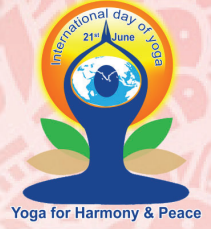


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Azadi Ka
Amrit Mahotsav



सत्यमेव जयते
MINISTRY OF AYUSH



YOGA FEST

11th to 13th June 2022

ORGANISED BY

**DEPARTMENT OF YOGIC SCIENCE AND NATUROPATHY
MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA**

[Recognised Under Section 2(f) of UGC Act, 1956]
Guwahati Unit, RUPNAGAR, ASSAM 781032

IN COLLABORATION WITH

**MINISTRY OF AYUSH, GOVT. OF INDIA : NEW DELHI
CENTRAL COUNCIL FOR RESEARCH IN YOGA AND NATUROPATHY**



ABOUT THE UNIVERSITY

Mahapurusha Srimanta Sankaradeva Viswavidyalaya (MSSV) Nagaon (recognized under Section 2(f) of UGC Act 1956) was established on 10th June, 2014 under the ASSAM ACT, No. XIX of 2013. Though the University has been set up under the Private University Act, it has been designed as a people's University, an institution for the entire people of Assam as well as India. This University is sponsored by Srimanta Sankaradeva Sangha, the largest NGO of the North-East India through Srimanta Sankaradeva Education and Socio-Economic Development Trust, Nagaon. The Mahapurusha Srimanta Sankaradeva Viswavidyalaya firmly believes that a new era of social regeneration will start from the University.



MSSV, Nagaon Unit



MSSV, Guwahati Unit

MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA

❖ Email : mssvnagaon@gmail.com ❖ Cont. No. : +91-95310-89105 ❖ www.mssv.ac.in

ABOUT THE DEPARTMENT OF YOGIC SCIENCE AND NATUROPATHY

Department of Yogic Science and Naturopathy, the first of its kind at the University level in North-East India, was started at the Mahapurusha Srimanta Sankaradeva Viswavidyalaya in 2015. Initially the Department started with a Post-Graduate Diploma programme in Yogic Science. In the year 2017, Master Degree (M.A./M.Sc.) programme in Yogic Science and Naturopathy has been launched, with a view to give all-round expertise (both theoretical and practical) on Yoga and Naturopathy, including knowledge in Philosophical, Psychological, Anatomico-physiological and pathological aspects related to Yoga. Ph.D. Programme in Yogic Science started from the Academic Session 2018.

The main aim of the Department is to make the students well-equipped to become Yoga teacher as well as Yoga therapist and to create Yoga Professionals.

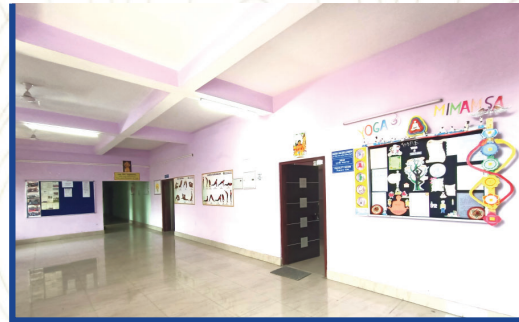
ABOUT THE YOGA FEST

Yoga is a system of holistic living, having the roots in Indian tradition and culture. Evolved thousands of years back by the Rishis, Yoga techniques are being widely used for meeting the changing health care needs of mankind. Yoga has attracted global attention in recent years. The awareness about Yogic practices is increasing among people from different walks of life, not only for preservation and promotion of health, but also for the management of various diseases. Therefore, the Yoga facility should be propagated at a mass level to more and more people adhering to the classical knowledge, so that people involved in Yoga stream can derive maximum benefits.

Hon'ble Prime Minister Shri. Narendra Modi ji has played pivotal in popularizing Yoga Worldwide. In his leadership, the Ministry of AYUSH was formed in 2014 and the Ministry has taken several measures to promote the knowledge of Yoga. The Govt. has taken steps to spread this Indian Cultural and Spiritual heritage worldwide. Today people across the globe practice Yoga in one form or the other, therefore, the need of the hour is to propagate Yoga in every nook and corner of the country. Keeping in view the preventive and holistic benefits of Yoga among the masses, this 3 days Yoga Fest is organised to take the Yoga to the masses upto the grassroot level to facilitate a better way of life.

