

## AIMS AND OBJECTIVES

1. Attempt to generate confluences between Yoga practice, awareness of public health and research.

2. To establish integration of Yoga with other branches of AYUSH system and Allied Sciences.

3. To disseminate knowledge of Yogic sciences and research to all classes of people, yoga or without yoga.

**Preamble:** Yoga and Meditation are two different applications and technique interwoven for a higher purpose of life that leads to a healthy body, restful and inquisitive mind and a blissful spirit.

There are many attributes of Yoga as classified by Swami Vivekananda as Gyanyog, Rajyog, Bhaktiyog, Karmayog in modern days, to generalize the entire concept and scope of spiritual practice for attending divine quest, for the entire human race. From the pre historic days, Bharatabarsha according to the hardcore practical approach “Art & science of soul culture” Yoga has been classified as – Hathyog, Mantrayog, Layyog, Rajyog. Though there are more than 100 types of different Yogas in India from ancient time, here emphasis will be given on main four attributes of Yoga.

Sree Satyananda Mahapeeth was found as a Charitable Trust on the vision of Sree Thakur Satyananda, in the lineage of Sree Thakur Ramakrishna, Maa Sarada, Swami Vivekananda and Swami Abhedananda at Ramnagar-Uttarbhag Baruipur, 24 pgnos (S), West Bengal, India. Swami Abhedananda was a great Yogi and Sree Thakur Satyananda also engaged himself in deep meditation and attained highest spiritual realization. Raj Yoga, Gyan Yoga, Bhakti Yoga and Karma Yoga were manifested simultaneously in his Yoga-Sadhana.

“Sarvesam svastir bhavatu  
Sarvesam shantir bhavatu  
Sarvesam purnatam bhavatu  
Sarvesam Mangalam bhavatu”

May there be happiness in all  
May there be peace in all  
May there be completeness in all  
May there be success in all

“Aum sarvebhavantu sukhinah  
Sarvesantu niraamayah  
Sarvebhadranni pashyantu  
Maa kaschid-duhkha-bhaagbhavet  
Aum Shantih Shantih Shantih.”

Om, May all become happy  
May all be free from illness  
May all see what is Auspicious  
May no one suffer  
Om, Peace, Peace, Peace.

## ADVISORY COMMITTEE

Sl. no.	Name	Designation
1	SWAMI MRIGANANDA	President Sree Satyananda Mahapeeth
2	DR SANTANU SEN	National President, Indian Medical Association
3	DR. H.R. NAGENDRA	Chancellor S-VYASA University, Bangaluru
4	DR. CHANCHAL ROY	Yogacharya Hariharananda Kriyayoga Dhyana Kendra, Kolkata
5	DR. ISHWAR V. BASAVARADDI	Director Morarji Desai National Institute of Yoga, New Delhi
6	DR. D. C. KATOCH	Advisor Ayurveda Ministry of AYUSH, Govt. of India
7	DR. ANIL KHURANA	Director In-Charge CCRH, Central Council for Research in Homoeopathy, New Delhi
8	PROF. DR. B. N. GANGADHAR	Director NIMHANS, National Institute of Mental Health & Neuro Sciences, Bangaluru
9	DR. INDRANIL BASU RAY	Cardiologist and Interventional Electro Physiologist St. Francis Hospital Memphis, USA
10	PROF. DR. S. BHOWMICK	Professor Jessore University of Science and Technology, Bangladesh
11	MR. AJEET SAXENA	Former Civil Servant Govt. of India
12	MR. PRASHANT SINGHANIA	Former Civil Servant Govt. of India
13	DR. TUSHAR SIL	President West Bengal Council of Yoga and Naturopathy
14	DR. P. K. SINGHA ROY	President Paschim Banga Ayurveda Parishad
15	DR. JAYRAM HAZRA	Director CARIDD, Kolkata
16	PROF.(DR.) MRADU GUPTA	Principal I.P.G.A.E & R, Kolkata
17	DR. P. B. KAR MAHAPATRA	Vice-President Paschim Banga Ayurveda Parishad
18	DR. G. K. DUTTA	Registrar Paschim Banga Ayurveda Parishad
19	DR. UTPALENDU JANA	Principal-Superintendent J. B. Roy State Ayurvedic Medical College and Hospital
20	DR. DEBASISH GHOSH	Superintendent & Ex-Officio Professor Viswanath Ayurveda Mahavidyalaya & Hospital
21	DR. SHYMALENDU MUKHERJEE	Director ISM & Drug Control, Govt. of W. B.
22	MR. SHAKTI ROY CHOUDHURY	Chairman Baruipur Municipality

