



ACADEMY OF YOGA AND ORIENTAL STUDIES

(Registration No-22279/07 of 2006-07)

BHUBANESWAR

(REGISTERED ON 13.4.2006)

TOTAL ACTIVITIES

TOTAL ACTIVITIES OF AYOS

CONFERENCES AND SEMINARS ORGANISED

a) National Conferences and Seminars

1. National Conference on "Mahabharata" (14th and 15th April 2007)
2. National Conference on "Ramayana" (12th and 13th April 2008)
3. National Conference on "Bhagavata" (11th and 12th April 2009)
4. National Conference on "Rigveda" (10th and 11th April 2010)
5. National Conference on "Yajurveda" (9th and 10th April 2011)
6. National Conference on "Samaveda" (14th and 15th April 2012)
7. National Conference on "Atharva Veda" (13th and 14th April 2013)
8. National Conference on "Brahmana Literature" (12th - 13th Apr.2014)
9. National Conference on "Upanisadic Literatur of the Vedas (11th and 12 April 2015)

b) All India Yoga-Ayurveda Seminars

1. All India Yoga-Ayurveda Seminar (27-28 Dec. 2009)
2. All India Yoga-Ayurveda Seminar (25-28 Dec. 2010)
3. All India Yoga-Ayurveda Seminar (25-28 Dec. 2011)
4. All India Yoga-Ayurveda Seminar (25-28 Dec. 2012)
5. All India Yoga-Ayurveda Seminar (25-28 Dec. 2013)
6. All India Yoga-Ayurveda Seminar (25-26 Dec. 2014)

c) Regional Conferences and Seminars

1. Regional Conference on "Sanskrit as Modern Indian Language" (5.8.2007)
2. Regional Seminar on "Maharshi Patanjali" (6.1.2008)
3. Regional Seminar on "Protection of Cow and Indian Culture" (28.9.2008)

4. Regional Seminar on “ Bhagavadgita” (12.1.2012)
5. Regional Seminar on “Swami Vivekananda” (12.1.2014)
6. Regional Seminar on “Swami Vivekananda” (12.1.2014)
7. Regional Seminar on “Homosexuality and Live-in Relationship” (26.1.2014)
8. One day Seminar on “Great Yogis of India” (21.6.2015)

MONTHLY LECTURES ORGANISED

1. धर्मशास्त्रम् by Prof. Brajakishor Swain, Sri Jagannatha Sanskrit University, Puri (27.5.2006)
2. Aesthetic Excellence of Gitagovinda by Prof. R.N. Panda, Prof, Dept. of Sans. Utkal University, Bhubaneswar (10.6.2006)
3. भारतीयसंस्कृति पर संकट और उसका समाधान by Jagadguru Sankaracharya Sri Sri Nischalananda Saraswati, Govardhana Pitha, Puri (8.7.2006)
4. Vedic Literature: An Overview by Dr. Pratibha Manjari Ratha, Reader, Dept. of Sanskrit, Utkal University , Bhubaneswar (12.8.2006)
5. Traditional Knowledge and Intellectual Property Right by Dr. Taradatt, IAS, Commissioner cum Secretary, Dept. of SC, ST and OBC, Govt. of Orissa (9.9.2006)
6. Crisis in Indian Culture by Sri Divyasimha Mishra, Advocate, High Court, Orissa (14.10.2006)
7. Introduction to Yoga-1 (Metaphysical Concepts) by Dr. Indulata Das, Director AYOS, Bhubaneswar (11.11.2006)
8. Introduction to Yoga-2 (Chittavrittinirodh) by Dr. Indulata Das, Director, AYOS, Bhubaneswar (10.12.2006)
9. Introduction to Yoga-3 (Yogasiddhi) by Dr. Indulata Das Director, AYOS, Bhubaneswar (13.1.2007)
10. श्रीमद्भागवतम् by Dr. Pramoda Chandra Mishra, Reader, Sri Jagannatha Sanskrit University, Puri (10.2.2007)
11. Purana Literature: A Discussion by Prof. G.K.Dash, Prof. Dept. of Sanskrit, Utkal University, Bhubaneswar (10.3.2007)
12. Contribution of Viswanatha Kaviraja by Dr. Pramod Ranjan Ray, Retd. Reader, Sanskrit, Sailabala Women's College, Cuttack (12.5. 2007)
13. The Science of Kundalini by Dr. Indulata Das, Director, AYOS, Bhubaneswar (9.6.2007)

