

## State level Yogasana Competition

**30 June, 2018**

There will be two groups:

- ◆ Group 1: Junior college students (Boys and Girls)
- ◆ Group 2: Degree College and University students (Boys and Girls)
- ◆ Syllabus of Yogasanas can be downloaded from the website of the University, i.e., mssv.co.in or can be collected from the Department of Yogic Science and Naturopathy, Guwahati Campus, MSSV.
- ◆ Winners of the Yogasana competition will be awarded with Prize money, Shield and certificate. Beside this, all participants will be awarded with certificates of participation.

## Main Convention & Seminar Program Highlights

**01 July, 2018**

- 09:00 AM to 10:00 AM : Registration  
10:00 AM to 11:00 AM : Inaugural Programme  
11:00 AM to 12:00 noon : Session 1  
Expert Talk I : Relevance of Yoga in the Present Day World  
Expert Talk II : Therapeutic uses of Yoga Practice  
12:00 noon to 01:00 PM : Lunch Break  
01:00 PM to 03:00 PM : Session 2: Paper presentation  
03:00 PM to 04:00 PM : Session 3: Discussion on the Developments of Yoga Activities in Assam  
04:00 PM to 04:15 PM : Tea Break  
04:15 PM to 04:45 PM : Yoga Demonstration and Prize Distribution  
04:45 PM to 05:30 PM : Valedictory Session

## Address for Communication

### Convener

**Prof. Bali Narayan Phukan**

Head, Dept. of Yogic Science & Naturopathy, Guwahati Campus, MSSV  
Sankari Sanskriti Kendra, Rupnagar, Guwahati 781032  
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### Associate Conveners

**Dr. Ujjwal Arun Maske**

Asst. Prof., Dept. of Yogic Sc. & Naturopathy, Guwahati Campus, MSSV  
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**Shri Nagendra Kumar Jain**

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For more information and updates please visit:  
[www.mssv.co.in](http://www.mssv.co.in)



**MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA**

[ESTABLISHED UNDER THE ASSAM ACT NO. XIX OF 2013]



**1<sup>ST</sup> ALL ASSAM YOGA CONVENTION & SEMINAR**  
**ON**  
**IMPORTANCE OF YOGA IN 21<sup>ST</sup> CENTURY**  
**&**  
**STATE LEVEL YOGA COMPETITION**  
**FOR**  
**JR. COLLEGE & DEGREE COLLEGE / UNIVERSITY LEVEL**  
**30<sup>TH</sup> JUNE & 1<sup>ST</sup> JULY, 2018**

**ORGANIZED BY**  
**DEPARTMENT OF YOGIC SCIENCE AND NATUROPATHY**  
**GUWAHATI CAMPUS**  
**MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA**  
**RUPNAGAR, GUWAHATI-781032**  
[www.mssv.co.in](http://www.mssv.co.in)



## About the University

Mahapurusha Srimanta Sankaradeva Viswavidyalaya has been founded on 10th June, 2014. 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 fraternity firmly believes that a new era of social regeneration will start from this University.

## 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 the Mahapurusha Srimanta Sankaradeva Viswavidyalaya in 2015. Initially the Department started 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. The main aim of the Department is to make the students well-equipped to become Yoga-Teachers as well as Yoga-Therapists. The Department is equipped with classrooms, Yoga Halls, Shatkarma Hall and very soon Department will have its own Naturopathy, Biology and Psychology labs and an Out Patient Department.

## About the Convention

Yoga is the science of right living and is intended to be incorporated in daily life. It works on all aspects of the person- physical, mental, emotional, psychic and spiritual. In the 21st century, beyond the needs of individuals, the underlying principles of Yoga provide a real tool to combat social malaise and international belligerency. At a time when the world seems to be at a loss, rejecting past values without being able to establish new ones, Yoga provides a means for people to find their own way of connecting with their true selves and enjoy peace individually, socially as well as internationally.

In Assam, Yoga is being practiced in different traditions in different forms. This conference will give a platform to discuss and acknowledge the various Yoga forms and their developments in the different areas of Assam. Also, the Seminar, proposed along with the Convention will give a platform for the research scholars and academicians of Assam who are working in the field of Yoga and Naturopathy to gather at a single stage and share their researches and experiences.

In addition, this Convention shall provide a stage for Yoga practitioners of Junior College and Degree college/ university students to participate in the proposed State Level Yogasana Competition.

## Theme of the Seminar

- ◆ Importance of Yoga in the 21st Century.

## Sub-Themes

- ◆ Yogic Therapy and Naturopathy
- ◆ Yoga in Education
- ◆ Yoga for Physical Fitness
- ◆ Yoga for Personality Development
- ◆ Yoga for International Peace

## Call for Papers

- ◆ Research papers and review papers on the theme and sub-themes of seminar are invited for oral and poster presentations.
- ◆ Please send your Abstract / Paper to: [balinarayanphukan@gmail.com](mailto:balinarayanphukan@gmail.com)
- ◆ **Last date for submission of abstracts : 30 May 2018**
- ◆ **Last date for submission of full papers : 15 June, 2018**
- ◆ For any queries please write to: [ujjwal.maske@gmail.com](mailto:ujjwal.maske@gmail.com)

## Fees

- ◆ Fees for Convention and Seminar (Including Lunch & Tea):

Fees for	Participation	Paper presentation
Common public	Rs. 100	.....
Students	Rs. 100	Rs. 300
Research scholars/Teachers	Rs. 500	Rs. 1,000

- ◆ Entry fee (extra) for Yogasana Competition: Rs. 50/- per participant, for both groups (Including lunch & Tea)

## Mode of Payment

- ◆ By cash at the time of Registration.
- ◆ No cheque will be accepted from participants.

## Accommodation

Accommodation can be arranged on request for outstation participants. The accommodation charges shall have to be borne by the participants.