



Department of Sport Science and Yoga
Ramakrishna Mission Vivekananda Educational and
Research Institute
(Deemed University)
Belur Math, Dist. Howrah 711202, West Bengal
(Rated A++ BY NAAC in March 2019)



“What we want, is to see the man who is harmoniously developed ...great in heart, great in mind and great in deed”

“Each soul is potentially divine. The goal is to manifest this Divinity by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy – by one, or more, or all of these – and be free.”

“Each one of our Yogas is fitted to make man perfect even without the help of the others, because they have all the same goal in view.”

Swami Vivekananda



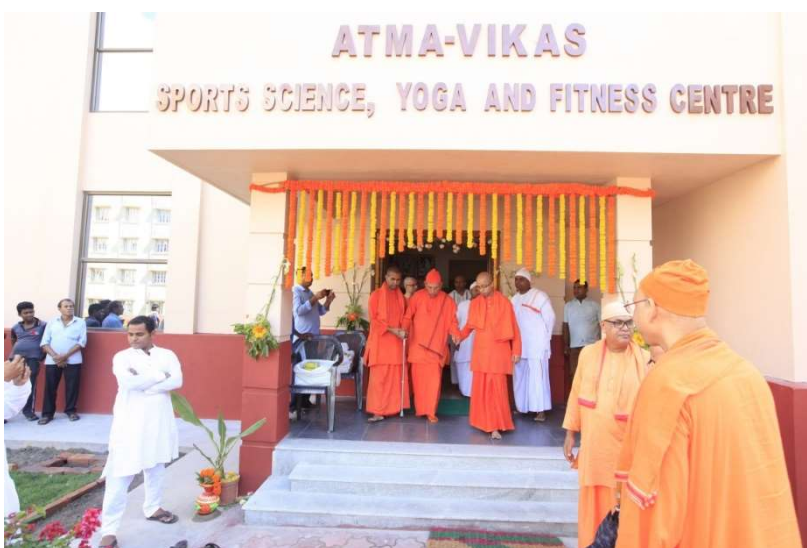
Contents :-

1. Overview of the department.....	4
2. Program schedule.....	6
3. Lecture on Krida Yoga by Deepam Addy.....	8
4. Recreational games for children by Monojit Bhunia.....	10
5. Lecture on Pranayama by Prashanta Maity.....	13
6. Lecture on Shat-karmas by Sanjoy Majhi.....	14
7. Lecture on “Yoga as Career Opportunity” by Raju Roy.....	15
8. Lecture on the Yoga and Neuro Science by Arkadeb Dutta.....	17
9. Lecture on Yogic Lifestyle by Swami Kaleshananda.....	18
10 Meditation session by Swami Kaleshananda.....	19
11. Morning Yoga Sessions.....	20
12. Evening Yoga Sessions.....	22
13. Seminar Conclusion and performance of Artistic Yoga.....	23
14. Short Tour to Dantewara.....	26

1.Overview of the Department of Sports Science & Yoga

The Ramakrishna Mission Vivekananda Educational & Research Institute (Deemed University), Belur Math, was established in 2005, under Section 3 of University Grants Commission (UGC) Act, 1956, in order to promote education and research in selected “thrust” areas – of which adapted sports and yoga were one of the important areas. In the year 2012, the University established a full-fledged academic **Department of Sports Science and Yoga** to promote scientific study and research related to sports, including adapted sports, and yoga. The Department is housed in a newly built state-of-the-art *Atmavikas*

building. Academic programs run by the Department are (i) P.G Diploma in Yoga (ii) MPhil-PhD program in Sports Science (iii) M.Phil-PhD program in Yoga (iv) 2 years M.A/M.Sc in Yoga. The department sustained the initial years by



contributing in e-PG Pathshala programme of MHRD and embarking on research activities. Sincere efforts by highly qualified ten full time faculty members led to the stage where several programmes on sports science and yoga could be introduced within few years of the genesis of the department. Recognizing the services of Ramakrishna Mission to the mankind, UNESCO instituted the prestigious UNESCO Chair in the field of “Inclusive Adapted Physical Education and Yoga” at the University in the year 2012.

Ramakrishna Mission Ashrama Narainpur

Started in 1985, the RKM Ashrama, Narainpur, along with its six service centers inside Abujhmarh jungle villages of Chhattisgarh State, has been serving the tribal brothers and sisters of the area. Abujhmarh has a tribal population of about 34,000 inhabiting some 233 far-flung villages over a sprawling area of 4000 sq.km. The ashrama runs a higher secondary school, Ramakrishna Mission Vidyapeeth, a state of the art ITI and a tuition facility named as Swami Vivekananda Educational Complex.



