

RULES AND REGULATION OF YOGAPRAJNA, ASSAM

1. NAME OF THE SOCIETY : YOGAPRAJNA ASSAM

(Herein after shall be called “YOGAPRAJNA”)

2. ADDRESS OF THE : YOGAPRAJNA ASSAM

MAIN OFFICE OF “PRAJNA BHAWAN”

THE SOCIETY Vill.: Nizarapar, **P.O.:** Mayang, **PIN-**782410

District: Morigaon, ASSAM, INDIA.

3. AREA OF OPERATION: The area of operation of the various activities of Yogaprajna will be the entire state of Assam. The area may be extended to other parts of the North East Region as and when decided by the Executive Committee of the Yogaprajna.

4. OBJECTIVES OF THE SOCIETY :

(i) 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.

5. **MEMBERSHIP:**

(a) **QUALIFICATION TO BECOME MEMBERS:**

Any person with good mental health who resides inside or outside the area of operation of Yogaprajna irrespective to Caste, creed, community and religion etc., who has been inspired by the ideologies of holistic Yoga traditions of India, has complete faith in the objectives of Yogaprajna, has a sense of responsibility, accountability as well as dedication to do something on his/her part for the greater human society and is promised and willing to render his/her services for Yogaprajna is eligible to become a member of Yogaprajna. Further an institution/ Organisation working in some direction for the welfare and greater interest of the society is also eligible to become an institutional member of Yogaprajna.

(b) **TYPES OF MEMBERS:**

There will be basically two broad categories of members of Yogaprajna Assam:

i) Individual member and ii) Institutional member

(i) In the individual member category there will be three types of members:

(1) Annual Member, (2) Life Member and (3) Invited Member

In the Life Member sub-category, there will be three types of Life Members: (1) General Life Member, (2) Patron Member and (3) Donor Member

(c) **PROCEDURES TO BECOME A MEMBER:**

A person or an institution/organisation willing to become a member of Yogaprajna (i) should apply through a prescribed Application Form which may be collected from the Head Office of Yogaprajna directly or by post or may be obtained in online mode through the website www.yogaprajnass.in. (ii) He/she/it will have to deposit the Application directly or in online mode along with the membership Fees fixed for the category to which he/she/it wish to become a member. The Membership Fees may be paid through cheque/Bank Draft/ money transfer mode in the Bank Account of Yogaprajna which will be mentioned in Application Form. the rate mentioned in (b) for different category of members.

An Invited member is a member of a very particular Category. A respected and resourceful person of the society whose service and participation to Yogaprajna has been considered as most essential by the Executive Body/General Body may be nominated as an invited member of Yogaprajna and he/she will be communicated with a formal request letter signed jointly by the President/ Vice-president and General Secretary requesting him/her to become a respectable member of Yogaprajna. In the case when he/she gives his/her consent to become a member will be treated as an invited member. No membership Fees has been fixed for such a member. If an invited member willingly contributes some amount and express his/her willingness to associate himself/herself to Yogaprajna as a formal member in some specified category, then the provision for becoming such a member will always be open for him/her and in that case the Membership Fees will be accepted as well after making all the formal procedures.

(d) **Subscription/ Membership Fees and Membership Period:**

The Fees for different category of members will be as follows-

- (i) Annual Member: Rs.100.00(Rupees One Hundred) only; Period: 1year
- (ii) General Life Member: Rs.1,000.00(One Thousand) only; Period: Lifetime
- (iii) Donor Member: Rs.10,000.00 (Ten Thousand) or more; Period: Lifetime.
- (iv) Patron Member: Rs.5,000.00(Five Thousand) or more; Period: Lifetime
- (v) Invited Member : Optional; Period: As per decision of the Executive Body
- (vi) Institutional Member: Rs.5,000.00(Five Thousand); Period: As per decision of the Executive Body.

