



विश्वभारती
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Visva-Bharati



संस्थापक: रवीन्द्रनाथ ठाकुर
Founder: Rabindranath Tagore

आचार्य: श्री नरेंद्र मोदी
ACHARYA (CHANCELLOR)
SHRI NARENDRA MODI

उपाचार्य: प्रोफेसर विद्युत चक्रवर्ती
UPACHARYA (VICE-CHANCELLOR)
PROF. BIDYUT CHAKRABARTY

Celebration of 7th International Day of Yoga (IDY) 21st June, 2021

Jointly Organized
By
Department of Yogic Art & Science (DYAS)
Vinaya Bhavana
Visva-Bharati
(A Central University & an Institution of National Importance)
West Bengal, India
and
Inter University Centre for Yogic Sciences (IUC-YS)
University Grants Commission (UGC)
Ministry of Education
Government of India
Theme
“Fighting Against Covid-19 Pandemic: Prevention, Care and Rehabilitation through Yoga”
Programme Details

Regular Yoga Practice				
SL No.	Date and Time	Programme Title	Expert	Online Streaming link
1	18 th May, 2021- upto 20 th June, 2021 Everyday 7.00 A.M.- 8.00 A.M. (Except Sunday)	Yoga Practice for all faculties, staffs and their family members	Ms. Parichiti Saha, DYAS, Visva-Bharati	https://zoom.us Meeting Id- 974 7542 7410 Passcode- yogic
2	18 th May, 2021- upto 20 th June, 2021 Everyday 8.15 A.M.- 9.15 A.M. (Except Sunday)	Yoga Practice for all students	Mr. Rupesh Kumar, DYAS, Visva-Bharati	https://zoom.us/j Meeting Id- 919 8504 3976 Passcode: yogic
3	18 th May, 2021- upto 20 th June, 2021 Everyday 5.00 PM to 6.00 P.M. and 6.15 P.M. to 7.15 P.M.	I. Yogic Practices for Covid Home Quarantine II. Yogic Practices for Covid Recovered patient	Ms. Parichiti Saha, DYAS, Visva-Bharati	Email: dyas@visva-bharati.ac.in

June, 14th -20st, 2021

7 Days Special Programme Prior to International Day of Yoga

Yoga and Indian Music (Music Therapy) Inauguration by : Prof.Bidyut Chakrabarty, Vice-Chancellor, Visva-Bharati Guest of Honour: Prof. Avinash Chandra Pandey, Director, Inter University Centre for Yogic Sciences				
SL No.	Date and Time	Programme Title	Expert	Online Streaming link
1	14 th June, 2021, 7.00.- 8.00 P.M	Yoga and Rabindra Sangeet	Shri Prasanta Ghosh, Sangeet Bhavana, Visva-Bharati	https://zoom.us/j/9990797996 Meeting ID: 999 0797 9963 Passcode: YIMP21
2	15 th June, 2021, 7.00.- 8.00 P.M	Yoga and Kirtan	Shri Suman Bhattacharya, Sangeet Bhavana , Visva-Bharati	Do
3	16 th June, 2021, 7.00. - 8.00 P.M	Yoga and Tabla, Yoga and Pakhwaj	Shri Biswajit Sahoo and Shri Apurbalal Manna, Sangeet Bhavana , Visva-Bharati	Do
4	17 th June, 2021, 7.00 - 8.00 P.M	Yoga and Sitar	Shri Sabyasachi Sarkhel, Sangeet Bhavana , Visva-Bharati	Do
5	18 th June, 2021, at 7.00 P.M. - 8.00 P.M	Yoga and Esraj	Shri Buddhadeb Das, Sangeet Bhavana , Visva-Bharati	Do

National Webinar

Fighting Against Covid-19 Pandemic: Prevention, Care and Rehabilitation through Yoga

Date & Time: 19th June, 2021 at 10.30 A.M. to 1.30 P.M.