Yoga Camp

A five-day Yoga Camp was organized at Ramakrishna Mission Ashrama Narainpur, Chattisgarh. A total of 300 students of Vidyapeeth and ITI participated in the Camp and underwent a compact schedule for five days. Yoga practice sessions were conducted every single day twice, once in the morning and once in the evening. Lecture classes were also delivered on different topics associated with yoga. The practical classes were conducted by students studying in M.A Yoga and PG Diploma in



Yoga in the Department of Sports Science & Yoga. A special meditation session was conducted by monastic faculty and a special talk on effect of Yoga on brain development was delivered by faculty of the Department. A detailed program schedule of the Yoga Camp is presented below.

2. Program Schedule

Date	Below 15 years		Above 15 years	
14/12/19	Morning session		Morning session	
	6:30am to 7:30am	Morning yoga practice	6:30am to 7:30am	Morning yoga practice
	9:00am to 10:30am	Yoga for children	9:00am to 10:30am	Lecture on overview and origin of yoga
	Evening sessions		Evening sessions	
	4:30pm to 5:00pm	Krida Yoga	4:30pm to 5:00pm	Vinnyasa Yoga
	6:30pm to 7:30pm	Yoga Practice	6:30pm to 7:30pm	Relaxation
15/12/19	Morning session		Morning session	
	6:30am to 7:30am	Morning yoga practice	6:30am to 7:30am	Morning yoga practice
	9:00am to 10:30am	Yoga for children	9:00am to 10:30am	Lecture on Shatkriya and asana
	Evening sessions		Evening sessions	
	4:30pm to 5:00pm	Krida Yoga	4:30pm to 5:00pm	Vinnyasa Yoga
	6:30pm to 7:30pm	Yoga Practice	6:30pm to 7:30pm	Relaxation
16/12/19	Morning session		Morning session	
	6:30am to 7:30am	Morning yoga practice	6:30am to 7:30am	Morning yoga practice
	9:00to 10:30am	Yoga for children	9:00to 10:30am	Lecture on Pranayama
	Evening sessions		Evening sessions	
	4:30pm to 5:00pm	Krida Yoga	4:30pm to 5:00pm	Vinnyasa Yoga
	6:30pm to 7:30pm	Yoga Practice	6:30pm to 7:30pm	Relaxation

Date	Below 15 years		Above 15 years	
17/12/19	Morning session		Morning session	
	6:30am to 7:30am	Morning yoga practice	6:30am to 7:30am	Morning yoga practice
	9:00am to 10:30am	Yoga Quiz	9:00am to 10:30am	Lecture on Yogic Lifestyle
	Evening sessions		Evening sessions	
	4:30pm to 5:00pm	Krida Yoga	4:30pm to 5:00pm	Vinnyasa Yoga
	6:30pm to 7:30pm	Yoga Practice	6:30pm to 7:30pm	Yoga as Career
18/12/19	Morning session		Morning session	
	6:30am to 7:30am	Morning yoga practice	6:30am to 7:30am	Morning yoga practice
	Evening sessions			
	Artistic Yoga , Closing ceremony with Certificate Distribution			

3. Krida Yoga

by Deepam Addy, PGDY student

Background: This is a brief description of the lecture conducted by him at Ramakrishna Mission, Narainpur during the field trip from 12th to 18th December, '19.

Body: The topic for the lecture was “Krida Yoga”.

Here is an outline of the class conducted as on 15th of December:

✚ What is yoga?

- A process to bring out the best within you.

✚ What is Krida yoga?

- A process of all round development through sports, using the principles of yoga

✚ How?

-Krida (games) will turn into yoga, if we keep constant awareness while playing.

✚ What are the advantages?

- True personality revealed
- Friendliness
- Character building
- A way to Enjoy life

✚ Any scientific evidence?

-Psychologists agree that games give us a chance to give free vent to pent emotions and thus, release a lot of stress.

✚ Warm up

-Warming up prepares the muscles for vigorous actions. It prevents muscle cramps and injuries due to over exertion.

✚ Six reasons to warm up:

- INJURY PREVENTION
- CARDIO-VASCULAR BENEFITS
- MENTAL PREPARATION
- SOFT TISSUE ALLEVIATION
- IMPROVED REFLEXES
- ACTIVATED NERVOUS SYSTEM

✚ WHAT IS COOL DOWN?

