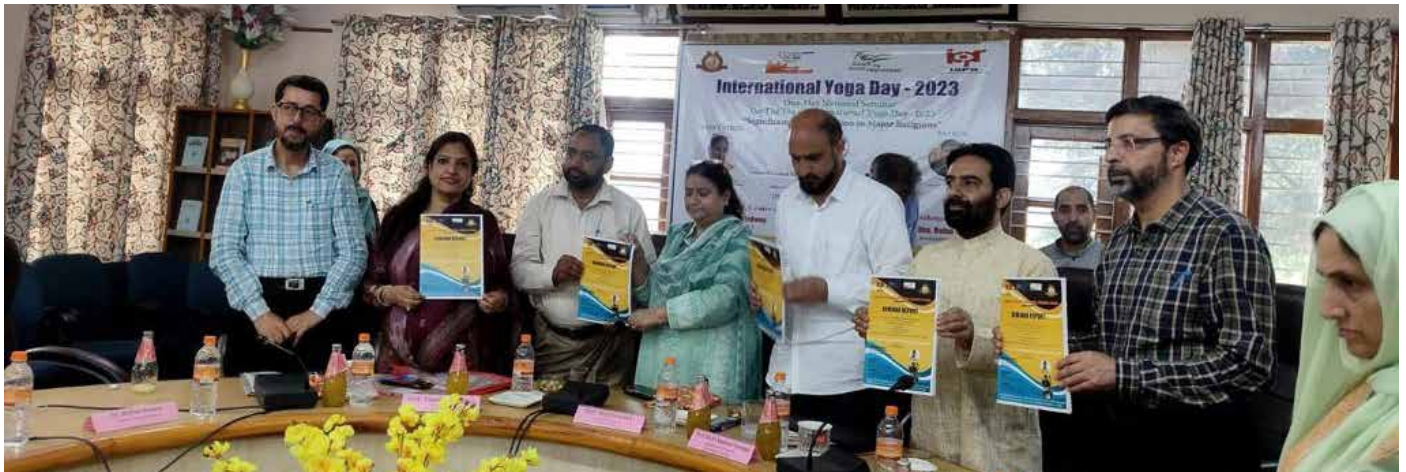


KU organises seminar on meditation and Yoga



Srinagar July 19: The Centre of Central Asian Studies (CCAS), University of Kashmir in collaboration with the Indian Council of Philosophical Research (ICPR), New Delhi organised a daylong seminar on “Significance of Meditation in Major Religions.”

Honourable Vice Chancellor, University of Kashmir, Prof. Nilofer Khan presided over the inaugural function. She highlighted the importance of observing the Yoga Day and also emphasised the significance of Yoga and meditation in different religions. She said Yoga is a very important discourse which helps an individual train in various exercises not just physically but mentally and spiritually as well. She said we are a place where Sufis, Reshis & Munies practised and promoted meditation and Yoga for harmony as well as well being.

“Through meditation or Yoga, we attain spirituality and divinity and as such we all should try to develop patience and compassion,” she said. “To find happiness in the happiness of others, we have to break the barrier of superficiality for a better life. It minimises distractions, increases our focus, concentration and self-control”, she added.

In his keynote titled “Meditation in the Age of Superficiality,” Prof. Mufti Mudasir Farooqi from the Department of English, University of Kashmir delineated that in the age of distraction we lack contemplating meditation as we are burdened by the curse of being busy and that superficiality was visible in our lives everywhere. “Meditation is an antidote to intolerance and Yoga gives a discipline to our spiritual path,” he said.

Registrar University of Kashmir in his special remarks underlined the genesis of observing the Yoga day. He stressed on the need to understand and practice patience, compassion and empathy for a happier society and said Yoga and meditation are an integral part of developing our personalities.

Noted broadcaster and Coordinator Akashwani Srinagar, Dr. Satish Vimal highlighted the philosophy of meditation in major religions. He said, “With meditation we connect with the divine and understand the essence of self-realisation.” He said with contemplation and inward focus we develop the ability to attain transcendence.

Expressing her gratitude to the vice chancellor for her constant support, seminar & guidance, the convenor and Director CCAS, Prof. Tabasum Firdous highlighted the importance of Yoga and meditation.

Coordinator and Associate Professor, CCAS, Dr. Wahid Nasaru explained in detail the various forms of Yoga and how meditation or Aasans in Yoga help balance our physical, psychological and spiritual being.

Assistant Professor, Department of Physical Education, Central University Kashmir, Dr. M Mukarram demonstrated Jal Neti, a form of Yoga that cleanses the respiratory tract using water.

Research scholar at CCAS, Rebu Yousuf conducted the proceedings of the event and also proposed the vote of thanks.

The seminar was attended by deans, directors, heads of various departments, scholars and students from the University of Kashmir and participants from Jamia Milia Islamia (JMI), New Delhi, Central University Kashmir and Islamic University of Science and Technology (IUST).