14. **Mahakavi Kalidasa** by Dr. Pramoda Chandra Mishra, Reader, Sri Jagannatha Sanskrit University, Puri (14.7.2007)
15. **Yama and Niyama** by Dr. Indulata Das, Director, AYOS, Bhubaneswar (11.8.2007)
16. **Crime and Punishment according to Dharma Sastra** by Prof. B.K.Swain, Sri jagannatha Sanskrit University, Puri (8.9.2007)
17. **Framework of Tantra** by Dr. Harmohan Mishra, Reader Sailabala Women's College, Cuttack (13.10.2007)
18. **Orissa's Cultural Link with South** by Dr. S.Sundar Rajan, IAS (Retd.)-10.11.2007
19. **The Four Purusarthas** by Prof. A.C.Sadangi, Ex. V.C. Sri jagannatha Sanskrit University, Puri (8.12.2007)
20. **Vedic Vision of Wealth** by Dr. Pratibha Manjari Ratha, Reader, Dept. of Sanskrit, Utkal University, Bhubaneswar (12.1.2008)
21. **Sankhya Philosophy: An Overview** by Dr. Subash Chandra Dash, Dept. of Sanskrit, Utkal University, Bhubaneswar (9.2.2008)
22. **Concept of Trinity** by Sri Sanjib Chandra Hota, IAS, State Election Commissioner, Orissa, (8.3.2008)
23. **Impact of Rama Story on the Thai Way of Life** by Prof. Radhamadhav Dash, Dept. of Sanskrit, Utkal University, Bhubaneswar (10.5.2008)
24. **Nada Yoga** by Dr. Indulata Das, Director, AYOS (14.6.2008)
25. **A Study of Tribal History and Culture** by Prof. Narayana Rao, Ex. Professor, Berhampur University, Berhampur (12.7.2008)
26. **Kautilya's Approach to Public Administration** by Prof. Prafulla Kumar Mishra, Dept. of Sanskrit, Utkal University, Bhubaneswar (9.8.2008)
27. **Sixtyfour Art forms in Indian Tradition** by Prof. Raghunath Panda, Prof. Dept. of Sanskrit, Utkal University, Bhubaneswar (13.9.2008)
28. **Deeper Mysteries of the Breathes (Swara Yoga)** by Dr. Indulata Das, Director, AYOS, Bhubaneswar (11.10.2008)
29. **Globalisation and Tribal Culture** by Prof. K.K. Mahanty, Ex. Director, SC.ST.RTI, Bhubaneswar (8.11.2008)
30. **महाकवि: भासः** by Dr. Pramoda Chandra Mishra, Reader, Sri Jagannatha Sanskrit University, Puri (13.12.2008)
31. **Swami Vivekananda and His Vision of Samartha Bharata** by Sri Manas Ranjan Mishra, Secretary, The New Age Science College, Bhubaneswar (10.1.2009)
32. **Gayatri: The Prayer for Light** by Dr. Indulata Das, Director, AYOS, Bhubaneswar (14.2.2009)