-Cooling down is an easy exercise, done after an intense workout session, to allow the body to transit to a resting or a near resting state.

✚ Importance

-The overarching goal of a cool down is to reduce heart and breathing rates, gradually cooling down of body temperature, return of muscles to their optimal length.



Conclusion:

Positive feedback was received from the students. The session was short yet covered a huge content. They have enjoyed the class and it has helped the students to understand the psychology of tribal children, their outlook towards life, how they enjoy their curriculum, etc. The class was concluded with motivating them on Swami Vivekananda's verse, **"Believe in yourself and the world will be at your feet."**

4. Recreational games for children

by Monojit Bhunia (MA Yoga student)

A recreational game session was organized for the students of age 8 to 12 years. The purpose of those games was to make them happy. Classes were taken on 15th of Dec and 17th Dec, 2019. Almost 300 students participated in the recreational games. The students were divided into six groups, each group consisting 50 students. It started with a warm up. Different recreational games played were:

1. In-out: First you have to form a circle. Everyone should stand on the edge of the circle. With the command, when we say “IN”, they should jump in the circle, when we say “OUT”, they should jump out of the circle. If during “IN” command, anyone is outside the circle, they shall be eliminated; and during “OUT” command if anyone remains in the circle, they shall also be eliminated. The last one to follow every command and remain in the game shall be declared the winner.

2. Poison Ball: First you have to form a circle. From the outside of the circle, the ball will be aimed at the players, whomsoever is touched by the ball shall be eliminated. In the end the player who is in the circle will be the winner of the game.

3. Cock Fight: Each one will catch his one leg with his hand on the same side. The other hand will be folded and held firmly at the back. They will try to push one another by their shoulders. The players who fall down or whose legs and hands go off from the grip will be out.

4. Monkey Monkey: All players stand in a circle, one of them holds a ball ‘X’ stands in the middle of the circle as a monkey. The monkey tries to snatch the ball from the player having it. The player having it will pass it on to another. Whomsoever the monkey touches while holding the ball or from whom he gets the ball in transit, that p

layer is out. The player declared out will now stand in the middle of the circle as the monkey and the game continues.

5. Hopping Race: Each and every player will hop on one leg to a certain distance to reach a point. The one who comes first is the winner.



Total duration for the recreational games was two hours, the class timing was 10am to 12pm. At the end of each game, the winners were distributed chocolates. After the class was over, they were requested to form a line and chocolates were distributed to everyone.

Scope of the activities: The purpose of this recreation game was to improve the mental, physical and social aspects of children.

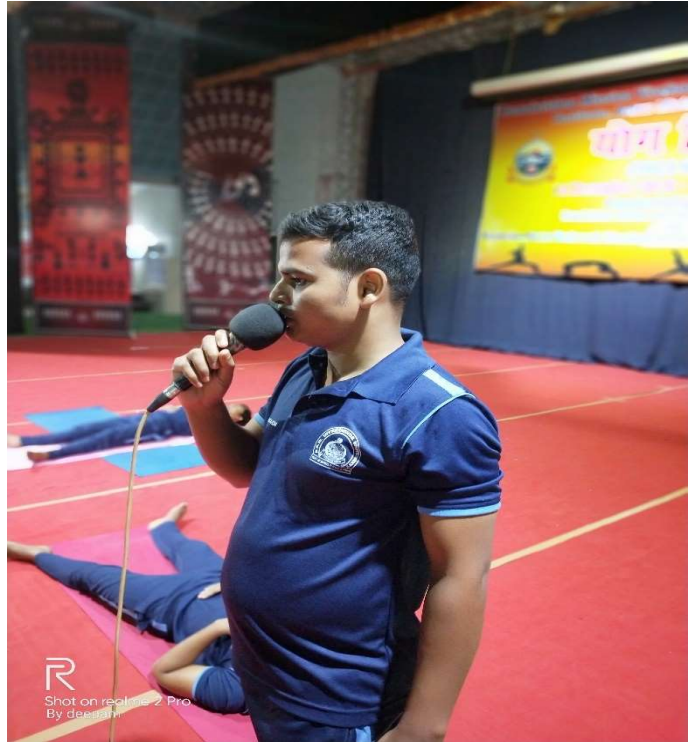
Conclusion: We have received positive feedback from the children. He has been very thankful towards Raju Roy, Arka Banarjee, Nawaz Sharif, Amit Biswas, Srikanta Koley, Avijit Roy, Suman Mondal, Pranab Midya, Narayan Chandra Jana, Sudip Das, Anirban Sarkar and Deepak Kumar Shaw for helping him conduct the class in an organized way.