(e) **COLLECTION OF FUNDS:**

The Fund of Yogaprajna will be raised from:

- (i) Membership fees collected from different category of members.
- (ii) Donations and subscriptions collected from willing individuals, national and international charitable organisations/associations.
- (iii) Grants obtained from governmental and semi-governmental organisations /establishments.
- (iv) Income obtained from various self-sustainable activities like Yoga and Naturopathy Hospitals, Clinics, studios, Ayurvedic Products etc.
- (v) Income from Academic and entrepreneurship development programmes.
- (vi) Loans taken from Banks, private organisations, national and international charitable organisations/associations.
- (vii) The incomes obtained from agriculture, dairy, Khadi and village industries development programmes undertaken by the NGO.
- viii) Incomes obtained from its various publications.

(f) **CONTROL OF FUND:**

The fund collected will be kept in Bank Accounts opened in National Banks or Post Offices. The Accounts will be operated jointly by the Treasurer and President or the Secretary and President of Yogaprajna as per decision of the Executive Body. The funds and properties of Yogaprajna will be used exclusively for achieving the objectives of Yogaprajna, but not for the personal benefits of the office bearers or any of its members.

6. **GENERAL BODY AND PROCEDURE OF GENERAL BODY MEETING:**

(i) **CONSTITUTION OF THE GENERAL BODY:**

Some members selected/elected from the different category of members, except Annual members, of Yogaprajna in the Biennial General Body meeting will constitute the General Body for the next two years up to the formation of the next Executive Committee.

(ii) **NUMBER OF MEMBERS OF THE GENERAL BODY:**

The number of members of the General Body will not be less than 100 and will not exceed 300 normally. The upper/ lower limit of the number of members of the General Body may be increased after adopting and approving requisite resolutions in a General Body meeting.

(iii) **GENERAL BODY MEETING:**

General Body Meeting will be held twice in a year, one annually and the other in the middle part of a year. If necessary, the number of General Body Meetings may be

increased up to five numbers in emergency situations on requisition basis. But the number of meetings in a year will never be less than two. The members of the General Body should be informed at least before 7(seven) days of the General Body Meeting.

7. QUORUM OF THE GENERAL BODY MEETING:

One third of the number of existing General Body members, which is in between 100 and 300 members, will form the quorum of the General Body Meeting.

8. ELECTION PROCEDURE OF THE EXECUTIVE COMMITTEE:

- i) The Executive Committee of Yogaprajna will be constituted in the Biennial General Body meeting generally by Proposer-Seconder method.
- ii) All the vacant seats of the portfolios/posts and members, except the 3 invited members, will be filled up from the life/patron/donor members only.
- iii) If two or more names are proposed for one portfolio/post, then there will be an election and only one candidate will be elected by secret ballot method for that post.
- iv) In the event of election, the President of the meeting in consultation with the members present in that particular meeting for forming new executive body will appoint a Returning Officer (RO) for the Election and he/she, the RO, will initiate and conduct the whole process of the election. The decision of the RO will be considered final for any matter/decision/dispute related to the election.
- v) The Returning Officer will have no voting power.
- vi) In case, there arise a situation of tie in a post/portfolio after the counting of votes of the election, then the Returning Officer will decide the winner for that portfolio/post through lottery.

9. SHORT DESCRIPTION OF THE EXECUTIVE BODY:

1. PORTFOLIOS: The Executive Committee constituted will contain the following portfolios:

- (i) One President
- (ii) Five to seven Vice-Presidents
- (iii) One General Secretary
- (iv) Five to seven Assistant General Secretaries
- (v) One Treasurer
- (vi) Five Organising Secretaries
- (vii) 32 Executive Members including at least 3 lady and 3 invited members

2. RESPONSIBILITIES:

(i) PRESIDENT:

- (a) The President will preside over the meetings of Executive Committee and General Body.
- (b) The President will give all necessary instructions to the General Secretary to hold Executive/General Body meeting.
- (c) On the issues related to the developmental programmes of Yogaprajna and on any other concerned matter, the President will hold discussions with the General Secretary.
- (d) The President will operate the Bank Accounts of Yogaprajna jointly with the Treasurer/Secretary.

