



A YEAR LONG HUNDRED HOURS LECTURE SERIES
ON
PSYCHOLOGICAL HEALTH
AND
PERFECTION OF PERSONALITY

IN THE LIGHT OF THE TEACHINGS OF SRI AUROBINDO AND THE MOTHER

(Approved in the Academic Council Meeting of Cotton University held on 6th March, 2023)

AN INITIATIVE FOR AWAKENING THE YOUTH TOWARDS POWERS
AND POTENTIALITIES LATENT WITHIN US AS WELL AS OUR MANY
CONFLICTING SELVES WITH A VIEW TO FACILITATING A SOUND
PSYCHOLOGICAL HEALTH AND GROWTH ALONGSIDE
PERFECTION OF PERSONALITY AND SELF-MASTERY

ORGANISED BY
CAPACITY BUILDING CENTRE
COTTON UNIVERSITY, GUWAHATI



THE MAIN THEMES TO BE COVERED

The lecture series will make a sincere and modest attempt by throwing some light on human psychology and nature to awaken the participants towards the various powers and potentialities latent within us and introduce them with our many conflicting selves and the different qualities required for bringing in harmony amongst these conflicting selves with a view to facilitating a sound psychological health and growth with perfection of personality and self-mastery.

The proposed lectures will also make an attempt to throw some light on elementary aspects of psycho-physiology of Indian Yoga along with an introductory idea of Indian culture and Indian pedagogy.

The entire lecture series will be based primarily on the teachings of Sri Aurobindo and the Mother.

Some relevant valuable quotations:

MAN A PERSON, BUT ALSO A MULTIPERSON

“... Man is in his self a unique Person, but he is also in his manifestation of self a multiperson; he will never succeed in being master of himself until the person imposes itself on his multipersonality and governs it; ...”

Sri Aurobindo
CWSA : 22 : 931

AIM IN LIFE, PERFECTION AND MANY PARTS OF OUR BEING

“... An aimless life is always a miserable life. Everyone of you should have an aim. But not forget that on the quality of your aim will depend the quality of your life. Your aim should be high and wide, generous and disinterested; this will make your life precious to yourself and to others. But whatever your ideal, it cannot be perfectly realised unless you have realized perfection in yourself. To work for your perfection the first step is to become conscious of yourself, of the different parts of your being and their respective activities. You must learn to distinguish these different parts one from the other, so that you may find out clearly the origin of the movements that occur in you, the many impulses, reactions and conflicting wills that drive you to action...”

The Mother
CWM : 12 : 03

PROBLEMS OF HARMONY

“...For all problems of existence are essentially problems of harmony. They arise from the perception of an unsolved discord and the instinct of an undiscovered agreement or unity...”

Sri Aurobindo
CWSA : 21 : 04

A GENIUS WITHIN

“...There is a genius within every one of us—we don’t know it. We must find the way to make it come out—but it is there sleeping, it asks for nothing better than to manifest; we must open the door to it. ...”

THE MOTHER
CWM : 09 : 396

WHAT IS PSYCHO-PHYSIOLOGY OF YOGA

“...In the right view both of life and of Yoga all life is either consciously or subconsciously a Yoga. For we mean by this term a methodised effort towards self-perfection by the expression of the secret potentialities latent in the being and—highest condition of victory in that effort—a union of the human individual with the universal and transcendent Existence we see partially expressed in man and in the Cosmos. ...”

SRI AUROBINDO
CWSA : 23 : 06

YOUTH AND SMALL NUMBER OF YEARS

“...Youth does not depend on the small number of years one has lived, but on the capacity to grow and progress. To grow is to increase one’s potentialities, one’s capacity; to progress is to make constantly more perfect the capacities that one already possesses....”

THE MOTHER
CWM : 12 : 257

FUTURE BELONGS TO THE YOUNG

“... The future belongs to the young. It is a young and new world which is now under process of development and it is the young who must create it. But it is also a world of truth, courage, justice, lofty aspiration and straight forward fulfillment which we seek to create. For the coward, for the self-seeker, for the talker who goes forward at the beginning and afterwards leaves his fellow in the lurch is no place in the future of this movement. A brave, frank, clean-hearted, courageous and aspiring youth is the only foundation on which the future nation can be built....”

