

**SHIV YOG FORUM**  
**LORD SHIVA CENTRE**  
**BANITABLA, ULUBERIA,**  
**HOWRAH-711316**

**Date : 5 January, 2017**

**ANNOUNCEMENT**

A proposal for formation of a **Shiv Yog International Forum** in the campus of Bharat Consortium Institutes at **Banitabla, Uluberia** is under active consideration of the Institutes as well as **SADHAKAS** in the locality.

*Yoga is a discipline, based on meticulous practice and promotes physical as well as mental health. It disciplines the mind and improves the power of concentration. Therefore, it is ideally suited for those who are actively involved in intellectual pursuits.*

The word "**YOGA**" is derived from the Sanskrit root **YUJ** means "To Join", "To Yoke" or "To Unite". The main aim of Yoga practice known as **SADHANA** is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

The **Shiv Yog International Forums** are group of **Sadhaks** worldwide who come together to learn, share, grow in a holistic meet every week. The Forum is the platform where groups of individuals get to learn new things and practice together consideration.

To form a group of positive people and achievers, the members of Faculty, Student, Staff of BCI and also the interested people of the locality are free to JOIN with us.

Persons interested to join the Forum may send their detailed information by mailing to [shivyog.uluberia@gmail.com](mailto:shivyog.uluberia@gmail.com) on or before 21<sup>st</sup> January, 2017.

It may please be noted that Shiv Yog Shibir will be held in the premises of Bharat Academy and Sciences in BCI Campus on 28<sup>th</sup> January, 2017 from 10-00 A.M. to 4-00 P.M. as per programme below.

**Time Schedule:**

- |                          |   |                                      |
|--------------------------|---|--------------------------------------|
| 10.00 a.m. to 11.00 a.m. | - | Meditation for children              |
| 11.30 a.m. to 1.30 p.m.  | - | Shree Durga Saptshatl Beej Mantramak |
| 2.30 p.m. to 4.30 p.m.   | - | Shivyog Mass Healing                 |

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Please enroll your name at the earliest within the date mentioned above to avoid the rush gathering of people as there is an arrangement of only 100 persons to be accommodated.

All are cordially invited and requested to contact at the campus office immediately.

**Namah Shivay.**

*[Handwritten Signature]*  
15/11/2017  
Prof. (Dr.) R. Debnath  
President

To  
Notice Board