(e) The President will always keep contact with the Presidents and Secretaries of the sub-committees and sub-centres/branches and also give necessary advices in consultation with the General Secretary and Treasurer.

(ii) **GENERAL SECRETARY:**

- (a) The General Secretary will call the Executive Committee and General Body meetings in consultation with the President and Treasurer as and when necessary.
- (b) The General Secretary will act as a liaison with public, Government and semi-government establishments and with private organisations for the development of Yogaprajna and its developmental activities.
- (c) The General Secretary will record the minutes of the General Body and Executive Committee meetings.
- (d) The General Secretary will hold the responsibility of handling the funds of Yogaprajna jointly with the Treasurer/President. In the event of operating the Fund jointly with the Treasurer, the General Secretary will hold necessary discussions with the President and take verbal approval from the President for any step to be undertaken.
- (e) In absence of the President, the General Secretary will operate the Bank Accounts jointly with the Treasurer with the consent of the President.
- (f) The General Secretary will be the overall custodian of all the documents/assets of Yogaprajna.
- (g) In the event of unavoidable absence of the General Secretary in a meeting, he/she will hand over the charge of that meeting to one of the Assistant General Secretaries and will inform the same to the President in written form mentioning the name of the Assistant General Secretary who will act in place of him/her.
- (h) The General Secretary will always keep contact with the Presidents and Secretaries of the sub-committees and sub-centres/branches and also give necessary advices in consultation with the President and Treasurer.

(iii) **TREASURER:**

- (a) The Treasurer will be the care-taker of the entire property of Yogaprajna.
- (b) The Treasurer will hold the responsibility of the day-to-day management of Yogaprajna.
- (c) The Treasurer will maintain the accounts of Yogaprajna and arrange for their timely audit.
- (d) The Treasurer will be in the constant touch with the President and General Secretary of Yogaprajna and report the up to date financial status.
- (e) The Treasurer will operate the Bank Accounts jointly with the President or the General Secretary.
- (f) The Treasurer is empowered to execute any agreement on behalf of Yogaprajna with the consent of the President or the General Secretary.

iii) Vice-President:

- (a) The position of a Vice-President is next to that of the President and hence he will preside over the meetings of Executive Committee/ General Body in the special circumstances when the President is absent in the meeting, informs the General Secretary and gives his charge verbally or in written form to one of the vice Presidents.

- (b) A vice-President will be assigned with the duties of a wing/ sub-committee of Yogaprajna by the Executive Body and he will lead, guide and take special care of that particular wing/ sub-committee.
- (c) A vice-President will have no financial power normally to operate the Fund of Yogaprajna. But if the President is not willing at all to involve himself/herself with the financial matters, then in consultation with the Executive Body, he/she may give the financial charge of the Fund to one of the Vice-Presidents. In that case, the Vice-President will handle the Fund jointly with the General Secretary/Treasurer.

iv) Assistant General Secretaries:

- (a) The Assistant General Secretaries will assist the General Secretary in every programme of Yogaprajna.
- (b) Every Assistant General Secretary will be assigned with the duties of a wing/ sub-committee of Yogaprajna by the Executive Body and he will take care of that wing/ sub-committee.
- (c) In the event of absence of the General Secretary in a particular meeting, the President will appoint one of the Assistant General Secretaries for that meeting and the Assistant General Secretary assigned for that job will do all the needful. In that event he/she will have to submit all the proceedings/reports/documents to the General Secretary when the General Secretary assumes his duties.

v) Organising Secretaries:

- (a) The organising Secretaries will mainly look after the organisational matters and will do all the needful in consultation with the President and General Secretary.
- (b) The Forum of four/five Organising Secretaries will form a greater Organising Committee taking representative from every District of the state and will convene meetings of this committee in consultation with the President and General Secretary.
- © The organising secretaries will make fruitful strategies for membership drives and opening of branches/sub-centres.
- (d) In general, the organising secretaries will be the central observers in case of forming branch Executive Committees.
- (e) The organising Secretaries will report the findings/resolutions of an organising committee meeting held by them to the General Secretary in verbal/written form.

