

### About the Webinar:

The motive of this webinar series is to provide a strategic way of healthy and happy life. The healthy and happy people make the society more productive. In this five-day webinar, various aspects including Yoga, Meditation, Pranayama, Balanced Diet, Ayurveda tips and Mind Management will be discussed.

### About the Department of Electronics and Communication Engineering

The department was established with the vision to become a nationally acclaimed department of higher learning that will serve as a source of knowledge and expertise for the society. The department offers various UG and PG programmes with the mission to advance and spread knowledge in the areas of electronics, communication, instrumentation, signal processing and VLSI leading to creation of wealth and welfare of humanity. The department also offers M. Tech in Microwave and Radar Engineering and Ph. D. for regular as well as sponsored candidates. The faculties of EC department are handling several externally funded research projects. Please visit <https://www.nitrkl.ac.in/EC/> to know more about the Department of ECE.

### About the National Institute of Technology (NIT) Rourkela

National Institute of Technology (NIT), Rourkela was founded as Regional Engineering College, Rourkela in 1961. It is a prestigious institute with a reputation for excellence at both undergraduate and postgraduate levels, fostering the spirit of national integration among the students, a close interaction with industry and a strong emphasis on research, both basic and applied. The city of Rourkela is a bustling industrial city, cosmopolitan by nature and is well connected to all parts of the country by road and rail. The nearest airports are Ranchi, Kolkata and Bhubaneswar, which are well connected by trains. Please visit <https://www.nitrkl.ac.in/About.aspx> to know more about NIT Rourkela.

### Objectives of the Webinar:

- To spread awareness and encouragement towards holistic lifestyle.
- To facilitate the participants with strategic approaches to healthy and happy life

### Highlights of the Webinar:

- ✓ Holistic Lifestyle
- ✓ Yoga and Meditation
- ✓ Ayurveda
- ✓ Balanced Diet
- ✓ Stress/Mind Management

### Eminent Experts

The experts for this programme are doctors, faculty members from IIT/NIT and other reputed institutions/organizations.

### Target Participants

The UG/PG students, research scholars/professionals, staff/faculty members and industry professionals are eligible to attend the program.

*E-certificate will be given to the registered participants who will attend all the sessions. Registration is free. Deadline: 05 February 2022.*

### Registration Form:

<https://forms.gle/fNOFZteUiC5jG7Zi6>

### Convener

#### Dr. Situ Rani Patre

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### Co-convener

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## Five Day Online Webinar on Strategies of Stress Free Healthy Life (SSFHL-2022)

Sponsored by Gender Advancement  
for Transforming Institutions  
(GATI), DST

07<sup>th</sup> - 11<sup>th</sup> February, 2022

Organised by







Department of Electronics and  
Communication Engineering,  
National Institute of Technology Rourkela  
Rourkela-769008, Odisha, India



# Five Day Online Webinar on Strategies of Stress Free Healthy Life (SSFHL-2022)

Sponsored by Gender Advancement for Transforming Institutions (GATI), DST

## Programme Schedule

<b>Day 1:</b> 07 Feb. 22, 4:30-5:00 pm	<b>Inaugural Session</b>	
<b>Day 1</b> 07 Feb. 22, 5:00-7:00 pm	<b>Science of Wellbeing and Holistic Living</b> <b>Ms. Ipsita Mahapatra Satapaty</b> Executive Coach Consultant	
<b>Day 2</b> 08 Feb. 22, 5:00-7:00 pm	<b>Yoga and Meditation</b> <b>Dr. Ashu Khanna</b> Associate Professor IIT Roorkee	
<b>Day 3</b> 09 Feb. 22, 5:00-7:00 pm	<b>Ayurveda for Illness and Wellness</b> <b>Dr. Aparna. K.</b> BAMS, MD, PhD Ayurveda	
<b>Day 4</b> 10 Feb. 22, 5:00-7:00 pm	<b>Balanced Diet for Holistic Living</b> <b>Dr. Jasmine M Bugli</b> International Corporate Trainer	
<b>Day 5</b> 11 Feb. 22, 5:00-7:00 pm	<b>Know Stress: No Stress</b> <b>Prof. Alok Satapaty</b> Professor NIT Rourkela	