

**“Amritasya Putraha: Vedic Re-engineering Conclave 2020”**  
**Organized by Divya Jyoti Jagrati Sansthan (DJJS) in collaboration with Ministry of Culture and Vedic Heritage Portal (IGNCA)**

**A Report**

A day-long event titled “Amritasya Putraha: Vedic Re-engineering Conclave 2020” was organized by Divya Jyoti Jagrati Sansthan, a non-profit socio-spiritual organization with world-wide outreach, on 16 February 2020 at Vigyan Bhavan, New Delhi. Ministry of Culture, Govt. of India and Vedic Heritage Portal (VHP), a flagship project of the Ministry of Culture, being managed at Indira Gandhi National Centre for the Arts (IGNCA), were the prime collaborators for this event.

The event was in line with the aims and objectives of DJJS and VHP respectively. As an organization DJJS aims to promote social reforms and traditional cultural values, with special emphasis upon the Vedic knowledge system, through self-development programmes such as ‘PEACE’. Vedic Heritage Portal, on the other hand, disseminates Vedic wisdom, in various fields of knowledge with the aid of Information Technology. The interactive event, attended by more than a 1000 participants from all walks of life, saw a unique marriage of Vedic theories and praxis. A bridge of deep engagement was built between the organizers and the participants through various physical and cerebral activities modeled on Vedic wisdom.



Lamp Lighting in the inaugural session of the Peace program

The event was inaugurated by the distinguished guests, including senior members of DJJS, the Hon’ble Union Minister of Commerce & Industry- Shri Som Parkash, Dr. Sudhir Lall,

Director, Vedic Heritage Portal (IGNCA) and Prof. Pratapanand Jha, Director (CIL) & Former Director, Vedic Heritage Portal (IGNCA) and other dignitaries. The event was attended by Dr. Indresh Kumar Shukla and Shri Krishna Mishra, Project Associates, Vedic Heritage Portal and Shri Sumit Dey, Research Officer, IGNCA.

Aimed towards self development, the conclave was divided into 5 consecutive sessions or zones named after the 5 *Koshas* (sheaths) of the *Atman* (self): Annamaya (Physical), Pranamaya (Pranic), Manomaya (Psychological), Vigyanamaya (Intellectual) and Anandamaya (Spiritual), as propounded in the Taittiriya Upanishad and other Vedic texts. Each of the sessions was further divided into sub-sections. Representatives of DJJS conducted the sessions in association with their volunteers.

The first session revealed the nature of the *Koshas* and involved physical exercise in light of treatises like the *Natya Shashtra*. With the beat of the Mantras the participants practiced various facial expressions and *Mudras* (physical gestures) which have been handed down from one generation to the other as traditional knowledge and contain therapeutic properties. This was followed by a fashion show in which men and women walked on the stage in garments inspired by attires of the Vedic era. The nuances of the garments and the ways of carrying them were further explained during the session.

The second session focused on the cleansing of the nervous system through a Vedic detox system prescribed by ancient masters of *Ayurveda*; Acharya Charaka and Acharya Sushruta. The session encouraged the participants to appreciate the three constituent elements of the human body-*Vata, Pitta and Kapha* and breathing exercise for a healthy living. The session was conducted in a lecture-demonstration mode.



Vedic Fashion show

The third session revolved around ancient Vedic prescription for modern day familial relationships. Theoretically the session dealt with the 16 *Samaskaras* and *Dampatti Sutras* as possible methods for solving problems in nurturing relationships. The session was conducted through performances around the tale of a Vedic sage couple. The performances also included the tale of *Garuda* as fine example of how to strike a balance between the personal and the professional realms.

The fourth session was meant for sharing knowledge regarding the detoxification and rejuvenation of the brain and cerebral activities through the Vedic tool of Yoga Nidra-a deep relaxation process for the brain and the limbs without actually sleeping. The participants were familiarized with various aspects of the process of Yoga Nidra by the volunteers of DJJS.

The fifth and the final session dealt with the Upanishadic injunction regarding the functioning of the mind and body and the role of spirituality in controlling the vices of the mind and body. Through detailed demonstration, the system of the *Chakras* (nodal points in the nervous system) as described in various Vedic treatises, was explained. The *Gayatri Mantra*, '*Om bhurbhuvah svaha...*' was explained from the perspectives of meditation and spirituality. Furthermore, the tale of the *Jeevatman* and *Paramatman* in the form of two birds as narrated in the Mundaka Upanishad was enacted by performers from DJJS. How the Spiritual force has an edge over the sense organs in controlling the mind which is like a horse driven chariot was beautifully conveyed in the session.

The event concluded with a presentation about the socio spiritual activities of DJJS and its source of divine inspiration, the founding apostle of the organization, Shri Ashutosh Maharaj Ji. The participants were given certificates in the end.