



3-Day State-Level Yoga Orientation Program and Lecture Series Inaugurated

Radha Madhava Adarsh Sanskrit Mahavidyalaya (RMASM), Nambol, under the aegis of its Internal Quality Assurance Cell (IQAC), inaugurated a State-Level Three-Day Yoga Orientation Program on Saturday, 21st June 2025 at 8:00 AM, in celebration of International Yoga Day.

The session commenced with a welcome address by Dr. Buddheswar Sarangi, Principal-in-Charge, followed by the Presidential speech by Prof. Sudhesna Bhattacharjee, Chairperson of the Managing Committee. Prof. Prahalad R. Joshi, Vice-Chancellor of Kumar Bhaskar Varma Sanskrit and Ancient Studies University, Nalbari, Assam, graced the occasion as the Chief Guest.

The inaugural proceedings included a prayer and the recitation of *Bhakti Yoga Abhyasa* (Chapter 10 of the *Bhagavad Gita*), led by Dr. Sarangi, followed by a collective Yogasana session involving faculty, staff, and students.

Participants also attended an online lecture on the *Yoga Sutra* by Prof. Prabhat Kumar Mahapatra, Director of Shri Sadashiva Campus, Puri. Notable online participants included Dr. Gyan Ranjan Panda (Tirupati), Dr. Sudhakar Mishra (KBVSASU, Assam), Dr. Prashanta Mahalaya (Raigan University, West Bengal), and renowned Sanskrit scholar Shri Narayan P.D. Namodari (Kerala).

Shri Asem Opendro Meitei, Coordinator, IQAC, delivered the Vote of Thanks. The session concluded with high tea and light refreshments.

The orientation program will continue until 23rd June 2025, offering participants a holistic experience through yogic practices and scholarly discourses by eminent academicians from leading universities across India.

Radha Madhava Adarsh Sanskrit Mahavidyalaya remains dedicated to fostering holistic education by integrating India's traditional knowledge systems with modern disciplines such as Computer Science, English, Manipuri, and the Social Sciences.

