

MEMORANDUM OF ASSOCIATION

1. NAME OF THE ASSOCIATION : YOGAPRAJNA ASSAM

(The Yoga Wisdom/ The Yoga way of Life and Living)

2. OFFICE ADDRESS :

“NIBRITTI ALAY”,

Vill.:

P.O.: Mayong, **PIN-782410**

District: Marigaon, Assam, India.

3. AIMS AND OBJECTIVES OF THE SOCIETY:

(i) Aims of the Society:

The aim of Yogaprajna is to contribute for establishing a greater human society sound in physical, mental, emotional, intellectual and spiritual levels on the basis of education, art, science and technologies of holistic Yoga traditions of India. Its main focuses through i) all its activities or programmes like holding conferences, training camps, Yoga mahotsav, public-speeches, group-discussions, expositions, study-circles, seminars, workshops, audio-visual sessions, street drama etc., ii) establishments like Yoga and naturopathy regular practice centres, Academies, Colleges, University, research institutes, meditation centres, yoga therapy centres, clinics, hospitals, yoga studios and archives, Ayurvedic and traditional herbal medicine production plants, libraries of yoga, naturopathy and spiritual literatures and iii) various publications like translation of Sanskrit/ Hindi/ English texts on yoga/naturopathy/ spirituality to Assamese language, yoga research journal, yoga popular journals in Assamese language, Annual or half-yearly yoga bulletin, books on yoga/naturopathy/ spirituality etc. will be basically to popularise, facilitate, propagate and promote the yoga way of life and living, spiritual knowledge for positive lifestyle, explore the art and hidden knowledge in yoga with the bright light of science and technology, groom most sincere, generous and promised yoga practitioners, sadhakas, expert performers of artistic and sports yoga, teachers, professionals, academicians, researchers for human reconstruction and formation of a prosperous and ideal human society in the state. It also aims to develop awareness about the moral values and socio-economic justice among the members of the organisation and other people of the society and inspire them to spread, strengthen and maintain peace, harmony, amity and universal brotherhood among different castes, creeds, sects, races and communities. In summary, Yogaprajna aims to undertake all possible steps/actions and efforts for the development in the fields of yoga, naturopathy, Ayurveda, music and culture, education, sports, old age care, child development and women empowerment, socio-economic growth, health and sanitation, agriculture and agro-allied service sectors, environment etc. Its ultimate aim will be to make a very healthy environment for higher degree of spiritual sadhanas towards liberation or moksha.

(ii) Objectives of the Society:

Yogaprajna will render its services to the following fields

(A) Field of **YOGA** by

- (i) Establishing Yoga and meditation centres for regular training and practices of yogasanas, pranayama, meditation and other yogic kriyas and spiritual sadhanas.
- (ii) Establishing Yoga Academies and Yoga higher educational institutions like colleges, universities, research institutions etc. to impart yoga education as well as to introduce research programmes in various aspects and areas in the field of yoga to explore its pure and perfect knowledge, art, science and technologies and give away Certificates, Diplomas and Degrees to produce more skilful and promised yoga academicians, professionals and practitioners who will transmit the true knowledge of yoga and spirituality in the society and involve themselves in the mission of human reconstruction and idealistic social transformation.
- (iii) Holding Conferences, Training camps, Public-Speeches, Group-discussions, street dramas, Study-Circles, Seminars, Workshops, Audio-Visual sessions etc. on Yoga and naturopathy and on other important and relevant themes/ issues to propagate the ideas and approaches therein and to apply those for the welfare of the society.
- (iv) Translating Sanskrit/ Hindi/ English classical texts on yoga, naturopathy and spirituality to Assamese language which have been providing the human race with the radical knowledge/ways/margas for integral personality development and perfection of life at individual level and social transformation at the large.
- (v) Publishing quarterly yoga research journal to encourage and facilitate the young as well as experienced researchers in the field of yoga for publication of their research findings.
- (vi) Publishing yoga popular journals in Assamese language, Annual or half-yearly yoga bulletin, books, pamphlets and other literatures on yoga, naturopathy and spirituality to make it possible for easy access of the knowledge in those domains to each and every house of the society.
- (vii) Organising annual Yoga Mahotsav, if possible in the “International Day of Yoga”, including Yoga competitions, demonstrations etc. at different levels.
- (viii) Spreading the true sense of religion, spirituality, universal kinship and universal brotherhood among the common people.
- (ix) Synthesising Science and Spirituality keeping in view to form a progressive, sound and peaceful human Society.
- (x) Moulding and facilitating the spiritual aspirants in all possible ways to achieve their spiritual goals.
- (xi) Collecting books, literatures, journals, monographs etc. on yoga, naturopathy and spirituality and setting up libraries of such literatures in different parts of the state.
- (xii) Setting up Yoga Therapy centres, clinics and hospitals equipped with modern instruments in different parts of the state to treat the patients through yogic kriyas and methods.

