



Celebrating the 12th International Day of Yoga (IDY-2026)

NATIONAL WORKSHOP ON YOGA

Topic : *Mind-Body Resilience through Yogic Integration*



Jointly Organised by

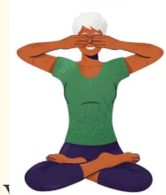
GURUCHARAN UNIVERSITY, SILCHAR

(A State University, Govt. of Assam)

&

NIRAMAYA (SCHOOL OF YOGA EDUCATION)

Accredited by the Yoga Certification Board (Ministry of Ayush, Govt. of India), PIYSR (L1-TCB) & MI- Indian Yoga Association | ISO Certified



In collaboration with

Institute for Yoga Education Research and Holistic Sciences

(Member Institution - Indian Yoga Association, ISO Certified)

Dear Sir / Madam,

It is our distinct privilege and honor to invite you to the **National Workshop on Yoga**, organized in celebration of the **12th International Day of Yoga (IDY-2026)**. This premier academic and practical convergence aims to explore scientific and traditional perspectives on fostering mental endurance and physical wellness through strategic yogic methodologies.

Your esteemed presence would greatly inspire our research scholars, practitioners, and participants, adding immense value to the deliberations of this national forum. We most cordially request the honor of your company at the Inaugural Session. Detailed concept outlines and schedules are enclosed in the attached brochure overleaf.

With regards

Dr. Jaydeep Paul
Dean, Student's Welfare
Gurucharan University

Yogacharya Rahul
Legacy Person & Chief Co-ordinator
Niramaya (School of Yoga Education)

Date & Time

June 3, 2026 at 10:00 AM

Venue

Gurucharan University Auditorium
Silchar, Cachar, Assam



Inaugural Session Dignitaries

- **Presidential Chair:**

Prof. Niranjana Roy

Hon'ble Vice Chancellor,
Gurucharan University, Silchar



- **Special Guest :**

Dr. Bibhas Deb

Hon'ble Vice Chancellor,
Maharaja Bir Bikram University, Agartala



- **Special Guest :**

Dr. Sunil Sharma (Ph.D.)

Assistant Professor, Centre for Yoga,
Wellness and Integrative Medicine,
Mahatma Gandhi University of
Medical Sciences and Technology, Jaipur



We look forward to welcoming you to the workshop.

Cordially yours,

The Organizing Committee

National Workshop on Yoga (IDY-2026)
Gurucharan University & NIRAMAYA



NATIONAL WORKSHOP ON YOGA

Celebrating the 12th International Day of Yoga (IDY-2026)

Topic: Mind-Body Resilience through Yogic Integration

Date: June 3, 2026

Venue: Gurucharan University Auditorium, Silchar

ABOUT THE ORGANIZERS

- **Gurucharan University, Silchar:** A premier State University, Govt. of Assam, committed to academic excellence, holistic education, and cultural advancement in the region.
- **NIRAMAYA (School of Yoga Education):** A reputed institution in Assam (North-East), dedicated to authentic yogic teachings, proudly accredited by the Yoga Certification Board (Ministry of Ayush, Govt. of India), Affiliated Institution Paramanand Institute of Yoga Sciences & Research (LYI-YCB, Internationally Reputed Institution) and the Member Institution - Indian Yoga Association, and ISO Certified.
- **In Collaboration With:** Institute for Yoga Education Research and Holistic Sciences (IYERHS) – A Member Institution of the Indian Yoga Association, ISO Certified.

CONCEPT NOTE

In an era marked by rapid lifestyle shifts and escalating stress, cultivating psychological and physiological endurance is more critical than ever. This national workshop aims to explore how traditional yogic sciences can be systematically integrated into modern life to foster robust health. By uniting academic insights with classical practices, the workshop provides an experiential blueprint for achieving holistic mind-body resilience.

Aims & Objectives:

- **Promote Authentic Yoga:** To propagate scientific and evidence-based yogic practices in alignment with the global vision of the 12th International Day of Yoga.
- **Integrative Health Education:** To bridge traditional yogic philosophy with modern physiological science to address stress and lifestyle disorders.
- **Enhance Mental & Physical Resilience:** To equip participants with practical tools (Asana, Pranayama, and Dhyana) that build everyday adaptive capacity.
- **Foster Research Collaborations:** To create a common platform for academicians, practitioners, and scholars to discuss the therapeutic application of yoga.

Expected Outcomes:

- **Practical Self-Regulation Tools:** Participants will walk away with concrete, daily-usable techniques to manage stress and stabilize mental health.
- **Enhanced Technical Awareness:** A deeper comprehension of how specific breathwork and mindfulness practices impact the nervous system.

- **Community Integration:** Strengthened networks between academic bodies and established yoga institutions to drive future wellness initiatives in the region.
- **Certification:** Validation of participation through an officially recognized institutional certificate.

OFFICIAL PROGRAMME SCHEDULE

Total Duration: 3 Hours 30 Minutes (Excluding Registration)

Time	Session	Details / Focus
09:00 AM – 10:20 AM	On-Spot Registration	Kit distribution and seating.
10:30 AM – 11:15 AM	Inaugural Session	Lamp lighting, invocation, welcome address by dignitaries, and keynotes on IDY-2026.
11:15 AM – 12:15 PM	Technical Session I	The Science of Resilience: Lecture on the physiological and psychological mechanics of yogic integration.
12-15 PM-12:30 PM	Refreshment Break	
12:30 PM – 01:30 PM	Technical Session II	Experiential Learning: Guided practice focusing on breath modulation (Pranayama) and restorative mindfulness.
01:30 PM – 02:00PM	Interactive Q&A & Panel	Open forum for participant queries and discussion with subject experts.
02:00PM – 02:15 PM	Valedictory Session	Distribution of certificates, vote of thanks, and closing with the Shanti Mantra.

REGISTRATION DETAILS

- **Who Should Attend:** Faculty members, research scholars, students, yoga practitioners, and health enthusiasts.
- **Registration Fee:** Complimentary / Registration is free for institutional attendees.
- **Process:** Direct on-spot registration at the GC University Auditorium venue between 9:00 AM and 10:20 AM on June 3, 2026.

(Certificates will be issued to all registered participants who attend the sessions completely.)

