



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 1st 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>Vedic Chanting (10 mins) Patanjali Vandana (10 mins) Students of Sanskrit Department, Ramakrishna Mission Vivekananda University (RKMVU)</p> <p>Welcome Address (10 mins) Swami Atmapriyananda Vice Chancellor, RKMVU</p> <p>Inaugural Address and Words of Benediction (30 mins) Revered Swami Gautamanandaji Maharaj, Adhyaksha, Ramakrishna Math, Chennai</p> <p>Key Note Address: Emergence of Yoga as an independent discipline in higher education Dr Ishwar Basavaraddi, Director, Morarji Desai National Institute of Yoga, New Delhi (20 mins)</p> <p>Theme talk: Traditional Yoga and its relevance to modern times (20 mins) Sri S. Sridharan, Trustee Krishnamachari Yoga Mandira (KYM)</p> <p>Vote of Thanks (5 mins) Dr Uday Sankar Ray Head, Dept of Yoga Studies, RKMVU</p>

2	11.25 am—12.25 pm Main pandal Yoga Demonstration	Team # 1: Yoga Association of West Bengal Team # 2: Om Yoga World Society
3	12.30 pm -1.15 pm Vivekananda Sabhagriha Interactive Seminar Session on <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
1.25 pm—2.25 pm : Lunch		
4	2.30 pm—3.15 pm Vivekananda Sabhagriha Discussion session on: <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	3.20 pm—4.00 pm Vivekananda Sabhagriha Interactive Seminar Session on J. Krishnamurti's Teachings and their immense relevance in the modern times	Sri S. Krishnan, Sri Kamal Thacker, Krishnamurty Foundation, Kolkata Centre
6	4.10 pm—5.00 pm Main pandal Yoga Demonstration	Team # 3: Patanjali Yoga Peeth Team # 4: Om Astanga Yoga Physique Association of Bengal
7	5.05 pm—5.40 pm Main pandal 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
5.40 pm—6.00 pm: Tea and snacks		
8	6.10 pm—6.45 pm Main Pandal Aratikam	Participation by all
9	6.50 pm—7.45 pm Main Pandal Yoga Natika Yoga Nirtya	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	10.00 am—11.20 am Vivekananda Sabhagriha Seminar Talks (20 minutes each)	Sri Mrinal Chakrabarty (Indian Yoga Federation) Sri Subrata Ghosh (West Bengal Yoga Association) Dr Prem Sundar Das (PS Das Yoga Research Centre) Dr Rajeshwar Mukhopadhyay (Kaivalyadham, Pune)
2	11.25 am—12.25 pm Main pandal Yoga Demonstration	Team # 5: Janashiksha Mandir, Belur Math Team # 6: Kreeda Bharati
3	12.25 pm -1.05 pm Vivekananda Sabhagriha Interactive Discussion Session	Frequently Asked Questions (FAQs) about Yoga Dr B.R. Sharma (Kaivalyadham, Pune) Dr Rajeshwar Mukhopadhyay (Kaivalyadham, Pune) Sri Niren Majumdar Sri S. Sridharan Trustee, KYM Sri V. Srinivasan Executive Director, KYM Moderator: Swami Atmapriyananda
1.15 pm—2.15 pm : Lunch		
4	2.30 pm—4.00 pm Main pandal Panel Discussion : Yoga for Rural India	Panelists: Prof Sabujkoli Sen Dr Sudip Sundar Das Sri Swapan Das Sri Dipankar Pal Sri Nakul Chandra Mahato, SDO, Jhargram Moderator : Dr. U. S. Ray
5	2.30 pm—4.00 pm Vivekananda Sabhagriha Quiz competition	Among the participating students
6	4.10 pm—5.00 pm Main pandal Yoga Demonstration	Team # 7: West Bengal Yoga Association Team # 8: World Yoga Society

Day 3: 19 March 2017 (Sunday)

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-Psychophysiological 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 <i>Philosophy and Practice</i>	Dr B.R. Sharma Kaivalyadham, Lonavala near Pune	

Appendix

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

Day 1: 17 March 2017 (Friday)

Session	Time	Institution
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)

Session	Time	Institution
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)

Session	Time	Institution
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)