

## **Report of the workshop on**

### **Know Your Self**

A two day workshop was organized by the Department of Sanskrit on 16<sup>th</sup> and 17<sup>th</sup> August, 2019 on the topic “**Know Yourself**” in collaboration with Urja Yog Foundation. Urja Yoga Founder Shri Prabhu Swaroop Ji conducted this workshop on both days. His methods of conducting yoga sessions are unique, as he first invokes cosmic energy or Sanjeevani to energize the participants in order to get ready for deeper meditation. In this process he takes help of a light interaction with students of inquisitive nature. Once an interaction is established, the energy flows smoothly.

He fully prepares students to achieve their goal by motivating them deeply. The impressions of bad karmas are first removed by practicing various kinds of healing processes. Breathing exercises are major tools to obtain this. By watching breathing one enters to their self silently. Shri Prabhu Swaroop Ji believes that if breathing is happening in a right manner all the problems can be resolved automatically. So, he focuses on breathing particularly. After the session students feel fully relaxed and show a willingness to do it further.