OBJECTIVES OF THE YOGA FEST

- To promote the classical tradition of Yoga.
- To explore the Yoga traditions of North East.
- To promote Yogic art and culture in North-East India.
- To educate people on the scientific aspects of Yoga
- To increase the awareness about the health benefits of Yoga.
- To educate people on the policies of the Government in education, training in Yoga.
- To create a network of Yoga Training Institutes/Centres for promotion and propagation of Yoga.



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SCHEDULE OF YOGA FEST

DAY - 1 : 11TH JUNE 2022, SATURDAY

Time : 9:00 am to 1:00 pm

**Venue : *Srimanta Sankardev International Auditorium
Kalakshetra***

09:00 a.m. to 10:30 a.m.

Registration

09:30 a.m. to 10:30 a.m.

Tea/ Breakfast

10:30 a.m. to 12:30 p.m.

Inaugural Ceremony

12:30 p.m. to 01:00 p.m.

Yogasana and Mati Akhara
Demonstration

Time : 1:00 pm to 8:45 pm

Venue : *MSSV, Guwahati Unit, Rupnagar*

01:00 p.m. to 02:00 p.m.

Lunch Break

02:00 p.m. to 03:00 p.m.

- i) Plenary Session I by Eminent Yoga Experts at Auditorium
- ii) AYUSH Stalls (Therapeutic Consultations for common diseases) on open grass land
- iii) Exhibition - Building 1, Ground Floor

03:00 p.m. to 04:00 p.m.

- i) Plenary Session II by Eminent Yoga Experts at Auditorium
- ii) AYUSH Stalls (Therapeutic Consultations for common diseases) on open grass land
- iii) Exhibition - Building 1, Ground Floor

04:00 p.m. to 04:30 p.m.

Tea and snacks

04:30 p.m. to 05:30 p.m.

- i) Plenary Session III by Eminent Yoga Experts at Auditorium
- ii) AYUSH Stalls (Therapeutic Consultations for common diseases) on open grass land
- iii) Exhibition - Building 1, Ground Floor

05:30 p.m. to 06:00 p.m.

Bhajan Sandhya at Auditorium

06:00 p.m. to 07:30 p.m.

Yoga Demonstrations & Cultural events highlighting North-East culture at Auditorium

07:30 p.m. to 08:45 p.m.

Dinner

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SCHEDULE OF YOGA FEST

DAY - 2 : 12TH JUNE 2022, SUNDAY

- 07:00 a.m. to 09:00 a.m. Yoga Sadhana (Practice Session)
- 09:00 a.m. to 10:00 a.m. Breakfast
- 10:00 a.m. to 01:00 p.m. i) Research paper presentation - I
(Conference Room/ Patanjali Hall)
- ii) Yogasana Competitions 15 - 20 yrs and
20 - 25 yrs Male & Female (Auditorium)
- iii) AYUSH Stalls (Therapeutic Consultations
for common diseases) on open grass land
- iv) Exhibition - Building 1, Ground Floor
- 01:00 p.m. to 02:00 p.m. Lunch Break
- 02:00 p.m. to 05:00 p.m. i) Research paper presentation - II
(Conference Room/ Patanjali Hall)
- ii) Yogasana Competitions, 25-30 yrs and
30 – 35 yrs & 35 - Above Male & Female
- iii) AYUSH Stalls (Therapeutic Consultations
for common diseases) on open grass land
- iv) Exhibition - Building 1, Ground Floor
- 05:00 p.m. to 05:30 p.m. Prize Distribution (Auditorium)
- 05:30 p.m. to 06:00 p.m. Bhajan Sandhya (Auditorium)
- 06:00 p.m. to 07:30 p.m. Yoga/ Cultural Evening (Auditorium)
- 07:30 p.m. to 08:45 p.m. Dinner

DAY - 3 : 13TH JUNE 2022, MONDAY

- 07:00 a.m. to 09:00 a.m. Yoga Sadhana (Practice Session)
- 09:00 a.m. to 10:00 a.m. Breakfast
- 10:00 a.m. to 11:30 a.m. i) Workshop-I on Pranayama by Yoga
Masters of leading Yoga Schools
- ii) AYUSH Stalls (Therapeutic Consultations
for common diseases) on open grass land
- iii) Exhibition - Building 1, Ground Floor
- 11:30 a.m. to 01:00 p.m. i) Workshop-II on Meditation by Yoga
Masters of leading Yoga Schools
- ii) AYUSH Stalls (Therapeutic Consultations
for common diseases) on open grass land
- iii) Exhibition - Building 1, Ground Floor
- 01:00 p.m. to 02:00 p.m. Lunch Break
- 02:00 p.m. to 04:00 p.m. Poster Competition
- 04:00 p.m. to 04:30 p.m. Tea and snacks
- 04:30 p.m. to 06:00 p.m. Prize Distribution and Valedictory Session
Yoga Fest, MSSV, Guwahati

