

University of Mumbai
Department of Philosophy



TATTVA VIMARŚĀ

An Online Monthly PhD Alumni Lecture Series

THE PLACE OF PAÑCAMAHĀBHŪTĀS IN THE PHILOSOPHY OF HAṬHA YOGA

Speaker - Dr. Avinash Sopan Waghmare
Chairperson - Dr. Narayan Gadade

Abstract

Yoga is an important branch of Indian philosophy. Yogatattva Upanishad describes four kinds of yoga – 1) Mantra Yoga 2) Haṭha Yoga 3) Laya Yoga and 4) Rāja Yoga. The concept of Ṛta (order, rule, truth), Ṛṇa (debt, loan), and Dukkha (suffering, pain, sickness) are accepted by yoga. In India, the concept of pañcamahābhūtās and practice of yoga means to follow the culture and tradition. Western philosophy also studies pañcamahābhūtās but accept only four elements. There is absence of metaphysical thinking and only material thinking. Yoga practice around the world is only at physical level and not on a mental, intellectual, spiritual, etc. To live a holistic and healthy human life yogic metaphysical practice of Samādhi is needed

DATE & TIME - MONDAY, 28TH APRIL 2025, 7:00-8:00 PM

What is Tattva Vimarśa series about?

Tattva Vimarśa, is a monthly online series celebrating the remarkable research contributions of PhD alumni of the Department of Philosophy. This platform brings together past and present students to foster intellectual dialogue, explore diverse philosophical domains, and inspire new inquiries.

Dr. Priya M. Vaidya
Professor and Head
Department of Philosophy
University of Mumbai



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Why You Should Attend:

Learn from alumni about their groundbreaking research and how they navigated their academic journey.

Participate in Q&A sessions to deepen your understanding of the topic.

Dr. Meenal Katarnikar
Professor
Co-Ordinator Research Committee
Department of Philosophy
University of Mumbai