SRI AURBINDO
CWSA : 08 : 168

ABOUT THE FACILITATOR:



Sahitya Akademi Awardee Sri Diganta Biswa Sarma is an ardent devotee of Sri Aurobindo and a noted author, translator and orator who is widely known for his lectures on spiritualism and Indian philosophy and culture, deliberated in the light of the teachings of Sri Aurobindo and the Divine Mother.

His areas of interest include Spirituality, Yoga, Indian Culture, Nationalism, Indian Pedagogy etc. He has been delivering lectures on these subjects in different academic institutions both within the state of Assam as well as in different parts of the country as a speaker invitee for more than a decade. He was also invited by the National Assessment and Accreditation Council (NAAC) to its Headquarter at Bengaluru in August 2022 to deliver a talk on *Maharshi Sri Aurobindo: His Life and Contribution in the field of Education*.

Sri Sarma was awarded the prestigious Sahitya Akademi Translation Prize 2020 for translating the book *The Foundations of Indian Culture*, originally authored by Sri Aurobindo, into Assamese and the Dr. Moidul Islam Bora Literary Award in 2022.

It is noteworthy that he has recently been elected as member of the newly constituted General Council of the Sahitya Akademi for a period of five years with effect from January, 2023 to December, 2027.

He is also a life member of Assam Sahitya Sabha, Akhil Bharatiya Sahitya Parishad, Bharatiya Itihas Sankalan Samiti, Assam and a permanent member of Bharatiya Shikshan Mandal, Uttar Assam for a period of ten years with effect from November 2017. He is presently a member of the Executive Council, Gauhati University.

A UNIQUE ACADEMIC INITIATIVE:

Sri Diganta Biswa Sarma had already delivered a total of one hundred lectures online, during the period from 5th to 25th December, 2021 on the *Foundtions of Indian Culture in the light of Sri Aurobindo* as part of a Year-Long 150 Hours Lecture Series organised by the Center for Studies in Human Development, Assam University, Silchar, Assam.

Two other online Year-Long Lecture Series consisting of 150 lectures each, one on *Understanding the Universal Message of Srimad Bhagavad Gita in the light of Sri Aurobindo*, is being organised by the Centre for Studies in Human Development, Assam University, Silchar and another on *Gita for Life in the light of Sri Aurobindo* is going on Indian Institute of Technology, Guwahati (IITG). with Sri Sarma as the key and the sole speaker from 21st February, 2022.

ORGANISING COMMITTEE:

- Chairperson:** **Dr. Sangeeta Barthakur**
Director i/c, Capacity Building Center (CBC)
Cotton University.
- Coordinator:** **Dr. Jyoti Das**
Assistant Professor, Dept. of Sociology, Cotton University.
- Joint Coordinator:** **Dr. Pooja Chetri**
Assistant Professor, Center for Women Studies
Cotton University.
- Members:** **Prof. Santanu Sarma**
Coordinator, IQAC, Cotton University.
- Dr. Sanjay Kumar Dutta**
Academic Registrar, Cotton University.
- Mr. Mridul Hazarika**
Computer Systems Manager, Cotton University.

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DETAILS OF THE LECTURE SERIES

1. DATE OF COMMENCEMENT : 15 August, 2023
2. DURATION OF EACH SESSION : One hour
3. NUMBERS OF TOTAL SESSIONS : One hundred
4. NUMBERS OF SESSIONS IN A WEEK : Two
5. MODE OF LECTURE : Online
6. THE TEXT TO BE REFERRED : The complete works of Sri Aurobindo (CWSA)
and the complete works of the mother (CWM)
7. THE LECTURE SERIES INCLUDES
 - (I) Formal lecture and discussion by the appointed speaker
 - (II) Each lecture will be followed by interaction
 - (III) Provision for occasional supply of relevant text materials by the speaker on the WhatsApp group to be created by the organiser
8. MANNER OF CORRESPONDENCE & ISSUE OF NOTIFICATIONS:
WhatsApp and E-mail
9. MEDIUM OF LECTURE:
Both English and Assamese to be suitably blended
10. CERTIFICATION:
Certificate will be provided to all the registered participants who remain present regularly during the academic sessions of the programme
11. WHO CAN PARTICIPATE:
Any student or individual who has passed at least HSLC or equivalent examination.
12. COURSE FEES: Rs. 1501/- (Rupees One thousand five hundred and one only)
13. REGISTRATION: To make the payment and register for the course kindly follow the link:
<https://forms.gle/rXPrjnqokyZm3cha6>