



# RAMAKRISHNA MISSION VIVEKANANDA UNIVERSITY

(Declared by Government of India under Section 3 of UGC Act, 1956)

PO Belur Math, Dist Howrah 711202, West Bengal, India

## YOGA FEST 2017 (17, 18, 19 March 2017 at Belur Main Campus)

### Tentative Programme

Day 1: 17 March 2017 (Friday)

**Registration starts at 8 am on the 1<sup>st</sup> day—17 March 2017 (Friday)**

S. No.	Time, Venue, Item	Speaker and other details
1	9.30 am—11.15 am Main pandal Inaugural Ceremony	<p><b>Vedic Chanting</b> (10 mins) <b>Patanjali Vandana</b> (10 mins) Students of Sanskrit Department, Ramakrishna Mission Vivekananda University (RKMVU)</p> <p><b>Welcome Address</b> (10 mins) Swami Atmapriyananda Vice Chancellor, RKMVU</p> <p><b>Inaugural Address and Words of Benediction</b> (30 mins) Revered Swami Gautamanandaji Maharaj, Adhyaksha, Ramakrishna Math, Chennai</p> <p><b>Key Note Address:</b> <b>Emergence of Yoga as an independent discipline in higher education</b> Dr Ishwar Basavaraddi, Director, Morarji Desai National Institute of Yoga, New Delhi (20 mins)</p> <p><b>Theme talk:</b> <b>Traditional Yoga and its relevance to modern times</b> (20 mins) Sri S. Sridharan, Trustee Krishnamachari Yoga Mandira (KYM)</p> <p><b>Vote of Thanks</b> (5 mins) Dr Uday Sankar Ray Head, Dept of Yoga Studies, RKMVU</p>

2	<b>11.25 am—12.25 pm</b> Main pandal <b>Yoga Demonstration</b>	Team # 1: <b>Yoga Association of West Bengal</b> Team # 2: <b>Om Yoga World Society</b>
3	<b>12.30 pm –1.15 pm</b> Vivekananda Sabhagriha <b>Interactive Seminar Session on</b> <i>Yoga and its importance for holistic health and inner harmony</i>	Dr Ishwar Basavaraddi Sri S. Sridharan, Trustee, KYM Sri V. Srinivasan, Executive Director, KYM
<b>1.25 pm—2.25 pm : Lunch</b>		
4	<b>2.30 pm—3.15 pm</b> Vivekananda Sabhagriha <b>Discussion session on:</b> <i>Preksha meditation of Jainism, propagation of Yoga among the rural and tribal people in Birbhum district</i>	Dr. Md. Khairul Islam, Guest Faculty of Jain Viswa-Bharati Institute, Rajasthan, presently at at Kolkata Centre & Chairman, All Bengal Yoga Doctors' Association, Kolkata
5	<b>3.20 pm—4.00 pm</b> Vivekananda Sabhagriha <b>Interactive Seminar Session on J. Krishnamurti's Teachings and their immense relevance in the modern times</b>	Sri S. Krishnan, Sri Kamal Thacker, Krishnamurty Foundation, Kolkata Centre
6	<b>4.10 pm—5.00 pm</b> Main pandal <b>Yoga Demonstration</b>	Team # 3: <b>Patanjali Yoga Peeth</b> Team # 4: <b>Om Astanga Yoga Physique Association of Bengal</b>
7	<b>5.05 pm—5.40 pm</b> Main pandal <b>Kalaripayattu—a unique form of Ancient Indian martial art based on Hatha Yoga and Raja Yoga techniques</b>	<b>Demonstration-cum-teaching session</b> RKMVU students of Coimbatore
<b>5.40 pm—6.00 pm: Tea and snacks</b>		
8	<b>6.10 pm—6.45 pm</b> Main Pandal <b>Aratikam</b>	<b>Participation by all</b>
9	<b>6.50 pm—7.45 pm</b> Main Pandal <b>Yoga Natika</b> <b>Yoga Nirtya</b>	Yoga Association of Bengal World Yoga Society