33. **Specific Oriya Words in Vedas** by Sri Arun Kumar Upadhyaya, IPS, DIG, Cuttack (14.3.2009)
34. **गीतगोविन्दम्-1** by Dr. Pramod Chandra Mishra, Reader, Sri Jagannatha Sanskrit University, Puri (9.5.2009)
35. **गीतगोविन्दम्-2** by Dr. Pramod Chandra Mishra, Reader, Sri Jagannatha Sanskrit University, Puri (13.6.2009)
36. **Tradition of Sanskrit Poets** by Prof. Prafulla Kumar Mishra, Dept. of Sanskrit, Utkal University, Bhubaneswar (11.7.2009)
37. **The Mystery of Om** by Dr. Indulata Das, Director, AYOS, Bhubaneswar (8.8.2009)
38. **The Konarka Temple** by Prof. Narayana Rao, Ex. Professor, Berhampur University, Berhampur (12.9.2009)
39. **The cultural life of selective tribes of Orissa** by Prof. A.B.Ota, IAS, Joint Secy, Dept. of SC.ST. OBC (10.10.2009)
40. **Yogic Management of Menopausal Health Problems in Women** by Dr. Indulata Das, Director, AYOS, Bhubaneswar (14.11.2009)
41. **Tradition of Sakti Cult in Tribal Religious Dome** by Sri Trilochana Sahu, Research Officer, SC ST RTI (12.12.2009)
42. **Human Predicament and Rationalist Vision of Life** by Sri Dhaneswar Sahu, Ex- HOD, Dept. of Philosophy, BJB College, Bhubaneswar (9.1.2010)
43. **Mahima Dharma** by Dr. Uddhava Charana Nayak Eminent Writer and Researcher (13.2.2010)
44. **Introduction to Puranic Chronology** by Sri Dhanus Dhari Mishra, Director (Retd.) Central Mining Research Institute, Dhanbad (13.3.2010)
45. **Ruling Dynasties of Upper Harappan Period** by Sri Dhanus Dhari Mishra, Director, (Retd.) Central Mining Research Institute, Dhanbad (8.5.2010)
46. **Teachings of Rigveda** by Sri Priyavrata Dash, Eminent Vedic Scholar and writer on Vedic Literature (12.6.2010)
47. **Samanta Chandrasekhar's Perception of Lord Jagannatha** by Dr. Rajkishor Mishra, Eminent Scholar and Writer (10.7.2010)
48. **The Cult of Lord Jagannatha and Its Universal Dimensions** by Sri Sanjib Chandra Hota, IAS (Retd.) Former State Election Commissioner, Orissa (14.8.2010)
49. **Sanskrit Poetics and Aristotle's Poetics in Sanskrit** by Prof. A.C.Sukla, Prof. in English (Retd.) Sambalpur University, Jyoti Vihar (11.9.2010)

50. **Was there a Race Called Arya** by Dr. Indulata Das, Director,
Academy of Yoga and Oriental Studies, Bhubaneswar (9.10.2010)
51. **Buddha, the Light of Asia** by Prof. Narayana Rao, President Itihasa
Sankalana Samiti (13.11.2010)
52. **Total Surrender in the Indian Spiritual Tradition** by Sri Sanjiv
Chandra Hota, Former State Election Commissioner, Odisha
(11.12.2010)
53. **Geo-Symbology of Lord Jagannatha** by Prof. S.N. Tripathy, Retd.
Professor of Geography, Utkal University, Bhubaneswar (8.1.2011)
54. **Tension Free Mind in Indian Perspective** by Prof. Dukhishyam
Pattnaik, Former Deputy Director, Dept. of Culture, Bhubaneswar
(12.2.2011)
55. **Workplace Stress Management: Ayurvedic Point of View** by Dr.
MV Acharya, Asst. Director, National Research Institute of Ayurvedic
Drug Development, Bhubaneswar (12.3.2011)
56. **Bhakti and Santha Tradition of India** by Sri Rajkishor Mishra,
Former Secy Orissa Sahitya Academy (14.5. 2011)
57. **Vedic Education with Focus on Rigveda** by Prof. V.B.Sastri, former
Principal, Radhanath Training College, Cuttack (11.6.2011)
58. **Life and Philosophy of Swami Sivananda Saraswati** by Swami
Sivachidananda Saraswati (9.7.2011)
59. **Dignity of Women and Indian Traditiona** by Dr. Indulata Das,
Director, AYOS (13.8.2011)
60. **Guru-Sisya Paramapara of India and its reflection at Bangkok**, by
Prof. Pratibha Manjari Ratha, Dept. of Sanskrit, Utkal University
(10.9.2011)
61. **Health Consciousness and Contribution of Ayurveda with Special
Reference to Bronchial Asthma** by Dr. M.V. Acharya, National
Research Institute of Ayurvedic Drug Development (8.10.2011)
62. **Discovery of Vedic Saraswati in Relation to Chronology of Vedic
Tradition** by Dr. Nagendra Nath Pradhan (12.11.2011)
63. **Ancient Indian Polity-1 (Education and Ruler)** by Dr. Indulata Das
(10.12.2011)
64. **(Buddha, Buddhism and Buddhist Way of Education)** by Prof.
V.B.Sastri, former Principal, Radhanath Training College, Cuttack
(14.1.2012)
65. **(Gitagovinda and Jayadeva's Concept of Dasavatara)** by Prof.
Siddheswara Jena, Retd.Principal, N.C.College, Jajpur (11.2.2012)
66. **(Bhagavadgita's Concept of Yajna)** by Sri Arun Kumar Upadhyaya,
IPS (10.3.2012)

