

## 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](mailto: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 *Cittabhūmayah*

**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



One day

## Yoga Mahotsav

23 May 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

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under the aegis of

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



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