

**Teachers, Students and Research Scholars
are requested to attend the seminar**

- ❖ Registration Fees: For Teachers – Rs. 300/-, For Research Scholars – Rs. 200/-, For Students – Rs. 150/- .
- ❖ Kindly enroll your name as participant by 18th March through mail or over Phone.
- ❖ For any information please contact Brahmachari Sarveshachaitanya Maharaj (8274939990)
- ❖ Abstract of Papers must reach the College through mail (rkmchiranjit10@gmail.com) by 15th March, 2017.
- ❖ There would be communication on behalf of us as regards whether the abstract of the paper has been accepted or not by 18th March, 2017 through mail.
- ❖ The Full paper should be sent for publication (ISBN) through mail (rkmchiranjit10@gmail.com) by 31st March, 2017 positively.
- ❖ After 31st March is over no paper (even though it was accepted for presentation) would be entertained for publication.

The ultimate goal of all mankind, the aim and end of all religions, is but one—re-union with God, or, what amounts to the same, with the divinity which is every man's true nature. But while the aim is one, the method of attaining may vary with the different temperaments of men. Both the goal and the methods employed for reaching it are called Yoga, a word derived from the same Sanskrit root as the English "yoke", meaning "to join", to join us to our reality, God. There are various such Yogas, or methods of union—but the chief ones are—Karma-Yoga, Bhakti-Yoga, Râja-Yoga, and Jnâna-Yoga.

— Swami Vivekananda



RAMAKRISHNA MISSION SIKSHANAMANDIRA

(An Autonomous Post-Graduate College under the University of)

College of Teacher Education (CTE) & Swami Vivekananda Centre for
Multidisciplinary Research in Educational Studies (SVCMMRES)
College with Potential for Excellence (CPE)

Belur Math, Howrah – 711 202, West Bengal

**Requests the pleasure of your company at the National Level
Seminar to be held in our College on 20th and 21st March, 2017.**

Theme

DEVELOPMENT OF PERSONALITY THROUGH YOGA EDUCATION

Venue

Vivekananda Mandap (2nd Floor)



Swami Tattwasarananda
Principal

Swami Divyananda
Secretary

Brahmachari Sarveshachaitanya
Programme Coordinator

PROGRAMME INAUGURAL SESSION

20.03.2017

- 09.30 a.m. – Registration
- 10.30 a.m. – Inaugural Song and Felicitation
- 10.40 a.m. – Welcome address by **Swami Tattwasarananda**, Principal
- 10.50 a.m. – Key-note address by **Swami Atmapriyanandaji**, Vice Chancellor, Ramakrishna Mission Vivekananda University, Belur Math.
- 11.30 a.m. – Presidential address by **Swami Divyanandaji**, Secretary, RKMSM.
- 11.50 a.m. – Vote of Thanks by **Swami Divyagunananda**, CoE, RKMSM.
- 12.00 p.m. – **1st TECHNICAL SESSION**
Chairman– Professor N. B. Biswas
 Dean of Educational Science, Assam University, Silchar
Speakers– **Professor (Dr.) Alok Kumar Banerjee**
 Ex-Vice Chancellor, Kalyani University
Topic: Anatomy & Physiology of Yogic Practices
- 01.15 p.m. – **LUNCH BREAK**
- 02.00 p.m. – **2nd TECHNICAL SESSION**
Chairman– Professor N. B. Biswas
 Dean of Educational Science, Assam University, Silchar
Speakers– **Swami Tattwasarananda**, Principal, RKMSM, Belur Math
Topic : An introduction to Yoga Philosophy according to Patanjali
- 03.00 p.m. – **3rd TECHNICAL SESSION**
Chairman– Professor Bhagirathi Biswas
 HoD, Dept. of Sanskrit, Assam University, Silchar
Speakers– **Dr. Malay Kumar Mukhopadhyay**, Assistant Professor, The Post Graduate Government Institute for Physical Education, Banipur.
Topic : Yoga as a Therapy

- 04.00 p.m. – **4th TECHNICAL SESSION**
Chairman– Professor N. B. Biswas
 Dean of Educational Science, Assam University, Silchar
Speakers– **Shri Ramji Y. Gadgane**, Yoga Acharya, Belgaum
Topic : Vipasana Meditation

21.03.2017

- 10.30 a.m. – **5th TECHNICAL SESSION**
Chairman – Sw. Tattwasarananda
 Principal, RKMSM, Belur Math
Speakers – **Sw. Sarvapriyananda**
 Minister-in Charge, New York (Vedanta Society) Centre, USA (Talk to be delivered through Skype)
Topic : Importance of Yoga in our day to day Life
- 11.00 a.m. – Paper Presentation
- 12 noon – **6th TECHNICAL SESSION**
Chairman– Professor (Dr.) S.D Bhalekar B.A.M.S / P.G.D.P.C, Medical Officer, Kaivalyadham, Lonavala and Lecturer at Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadham
Speakers– **Professor (Dr.) Rajat Roy**
 Dean of Students' Welfare, Jadavpur University
Topic : Yoga and Mental Health
- 01.15 p.m. – **LUNCH BREAK**
- 02.00 p.m. – **7th TECHNICAL SESSION**
Chairman - Professor (Dr.) Rajat Roy
 Dean of Students' Welfare, Jadavpur University
Speakers - **Professor (Dr.) S. D. Bhalekar**
 Medical Officer, Kaivalyadham, Lonavala and Lecturer at Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadham, Pune.
Topic : Science of Meditation
- 03.15 p.m. – **VALEDICTORY SESSION**
 Presidential Address– Professor Bikash C. Sannyal
 Former Professor, International Institute for Educational Planning UNESCO & Director, Mission of India, Paris