67. **Jainism and Indian Tradition** by Prof. V.B. Sastri (12.5. 2012)
68. **Marriage as a Sacrament and Its Relevance in the Modern Age** by Sri R.K.Misha (9.6.2012)
69. **Does and Don's About Food: An Ayurvedic View** by Dr. Ambika Prasad Nayak (14.7.2012)
70. **Tiruvalluvar's Tirukkural: A Discussion** : by Prof. V.B.Sastri (11.8.2012)
71. **Opposition to Vikramaditya's History** : by Sri Anun Kumar Upadhyay (8.9.2012)
72. **Dance Movement Therapy with Special Reference to Oddissi** : by Dr. Viswajit Dash (13.10.2012)
73. **Social Philosophy of Kautilya** : by Prof. V.B.Sastri (10.11.2012)
74. **Sristi Tattva and Concept of Time**: Sri R.K.Mishra (8.12. 2012)
75. **Swami Viveknanda : A Cosmopolitan Monk with National Fervour**: Sri R.K.Mishra (12.1. 2013)
76. **Sankhya Philosophy** : by Dr. Indulata Das (9.2.2013)
77. **Meat Eating and the Sastras**: by Sri Arun Kumar Upadhyaya
78. **Yogic Practices in the Grihyasutras**: Prof. Sulok Sundar Mohanti (11.5.2013)
79. **Science of Nadis: A Discussion**: by Dr. Indulata Das (8.6.2013)
80. **The Concept of Saptarsi; A Discussion**: by Sri R.K.Mishra (13.7.2013)
81. **Science Behind Yoga** by Dr. Arpita (10.8.2013)
82. **Manu and Manava Dharmasastra** by Prof. V.B.Sastri (14.9.2013)
83. **The Message of Chandi Saptasati** by Sri R.K.Mishra (12.10.2013)
84. **Dhanvantari: the Founder of Indian Medical Science** by Dr. Indulata Das (9.11.2013)
85. **Odisha: the Erstwhile Centre of Mankind** by Sri Bhanu Padma (14.12.2014)
86. **Kamasutra of Vatsyayana** by Prof. V.B.Sastri (11.1.2014)
87. **Samudra Manthan: A Discussion** by Sri Arun Kr. Upadhyaya (8.2.2014)
88. **Universal Appeal of Ramayana** by Sri Sanjiv Chandra Hota (8.3.2014)
89. **Philosophical Implications of Kalikasa's Literature** by Gauranga Charan Nayak (10.5.2014)
90. **Ancient Indian Culture and Education** by V.B. Sastri (10.6.2014)
91. **Geography and Mathematics in Puranas** by Arun Upadhyaya (12.7.14)
92. **Mahabharata War and the Advent of Kali Era** by Prof. Nagendra Nath Pradhan (9.8.2014)