5. Pranayama and Breathing Techniques

by Prasanta Kumar Maity (MA Yoga student)

On 15th December, second day of the program, he delivered a lecture on Pranayama and its practice. He discussed with his audience about all the different pranayamas, viz., Suryabhedhi, Sheetali, Shitkary, Bhastrica, Ujjayi, Bhramari, etc.; and breathing exercises like abdominal, thoracic, clavicular, yogic breathing, one after another and its demonstration. After the presentation was over, he tried to answer the questions asked by the audience. He also performed in the Artistic Yoga with the rest of the team. We have received positive feedback. The chief guest praised the entire event a lot. He guided with his inspirational words and inspired everyone to do better.



6. Shat Karma

by Sanjoy Majhi, (MA Yoga student)

On 17th of December 2019, a presentation has been given by Sanjoy Majhi, pursuing MA in Yoga from Ramakrishna Mission Vivekananda Educational and Research Institute, Belur Math, Howrah, at 7:30pm to 8:30pm in the Auditorium at Ramakrishna Mission Ashram, Narainpur, Chattisgarh. The topic was **Lecture and Demonstration on Shatkriyas**. The lecture was delivered in their local language (Chhattisgadhi). During this session all the student of ITI, Higher Secondary, Teachers, students of Certificate Course in yoga and the participants of Yoga Shivar in this institute attended. The lecture was basically focused of the general concept of Shatkriyas according to Hatha yogic texts and Ayurveda, there contra-indication, benefits and procedures. At first the lecture started with the introduction about Shatkriyas as described in Hatha Yoga Pradipika and Gheranda Samhita, then we discussed the role of Shatkriyas in balancing the Vata, Pitta and Kapha. We discussed about what the different types of Shatkriyas according to Hatha Yogic text. The types of Shatkriyas such as Neti (nasal cleansing), Dhauti (cleaning of digestive tract), Nauli (abdominal massaging), Basti (colon cleansing), Tratak (blinkless gazing), and Kapalbhata (purifying and vitalization of frontal lobes) were clearly discussed, there description as given in the Hatha yoga text, procedures, benefits and contra-indications. The most important part of the lecture was, before discussing the procedure, the contra-indication was told about each of division of the Shatkriyas, because which types of kriya should be practiced and which should not to be practiced according their health condition. Which instruments should be used in individual kriya practice was also discussed specifically, because the practice might harm their body. The benefit was told according to the Hatha yoga text and modern researches. All the demonstration of the kriyas were in video, because the time of the lecture was given at evening and this kriyas should be practiced in empty stomach. Before showing the video demonstration the procedure of each kriyas and the specific instruments how to use all were told very carefully. At the end of the lecture the conclusion was told on the view of text and modern science that how does in help to maintain a disease free good health and it should be practice under the guidance of experts. After finishing the lecture students and teachers asked questions on the basis of the lecture. All the questions were answered according to best of our knowledge.

7. Yoga as Career Opportunity

by Raju Roy PhD-Yoga Scholar

On the date of 16th December 2019, Raju Roy, pursuing M. Phil in yoga, was given an opportunity to take a practical session from 4:30pm to 5:30pm, the session basically focused on different Asanas, Pranayamas, and attention development technique.



The next day, on 17th December, he delivered a lecture on **Yoga as a Career opportunity**. The lecture was conducted in Hindi.

The lecture was attended by all the students of ITI, Higher Secondary, the teachers, and Students of Certificate Course in Yoga. During this session we not only discussed the career opportunities in yoga, but also he tried to inspire everyone. “How to keep a positive mindset in the path of life?”.



He expressed his gratitude towards the selfless work of the Maharajas as well as the students' behavior, discipline, and respect towards their teachers. Also, he explained that an ideal educational tour should be in such a place so that students get inspired in such a beautiful way.

