

Visva-Bharati



Agro-Economic Research Centre and Department of Yogic Art and Science

Date: 05.02.2024

Department of Yogic Art & Science and Agro-Economic Research Centre, Visva-Bharati, are jointly organising a seminar talk on **"Relevance of Yoga in Modern Life"** on 09.02.2024 at 3.30 PM in the Lipika Auditorium of Visva-Bharati. Swami Nigamananda Giri of Yogoda Satsanga Society of India, Ranchi, has kindly consented to grace the session as core speaker.

All are cordially invited to attend the Programme.

With Regards,

Head
Department of Yogic Art & Science
Visva-Bharati

Director
Agro-Economic Research Centre
Visva-Bharati

Programme: - Date: February, 2024
Venue: Lipika Auditorium

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| 1. Vedic Hymn | : | 3.30PM |
| 2. Baran | : | 3.35PM |
| 3. Welcome Address | : | 3.40PM |
| 4. About the Programme and the Speaker | : | 3.45PM |
| 5. Reading and Video Show | : | 3.55 PM |
| 6. (i) গান: মন্দিরে মম কে আসিলে | : | 4.15PM |
| (ii) Chant: Who is in my Temple | : | 4.20PM |
| 7. (i) গান: তোমারেই করিয়াছি জীবনের ধ্রুবতারা | : | 4.25PM |
| (ii) Chant: I have made Thee Polestar of my Life | : | 4.30PM |
| 8. (i) গান: আমার এ ঘরে আপনার করে | : | 4.35PM |
| (ii) Chant: In my House with Thine own hands Light the Lamp of Thy Love | : | 4.40PM |
| 9. (i) গান: সত্য মণ্ডল প্রেমময় তুমি, ধ্রুবজ্যোতি তুমি অন্ধকারে | : | 4.45PM |
| (ii) Chant: Thou Art my Life, Thou Art my Love | : | 4.50.PM |
| 10. Speech by Swamiji: "Relevance of Yoga in Modern Life" | : | 4.55PM |
| 11. Questions & Answers | : | 5.55PM |
| 12. Word of Thanks | : | 6.15PM |
| 13. Closing Prayer | : | 6.20PM |
| 14. Ashram Sangeet | : | 6.25PM |

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