



RAMAKRISHNA MISSION VIVEKANANDA UNIVERSITY

(Declared by Government of India under Section 3 of UGC Act, 1956)

PO Belur Math, Dist Howrah 711202, West Bengal, India

YOGA FEST 2017 (17, 18, 19 March 2017 at Belur Main Campus)

Tentative Programme

Day 1: 17 March 2017 (Friday)

Registration starts at 8 am on the 1st day—17 March 2017 (Friday)

S. No.	Time, Venue, Item	Speaker and other details
1	9.30 am—11.15 am Main pandal Inaugural Ceremony	<p>Vedic Chanting (10 mins) Patanjali Vandana (10 mins) Students of Sanskrit Department, Ramakrishna Mission Vivekananda University (RKMVU)</p> <p>Welcome Address (10 mins) Swami Atmapriyananda Vice Chancellor, RKMVU</p> <p>Inaugural Address and Words of Benediction (30 mins) Revered Swami Gautamanandaji Maharaj, Adhyaksha, Ramakrishna Math, Chennai</p> <p>Key Note Address: Emergence of Yoga as an independent discipline in higher education Dr Ishwar Basavaraddi, Director, Morarji Desai National Institute of Yoga, New Delhi (20 mins)</p> <p>Theme talk: Traditional Yoga and its relevance to modern times (20 mins) Sri S. Sridharan, Trustee Krishnamachari Yoga Mandira (KYM)</p> <p>Vote of Thanks (5 mins) Dr Uday Sankar Ray Head, Dept of Yoga Studies, RKMVU</p>

2	11.25 am—12.25 pm Main pandal Yoga Demonstration	Team # 1: Yoga Association of West Bengal Team # 2: Om Yoga World Society
3	12.30 pm -1.15 pm Vivekananda Sabhagriha Interactive Seminar Session on <i>Yoga and its importance for holistic health and inner harmony</i>	Dr Ishwar Basavaraddi Sri S. Sridharan, Trustee, KYM Sri V. Srinivasan, Executive Director, KYM
1.25 pm—2.25 pm : Lunch		
4	2.30 pm—3.15 pm Vivekananda Sabhagriha Discussion session on: <i>Preksha meditation of Jainism, propagation of Yoga among the rural and tribal people in Birbhum district</i>	Dr. Md. Khairul Islam, Guest Faculty of Jain Viswa-Bharati Institute, Rajasthan, presently at at Kolkata Centre & Chairman, All Bengal Yoga Doctors' Association, Kolkata
5	3.20 pm—4.00 pm Vivekananda Sabhagriha Interactive Seminar Session on J. Krishnamurti's Teachings and their immense relevance in the modern times	Sri S. Krishnan, Sri Kamal Thacker, Krishnamurty Foundation, Kolkata Centre
6	4.10 pm—5.00 pm Main pandal Yoga Demonstration	Team # 3: Patanjali Yoga Peeth Team # 4: Om Astanga Yoga Physique Association of Bengal
7	5.05 pm—5.40 pm Main pandal Kalaripayattu—a unique form of Ancient Indian martial art based on Hatha Yoga and Raja Yoga techniques	Demonstration-cum-teaching session RKMVU students of Coimbatore
5.40 pm—6.00 pm: Tea and snacks		
8	6.10 pm—6.45 pm Main Pandal Aratikam	Participation by all
9	6.50 pm—7.45 pm Main Pandal Yoga Natika Yoga Nirtya	Yoga Association of Bengal World Yoga Society

Note:

**Yoga Workshops will be conducted during the day at Prajna Bhavan.
For details, see Appendix.**