



75
Anniversary
of
Kerala Sahitya Akademi
1948-2023
Kerala Sahitya Akademi
Kerala Sahitya Akademi
Kerala Sahitya Akademi

THE SPIRITUAL LIFE
DEMANDS THAT ONE
IS EXCLUSIVELY
TURNED TOWARD
THE DIVINE AND
THE DIVINE ALONE

Yoga Session
7.00 to 8.30 a.m.

2nd Part
Seminar On
YOGA FOR SELF & SOCIETY
4.00 P.M. to 5.30 p.m.

Special Address:
Dr. Anurag Chugh, Chairman, Dr. Anurag Chugh Foundation, Gurugram

Speakers:
Dr. Kalyan Anand Mahalingam, Sanskrit Professor, Government College, Mysore
Dr. Suresh Kumar Singh, Director, Ministry of Health, Government of India, Lucknow

Special Guest:
Shri Kishore Singh & Son, Susha Susha, Gurugram

Program Co-ordinator: Sri Ajay Bhownik, Training Secretary, Ushagram Trust

Venue: **DHYAN NIDHYA**, Ushagram, Birnagar, Nadia

Organized by: **Ushagram Trust**, Ushagram, Nadia & Anushilan Foundation, New Delhi



Man in white shirt sitting at the table.

Man in light yellow shirt sitting at the table.

Man in white shirt sitting at the table.

Man in dark shirt sitting at the table.

Man in black shirt standing by the table.

Woman in pink shirt standing in the background.

Woman in yellow sari standing in the background.

Table with white tablecloth, water bottles, and a microphone stand.




75
Azadi Ka
Amrit Mahotsav

CORDIAL THANKS AND GRATITUDE TO HONOURABLE MINISTRY OF CULTURE,
GOVERNMENT OF INDIA FOR FINANCIAL SUPPORT OF RS. 12 LAKH FOR
GALLERY OF UNSUNG FREEDOM FIGHTERS' OF NADIA.

USHAGRAM TRUST
Ushgram, Birnagar, Nadia

মাতৃ নিলয়

মাতা নিলয়





Ministry of Culture
MAULANA ABUL KALAM AZAD INSTITUTE OF ASIAN STUDIES, KOLKATA
(An Autonomous Body under the Ministry of Culture, Government of India)
20-100, Sector-III, Salt Lake, Kolkata-700100

In collaboration with
Swadeshi Jagaran Mancha
Organizing a Workshop
On
"Swadeshi Economy and Self-Reliance"

Date, Time & Venue:
On 18th June (Tuesday), 2024, from 10:30 AM onwards
At Anand Bhawan, Salt Lake, Kolkata

Dr. Rajeshwar Chakrabarti
(Chairman, MAIASAS)

Dr. Jyoti Prasad Ghosh
(Secretary, MAIASAS)

www.maia.org.in | Facebook | Twitter | YouTube | Instagram

Dr. Tusher

Prof. Gopal M

Dr. Sarup Prasad Ghosh

Prof. Kashmiri Lal

Dr. Dhanpat Ram Agarwal

Prof. Nirmal Maity





CELEBRATION OF 10TH INTERNATIONAL YOGA DAY
 Date: 21.06.2024

1st Part
 Yoga Session
 7.00 to 8.30 a.m.

2nd Part
 Seminar On
YOGA FOR SELF & SOCIETY
 4.00 P.M. to 5.30 p.m.

Special Address: Sh. Dipankar Debbarth, Secretary, Ushagram Trust
 Special Address: Dr. Anshu Laxpati, Chairman, Dr. Sunil Kumar Mishra, Director, Ushagram Trust
 Inauguration: Sh. Nitya Anand Mishra, Assistant Professor & Head, Department of Medical Science, Government Medical College Patna
 Inauguration: Sh. Sanyal Prasad, Director, Mahatma Jyoti Bapu Ashram Institute of Ayurveda, (MAKAJIAS), Ministry of Culture, Government of India, Kolkata
 Special Date: 21st June 2024
 Program Co-ordinator: Sri Arun Bhawanik, Former Secretary, Ushagram Trust
 Venue: **DIHYAN NILOY, Ushagram, Birnagar, Nadia**
 Organized by: **Ushagram Trust, Ushagram, Nadia & Anushilan Foundation, New Delhi**

THE SPIRITUAL LIFE
 DEMANDS THAT ONE
 IS EXCLUSIVELY
 TURNED TOWARDS
 THE DIVINE AND

“অজিত পরি নি অহংকারে,
 যুক্ত মতি
 শিরে বহিয়া ভারে।”
 শ্রীমদ ভগবদ্গীতা



Dr. Anirban Ganguly, Chairman, Dr. Syama Prasad Mukherjee Research Foundation.

Speakers:

Dr. Kalyan Ashish Mukherjee, Associate Professor, Vivekananda Institute of Medical Science (Ramkrishna Mission Seva Pratishthan) Kolkata

Dr. Sarup Prasad Ghosh, Director, Maulana Abul Kalam Azad Institute of Asian Studies (MAKAIAS), Ministry of Culture, Government of India, Kolkata

Special Guest:

Sri Kartick Basak & Smt. Sneha Basak, Yoga Teacher, Fula Yoga Care

Program Co-ordinator: Sri Arun Bhowmik, Former Secretary, Ushagram Trust

Venue: **DHYAN NILEY, Ushagram, Birnagar, Nadia**

Organized by: **Ushagram Trust, Ushagram, Nadia & Anushilan Foudation, New Delhi**

INTERNATIONAL
YOGA DAY

ত পারি নি অহংকারে,
যুতে মরি
শিরে বহিয়া তাতে।
বে আমার সাথে থাক,
অমর সদা
তোমার মারে কাছে।