- (xiii) Forming yoga task forces in various institutions/organisations/areas of the state to disseminate the teachings and ideals of holistic Yoga.
- (xiv) Holding special yoga conferences, seminars, workshops and other relevant advanced training programmes/courses by inviting Yoga experts, Yogis and Yoga personalities to give special talks, trainings, expositions for the Yoga Teachers, activists, researchers and academicians to encourage and enrich them with up to date knowledge of yoga and facilitate them to become more skilful.
- (xv) Creating Yoga awareness among masses through different means like organising meetings, expositions/demonstrations etc.
- (xvi) Organising excursions to visit renowned yoga institutions, yogashrams etc. to intensify and get encouragement in yoga sadhana.
- (xvii) Facilitating Yoga workers, practitioners and teachers to participate in the programmes like conferences, workshops, special courses and trainings, researches etc. on Yoga held in national and international levels.
- (xviii) Establishing Yoga Studios for the exposition of yoga kriyas and technics in more effective and attractive ways and also for proper documentation and conservation of the same.
- (xix) Popularising and promoting the forms of artistic and sports yoga through various training programmes and establishments.

(B) Field of EDUCATION by

- (i) Organising training programmes for students to impart trainings on the methods of concentration, meditation and other important yoga technics like tratakas, nadi suddhi, breathing technics, simple pranayamas, deep relaxation techniques (DRT), instant relaxation techniques (IRT), pranic energisation techniques (PET), deep breathing, yoga nidra etc. which are directly beneficial to increase memory power and intelligence.
- (ii) Organising special classes like summer, winter classes etc. by local educated youths for the students to give support in academic line in rural areas of the state where students are deprived of getting good education.
- (iii) Felicitating the successful students in Board, Council and University Final Examinations for their encouragement in annual Yoga Mahotsav.
- (iv) Generating funds and establishing Book Banks to help the economically backward and meritorious students.
- (v) Setting up libraries for the students as well as for the book loving general public in different places, mainly in the rural areas.
- (vi) Holding competitions like quiz, drawing and painting, essay-writing, extempore speech, group-discussion, debating etc. on special occasions like World Environment Day, Children's Day, Teachers Day, Bihu etc. and giving away attractive prizes/prize money to create a healthy environment of competitive zest among students.

- (vii) Organising annual lecture and interactional sessions on academic and other relevant issues by inviting noted educationists, intellectuals, performers and experts in various fields.
- (viii) Pursuing to eradicate illiteracy in all sections of the society and thereby helping the national missions/authorities to achieve the goal of total literacy.
- (ix) Arranging and working for Post-Literacy programmes.
- (x) Providing computer training to interested students/persons so as to put forward a step towards computer literacy.
- (xi) Arranging career counselling programmes every year for the HSLC, HS, UG and PG passed out students and other needy people.
- (xii) Organizing book fairs to create and enhance the culture of book reading.
- (xiii) Translating classical literatures in other languages to Assamese language so as to make those literatures easily comprehensible by the common Assamese people and thereby help them to become educated in true sense.

(C) Field of MUSIC AND CULTURE by

- (i) Organising training programmes to train the students in various arts of music and culture with yoga elements like yogasanas (essential in dance forms), tratakas, nadi suddhi, breathing techniques including deep breathing, simple pranayamas, concentration, meditation, deep relaxation techniques (DRT), instant relaxation techniques (IRT), pranic energisation techniques (PET) etc. which are most beneficial to get skill in swara sadhana.
- (ii) Forming study groups to study the various aspects of music therapy in scientific viewpoints such as changing the brain waves by synchronization through music.
- (iii) Educating the people with the art of entertainment and emotion culture to immerse in the world of happiness and bliss.
- (iv) Setting up a music school/college to train the students and other interested people in different fields of performing art like Satriya dance, Borgeet, Dhol, Khol, Nagara, Mridanga, Vocal, Tabla, Violin, Guitar, Bharat Natyam etc.
- (v) Organising Bihu workshops to train in Bihu dance, Bihu song, Dhol, Pepa, Gagana, Sutuli, Veena, flute etc. in proper form and also giving proper training by resourceful persons to make the folk instruments commercially.
- (vi) Forming drama groups and academies to train the interested persons in different forms of drama and acting in the rural areas.
- (vii) Encouraging and facilitating the groups performing Bhaona, Dihanam, Aainam, Dhainam, Biyanam etc. and forming expert performer groups for demonstration/performance in different places.
- (viii) Surveying folk cultures to perform them in pure, proper and polished form and also to take necessary steps for their preservation.