YOGA FEST ORGANISING COMMITTEE

CHAIRMAN

Prof. (Dr.) Mridul Hazarika Hon'ble Vice-Chancellor, MSSV

ADVISORS

Prof. Mrinal Kumar Borah Registrar, MSSV
Sjt. Babul Bora Director (Finance & Planning) cum
Chief Coordinator, MSSV
Dr. S. K. Sarkar Dy. Registrar (Admin.), MSSV &
Campus i/c Guwahati unit
Dr. Nayanmoni Saikia Dy. Registrar (Acad.), MSSV
Mr. Bichitra Bikash Asst. Registrar (Acad.), MSSV

ORGANIZING SECRETARY

Dr. Ujjwal Arun Maske Head (i/c), Department of Yogic Science and
Naturopathy, MSSV

CORE COMMITTEE

Prof. Jagadish Patgiri Dept. of Performing Arts
Prof. Sanjib Goswami Head, Centre for North East Studies
Prof. Jagat Chandra Kalita Head, Dept. of Sankaradeva Studies
Prof. Dipak Jyoti Baruah Dept. of English
Prof. Bimal Baishya Head, Dept. of Juridical Studies
Mr. Mrinal Kumar Gogoi Head (i/c), Dept. of Social Work
Dr. Santanu Kalita Head (i/c), Dept. of Computer Application
Dr. Madhulina Choudhury Head (i/c), Dept. of English
Mrs. Dimple Saikia Head (i/c), Dept. of Performing Arts
Mrs. Mercy Hazarika Asst. Professor, Dept. of Social Work
Dr. Deepshikha Carpenter Asst. Professor, Dept. of Social Work
Dr. Pallavi Dutta Asst. Professor, Centre for North East Studies
Mr. Sonmoni Saikia Asst. Professor, Dept. of Performing Arts
Dr. Donirung Reang Asst. Professor, Dept. of Yogic Science & Naturopathy
Mrs. Madhan Borah Asst. Professor, Dept. of Yogic Science & Naturopathy

MEMBERS

Dr. Biman Kumar Nath, Mrs. Varsha Maske, Mr. Dipankar Dutta, Mrs. Jinti Das, Mr. Gautam Saikia, Dr. Raksha Rawat, Dr. Arpita Das, Ms. Priyanka Gogoi, Ms. Stuti Papong, Mr. Ritu Ranjan Gogoi, Dr. Priti Deka, Dr. Sumi Daa-dhora, Mr. Borish Dutta, Ms. Sonica Hazarika, Mr. Rupanta Borpatra Gohain, Ms. Rashmita Saikia, Ms. Lily Chetia, Mr. Dipankar Borgohain, Ms. Ujjaini Dasgupta, Mr. Rubul Das, Ms. Nazia Akhtar, Mr. Ravi Prasad Sharma, Mr. Rituraj Boruah.

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SEMINAR

MAIN THEME:

Historical Developments and Modern Perspectives in Yoga

Sub-themes:

- History and Culture of Yoga in India
- History and Development of Yoga in North East India
- Yoga in the Literature of Srimanta Sankaradeva
- Yoga and Physical, Mental, Social and Spiritual Health
- Yoga and Non-Communicable Diseases
- Yoga and Psychological Ailments
- Yoga and Lifestyle Related Diseases
- Yoga and Education
- Yoga for Harmony
- Yoga for Peace
- Yoga and Sports
- Yoga and Technology

PLEASE SEND YOUR ABSTRACT/FULL PAPER TO –

Email : yogafest2022.mssvguhahati@gmail.com

Last date for submission of Abstracts- 30th May 2022

Last date for submission of Full Paper- 6th June 2022

Poster Presentation (12th June 2022)

THEMES

- Yoga for World Peace : For Age Group 10 to 20 yrs.
- Yoga for Health : For Age Group 20 to 30 yrs.



MSSV Raidongia Campus (under construction)

ADDRESS FOR COMMUNICATION/R.S.V.P.

ORGANISING SECRETARY

Dr. Ujjwal Arun Maske, Head In-Charge,
Dept. of Yogic Science and Naturopathy, MSSV
Contact: 9675652526 , Email- ujjwal.maske@gmail.com