8. Yoga & Neuroscience

By Dr. Arkadeb Dutta, Assistant Professor

The topic of his lecture was ‘Yoga & Neuroscience’. The lecture highlighted about the possible benefits of Yoga on human brain function. Yoga is a practice of unification of senses, mind and breath to attenuate distracting thoughts. In order to practice Yoga properly, delivering knowledge to the scientific facts to the audience was necessary. The lecture briefly explained the effects of Yoga on human perception, attention and on combating stress related neurological disorders with the help of neuroscience. So, special emphasis was given on brain structure, beginning from the cellular level, circuitries to localized areas carrying out functions related to sensory perception, decision making, thoughts, inner monitoring, emotion. The lecture described the impairment of brain functions on mental stress and discussed how Yogic intervention can reduce such stress and normalizes our daily life.

9. Yogic Lifestyle

By Swami Kaleshananda, Monastic faculty

Practicing asanas and pranayamas alone would not give a person the ideal health he craves for. For that, one needs to cater his lifestyle like that of a yogi.

On 17th of December, 2019, Swami Kaleshananda delivered an absolutely wonderful lecture on how a person can follow the life of Yogi, without renouncing his household life. He explained, it is no at all so tough and complicated as it seems. One has to follow Yama (personal control) and Niyama (social control), the first two pillars of Ashtanga yoga.



One can make his lifestyle far more healthier if he follows simple principles like saying Truth, maintaining Cleanliness, refrain from Stealing, non-violence, etc.. He also took some references from Shremad Bhagvat Gita, regarding healthy lifestyle and peace of mind.

Almost 300 students and teachers participated all together. This session helped the participants realize that maintaining Yama and Niyama at par with regular practice of yoga will benefit a person in the long term, and for that he does not need to become a sannyasi. Breaking the stereotype, this lecture was an absolute eye opener. The lecture was quite applauded.

10. Meditation Session

By Swami Kaleshananda, Monastic faculty

A 45 minutes' meditation session was conducted by Swami Kaleshananda after the completion of the theory class on yogic lifestyle. More than 300 students and teachers sat for meditation. He tried to relax the students by teaching them the mindfulness meditation technique. Meditation reduces stress. Stress reduction is one of the most common reasons people try **meditation**, it controls anxiety, less stress translates to less anxiety, promotes emotional health, enhances Self-Awareness, lengthens attention span, may reduce age-related memory loss, can generate kindness, helps fight addictions.



11. Morning Yoga Practice Sessions

Practical Yoga Classes were arranged for the Students of Ramakrishna Mission Vidyapeeth and ITI, Narainpur at the Infosys semi-auditorium facility in the early morning hours, from 6:30am-7:30am for each of the five days. The classes were conducted by the MA students of RKMVERI, while the PGDY students accompanied them during the whole sessions and helped them demonstrate the postures perfectly.



The morning practices generally focused on Ashtanga Vinnyasa Yoga as formulated by T. Krisnamacharya Yog Mandiram, Chennai. It's a unique type of yoga, which includes a number of postures combined in a certain order to increase the flexibility and bring a flow in the movement of the body. It was conducted by Sanjoy Majhi (MA Yoga) and Prashanta Maity (MA Yoga).

Arka Banerjee conducted the yoga classes on the second day, he focused on Surya Namashkar, a very well-known combination of twelve yoga postures dedicated to the Sun. He concluded the session with meditation and Shavasana.



Raju Roy (Ph.D Scholar) conducted a class which focused on basic Yoga postures like Vajrasana, Bhujangasana, Matsyendrasana, etc. This was done to put some light on classic Hatha yoga postures. The sessions were mostly ended with Pranayamas and a small meditation session of five minutes.



12. Evening Yoga Practice Sessions

Regular evening yoga sessions were conducted on all the five consecutive days. The sessions took place after the school hours were over. All the students, teachers and staffs attended this session mandatorily.



The evening sessions mostly focused on Cooling down and relaxing physical exercises to calm down the mind and body after a long day of work. They too were conducted by the MA students of RKMVERI.



13. Conclusion and Artistic Yoga performance

The five-day yoga camp was concluded with a grand ceremony at the Infosys indoor stadium facility at RKM Narainpur. Many distinguished guests were invited, one among them was Mr. Johar Das, Ex-football coach, Indian National Football Team.



The students have got a glimpse of the cultural events organized at Narainpur. The students were distributed memoirs made by the very own students of Vidyapeeth.



The students of the Vidyapeeth made a wonderful performance of Malkhamb.



After almost a month of rehearsal the students of RKMVERI had performed a beautifully organized act named “Artistic Yoga”.





14. Short trip to Dantewara



After the successful conclusion of the yoga camp, a short tour was organized to Dantewara for the enjoyment of the very hardworking crew.



