

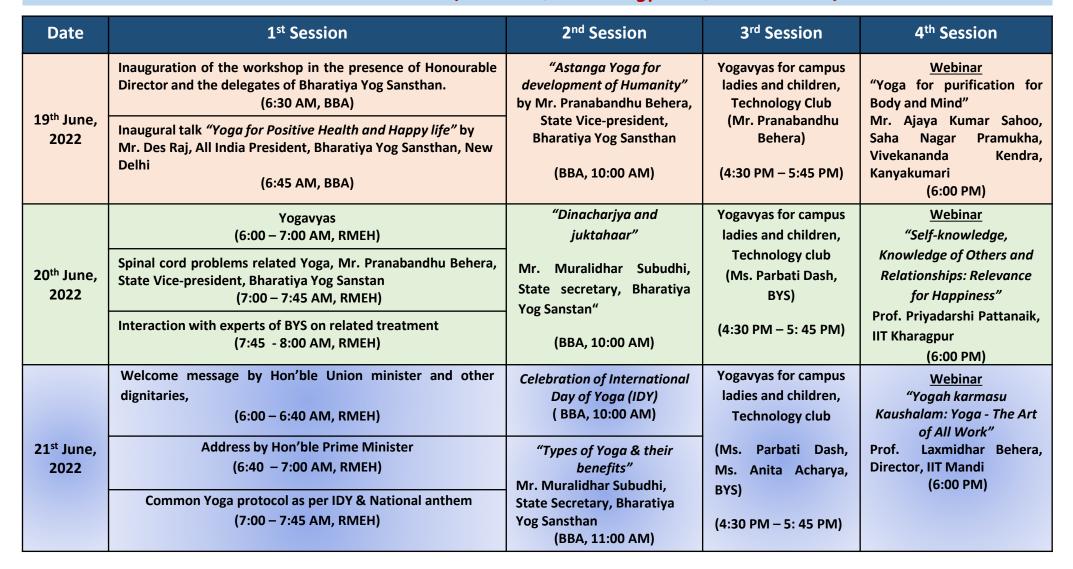
## Workshop on YOGA FOR HEALTH, HARMONY AND HAPPINESS (YHHH)

19th - 25th June, 2022



Coordinators: Dr. J. P. Kar (PIC, Yoga and Natural Wellbeing, 9438532157)

Dr. S. Chinara (President, Technology Club, 8249671735)





Date	1 <sup>st</sup> Session	2 <sup>nd</sup> Session	3 <sup>rd</sup> Session	4 <sup>th</sup> Session
22 <sup>nd</sup> June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)  Diabetes related Yoga by Mr. Raj Kishore Acharya, District President, BYS (7:00 – 7:45 AM, RMEH)  Interaction with experts of BYS on related treatment (7:45 – 8:00 AM, RMEH)	"Kumbhak, Bandha and mudra" by Mr. Raj Kishore Acharya, District President, Bharatiya Yog Sansthan (BBA, 10:00 AM)	Yogavyas for campus ladies and children, Technology club (Ms. Pārbati Dash, Ms. Anita Acharya, BYS) (4:30 PM – 5:45 PM)	Webinar  "Yoga is an Evidence-Based Integrative and lifestyle medicine for Health and Wellbeing" Dr. Deepeshwar Singh, Faculty, SVYASA Yoga University (6:00 PM)
23 <sup>rd</sup> June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)  Digestive system and stomach disorder related yoga by Mr. Muralidhar Subudhi, State secretary, BYS (7:00 – 7:45 AM, RMEH)  Interaction with experts of BYS on related treatment (7:45 – 8:00 AM, RMEH)	"Satkarm"  Mr. Muralidhar Subudhi, State secretary, Bharatiya Yog Sanstan  (BBA, 10:00 AM)	Yogavyas for campus ladies and children, Technology club (Ms. Pārbati Dash, Ms. Anita Acharya, BYS) (4:30 PM – 5:45 PM)	Webinar "Current research on Yoga"  Dr. P. Venkata Giri Kumar, Post Doctoral Researcher SVYASA Yoga University  (6:00 PM)
24 <sup>th</sup> June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)  Obesity management by Mr. Khageswar Ojha (7:00 – 7:45 AM, RMEH)  Interaction with Yoga trainer on related treatment (7:45 – 8:00 AM, RMEH)	"Success without stress"  Mr. Rashmi Das, Senior faculty, Art of Living  (BBA, 10:00 AM)	"Yoga for excellence in education and health VIS-À-VIS engineering and technical institutes"  Prof. Singam Jayanthu, NIT Rourkela  (4:00 PM, BBA)	Webinar  "Let us Meditate in Heartfulness way"  Prof. B. Agrawal, Saha Institute of Nuclear Physics, Kolkata (6:00 PM)
25 <sup>th</sup> June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)  Yoga and Naturopathy Treatment (7:00 – 7:45 AM, RMEH)  Interaction with Yoga trainer (7:45 – 8:00 AM, RMEH)	Webinar  "Meditation: The Essence of Yogic Practice"  Prof. Alok Satapathy, NIT Rourkela  (10:00 AM)	"Origin of Happiness"  Mr. Babaji Charan Sahoo, Alumnus (1968 batch ) (3.30 PM, BBA)  Closing remark, Concluding session (4:30 PM, BBA)	Webinar  "Yoga: A Valuable Gift of India to the Western World"  Mr. Feroze Khan, Founder, European Yoga Institute (6:00 PM)

<sup>\*</sup>Webinar Platform: MS Team: Yoga for Health, Harmony and Happiness (YHHH), Team code: exnq5c0