

**Swami Rama Himalayan University**  
**School of Yoga Sciences**  
**Office of the Principal**

Ref. SRHU/SYS/2025/261 a

Date: 10/12/2025

**NOTICE**

This is to inform all the students, research scholars, and faculty members of the School of Yoga Sciences that a **Guest Lecture** has been scheduled as per the details given below:

**Speaker:** Dr. Satya Prakash Pathak  
Associate Professor, Department of Yoga Studies  
Himachal Pradesh University

**Topic:** "*Hatha Yoga: Origin and Development*"

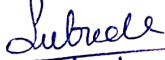
**Date:** 12<sup>th</sup> December 2025

**Venue:** School of Yoga Sciences

**Time:** As per departmental schedule

The lecture aims to provide in-depth understanding of the historical evolution, textual foundations, and philosophical development of Hatha Yoga. All students and faculty members are encouraged to attend and actively participate in the session.

**Order by,**

  
10/12/2025

**Officiating Principal**  
School of Yoga Sciences  
Swami Rama Himalayan University  
Principal  
School of Yoga Sciences  
Swami Rama Himalayan University  
City, Grant, Dehradun, Uttarakhand-248016

## REPORT ON GUEST LECTURE

### Report on Guest Lecture on “Hatha Yoga: Origin and Development”

The School of Yoga Sciences, Swami Rama Himalayan University, organized a guest lecture on **12 December 2025** as part of its academic enrichment activities. The session was delivered by **Dr. Satya Prakash Pathak**, Associate Professor, Department of Yoga Studies, Himachal Pradesh University.

Dr. Pathak spoke in detail on the topic “**Hatha Yoga: Origin and Development**,” highlighting the historical emergence of Hatha Yoga from ancient yogic traditions. He elaborated on the contributions of Nath Yogis and important classical texts such as *Hatha Pradipika*, *Gheranda Samhita*, and *Shiva Samhita*. The lecture also discussed the philosophical foundations, objectives, and the progressive development of Hatha Yoga as a practical discipline aimed at physical purification, mental stability, and spiritual advancement.

Special emphasis was laid on the relevance of Hatha Yoga in contemporary times, especially its role in health promotion, disease prevention, and higher yogic practices such as Pranayama, Mudra, Bandha, and Dhyana. The lecture encouraged students to understand Hatha Yoga not merely as physical exercise but as a comprehensive psycho-spiritual science.

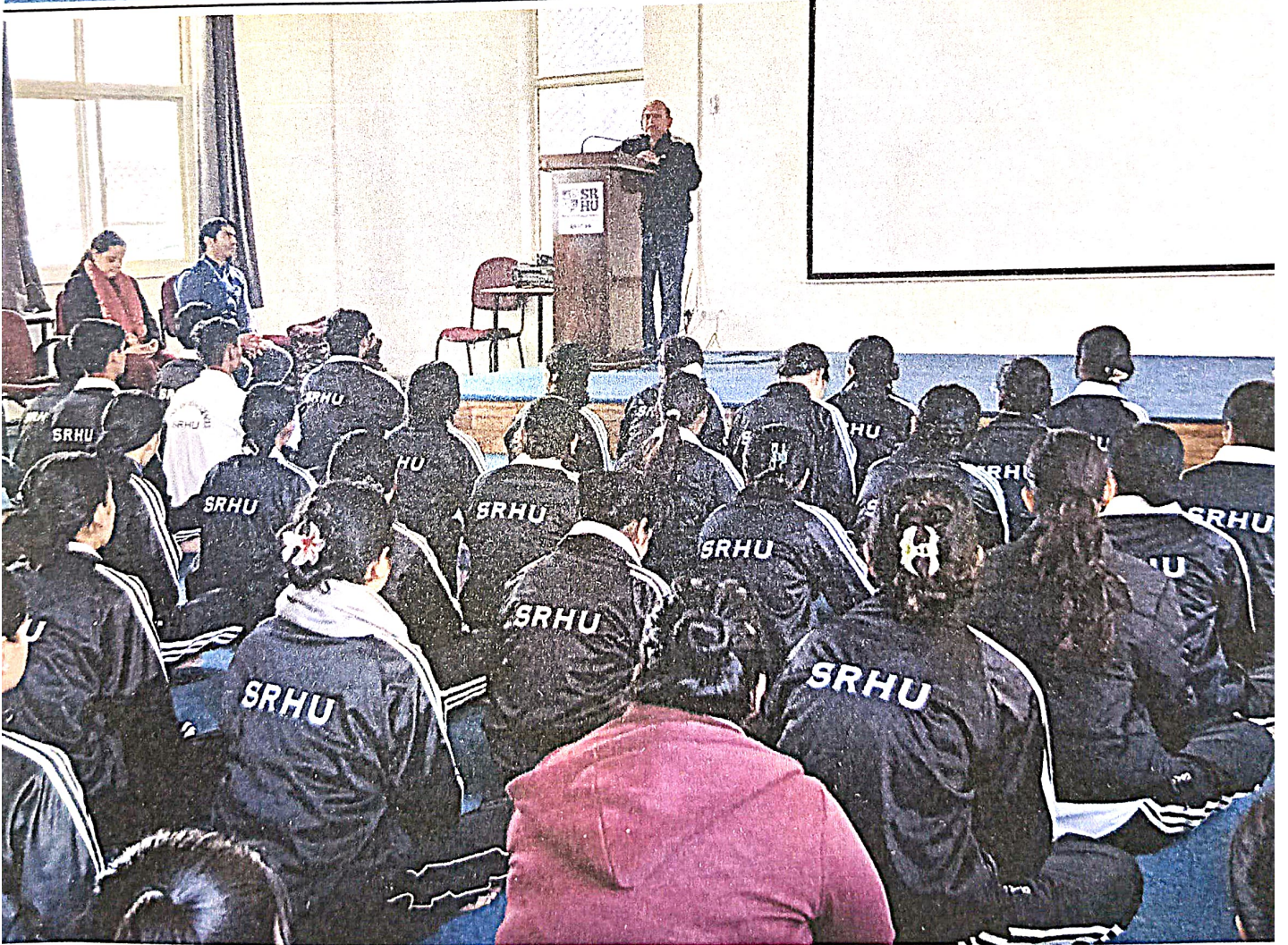
The session concluded with an interactive discussion, where students and faculty members actively participated and clarified their academic queries. Overall, the guest lecture was highly enriching and contributed significantly to the academic understanding of Yoga students and scholars.

*Subeels*  
12/12/2025

Principal  
School of Yoga Sciences  
Swami Rama Himalayan University  
Jolly Grant, Dehradun, Uttarakhand-248016



Doiwala, Uttarakhand, India  
Himalayan Hospital Road, Swami Ram Nagar, Doiwala,  
Uttarakhand 248016, India  
Lat 30.190278, Long 78.163819  
Day, 12/12/2025 10:12 AM GMT+05:30  
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*Subreel*  
12/12/2025



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Himalayan Hospital Road, Swami Ram Nagar, Doiwala,  
Uttarakhand 248016, India  
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Friday, 12/12/2025 10:12 AM GMT+05:30  
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*Subeel*  
12/12/2025

Principal  
School of Yoga Sciences  
Swami Rama Himalayan University  
14, Grant, Dehradun, Uttarakhand-243016

# Photographs



*Subee*  
*12/12/2025*

Principal  
School of Yoga Sciences  
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