93. **Yogic Perspectives in Kalidasa's Literature** by Prof. G.C.Nayak
(13.9.2014)
94. **Food and Eating Habit: Indian Concept** by Dr. Indulata Das
(11.10.2014)
95. **The Doctrine of Sankaracharya:** by Sri Santosh Kumar Mohanty
(8.11.2014)
96. **AIDS and Indian Culture:** by Dr. Indulata Das (13.12.2014)
97. **Meditation and Science:** by Dr. Ajit Nayak (10.1.2015)
98. **Panini and His Legacy-1:** Prof. Radhamadhav Dash (14.2.2015)
99. **Panini and His Legacy-2:** by Prof. Radhamadhav Dash (14.3.2015)
100. **Draupadi: the Iron Lady:** by Dr. Indulata Das (9.5.2015)
101. **Cow and its Reverence in India:** by Dr. Ajit Kumar Nayak
(13.6.2015)

CULTURAL COMPETITIONS ORGANISED
(Among College and University Students)

1. Sanskrit Eloquence Competition – 7.3.2007
2. Veda Patha (Recitation of Veda) Competition – 11.3.2007
3. Gita Patha(Recitation of Gita) Competition – 11.3.2007
4. Comptitiona on Yoga- 29.3.2015

COURSES CONDUCTED

1. **M.A. IN YOGA (AFFILIATED TO UTKAL UNIVERSITY OF CULTURE)
- NOW RUNNING**
2. Crash Course on "Patanjala Yoga Sutra" (10th Oct 2007 to 30th Nov. 2007)
3. Elementary Sanskrit Course (1st June 2006 to 30th Nov. 2006)
4. Weekly (Sunday) lecture series on Gita – For six months (May 2006 to October 2006)
5. Yogasutra Visarada (Aug 1 2011 to April 30 2012 Every Sunday)
6. Crash Course on Yogasutra (1st May 2013 to 31st May 2013)

CELEBRATIONS (Every Year)

1. Sanskrit Divasa Celebration
2. Vyasa Jayanti Celebration
3. Valmiki Jayanti Celebration
4. Gita Jayanti Celebration

PUBLICATIONS

1. Prachya Vidya (2007)
2. Prachya Vidya (2008)
3. Prachya Vidya (2009)
4. Prachya Vidya (2010)

5. Prachya Vidya (2011)
6. Prachya Vidya (2012)
7. Yogayurveda (2009)
8. Yogayurveda (2010)
9. Yogayurveda (2011)
10. Yogayurveda (2012)
11. Yogayurveda (2013)
12. The Spell of Mahabharata
13. Maharsi Charaka