- (ix) Opening art and painting schools to train the students in drawing and painting.
- (x) Organising annual cultural function/meet for the exposure and encouragement of local artists of rural areas.
- (xi) Felicitating at least one outstanding young achiever in the field of art and culture in annual Yoga Mahotsav in a befitting manner for encouraging the future cultural activists.
- (xii) Forming professional performer groups in various fields of performing art.

(D) Field of SPORTS by

- (i) Organising training programmes to train the sportspersons of various sports divisions with yogic techniques like yogasanas, tratakas, nadi suddhi, breathing techniques including deep breathing, simple pranayamas, meditation, concentration, deep relaxation techniques (DRT), instant relaxation techniques (IRT), pranic energisation techniques (PET) etc. which are most essential to attain the skill and success in sports.
- (ii) Organising coaching camps on the sports events like Football, Volleyball, Badminton, Athletics etc. to nurture/groom tomorrow's sportspersons from rural areas.
- (iii) Developing Playgrounds for regular practices of various sports events and facilitating sportspersons for the improvement of their skills.
- (iv) Commencing annual sports meet and selecting talented ones to participate in different level of competitions.
- (v) Communicating concerned sports authorities for providing sports trainings and sanctioning projects on development of sports.
- (vi) Setting up multi gyms for the persons interested in muscle and strength culture.
- (vii) Establishing swimming pools to train people in swimming for self-protection during flood and participation in competitions.
- (viii) Establishing martial art academies to train the young generations with various forms of martial arts like Karate, Judo, Kung-Fu etc. for self-defence as well as sports purpose.
- (ix) Felicitating promised sportspersons in its annual Yoga Mahotsav.

(E) Field of SOCIO-ECONOMIC DEVELOPMENT by

- (i) Empowering women, undertaking child development projects, old aged welfare projects and projects for physically challenged persons.
- (ii) Organising awareness campaign against social evils like Dowry, Drug addiction, taking bribes, addiction to Alcoholic items and Narcotics, Dainy slaughter etc. through street drama, symposia etc. in collaboration with the

governmental, semi-governmental and other National and international Agencies.

- (iii) Inculcating Legal Awareness among the economically backward and vulnerable sections of the society to the rights and benefits conferred upon them by social welfare law and Government schemes and measures.
- (iv) Promoting National Integration, tolerance, secularism, peace and global understanding towards the formation of universal Human society.
- (v) Initiating and improving Scientific Agriculture emphasizing on Organic and Natural Farming by organising trainings and workshops in collaboration with the Agricultural Departments.
- (vi) Improving Endi, Muga and Mulberry Silk production in individual houses as well as farm houses by conducting trainings to convert every house as a cottage industry for the eradication of unemployment in a certain level.
- (vii) Promoting, propagating and assisting income Generating Enterprises through entrepreneurship development programmes in collaboration with the Governmental and Semi-Governmental Agencies.
- (viii) Improving, promoting and protecting the cow and its progeny, developing scientific diaries, planting Fodders and organising Veterinary services in rural areas in collaboration with the available governmental and semi-governmental establishments.
- (ix) Working and fighting for environmental protection and participating actively in all the activities towards the preservation of Eco-systems and also co-operating with all the National and International Agencies working in that direction for the greater interest of the globe.
- (x) Meaningfully observing the Days of National and International importance to motivate and encourage the young generations to noble works.
- (xi) Protesting and fighting against corruptions prevailing in all the levels of the society.
- (xii) Promoting fish culture in individual and community level. Mainly stress will be given to culture and breeding of indigenous ornamental fishes and also to make, maintenance and marketing of aquariums.
- (xiii) Facilitating for the study of ethno-biological aspects.
- (xiv) Imparting training for vermicomposting.

(F) Field of **HEALTH AND SANITATION** by

- (i) Holding awareness campaign on AIDS, Cancer, Lifestyle Diseases, Malaria, Encephalitis etc. through street drama, symposia etc. in collaboration with the non-governmental, governmental, semi-governmental and other National and international Agencies related to health and hygiene.

