



S. No.	Time, Venue, and Item	Details	
1	10.00 am—10.45 am Vivekananda Sabhagriha Seminar talk <i>Pranayama - its significance</i>	Dr O. P. Tiwari Kaivalyadham, Lonavala near Pune	
2	10.50 am—11.40 pm (Parallel Sessions)	<i>At Main pandal</i>	<i>At Vivekananda Sabhagriha</i>
		<u>Yoga Demonstration</u> Team # 11: West Bengal State Yoga Culture Association Team # 12: Ramakrishna Mission Vivekananda University	<u>Seminar Talks followed by interaction:</u> Dr. Samiran Mandal <i>Neuro-Pscho-Physiological studies related to Yoga</i> Dr S.K. Saha (WB Govt Medical College) <i>Yoga for a healthy heart: A Cardiologist's view</i> Dr Sridip Chatterjee (Burdwan University) <i>Aging gracefully through Yoga</i>
3	11.45 am -12.30 pm Vivekananda Sabhagriha Seminar talks	Dr Ishwar Acharya Director, CCRYN Dr Rajeshwar Mukhopadhyay Kaivalyadham, Lonavala near Pune	
4	12.40 pm - 1.25 pm Vivekananda Sabhagriha Seminar talk on Yoga Philosophy and Practice	Dr B.R. Sharma Kaivalyadham, Lonavala near Pune	

1.30 pm—2.20 pm : Lunch		
5	2.30 pm—3.30 pm Vivekananda Sabhagriha Magic Show	Vivek Indrajal – A magic show based on Swami Vivekananda’s life and teachings Magician Sri Pijush Banerjee
6	3.30 pm—4.15 pm Vivekananda Sabhagriha Kalaripayattu— a unique form of Ancient Indian martial art based on Hatha Yoga and Raja Yoga techniques	Demonstration-cum-teaching session RKMVU students of Coimbatore
7	4.20 pm—4.45 pm Vivekananda Sabhagriha Karate Demonstration	Sri Shambhu Thakur with RKMVU students of Belur Campus
8	4.50 pm—5.15 pm Vivekananda Sabhagriha Rhythmic Artistic Yoga	West Bengal Yoga Association
9	5.25 pm—6.20 pm Main pandal Valedictory Session	Chief Guest: Sri O.P. Tiwari Kaivalyadham, Lonavala near Pune (25 mins) Special Guest: Dr Ishwar Acharya Director, CCRYN, New Delhi (25 mins)
10	6.30 pm—7.05 pm Main Pandal Aratikam	Participation by all
11	7.15 pm—8.00 pm Main pandal Yoga related Classical Music	Swami Divyavratanaanda Ramakrishna Math Shyampukur Bati Kolkata

Note:

***Yoga Workshops will be conducted during the day at Prajna Bhavan.
For details, see Appendix.***