



One-day Online Seminar on "New Insights on Ancient Sūryanamaskāra"

Organized by

Department of Sports Science and Yoga
Ramakrishna Mission Vivekananda Educational and Research Institute, Belur Math, WB

Inauguration of webinar 11.00am

Topic 1 : Sūryanamaskāra and Its Scriptural References 11.15am-12.30pm

Assistant Professor (Sanskrit) Department of Yoga Philosophy, MDNIY, New Delhi

Dr. Arpit Kumar Dubey



Date

23 August 2025

Time

11 am -4.00pm

Topic 2 : Ṛcākalpa Sūryanamaskāra Vidhi of Ṛgveda 12.45pm-1.45pm

Research Scholar, Department of Sports Science and Yoga, RKMVERI, Belur Math, WB

Sanjoy Majhi,



Registration QR code



Topic 3 : Significance of Mantras in Sūryanamaskāra 2.30pm-3.30pm

Monastic Faculty, Department of Sports Science and Yoga, RKMVERI, Belur Math, WB

Swami Vidyāpradānada



Contact email: ssy@gm.rkmvu.ac.in

E-certificates will be issued to participants