## STEERING COMMITTEE

Sl. no.	Name	Designation
1	SWAMI MRIGANANDA	Secretary Sree Satyananda Mahapeeth
2	PROF. DR. SHUBHAMOY GHOSH	Convener – SOHAM 2020 HOD MBHMCH, Govt. of West Bengal
3	DR. ACHINTYA MITRA	Asst. Director, R.O. (Ay) / Scientists, CARIDD, Kolkata
4	DR. SRIKANTA PANDIT	Reader, Dept. of Kayachikitsa J. B. Roy State Ayurvedic Medical College and Hospital
5	DR TAPAN KR CHATTERJEE	Advisor CRC, Jadavpur University
6	DR. SUDIP SUNDAR DAS	Professor, Dept. of Phy. Edu., JU
7	MR SIDDHARTHA KAR	Social Worker
8	DR. SANTANU ASH	Lecturer C.B.M.C
9	DR. AVIJIT DUTTA	Post Graduate Trainee NIH, Govt. of India, Kolkata
10	DR. BHARGAB CHATTOPADHYA	Sr. Research Fellow MBHMCH, Govt. of West Bengal
11	SWAMI DIVYATMANANDA	In-Charge Sree Satyananda Mahapeeth, Baruipur
12	DR. BIPLAB BARMAN	Coordinator Yoga course, CRC JU

## EXECUTIVE COMMITTEE

Sl. no.	Name	Designation
1	SANNYASINI TAPOMAYEE PURI	Secretary Sree Satyananda Mahapeeth
2	PROF. DR. SHUBHAMOY GHOSH	HOD MBHMC&H, Govt. of West Bengal
3	SWAMI SARADATMANANDA	Secretary Sree Ramkrishna Satyananda Ashram, Alambazar Math
4	MR. S S JAIN	Managing Trustee, Sree Satyananda Mahapeeth
5	DR. R S MAZUMDER	Managing Trustee, ree Satyananda Mahapeeth
6	DR. P B CHAKRABORTY	Superintendent, Purulia Medical College & Hospital
7	DR. UTTAM ADHIKARI	Yoga Instructor MBHMC&H, Govt. of West Bengal

## INVITED SPEAKERS (EXPECTED)

Sl. no.	Name	Affiliation	Topic
1	SWAMI NIRANJANANANDA President	Bihar School of Yoga, Munger	Application of Yoga in daily life/ Yoga Nidra
2	SWAMI ATMAPRIYANANDA Vice Chancellor	Ramkrishna Mission Vivekananda University, Belur	
3	DR. H.R. NAGENDRA Chancellor	S-VYASA University, Bangaluru	Research update of Yoga & Naturopathy in S-VYASA
4	DR. KONSTANTIN PAVLIDIS	International Speaker on Spiritual Science - A Scientist and Metaphysicist from London.	Integral Yoga and Wellness
5	DR. TUSAR KANTI DEY	USA	Yoga
6	PROF. DR. S. BHOWMICK Professor	Jessore University of Science and Technology Bangladesh	Bio-mechanics of different Asanas in Yoga
7	PROF. DR. B. N. GANGADHAR Director	NIMHANS, Bangaluru	Yoga for Mental health
8	DR. SHIRLEY TELLES Director	Patanjali Research Foundation, Haridwar	Application of Yoga in daily life, Research based presentation
9	DR. SHARAD DADASAHEB BHALEKAR Principal	Kaivalyadhama Yoga Institute and Research Centre, Lonavala- Pune	Yoga for wellness; Challenges in current days

