

## Who can attend workshop?

Students of Yoga at B.Sc/M.Sc and PhD level.  
Students of other disciplines who are interested in  
Yoga, faculty members in the profession of teaching  
Yoga and other allied subjects, other Yoga  
enthusiasts etc.

## Registration Link

<https://forms.rkmvu.ac.in/workshop-science-of-yoga-june-2022/>

## Registration Fees

Rs. 350/- (for student)  
Rs. 1000/- (for others)

## Supporting Documents

Identity proof - Adhaar card (for all)  
Bonafide certificate/Student ID card (for students)  
Institution ID card (for faculty members)

## Key Dates

Registration start date: **4 May 2022**  
Registration end date: **2 June 2022**

## Venue

Inauguration: Saradananda Seminar Hall  
Workshops: ATMAVIKAS (room 405 and 308)  
Belur campus of Ramakrishna Mission  
Vivekananda Educational and Research Institute,

## Contact

For queries send email to the **Coordinator, SSY**  
[sportssc.rkmvu@gmail.com](mailto:sportssc.rkmvu@gmail.com)

## Workshop Schedule

### Day I: Saturday 4 June 2022

**9.30am-10.00am** - Registration  
**10.00am -10.30 am**: Inauguration of workshop  
**10.45am-1.00pm**: Parallel sessions of hands-on  
workshop on (i) '*Physiology of Yogic Practices*'  
and (ii) '*Yogic control of body & mind:  
Evaluation with Neuro-Biofeedback*'  
**2.00pm -4.00pm**: *Concentration and Meditation  
Techniques*

### Day II: Sunday 5 June 2022

**10.45am-1.00pm**: Parallel sessions of hands-on  
workshop on (i) '*Physiology of Yogic Practices*'  
and (ii) '*Yogic control of body & mind:  
Evaluation with Neuro-Biofeedback*'  
**2.00pm-4.00pm**: *Secrets of Consciousness and  
Mind: Science vs. Yoga*  
**4.30pm-5.00pm**: Concluding session and  
certificate distribution



## Two Day Workshop on

## Science of Yoga

04<sup>th</sup> & 5<sup>th</sup> June, 2022

Organized by -

Department of Sports Science and Yoga  
Ramakrishna Mission Vivekananda Educational  
and Research Institute

(Deemed-to-be-University)

Belur Math, Howrah, West Bengal - 711202

[www.rkmvu.ac.in](http://www.rkmvu.ac.in)

under the aegis of

UNESCO Chair in Inclusive Adapted Physical  
Education and Yoga (ID 1004)

To celebrate

*Azadi ka Amrit Mahotsav*

&

*International Day of Yoga, 2022*



## About RKMVERI

Ramakrishna Mission Vivekananda Educational & Research Institute (RKMVERI), declared by the Government of India as a Deemed University, is a multi-campus University with its Headquarters at Belur Math, West Bengal. Under the aegis of the renowned philanthropic and charitable organization 'Ramakrishna Mission', the University was started in 2005 with a vision to be a Centre of learning blending the twin excellences of ancient Indian wisdom and modern scientific knowledge and technological skill, imparting life-building, character making education.

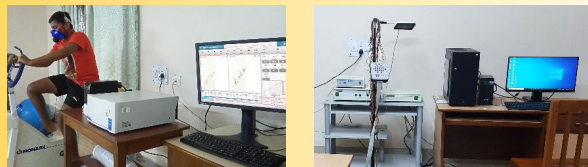
Its mission is to strive for excellence in teaching, research and all academic endeavours, blend it with Eastern and Western values, to develop integrated personalities harmoniously combining the three H's – Heart to feel, Head to think, Hands to work along with a deep sense of social responsibility. We are delighted to state that our University got the highest **A++** accreditation by NAAC. RKMVERI has four campuses in key locations at Belur (Main campus), Coimbatore (Tamil Nadu), Ranchi (Jharkand), and Narendrapur (Kolkata, WB).



## About Department of Sports Sc & Yoga

In the year 2012, the University established a full-fledged academic department to promote scientific study and research related to sports, including adapted sports, and yoga - **'Department of Sports Science & Yoga'**.

The five-storey building christened as 'Atma-Vikas' (literally, five-layered self-development) houses the Department of Sports Science and Yoga, equipped with modern laboratories and classrooms, state-of-the-art conference room, a fully functional fitness centre and huge Yoga halls, dedicated exclusively to teaching and research in the fields of Sports Sciences and Yoga.



## About the Workshop

Yoga is a scientific discipline that aims to harmoniously develop the whole of body, mind and intellect. The effects of yoga can be scientifically analyzed and measured in the physical, mental and intellectual planes.

This workshop aims to disseminate this scientific aspect of yogic science and train a group of young students who are pursuing academic study in Yoga at B.Sc./M.Sc./PhD level. Workshop in a camp-like environment is envisaged in order to properly impart such knowledge and training.

The target group will comprise students drawn from various Universities in India studying Yoga programs (Yoga education/Yoga therapy etc.) at B.Sc./M.Sc./PhD level. Faculty members engaged in teaching Yoga at various levels are welcome. There will be two parallel sessions of hands-on workshops, one lecture session and one session on meditation, all conducted by competent monks of Ramakrishna Mission and the faculty members of the Department of Sports Science and Yoga.

This workshop is being conducted under the aegis of UNESCO Chair in Inclusive Adapted Physical Education and Yoga (ID 1004)