- (ii) Holding health awareness camps, health check-up programmes with the help of NRHM, AYUSH and local health officers/workers.
- (iii) Initiating health activities such as (a) Mother and child Health Care, (b) production and supply or distribution of nutritious food, (c) Adoption of preventive and curative systems, (d) Working, developing and starting Traditional systems of medicines, (e) rational synthesis of all the systems like Yoga, Ayurveda, Unani, Homoeopathy, Naturopathy, Accupressure, Accupuncture, Heliopathy, Electro-Magnetic Therapy etc. as alternatives for allopathic science and medicine.
- (iv) Protecting, preserving and promoting the indigenous species of medicinal plants and developing medicinal nurseries and gardens.
- (v) Encouraging and providing possible help to the individual families to install healthy sanitation and water purification systems.
- (vi) Making surveys on herbal medicines, developing and establishing herbal medicine practice centres.
- (vii) Collecting and preserving the knowledge and use of traditional medicines from persons having good knowledge in those directions.
- (viii) Setting up Meditation centres to develop good/sound mental health.
- (ix) Establishing Ayurvedic medicine production plants and selling outlets.
- (x) Initiating fruit preservation and processing centres.
- (xi) Motivating and encouraging people to take nutritious vegetarian diet.

4. The Name, address and Designation of the present members of the Executive Committee are:

Sl. No.	Name in Full	Address, Occupation	Designation
	Dr. Anandaram Burhagohain	Associate Prof. and HoD Department of Mathematics Jagiroad College, P.O.: Jagiroad. PIN-782410 Dist.:Morigaon(Assam). Occupation: Service(Asso.Professor)	PRESIDENT
	Dr. Dibyajyoti Mahanta	Dean K K Handique State Open University Guwahati, Assam	VICE-PRESIDENT
2.	Dr. Lakhni Hazarika	Principal, Deen Dayal Upadhyay Adarsha Mahavidyalaya, Dalgaon Darrang, Assam Occupation: Service(Principal)	VICE-PRESIDENT
3.	Dr. Dhrubajyoti Saharia	Associate Professor Department of Geography Gauhati University Guwahati-14 Occupation: Service(Asso. Professor)	VICE-PRESIDENT
4.	Dr. Mantu Baro	Assistant Prof. & Director In charge Centre for Studies in Physical Education and Sports Dibrugarh University Dibrugarh, Assam, PIN-786004	VICE-PRESIDENT
5.	Mr. Rajib Phukan	Engineer Numaligarh Refinary Ltd. Numaligarh Golaghat, Assam Occupation: Service (Engineer)	VICE-PRESIDENT
6.	Mr. Dhrubajyoti Bhuyan	Assistant Teacher (Science) Baha Barjari HS School Baha Barjari, Morigaon, Assam	GENERAL SECRETARY
7.	Dr. Bhuban Chutia	Associate Professor Department of Zoology Nagaon College (Autonomous) Nagaon, Assam Occupation: Service (Asso. Professor)	ASSTT. GENERAL SECRETARY
8.	Dr. Mukundam Bora	Assistant Professor Department of Pharmacology Guwahati Medical College Guwahati, Assam Occupation: Service (Asst. Professor)	ASSTT. GENERAL SECRETARY
9.	Dr. Utpal Nath	Assistant Professor Department of Economics Mayang Anchalik College Mayang, Morigaon, Assam Occupation: Service (Asst. Professor)	ASSTT. GENERAL SECRETARY
10.	Dr. Ujjal Arun Maske	Assistant Professor & HoD Department of Yogic Science and Naturopathy Mahapurusha Srimanta Sankardeva Viswavidyalaya	ASSTT. GENERAL SECRETARY

