



# 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

**Dr. Arpit Kumar Dubey,**

Assistant Professor (Sanskrit)

Department of Yoga Philosophy, MDNIY, New Delhi

**Topic 2 : Tricha Kalpa Sūryanamaskāra Vidhi of Rigveda** 12.45pm-1.45pm

**Sanjoy Majhi,** Research Scholar

Ramakrishna Mission Vivekananda Educational and Research Institute,  
Belur Math, WB

**Topic 3 : Significance of Mantras in Sūryanamaskāra** 2.30pm-3.00pm

**Swami Vidyāpradānanada**

Ramakrishna Mission Vivekananda Educational and Research Institute,  
Belur Math, WB

**Date**

**23 August 2025**

**Time**

**11 am -3.00pm**

**Registration QR code**



Contact email: [ssy@gm.rkmvu.ac.in](mailto:ssy@gm.rkmvu.ac.in)

*E-certificates will be issued to participants*