# 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.

# **Registration Link**

https://forms.gle/oV5NJ2pbEfTPpdB69

## **Registration Fees**

Free

(Certificate of Participation will be issued to all registered participants only)

### **Supporting Documents**

Identity proof - Adhaar card (for all)

### **Key Dates**

Registration start date: 16 May 2022 Registration end date: 21 May 2022

#### Venue

Inauguration & lectures: Saradananda Seminar Hall CYP Demonstration: Swami Vivekananda Statue

### Contact

For queries send email to the Coordinator, SSY sportssc.rkmvu@gmail.com

# **Program Schedule**

# **Monday 23 May 2022**

Venue: Swami Vivekananda statue 8.00am-9.00am: Common Yoga Protocol demonstration

### Venue: Saradananda Seminar Hall 10.00am-10.15am: Inaugural speech Dimensions of Yoga, Swami Atmapriyananda,

Pro Chancellor, RKMVERI 10.15am-10.30am: Swami Vivekananda's

Raja Yoga in modern times, Swami Sarvottamananda, Vice Chancellor, RKMVERI 10.30am-11.00am: Benefits of Common Yoga *Protocol*, Prof. U S Ray, Professor of Yoga

11.00am-12.15pm: Speech by Chief guest, Prof J P Verma, Vice Chancellor, Sri Sri Aniruddhadeva Sports University, Assam

12.15pm -12.30pm: Artistic Yoga performance on Cittabhūmavah

12.30pm -12.45pm: Application of Yoga in Sports, Dr. Santi Ranjan Dasgupta

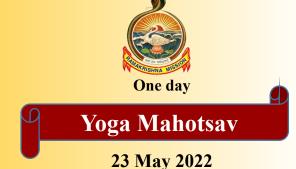
**12.45pm -1.00pm:** *Physiology of Yoga*, Prof Arnab Das

1.00pm -1.15pm: Neuroscience of

Consciousness, Prof Subhadip Paul **1.15pm-1.20pm:** Concluding session & vote of

thanks, Br Mrinmay Maharaj, Coordinator, Dept. of Sports Science and Yoga **1.20pm**: Group Photo session

1.30Pm: Lunch



Organized by -

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

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