



**Report on Special Lecture: PanchkoshAvdharnaevam Hamara Swasthya (The Five Sheaths and Our Well-being) by Prof. Manohar Bhandari**

**DATE OF EVENT-** November 30, 2023

**VENUE-** Department of Education GGV BILASPUR

**A Brief Abstract of the Event:**

On November 30, 2023, the Department of Education at GGV hosted a special lecture titled "PanchkoshAvdharnaevam Hamara Swasthya" (The Five Sheaths and Our Well-being) delivered by Prof. Manohar Bhandari, a renowned scholar and Adjunct Professor at the institute. The lecture, held in the department's auditorium, drew a diverse audience of faculty members, students, and individuals interested in Ayurveda and holistic wellness.

Prof. C.S. Vazalwar warmly welcomed the audience and introduced the topic of PanchkoshAvdharna, highlighting its significance in ancient Indian philosophy and its potential relevance to contemporary well-being. He commended Prof. Bhandari's expertise in Ayurveda and his passion for bridging traditional knowledge with modern life.

**Prof. Bhandari's Lecture:**

Prof. Bhandari captivated the audience with his insightful and engaging presentation. He delved into the concept of PanchkoshAvdharna, explaining the five layers or sheaths that constitute the human being – Annamaya (physical), Pranamaya (energy), Manomaya (mental), Vijnanamaya (intuitive), and Anandamaya (bliss). He explored the interconnectedness of these sheaths and their influence on one's physical, mental, and emotional well-being.

Prof. Bhandari used illustrative examples and relatable anecdotes to bring the ancient wisdom to life. He discussed practices like yoga, meditation, pranayama, and mindful living as tools

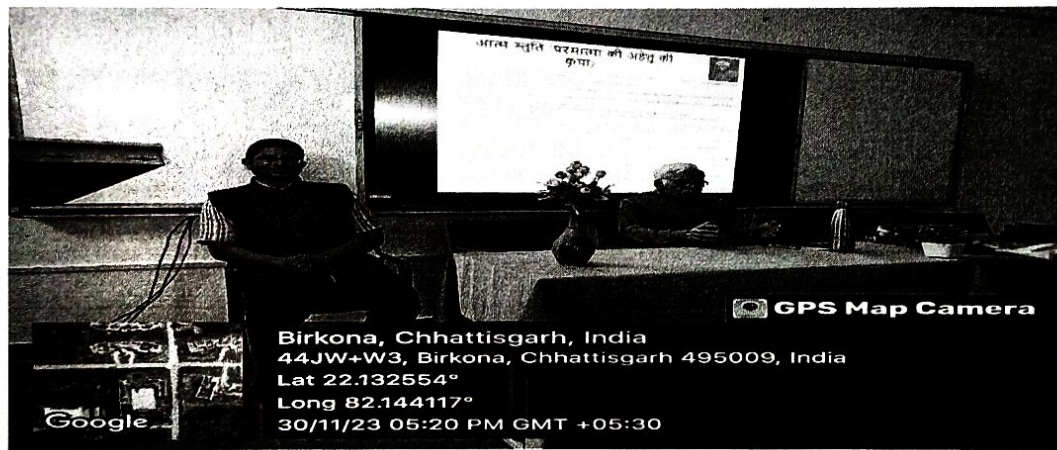


गुरु घासीदास विश्वविद्यालय  
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Guru Ghasidas Vishwavidyalaya  
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for attaining balance and harmony within the five sheaths. He emphasized the importance of aligning one's lifestyle choices, diet, and environment with the principles of PanchkoshAvdharna to achieve holistic well-being. Following the lecture, Dr. Sambit Padhi expressed sincere gratitude to Prof. Bhandari for sharing his knowledge and wisdom. He acknowledged the speaker's engaging delivery and insightful content, highlighting the relevance of the PanchkoshAvdharna concept for individuals seeking holistic well-being. Dr. Rajeshwari Garg, the event anchor, then opened the floor for questions, leading to a stimulating discussion that further enriched the learning experience.



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