

**One-day Camp at Bejoy Narayan Mahavidyalaya on "Common Yoga Protocol" organized by Dept. of Sports Science and Yoga, RKMVERI, Belur**

Total Participants = 46

**Resource Person:**

**Mrinmay Maharaj**

Coordinator, Department of Sports Science and Yoga, RKMVERI

**Invocation: All about Yoga**

**Dr. Kalipada Pal**

MD (Ayurveda), Associate Professor, Department of Sports Science and Yoga, RKMVERI

**Ayurveda and Yoga in Daily Life**

**Prof. Dipankar Pal**

M.Sc (Physiology), M. Sc (Psychology), Visiting Faculty, Department of Sports Science and Yoga, RKMVERI

**Yoga for Mental Health**

**Sanjoy Majhi**, Research Scholar

**Someswar Biswas**, M.Sc Yoga Student

**Nayan Mallick, Kuntal Mondal, Goutam Das**, PGDY Students

**Date: 08.04.2022**

The Yoga camp started with a lecture by revered Mrinmoy Maharaj, and it was followed by Yoga activities by students and other participants.



One-day camp on

# Common Yoga Protocol

at

Bejoy Narayan Mahavidyalaya, Itachuna

8 April 2022

Organised by

Department of Sports Science & **YOGA**

Ramakrishna Mission Vivekananda Educational and Research Institute,  
Belur Math, Howrah, W.B.



## One day camp on Common Yoga Protocol

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**Common Yoga Protocol (CYP)** is a standardized yoga protocol released by the Ministry of AYUSH, India for International Yoga Day. It creates a general awareness towards achieving harmony of body and mind through some simple Yogic practices. CYP includes all aspects of yoga i.e. asanas, pranayama and meditation and is designed for all age groups. This Yoga protocol is widely followed on the International Day of Yoga (IDY) which is held every year on 21 June. The one-day camp on CYP is intended to spread awareness about CYP and train students of BN Mahavidyalaya to practice it on a regular basis in order to achieve comprehensive health for oneself and community.

### Program schedule on Friday 8 April 2022

10.30am-11.00am	Arrival of team RKMVERI, introduction with team BN Mahavidyalaya, light refreshments	
Time	Event/Talk	Resource person
11.00am -11.05 am	Welcome address	Principal, B N Mahavidyalaya
11.05 am -11.30am	Invocation: "All About Yoga"	Mritamay Maharaj Coordinator, Department of Sports Science and Yoga, RKMVERI
11.30am-12.00pm	Ayurveda and Yoga in Daily Life	Dr Kalipada Pal, MD (Ayurveda) Associate Professor, Department of Sports Science and Yoga, RKMVERI
12.00 pm-12.30pm	Yoga for Mental Health	Prof Dipankar Pal, MSc(Physiology), MSc(Psychology) Visiting Faculty, Department of Sports Science and Yoga, RKMVERI
12.30pm-1.00pm	Meeting with Principal and authorities of BN Mahavidyalaya to discuss about starting a Certificate Course in Yoga	
1.00pm - 2.00 pm	Lunch break & rest	
2.00 pm -3.30 pm	Common Yoga Protocol: Description, Demonstration and Practice The Y-break app and its use	Sanjoy Majhi (Research Scholar) Someswar Biswas (MSc Yoga student) Nayan Mallick, Kuntal Mondal, Goutam Das ( PGDY students)
3.30pm-3.45pm	Concluding address by Principal/IOC coordinator, BN Mahavidyalaya, Itachuna	

*Belur Math*

Department of Sports Science and Yoga  
Ramakrishna Mission Vivekananda Educational and Research Institute  
Belur Math, Howrah, West Bengal, India



