



ONE-DAY NATIONAL WORKSHOP
ON
**INTEGRATIVE WELLNESS
THROUGH YOGA**

Speakers:

Dr. Saroj Kanta Kar,

Head, Department of Philosophy, Utkal University

Topic: Vipashyana: Theory and Practice

Smt. Smrithi Rekha Adinarayanan,

Co-Founder, Anaadi Foundation, Coimbatore

Topic: The Science of Well-being & the Relevance of Yoga

24/07/2023. 10 AM ONWARDS

VENUE: ROOM NO. 107, SHSS&M, IIT BHUBANESWAR

Organising Committee:

Dr. Dukhabandhu Sahoo (HoS), Dr. R. Venkata Raghavan,

Dr. Richa Shukla, Dr. Sreetama Misra (Convener)

Sponsored by:

Indian Council of Philosophical Research (ICPR), New Delhi

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School of Humanities, Social Sciences & Management,
IIT Bhubaneswar