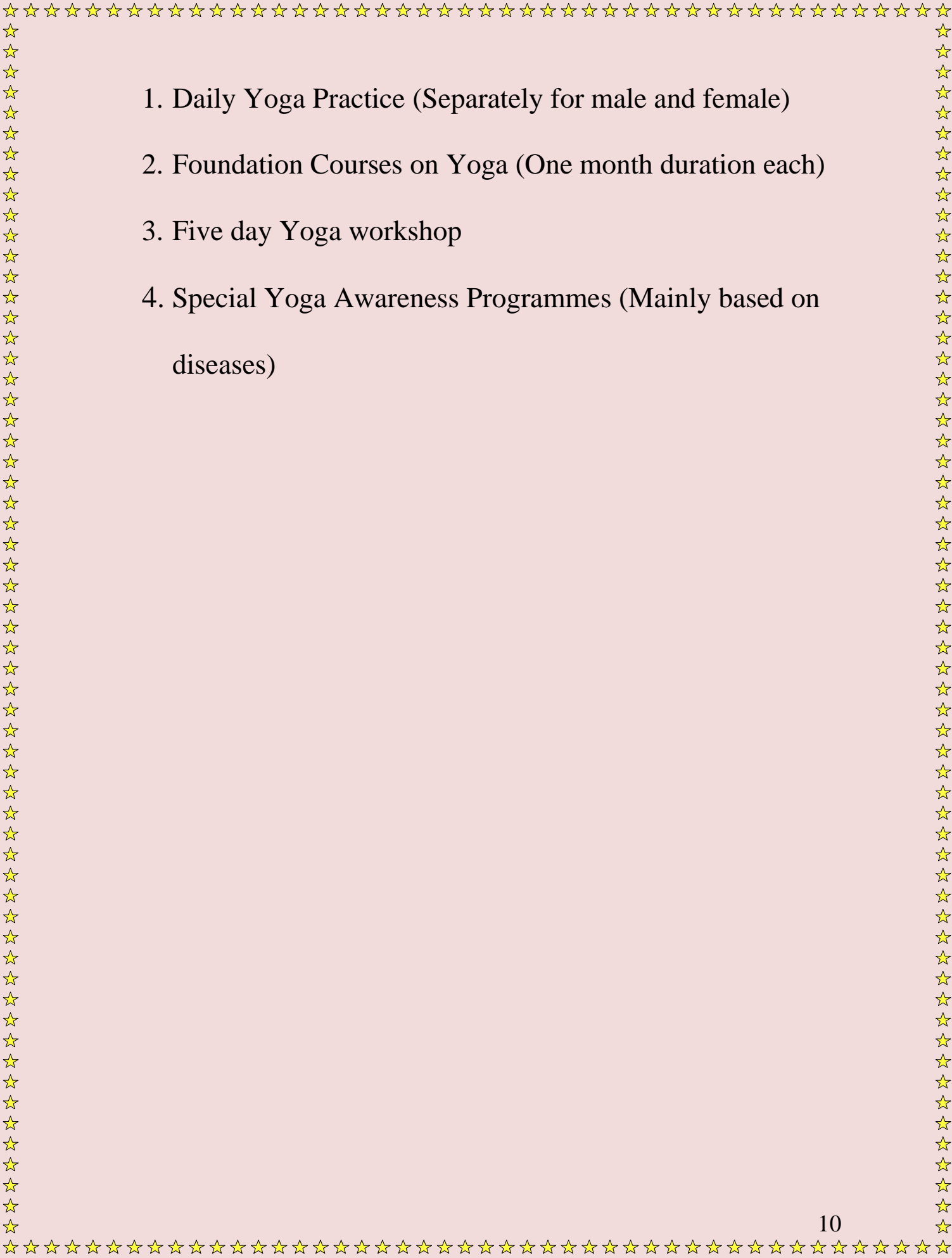
MONTHLY NEWS LETTER (E- MAGAZINE)

1. Prachya Varta May 2015
2. Prachya Varta June 2015

OTHER ACTIVITIES

- 1) Ayurvedic Health Camp- A charitable health service was organised in Madanpur on 30.4.2006
- 2) Ayurvedic Health Camp – A charitable health service was organised in Orissa University of Agricultural Technology in association with Punjab National Bank, Bhubaneswar on 11.4.2010
- 3) Ayurvedic Health Camp- A charitable health service was organised in the SC ST RTI Campus, Bhubaneswar on 26.12.2010
- 4) Ayurvedic Health Camp – A charitable health service was organised in Orissa University of Agricultural Technology in association with National Research Institute of Ayurvedic Drug Development on 10.4.2011
- 5) Yoga Therapy Session – A Yoga Therapy Session was organised by AYOS for the general Public in the premises of SC ST RTI, CRP Square, Bhubaneswar on 28.12.2010
- 6) Ayurvedic Health Camp – An Ayurvedic Health Camp was organized during All India Yoga-Ayurveda Seminar from 25.12.2011 in the Rajbhavan Club House, Bhubaneswar
- 7) Ayurvedic Health Camp- An Ayurvedic Health Camp was organized during National Seminar on Samaveda from in the Rajbhavan Club House, Bhubaneswar

EXCLUSIVE YOGA PROGRAMMES

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1. Daily Yoga Practice (Separately for male and female)
 2. Foundation Courses on Yoga (One month duration each)
 3. Five day Yoga workshop
 4. Special Yoga Awareness Programmes (Mainly based on diseases)