10. THE TERM OF THE EXECUTIVE COMMITTEE:

The tenure of the Executive Committee of Yogaprajna will be two years after taking over the charge from the last Executive Committee. That is, the Executive Committee will hold its office for a period of two years.

11. PROCEDURE FOR RE- ELECTION OF THE EXECUTIVE COMMITTEE:

The Executive committee may be re-elected for an additional term of another two years if all the members/two third majority of members present in the General Body feels so and

arrives at a consensus for the re-election of the present Executive Committee after discussing and considering the greater interests of the organisation.

12. PROCEDURE OF THE MEETING OF THE EXECUTIVE BODY:

- (i) The Executive Committee will generally have quarterly meetings. If occasion demands, there may be emergency sittings in between.
- (ii) The General Secretary will call the executive committee meetings in consultation with the President and the Treasurer.
- (iii) 7 days prior notice/invitation letter duly signed by the General Secretary must be served to every member of the Executive Committee.
- (iv) The decisions of the meetings so far as possible will be taken unanimously or by the support of a two third majority of the number of members present in the meeting.
- (v) If the President and all the vice-Presidents are absent in a meeting, then such a meeting will be postponed at least for 7 days.

13. QUORUM OF THE MEETING OF THE EXECUTIVE BODY:

One third of the number of members of the existing executive body will form the quorum for the Executive Committee meeting.

14. EXPULSION/RESIGNATION /REMOVAL OF MEMBERS:

- (i) Any member who (i) goes against the Rules and Regulation of Yogaprajna (ii) has been involved in anti-social activities and (iii) misappropriates and misuses the properties of Yogaprajna may be expelled from it.
- (ii) A member willing to resign from any portfolio or membership of Yogaprajna should report the matter to the President/General Secretary in written form. His/her resignation will be considered granted when the President/ General Secretary acknowledge the written information and the member clears all his/her liabilities to Yogaprajna. In any case, there will be no refund of his/her membership Fees/ donation/contribution amount towards Yogaprajna.
- (iii) If a member of the Executive committee remains absent in three consecutive meetings without prior information, then the membership of such a member will be terminated and his/her place will be filled up by a new member elected/selected in the Executive committee meeting from the existing general body for that tenure. There will be no such removal in case of an invited member.

15. ADVISORY BOARD OR BOARD OF ADVISORS:

- (i) At the time of forming the Executive Body, the General Body will also form an Advisory Board or Board of Advisors which will be a statutory high power body of Yogaprajna.
- (ii) There will be 30-40 members in the Advisory Board. The most prominent, experienced and respected persons of the society will be selected as members of the Advisory Board by the members present in the General Body meeting by proposer-seconder method.
- (iii) Some members of the Advisory Board may be selected from the list of members of Yogaprajna.
- (iv) Members selected from outside the list of members of Yogaprajna are not supposed to take membership of the NGO.
- (v) There will be no distinct period for an Advisory Board member. If some member want/desire to withdraw his/her involvement to the NGO for health reason or other, then the EC will allow it with a vote of thank for his/her contribution to the NGO and the vacant seat should be filled up by selecting a resourceful new member.

- (vi) There will be at least one online/ offline meeting in a month of the Advisory Board which will be convened by the General Secretary seeking advices /suggestions in different vital issues of Yogaprajna to be discussed in the next EC meeting.
- (vii) The President may also be present in a meeting of the Advisory Board for initiating an issue for discussion and also to co-operate the General Secretary.
- (viii) The General Secretary will record the minutes of a Board meeting and carry forward the advices and suggestions of the Advisory Board to the EC.
- (ix) The EC will give top priority to the decisions taken in an Advisory Board Meeting.
- (x) The Board will have every right and power to criticise/ oppose/ make note of descend/change the decision taken in an EC meeting by exercising its discretionary power.
- (xi) There may be 2-3 representatives of the Advisory Board in the Executive Body.