		Rupnagar, Guwahati, Assam	
11.	Dr. Bhupen Sarma	Associate Professor Department of Economics Jagiroad College, P.O.: Jagiroad. PIN-782410 Dist.:Morigaon(Assam). Occupation: Service(Asso.Professor)	TREASURER
12.	Mr. Asish Barua	Senior Accounts Officer Numaligarh Refinary Ltd. Numaligarh Golaghat, Assam Occupation: Service	Organising Secy
13.	Mr. Prafulla Burhagohain	Subject Teacher (English) Rangati HS School Rangati, Lakhimpur, Assam	Organising Secy
14.	Mr. Sukhamay Nath	Yoga Professional & International Yoga Judge Digboi, Tinsukia, Assam	Organising Secy
15.	Dr. Binay Bhattacharjee	Yoga Professional & International Yoga Judge Karimganj, Assam	Organising Secy
16.	Mr. Mukunda Neog	Associate Professor Department of Education Rangachahi College Majuli, Assam Occupation: Service (Asso. Professor)	Organising Secy
17.	Mr. Bikash Thakuriya	Assistant Teacher (Science) Mayang HS School Mayang, Morigaon, Assam	MEMBER
18.	Dr. Gautam Kakati	Associate Professor Department of Assamese Madhabdev Viswavidyalaya Narayanpur, Lakhimpur, Assam Occupation: Service (Asso. Professor)	MEMBER
19.	Dr. Chandra Chutia	Associate Professor Department of Mathematics Jorhat Institute of Science and Tech. Jorhat, Assam Occupation: Service (Asso. Professor)	MEMBER
20.	Dr.(Lt. Col.) Dipak Agarwala	Medical Officer Army Medical Corps.	MEMBER
21.	Dr. Puranjay Sonowal	Associate Professor Department of Education Pub-Dikrong College Lahalial, Bihpuria, Lakhimpur, Assam Occupation: Service (Asso. Professor)	MEMBER
22.	Dr. Pranab J Patar	Chief Executive Global Foundation New Delhi	MEMBER
23.	Dr. Baby Ritu Phukan	Associate Professor Department of English Digboi College Digboi, Tinsukia, Assam Occupation: Service (Asso. Professor)	MEMBER
24.	Mr. Bikash Barua	Yoga Instructor Konwarpur Sibsagar, Assam	MEMBER

25.	Mr. Sarat Mohan Neog	Physical Instructor Dikhowmukh HS School Dikhowmukh, Sivasagar Assam	MEMBER
26.	Mr. Dhiren Sarma	Yoga Instructor Chiring Chapori Dibrugarh, Assam	MEMBER
27.	Dr. Smritisikha Phukan	Associate Professor Department of Chemistry Jagiroad College Jagiroad, Morigaon, Assam Occupation: Service (Asso. Professor)	MEMBER
28.	Mrs. Seuji Barua	Yoga Professional and Homeopathic Doctor Golaghat, Assam	MEMBER
29.	Mr. Debojit Nath	Yoga Professional Goreswar, Kamrup, Assam	MEMBER
30.	Mrs. Madhan Bora	Assistant Professor Department of Yogic Science and Naturopathy Mahapurusha Srimanta Sankardeva Viswavidyalaya	MEMBER
31.	Mr. Subrat Chetia	Assistant Professor Deen Dayal Upadhyay Adarsha Mahavidyalaya, Dalgona Darrang, Assam Occupation: Service(Principal)	MEMBER
32.	Dr. Runjun Saikia	Assistant Professor Department of Assamese Margherita College, Margherita, Tinsukia, Assam Occupation: Service	MEMBER
33.	Mrs. Rupjyoti Bharali	Assistant Professor Department of Botany, Biswanath College, Biswanath Charali, Assam Occupation: Service	MEMBER
34.			MEMBER
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40.			MEMBER
41.			MEMBER

5. We the undersigned members are desirous of forming the society in pursuance of this Memorandum of Association:

Sl. No.	Signature in full	Address, Occupation and Designation	Full Name with Seal and Signature of the Witness
1.	(Dr. Anandaram Burhagohain)	Jagiroad College P.O.: Jagiroad-782410 Dist.: Morigaon(Assam) Occupation: Service Designation: Associate Professor	
2.	(Dr. Lakhi Hazarika)	Deen Dayal Upadhyay Adarsha Mahavidyalaya, Dalgaon Darrang, Assam Occupation: Service Designation: Principal	
3.	(Dr. Dhrubajyoti Saharia)	Department of Geography Gauhati University Guwahati-14 Occupation: Service Designation: Asso. Professor	
4.	(Dr. Hemanta Kr. Sarma)	Department of Mathematics Gauhati University Guwahati-14 Occupation: Service Designation: Professor	
5.	(Dr. Bhuban Chutia)	Departmmt of Zoology Nagaon College Nagaon, Assam Occupation: Service Designation: Asso. Professor	
6.	(Dr. Mukundam Bora)	Departmmt of Pharmacology Guwahati Medical College Guwahati, Assam Occupation: Service Designation: Asst. Professor	
7.	(Dr. Utpal Nath)	Department of Economics Mayang College Morigaon, Assam Occupation: Service Designation: Asst. Professor	
8.	(Dr. Bhupen Sarma)	Department of Economics Jagiroad College, P.O.: Jagiroad. PIN-782410 Dist.: Morigaon (Assam). Occupation: Service Designation: Asso. Professor	

Date of Establishment: the 25th Day of October, 2020