**Note:**

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

## Day 2: 18 March 2017 (Saturday)

S. No.	Time, Venue, Item	Details
1	<b>10.00 am—11.20 am</b> Vivekananda Sabhagriha <b>Seminar Talks</b> <b>(20 minutes each)</b>	<b>Sri Mrinal Chakrabarty</b> (Indian Yoga Federation) <b>Sri Subrata Ghosh</b> (West Bengal Yoga Association) <b>Dr Prem Sundar Das</b> (PS Das Yoga Research Centre) <b>Dr Rajeshwar Mukhopadhyay</b> (Kaivalyadham, Pune)
2	<b>11.25 am—12.25 pm</b> Main pandal <b>Yoga Demonstration</b>	Team # 5: <b>Janashiksha Mandir, Belur Math</b> Team # 6: <b>Kreeda Bharati</b>
3	<b>12.25 pm –1.05 pm</b> Vivekananda Sabhagriha <b>Interactive Discussion Session</b>	<b>Frequently Asked Questions (FAQs)</b> <b>about Yoga</b>  <b>Dr B.R. Sharma</b> (Kaivalyadham, Pune) <b>Dr Rajeshwar Mukhopadhyay</b> (Kaivalyadham, Pune) <b>Sri Niren Majumdar</b> <b>Sri S. Sridharan</b> Trustee, KYM <b>Sri V. Srinivasan</b> Executive Director, KYM  <b>Moderator: Swami Atmapriyananda</b>
<b>1.15 pm—2.15 pm : Lunch</b>		
4	<b>2.30 pm—4.00 pm</b> Main pandal <b>Panel Discussion :</b> <b><i>Yoga for Rural India</i></b>	<b>Panelists:</b> Prof Sabujkoli Sen Dr Sudip Sundar Das Sri Swapan Das Sri Dipankar Pal Sri Nakul Chandra Mahato, SDO, Jhargram <b>Moderator : Dr. U. S. Ray</b>
5	<b>2.30 pm—4.00 pm</b> Vivekananda Sabhagriha <b>Quiz competition</b>	Among the participating students
6	<b>4.10 pm—5.00 pm</b> Main pandal <b>Yoga Demonstration</b>	Team # 7: <b>West Bengal Yoga Association</b> Team # 8: <b>World Yoga Society</b>

7	<b>5.15 pm—5.55 pm</b> Main pandal <b>Seminar Talks</b>	<b>Swami Vivekananda's <i>Raja Yoga</i> – a Unique Response to Classical Yoga in the Modern Age of Science</b> Swami Atmapriyananda, Vice Chancellor, Ramakrishna Mission Vivekananda University, Belur Math
8	<b>6.00 pm—6.40 pm</b> Main pandal <b>Yoga Demonstration</b>	Team # 9: <b>Asian Yoga Research Institute</b> Team # 10: <b>P. S. Das Yoga Research Centre</b>
9	<b>6.45 pm—7.20 pm</b> Main pandal <b>Aratikam</b>	<b>Participation by all</b>

**Note:**

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

**Day 3: 19 March 2017 (Sunday)**

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

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

**Note:**

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



## **Appendix**

### **Tentative Schedule for Yoga Workshops at *Prajna Bhavan* during the Yoga Fest 2017**

#### **Day 1: 17 March 2017 (Friday)**

<b>Session</b>	<b>Time</b>	<b>Institution</b>
Session 1.1	11.30 am—12.30 pm	Indian Yoga Federation
Session 1.2	3.00 pm—4.00 pm	Ironman Yoga and Naturopathy Center (in Meditation Gallery)
Session 1.3	4.00 pm—5.00 pm	Krishnamachari Yoga Mandiram, Chennai
Session 1.4	5.00 pm—6.00 pm	Ramakrishna Mission Vivekananda University

#### **Day 2: 18 March 2017 (Saturday)**

<b>Session</b>	<b>Time</b>	<b>Institution</b>
Session 2.1	10.30 am—11.30 am	West Bengal Yoga Association
Session 2.2	11.30 am—12.30 pm	Yoga Association of West Bengal
Session 2.3	3.00 pm—4.00 pm	Om Yoga World Society
Session 2.4	4.00 pm—5.00 pm	Om Astanga Yoga Physique Association of Bengal
Session 2.5	4.00 pm—5.00 pm	Ironman Yoga and Naturopathy Center (in Meditation Gallery)

#### **Day 3: 19 March 2017 (Sunday)**

<b>Session</b>	<b>Time</b>	<b>Institution</b>
Session 3.1	11.30 am—12.30 pm	World Yoga Society
Session 3.2	3.00 pm—4.00 pm	Bihar School of Yoga
Session 3.3	4.00 pm—5.00 pm	Krishnamachari Yoga Mandiram, Chennai
Session 3.4	4.00 pm—5.00 pm	Ironman Yoga and Naturopathy Center (in Meditation Gallery)