

शरीरम् आद्यं खलु धर्मसाधनम्

सर्वे सन्तु निरामया....



Learn real message of Yoga through "ANANDA-YOGA"

Workshop on "ANANDA-YOGA"

From 28 January to 03 February 2019, (7 days)

Hindi Bhavana of Visva-Bharati is going to organize a workshop on "ANANDA-YOGA" from 28 January to 03 February 2019 (for 7 days). "ANANDA-YOGA", a unique innovation by yoga scientist Sri Ananda ji is now being conducted everywhere. "Ananda-yoga" is a synthesis of 4 streams of yoga-s (**the Raja-yoga, the Karma-yoga, Jñāna-yoga & Bhakti-yoga**). It is a wonderful amalgamation of both the science, technology and various yogic scriptures.

Interested faculty members, students and office-staffs and family members of Visva-bharati are cordially invited to attend the workshop.

Prof. R. N. Mishra
H.O.D., Hindi Bhavana, VB.
President of the Workshop

Prof. Harish Chandra Mishra
(Director of the Workshop)
Hindi Bhavana, Visva-Bharati, Santiniketan

Coordinators:

Dr. Niranjana Jena, Department of Sanskrit, Pali & Prakrit, VB, (M- 9434569621)
&
Dr. Rekha Ojha, Department of Philosophy & Comparative Religion
Visva-Bharati, Santiniketan, VB, (M -7001891545)

Venue :

Inauguration: Hindi Bhavana, Visva-Bharati, Santiniketan on 28.01.2019 at 4.00 PM,

Classes : From 28.01.2019 to 03.02.2019, (4.00 PM to 5.30 PM)
at Hindi Bhavana, Visva-Bharati, Santiniketan