

## **Ramaiah College of Arts, Science and Commerce**

### **Sanskrit day -2020**

Sanskrit Language is rich in scientific heritage of our motherland, to blend the ancient knowledge with modern science. Sanskrit language is known to be oldest language in the world. Sanskrit language is believed to be originated in India around 3500 years ago.

Also many languages find its roots in Sanskrit including Kannada, Hindi, Gujarati etc., This language is spread into vast area in the form of different regional languages.

The term Sanskrit is derived from the conjoining of the prefix 'Sam' meaning 'Samyak' which indicates 'entirely' and 'krit' indicates 'done'. In terms of communication, reading and hearing Sanskrit term indicates perfectly or entirely done.

As a part of Sanskrit day the department of Sanskrit arranges lectures from eminent scholars every year. The event focused around the ancient Indian language of Sanskrit that incorporates lectures about the language.

Because of pandemic situations the department conducted Sanskrit day on 3<sup>rd</sup> Nov 2020. The programme was conducted virtually. The session was started at 1.30 pm with an invocation song by Dr. Padmaja M. R and Dr. Shobha L .

Dr.Shobha L HOD of languages gave a welcome speech. Dr. Y.S Gayathri introduced the guest. The chief guest prof. M.K Sridhar Registrar SVYASA, University, Bengaluru delivered the lecture on the topic “Yogyabyasaha Paripoornam Aarogyam Cha”

The above topic related to “Yogabyasaha” which means education in yoga and health science. The objective of this education is to manifest the perfection already present in man. This brings the total personality development in human life.

By bringing yoga in education system, the mankind will learn about life balance in stress management, body fitness, eye sight improvement, hearing and voice culture, memory development, IQ development, physical stamina development, creativity enhancement, ego management etc.,

The presidential speech was given by beloved Principal Dr. A Nagartna. Vote of thanks was discharged by Dr. Padmaja M.R faculty of Sanskrit. The programme was anchored by Dr. Y.S Gayathri .



