



# RAMAKRISHNA MISSION SIKSHANAMANDIRA

(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)  
College with Potential for Excellence (CPE) College of Teacher Education (CTE) &  
Swami Vivekananda Centre for Multidisciplinary Research in Educational Studies

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Belur Math Howrah - 711 202 West Bengal

## NOTICE: International Yoga Day 2023

All students and staff members are hereby requested to attend the 9<sup>th</sup> International Day of Yoga celebrations scheduled to be held at the college on 21.06.2023 with various yoga related programmes, protocols and demonstrations.

The detailed programme list is attached herewith.

Date: 19.06.2023

s/d

Swami Vidyamritananda  
Principal (Offg.)





# 9<sup>th</sup> International Day of Yoga

Organised by

Ramakrishna Mission Sikshanamandira

Belur Math, Howrah -711 202



## Programme Schedule

**Date: 21-06-2023 (Wednesday)**

**Time: 08:00 am onwards**

**Theme: 'Yoga for Vasudhaiva Kutumbkam'**

Programme	Speaker	Time	Venue
Opening Song	Trainees of RKMSM	08:00 am	‘Vivekananda Mandap’ (2 <sup>nd</sup> Floor)
Welcome Address	<b>Swami Vidyamritananda</b> Principal (Offg.), RKMSM, Belur Math	08:05 am to 08.10 am	
<b>Topic:</b> “Yoga: A Positive Way of Life for Attaining Perfection”	Guest Speaker: <b>Rev. Swami Amiteshanandaji Maharaj</b> Acharya, Bramhachari Training Centre, Belur Math	08:10 am to 08:40 am	
<b>Common Yoga Protocol Demonstrations</b>	<b>Sri Arumay Jana</b> Faculty, RKMSM, Belur Math	08:40 am to 09:10 am	
<b>Vote of Thanks</b>	<b>Dr. Siharan Chakrabarty</b> Faculty, RKMSM, Belur Math	09:10 am to 09.15 am	

## UNVEILING OF YOGA WALL MAGAZINE

‘বিবেকখ্যাতি’ (VIVEKKHYATI)

by

Respected Guest Maharaj: **Rev. Swami Amiteshanandaji Maharaj**

Venue: **Yoga Hall (3<sup>rd</sup> floor) at 09:15 am**

**Anchor: Debanjan Chatterjee, B.Ed. 1<sup>st</sup> Year**

### General Instructions for the Participants:

1. Wear loose-fitting attire in which stretching and sitting is easily possible.
2. Have a light stomach when you join the programme.
3. All participants are asked to positively report by **07:45 am** at ‘Vivekananda Mandap’ (2<sup>nd</sup> Floor).