16. AUDITOR:

- (i) The Executive Committee will appoint a qualified and experienced auditor for auditing the accounts for Yogaprajna or its projects.
- (ii) The appointed auditor will audit the accounts of the society at the end of every financial year and the audited report will be read out in the Executive Committee.
- (iii) The Annual Audit Report will be submitted to the Registrar of Societies regularly.

17. LEGAL PROCEDURE:

According to the provision laid down in the section 6 of the Societies Registration Act-XXI of 1860, Yogaprajna may sue or may be sued in the name of the President and the General Secretary of the Society.

18. DISSOLUTION:

If necessary, Yogaprajna may be dissolved and the properties remained after the dissolution must be handed over according to the provisions laid down in the sections 13 and 14 of the Registration Act-XXI of 1860 to other organisations having similar aim and objectives. In any case the properties will not be distributed among the members.

19. SUB-COMMITTEES:

- (i) The Executive Committee is empowered to form sub-committees for proper and timely implementation of the schemes/projects undertaken for the development of the area of operation of Yogaprajna as and when necessary.
- (ii) In every sub-committee there will be one President, one Secretary and other three/four members selected from the General Body who will act for Yogaprajna in consultation with the President and General Secretary of Yogaprajna.
- (iii) The President of a sub-committee will be generally one of the Vice-Presidents. If Executive Committee decides, then any other respectable member of the General Body/ Executive Body may be a candidate for the post of president of a sub-committee.
- (iv) The secretaries of the sub-committees will place their reports/discussions/ resolutions of their meetings duly signed by the Presidents of the concerned sub-

committees before the Executive Committee for approval. The sub-committees will proceed for activities only after the approval of Executive Committee for their activities.

20. SUB- CENTRES OR BRANCHES:

- (i) Sub centres or branches may be opened/ established on requisition basis in different places of Assam with the approval of the Executive Committee.
- (ii) At least 20(twenty) life members from which the proposal/permission for opening a branch has been requested will be required to open a branch of Yogaprajna.
- (iii) Branches must follow the rules and regulations of the Yogaprajna strictly.
- (iv) Executive committees of the Branches will be formed in General Body meetings in presence of some central observer appointed by the State Executive Committee.
- (v) A Branch Executive Committee will contain i) One President, ii) two vice-Presidents, iii) one Secretary, iv) two Assistant/joint secretaries, v) one Treasurer, vi) 10-15 members including 3 lady members.
- (vi) Election/selection procedure of the Branch Executive Committees will be similar to that of the State Executive Committee.
- (vii) Annual reports and Audit reports of the branches must be submitted at the end of every financial year to the central body of Yogaprajna timely.

21. AMMENDMENT OF RULES AND REGULATIONS:

- (i) If situation demands one/some clause/clauses of the rules and regulations of Yogaprajna may be amended or removed and one/some new clause/clauses may also be included.
- (ii) The support of two third majorities of the Members present in a General Body meeting will be required for the proposed amendment(s).
- (iii) The same should be reported to the Registrar of Societies at the time of submission of the annual report.

22. (i) This society, Yogaprajna, will be registered as per clause XXI of Societies Registration Act of 1860.

(ii) Everything related to the act for or against Yogaprajna will be conducted by the Treasurer or the General Secretary as per clause 6 of the Registration Act-XXI of 1860.

We the following members are signing the true copy of the Memorandum of the Association and Rules and Regulations on behalf of the Executive Committee of “**YOGAPRAJNA**”.

SIGNATURE OF THREE EXECUTIVE COMMITTEE MEMBERS

(Anandaram Burhagohain) (Dhrubajyoti Bhuyan) (Lakhi Pd. Hazarika)