



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE
University Of Delhi
NAAC Grade A+ with CGPA 3.62

2021-2022

Name of the Society : Advaita Society

Name of the Event : Utkarsh Lecture Series

Date of the Event : 7th-21st January 2022

Advaita, under the lecture series 'Utkarsh', was privileged to have Dr David Frawley (Padma Bhushan, Vedacharya), Acharya Prashant (Ex-Civil Servant, IIT-D, IIM-A alumnus), Dr. Anil P. Joshi (Padma Bhushan, Environmentalist) and Sri M (Padma Bhushan, Satsang Foundation).

Session 1: Our first session was with renowned Vedic scholar Dr. David Frawley on 7th January 2022. Also known as Pandit Vamadeva Shastri, he has contributed enormously to the dissemination of yoga and Ayurveda across the world.

Dr. Frawley spoke at length about the essence of Bharatiya consciousness, drawing from the Vedantic notion of the individual soul (purusha) existing in union with the universe.

Dr. Frawley also engaged with some intriguing questions posed by attendees, thus bringing into discussion themes like astrology and the association between religion and spirituality. He concluded his discourse by exhorting students to spend time learning about their own culture, even as they explore the world and its diversity.

Reach: 220+

Session 2: For second session we had Acharya Prashant. It was a one-to-one interaction where students got the chance to speak directly with Acharya Ji. The session was live on youtube and received views in large numbers.

Acharya Prashant is a champion of socio-spiritual awakening in today's world. He is an acclaimed Vedanta exegete and author of over 70 books, including the National Bestseller 'Karma'. An alumnus of IIT-Delhi, IIM-Ahmedabad, and a former Civil Services officer, he is an exponent of pure Vedantic wisdom.

Students asked questions regarding what they faced in life, what challenges they incurred, and how they should solve them. There were questions of how one should see materialism and spirituality, how should one deal with self-acclaimed astrologists and religious superstitions. There also were discussions on how to get over trauma caused by life-threatening past experiences like sexual harassment and how to help others to stay aware, stay protected, and get over the trauma.

Acharya Ji is an inspiration to all those who look up to spirituality and wish to shun materialism. It was an opportunity of a lifetime to have such direct conversations with Acharya Prashant.

Reach: 800+



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Session 3: Advaita successfully held its third session under the lecture series 'Utkarsh' with renowned environmentalist and green activist, Dr. Anil Prakash Joshi Ji on 20th January 2022 from 11:00 AM to 12:00 PM. He is a recipient of Padma Bhushan and contributed a lot towards the development of the ecosystem and sustainable technologies.

Dr. Anil commenced the session by highlighting the role of nature, its importance, and how enormously it is connected with Youth. He made emphasis on individual work, the habit of personal touch to nature and stressed that no one should be dependent merely on national and international organizations, their meetings, and plans. For spiritual growth, one should understand nature first and must connect with it.

Dr. Anil engaged with some interesting queries and discussed how too much technology and luxurious life is destroying nature by all means. He also shared the reason behind respecting the earth more than other celestial bodies.

Reach: 130+

Session 4: Advaita held its fourth session under the lecture series 'Utkarsh' with eminent spiritualist and the founder of "The Satsang Foundation" Padma Bhushan Shri M. Ji on 21st January 2022 from 5:00 PM to 6:00 PM. On Friday, he enlightened the students on the topic "The unexplored potential of the human mind".

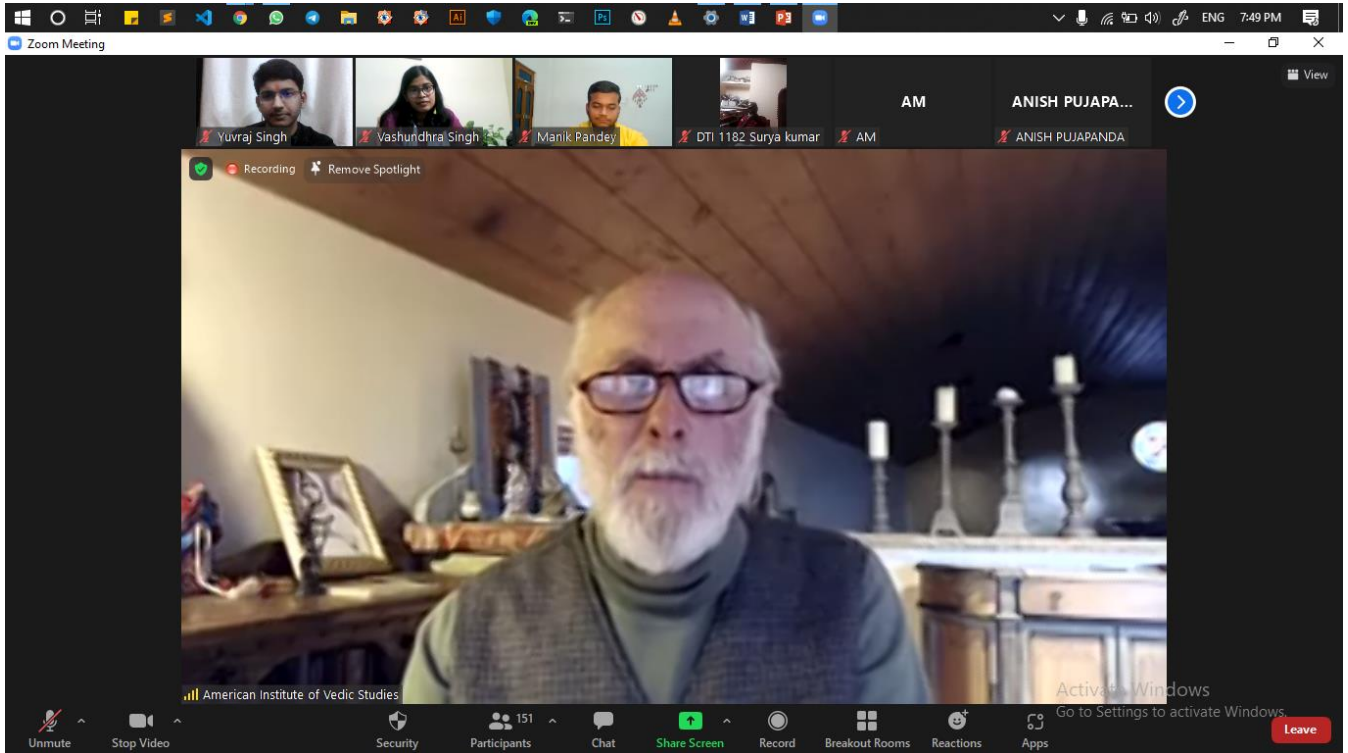
He commenced the session with a thought from Upanishads, "Om purnamadah Purnamidam".

He also talked about where to look for this completeness. The Upanishads ask to turn inwards to look for the purnata. This might take time but "Stop not till the goal is reached" as told by Swami Vivekananda. He also quoted that Upanishads teach Brahma vidya and we can tap this through energy through yoga (yoga Sastre). Yoga has the power to eliminate all distractions. Then mind being all quiet does not dissipate any energy. In that state infinite energy flows to the mind.



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Recording... LIVE on Custom Live Streaming Service View





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Zoom Meeting

Recording... ||

Kanhaiya Singh entered the waiting room [Admit](#) [View](#) x

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Unmute Stop Video Security Participants 275 Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions Leave

Remove Spotlight Recording... ||

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Sri M

Unmute Stop Video Security Participants 258 Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions Talking: Sri M



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Recording... View

Riya yadav
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Sri M Latika Agarwal

Yuvraj

Unmute Stop Video Security Participants 288 Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions Leave