Sl. no.	Name	Affiliation	Topic
10	DR. ISHWAR V. BASAVARADDI Director	Morarji Desai National Institute of Yoga New Delhi	Future plan of Yoga integration in main stream health
11	DR. D. C. KATOCH Advisor Ayurveda	Ministry of AYUSH, Govt. of India	
12	DR. INDRANIL BASU RAY Cardiologist	St. Francis Hospital Memphis, USA	Yoga- Mechanistic model in the effect of Cardio vascular diseases
13	DR. ANIL KHURANA Director In-Charge	CCRH, Central Council for Research in Homoeopathy, New Delhi	Research experience in Yoga and Homeopathy, integration through NPCDCS programme
14	DR. AJEET SAXENA Former Civil Servant Govt. of India	Divinity Foundation Kolkata	Corporate Spiritual Responsibility (CSpR)
15	DR. RITA MAHAJAN Founder Director	WOQEM, Bangaluru	Quantum Energy Medicine- new paradigm
16	MR. RAMESH BABU	Founder Trustee VarmaKalpa Rejuvenation Center, Sr. Research Associate Varmam, Bangaluru.	Siddha System of Medicine
17	DR. CHANCHAL ROY Yogacharya	HariharanandaKriyayogaDhyana Kendra, Kolkata	Meditation through Kriyayoga
18	DR. HEMANT BHARGAV Senior Scientific Officer	NIMHANS, Center for Yoga (NICY), Bangaluru	Application of Yoga in daily life/ Yoga Nidra
19	PROF. DR. SAMIRAN MANDAL HOD DYAS	Viswa-bharati University, Shantiniketan	
20	DR. PIYAL BHATTACHARYA Director	Chidakashkalalay, Kolkata	Naad Yoga
21	PROF. DR. SHUBHAMOY GHOSH HOD	MBHMC&H, Govt. of West Bengal	Coordinator, Panel Discussion
22	PROF. DR. SHUBHASISH GUNGULY HOD	D. N. De Homoeopathic Medical College and Hospital, Govt. of West Bengal	Panel Discussion
23	DR. PRADIP KUMAR BAIRI Professor	D. N. De Homoeopathic Medical College and Hospital, Govt. of West Bengal	Panel Discussion
24	DR. RAJAT CHATTERJEE Prof. & Principal	Calcutta Homeopathic Medical College and Hospital	Panel Discussion
25	DR SUBHRO BHATTACHARYA HMO	Swasthya Bhavan	Panel Discussion
26	DR BISWAJEET BASU		Panel Discussion
27	DR ASHOKE KUMAR PRADHAN		Panel Discussion
28	DR KAUSHIK CHATTERJEE Associate Professor	Oncology Dept., IPGMER	Panel Discussion
29	DR D S BHAR Managing Director	HAPCO	Panel Discussion
30	DR G P SARKAR Managing Director	ALLEN AND JUPITER PHARMACEUTICAL PVT LTD	Panel Discussion
31	DR. N. P. SINGH Secretary	Akhil Bharatiya Prakritik Chikitsa Parisad, Kolkata	Naturopathy and Yoga
32	DR. P. K. SINGHA ROY President		Role of Ayurveda in Life style disorder
33	DR JAYRAM HAZRA Director	CARIDD, Kolkata	Role of Ayurveda in Life style disorder
34	PROF.(DR.) MRADU GUPTA Prinicipal	I.P.G.A.E & R, Kolkata	
35	DR. P. B. KAR MAHAPATRA Vice-President	Paschim Banga Ayurveda Parishad	Role of Ayurveda in Life style disorder
36	DR. G. K. DUTTA Registrar	Paschim Banga Ayurveda Parishad	Role of Ayurveda in Life style disorder
37	DR. UTPALENDU JANA Principal-Superintendent	J. B. Roy State Ayurvedic Medical College and Hospital	Role of Ayurveda in Life style disorder
38	DR. DEBASISH GHOSH Superintendent & Ex-Officio Professor	Viswanath Ayurveda Mahavidyalaya & Hospital	Role of Ayurveda in Life style disorder
39	DR. SHYMALENDU MUKHERJEE Director	ISM & Drug Control Govt. of W. B.	Role of Ayurveda in Life style disorder
40	DR. ACHINTYA MITRA R.O. (Ay) /Scientists	CARIDD, Kolkata	Role of Ayurveda in Communicable diseases
41	DR. SRIKANTA PANDIT Reader, Dept. of Kayachikitsa	J. B. Roy State Ayurvedic Medical College and Hospital	Role of Ayurveda in Non-communicable diseases
42	DR. TAPAS MONDAL Principal	Rajiv Gandhi Memorial Ayurvedic College & Hospital	
43	DR. SWARUP DE Vice-Principal	Raghnath Ayurvedic Mahavidyalaya	Relation between Ayurveda & Yoga in the preventive Health Care System