



Workshop on **YOGA FOR HEALTH, HARMONY AND HAPPINESS (YHHH)** 19th - 25th June, 2022

National Institute of Technology Rourkela

**Coordinators: Dr. J. P. Kar (PIC, Yoga and Natural Wellbeing, 9438532157)
Dr. S. Chinara (President, Technology Club, 8249671735)**



Date	1 st Session	2 nd Session	3 rd Session	4 th Session
19 th June, 2022	Inauguration of the workshop in the presence of Honourable Director and the delegates of Bharatiya Yog Sansthan. (6:30 AM, BBA)	“Astanga Yoga for development of Humanity” by Mr. Pranabandhu Behera, State Vice-president, Bharatiya Yog Sansthan (BBA, 10:00 AM)	Yogavyas for campus ladies and children, Technology Club (Mr. Pranabandhu Behera) (4:30 PM – 5:45 PM)	<u>Webinar</u> “Yoga for purification for Body and Mind” Mr. Ajaya Kumar Sahoo, Saha Nagar Pramukha, Vivekananda Kendra, Kanyakumari (6:00 PM)
	Inaugural talk “Yoga for Positive Health and Happy life” by Mr. Des Raj, All India President, Bharatiya Yog Sansthan, New Delhi (6:45 AM, BBA)			
20 th June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)	“Dinacharjya and juktahaar” Mr. Muralidhar Subudhi, State secretary, Bharatiya Yog Sanstan” (BBA, 10:00 AM)	Yogavyas for campus ladies and children, Technology club (Ms. Parbati Dash, BYS) (4:30 PM – 5: 45 PM)	<u>Webinar</u> “Self-knowledge, Knowledge of Others and Relationships: Relevance for Happiness” Prof. Priyadarshi Pattanaik, IIT Kharagpur (6:00 PM)
	Spinal cord problems related Yoga, Mr. Pranabandhu Behera, State Vice-president, Bharatiya Yog Sanstan (7:00 – 7:45 AM, RMEH)			
	Interaction with experts of BYS on related treatment (7:45 - 8:00 AM, RMEH)			
21 st June, 2022	Welcome message by Hon’ble Union minister and other dignitaries, (6:00 – 6:40 AM, RMEH)	Celebration of International Day of Yoga (IDY) (BBA, 10:00 AM) “Types of Yoga & their benefits” Mr. Muralidhar Subudhi, State Secretary, Bharatiya Yog Sansthan (BBA, 11:00 AM)	Yogavyas for campus ladies and children, Technology club (Ms. Parbati Dash, Ms. Anita Acharya, BYS) (4:30 PM – 5: 45 PM)	<u>Webinar</u> “Yogah karmasu Kaushalam: Yoga - The Art of All Work” Prof. Laxmidhar Behera, Director, IIT Mandi (6:00 PM)
	Address by Hon’ble Prime Minister (6:40 – 7:00 AM, RMEH)			
	Common Yoga protocol as per IDY & National anthem (7:00 – 7:45 AM, RMEH)			

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22 nd June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)	<i>“Kumbhak, Bandha and mudra”</i> 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)	<u>Webinar</u> <i>“Yoga is an Evidence-Based Integrative and lifestyle medicine for Health and Wellbeing”</i> Dr. Deepeshwar Singh, Faculty, SVYASA Yoga University (6:00 PM)
	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)			
23 rd June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)	<i>“Satkarm”</i> 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)	<u>Webinar</u> <i>“Current research on Yoga”</i> Dr. P. Venkata Giri Kumar, Post Doctoral Researcher SVYASA Yoga University (6:00 PM)
	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)			
24 th June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)	<i>“Success without stress”</i> Mr. Rashmi Das, Senior faculty, Art of Living (BBA, 10:00 AM)	<i>“Yoga for excellence in education and health VIS-À- VIS engineering and technical institutes”</i> Prof. Singam Jayanthu, NIT Rourkela (4:00 PM, BBA)	<u>Webinar</u> <i>“Let us Meditate in Heartfulness way”</i> Prof. B. Agrawal, Saha Institute of Nuclear Physics, Kolkata (6:00 PM)
	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)			
25 th June, 2022	Yogavyas (6:00 – 7:00 AM, RMEH)	<u>Webinar</u> <i>“Meditation: The Essence of Yogic Practice”</i> Prof. Alok Satapathy, NIT Rourkela (10:00 AM)	<i>“Origin of Happiness”</i> Mr. Babaji Charan Sahoo, Alumnus (1968 batch) (3.30 PM, BBA)	<u>Webinar</u> <i>“Yoga: A Valuable Gift of India to the Western World”</i> Mr. Feroze Khan, Founder, European Yoga Institute (6:00 PM)
	Yoga and Naturopathy Treatment (7:00 – 7:45 AM, RMEH)			
	Interaction with Yoga trainer (7:45 – 8:00 AM, RMEH)		Closing remark, Concluding session (4:30 PM, BBA)	

*Webinar Platform: **MS Team : Yoga for Health, Harmony and Happiness (YHHH)**, Team code: **exnq5c0**