

## Food and Accommodation

Vegetarian food will be provided.

Accommodation on sharing basis is provided within the campus.

## Registration

Registration amount includes food, accommodation and conference material.

Dormitory Accommodation Rs.1,500/-

Non A/C Room accommodation on sharing basis Rs.3,000/-

A/C Room accommodation on sharing basis Rs.5,000/-

## Online Transfer To

A/C No. - 57039910344 IFS Code - SBIN0070013

\* Last Date for registration is 20<sup>th</sup> February 2022

\* You are to reach at Kanyakumari on 24<sup>th</sup> February 2022

For all further details contact at

[yoga@vkendra.org](mailto:yoga@vkendra.org)

Visit our website:

<https://www.vrmvk.yoga>



Fill up the registration form on the other side and post to:

To,  
**Co-ordinator,**  
Yoga Sanstra Sangamam  
Vivekananda Kendra,  
Vivekanandapuram,  
Kanyakumari - 629 702

# YOGA SASTRA SANGAMAM

**25, 26 & 27 February 2022,  
Vivekananda Kendra,  
Kanyakumari**

"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. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but

~ Swami Vivekananda ~



The Fifth Yoga Sastra Sangamam will be held at Vivekananda Kendra, Kanyakumari for three days on 25, 26 and 27 February 2022. It is a unique confluence of philosophy, knowledge and dimensions of Yoga representing the confluence of three seas. The Yoga Sastra Sangamam is a National Conference on Yoga, distinctly different from the usually held Yoga conferences and seminars. The Sangamam is devoted to the Yoga Sastra viz. Yoga texts. The Conference will focus on topics, ideas, contents, interpretations as well as practices elaborated in various Texts on Yoga like - Patanjali Yoga Sutras, Hatha Pradeepika, Gheranda Samhita, Shiva Samhita, Vasistha Samhita and Yoga Vasistha etc. The Sangamam will provide an intense discussion and understanding of the Yoga Sastra.

## The Objective

- To bring the pearls of Yoga Sastra close to the humanity.
- To understand the Yoga Texts deeply and clearly.
- To initiate an interest in the knowledge of Yoga.
- To inspire participants to study and understand and Practice Yoga Texts.
- To develop interest in the comparative study of Yoga Texts and commonly available yoga practices.
- To understand what Yoga is and what it has been being propagated

## The Theme

It is a common platform for various streams and practices, theories, concepts and ideas.

## The Methodology

- Multi-track presentations
- In English and Hindi
- Common Sessions
- Questions and answers
- Yoga Practices and performances.

## Who Can Participate

- Yoga Enthusiasts
- Yoga Practitioners
- Students studying Yoga
- Sanskrit teacher and professors
- Yoga teachers and Professionals.
- Those interested in understanding the pure essence of application of Yoga Texts.

## Contents of the Sangamam

- Paper Presentations
- Poster Presentations
- Panel Discussions
- Yoga Sessions
- Asana and Kriya Demonstrations
- Recitation Competition of Patanjala Yoga Sutras (Any TWO padas). Prizes will be awarded to winners.

## Invitation For Paper Presentations

The theme and content of all paper presentations is - elaboration, discussion and understanding of Sanskrit verses from Yoga Texts. Papers can be in English and Hindi. Papers oriented to Yoga Therapy Research need not be sent.

Kindly send a one page synopsis with paragraph margin of an inch, single space between lines set to A4 size.

The synopsis should be mailed in a PDF file to - [yoga@vkendra.org](mailto:yoga@vkendra.org)

Last Date to submit the synopsis : 1<sup>st</sup> February 2022

(Confirmation of accepted papers for presentation will be informed within a week after receiving)

Last Date to submit final paper : 15<sup>th</sup> February 2022

## Venue

Vivekananda Kendra, Vivekanandapuram, Kanyakumari.

## The Atmosphere

Most beautiful, Salubrious, Green, Natural, Calm, Serene and Peaceful. On the banks of the musical waves of the ocean. A visit to Vivekananda Rock Memorial will be arranged

..... ✂ CUT HERE ✂ .....

## Registration form for the Yoga Sastra Sangamam on 25,26 & 27 February 2022

Name : .....

Age : ..... Date Of Birth : .....

Residential Address : .....

.....

.....

Mobile No : ..... Email : .....

Designation : .....

Address of the Institution : .....

.....

Are you Presenting a Paper : .....

Title of the Paper : .....

.....

Details of Registration Amount Paid

DD / Cheque No : ..... Date : ..... Amount : .....

If Online transfer was done : UTR No : ..... Date : .....