

National Webinar in Commemoration of 7th International Day of Yoga- 2021
on

Yoga: The Holistic Approach to a Good Life

Organised by

**Department of Philosophy in association with Internal Quality Assurance Cell (IQAC)
U.N. Autonomous College of Sc. & Tech., Adaspur, Cuttack**

Sponsored by

Indian Council of Philosophical Research (ICPR), Ministry of Human Resource Development (MHRD), New Delhi

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Date: 21.06.2021

Distinguished Speakers



Prof. Sarat Chandra Panigrahi
Formerly, Professor and Head
PG Department of Philosophy
Utkal University, Bhubaneswar



Dr. Narayan Prasad Mohanty
Formerly, Reader and Head
Department of Philosophy
JKBK Govt. College, Cuttack



Dr. Biswaranjan Rath
President:
Yoga Professional Association of Odisha
PG Dept. of Yoga, Utkal University

Date: 22.06.2021

Distinguished Speakers



Dr. Gayadhar Dash
Formerly, Reader and Head
Department of Philosophy
Dharani Dhar (Auto.) College
Keonjhar



Prof. Brajakishore Swain
Formerly, Professor and Head
PG Department of Sanskrit
Sri Jagannatha Sanskrit University
Sri Vihar, Puri



Dr. Krupasindhu Pradhan
Dy. Controller and Co-ordinator, IQAC
U.N. (Auto.) College of Sc. & Tech.,
Adaspur



Prof. Lingaraj Mishra
Principal
U.N. (Auto.) College of Sc. & Tech.,
Adaspur



Bijaya Kumar Nayak
HOD, Philosophy & Organiser
U.N. (Auto.) College of Sc. & Tech.,
Adaspur



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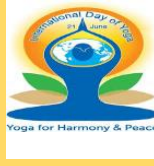
DAY-1

Dated 21 June, 2021

Time: 3.30 P.M.

Programme Schedule

Time	Programme	Resource Person
3.30 P.M -3.45P.M.	Inauguration and Welcome Address of the Webinar	Prof. Lingaraj Mishra Principal and Director of the Webinar
3.45 P.M-4.45 P.M	The Concept of Yoga in the Bhagavad Gita	Prof. Sarat Chandra Panigrahi Formerly, Professor and Head PG Department of Philosophy, Utkal University
4.45 P.M-5.00 P.M	A Reflection on Yoga	Dr. Narayan Prasad Mohanty Formerly, Reader and Head Department of Philosophy JKBK Govt. College, Cuttack
5.00 P.M- 6.00 P.M	Yoga and Holistic Health Management (To Overcome the Current Health Crisis)	Dr. Biswaranjan Rath President: Yoga Professional Association of Odisha PG Dept. of Yoga, Utkal University
6.00 P.M-6.20 P.M	Interactive Session	Mr. Jagannath Prasad Mohanty Moderator Lecturer in Philosophy U.N. (Auto.) College of Sc. & Tech., Adaspur
6.20 P.M-6.30 P.M	Vote of Thanks	Dr. Krupasindhu Pradhan Dy. Controller and Co-ordinator, IQAC



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DAY-2

Dated 22 June, 2021

Time: 3.30 P.M.

Programme Schedule

Time	Programme	Resource Person
3.30 P.M -3.45P.M.	Introduction of the Speakers	Mr. Antaryāmi Dixit Lecturer in Philosophy U.N. (Auto.) College of Sc. & Tech., Adaspur
3.45 P.M-4.45 P.M	The Integral Yoga of Sri Aurobinda	Dr. Gayadhar Dash Formerly, Reader and Head Department of Philosophy Dharani Dhar (Auto.) College, Keonjhar
4.45 P.M-5.45 P.M	Sarira Mādyam Khalu Dharma Sādhanam	Prof. Brajakishore Swain Formerly, Professor and Head Post-Graduate Dept. of Sanskrit Sri Jagannatha Sanskrit University, Sri Vihar, Puri
5.45 P.M-6.15 P.M	Interactive Session	Smt. Charulata Das & Smt. Binita Kar Moderators Lecturer in Philosophy U.N. (Auto.) College of Sc. & Tech., Adaspur
6.15 P.M-6.25 P.M	Vote of Thanks	Mr. Arjuna Rauta Lecturer in Philosophy U.N. (Auto.) College of Sc. & Tech., Adaspur

Prof. Lingaraj Mishra
Principal and the Director of the Webinar

Shri. Bijaya Kumar Nayak
HOD, Philosophy and
Organiser of the Webinar

- No registration fee.
- E-certificates will be provided to those participants who attend the Webinar and submit feedback successfully.

For any queries please contact:
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