Inauguration by: Prof. N.C. Mandal, Director PSNS, Visva-Bharati

Co-ordinator: Ms. Parichiti Saha, Assistant Professor, DYAS

Registration Link: <https://forms.gle/XiUtXhUcyzUfyWY56>

SL No.	Name of The Speaker	Topic	Webinar link
1	Kalpesh Zala, Assistant Professor Department of Yogic Science, Faculty of Health and Wellness, Sri Sri University, Odisha.	Yoga for Neurological Disorders	https://zoom.us/j/9 Meeting ID: 922 7572 7778 Passcode: NWW21
2	Dr. Ajay Pal, Assistant Professor & Teacher In-Charge, Department of Yoga, Central University of Haryana, Haryana.	Yoga for Cardiovascular Disorders	Do
3	Dr. Soniya Tiwari, Senior Research fellow, SVYASA Yoga Institute, Bangalore, Karnataka	Yoga for Respiratory Disorders	Do
4	Dr. Ashween Bilagi, Assistant Professor Department of Integrative Medicine, Sri Devraj Urs Acadeamy ,Kolar, Karnataka	Yoga and Metabolic Disorders	Do
5	Dr.Amravathi Eraballi, Department of Yogic Art & Science, Visva-Bharati, West Bengal.	Yoga for Musculoskeletal Disorders	Do

National Workshop

Fighting Against Covid-19 Pandemic: Prevention, Care and Rehabilitation through Yoga

Date & Time: 20th June, 2021 at 10.30 A.M. to 1.30 P.M.

Inauguration by: Prof.K.C. Sahoo, Principal, Vinaya Bhavana, Visva-Bharati

Co-ordinator: Mr. Rupesh Kumar, Assistant Professor, DYAS

Registration Link: <https://forms.gle/P7vFf8bKRHMPwSr79>

SL No.	Name of The Speaker	Topic	Workshop link
1	Dr.Amrit Lal Gurvendra, Associate Professor, HoD Dept of CAM, Dev Sanskriti Viswavidyalaya, Haridwar, Uttrakhand.	Integration of Yoga and Acupressure	https://zoom.us/j/9 Meeting ID: 922 7572 7778 Passcode: NWW21
2	Dr. Usha Jaiswal, Assistant Professor, Department of Yoga, Dev Sanskriti Viswavidyalaya, Haridwar, Uttrakhand.	Integration of Yoga and Pranic Healing	Do
3	Dr.Amrvathi Eraballi, Department of Yogic Art & Science, Visva-Bharati, West Bnegal.	Integration of Yoga and Physiotherapy	Do

Celebration of International Day of Yoga (IDY)

Inauguration by: Prof. Bidyut Chakrabarty, Vice-Chancellor, Visva-Bharati

Date and Time	Programme Details	Expert	Online Webinar link
21 st June, 2021, 7.00-8.30 A.M.	AYUSH Yoga Practice Protocol for all.	Ms. Parichiti Saha Mr. Rupesh Kumar Prof. Samiran Mondal	https://zoom.us/j/97346955184?pw Meeting ID: 973 4695 5184 Passcode: IYD21
21 st June, 2021 10.30 A.M. to 1.30 P.M.	Intra University Rhythmic Yoga Competition	All Teachers of DYAS	https://zoom.us/j/94402062103?pw Meeting ID: 944 0206 2103 Passcode: IURYC21

Valedictory Programme:

Inauguration by: Prof. Sankar Majumdar, Department of Rural studies (Palli charcha Kendra) and Proctor, Visva-Bharati

Prize Distribution

Word of Thanks: Prof. Samiran Mondal, Head, DYAS, Visva-Bharati

Ashram Sangeet and National Anthem

Note:

1. Participation certificates for the National Webinar and Workshop will be provided only to the registered candidates.
2. Medals and Participation certificates will be provided for Intra University Rhythmic Yoga Competition.

Contact Details:

1. Prof.Samiran Mondal, Head, Department of Yogic Art & Science, Vinaya Bhavana, Visva-Bharati, Santiniketan, West Bengal, India.

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