One Day National Level Webinar on
UTILITY OF YOGA TO PREVENT PANDEMIC :
A PHILOSOPHICAL PERSPECTIVE

Organised by
Department of Philosophy in collaboration with IQAC
Vivekananda Mission Mahavidyalaya
Chaitanyapur, Purba Medinipur , West Bengal

Chief Patron

Ms. Madhurima Mondal
President, GB
Vivekananda Mission Mahavidyalaya
Chaitanyapur, Purba Medinipur ,WB

Date: 30th September, 2020
Time: 11:00AM Onwards

Schedule:

Entry: 11:00AM - 11:15AM
through Google Meet &
On YouTube Live Streaming

Inaugural Speech:
11:15AM - 11:25AM

Dr. Manabendra Sahu
Principal
Vivekananda Mission Mahavidyalaya
Chaitanyapur, Purba Medinipur ,WB

Welcome Address:
11:25AM - 11:30AM

Dr. Santanu Basu
Coordinator IQAC
Associate Professor & HOD, Dept. of English
Vivekananda Mission Mahavidyalaya
Chaitanyapur, Purba Medinipur , WB

Technical Session-1
Topic: Contribution of Yoga for Preventing Pandemic
11:30AM -12:10 PM

Prof. Bhupendra Chandra Das
Dept of Philosophy and the Life World
Vidyasagar University
Paschim Medinipur, WB

Technical Session-2
Topic: Post-corona Human : A Philosophical Reflection
12:10PM – 12:50PM

Dr. Patitpaban Das
HOD, Department of Philosophy
Ravenshaw University
Cuttack, Odisha

Technical Session-3
Topic: Bartaman Mahamarite Sahaja Yoger Bhumika :Ekti Darshanik Anusandhan
12:50PM -1:30 PM

Prof. Sunil Roy
Department of Philosophy
University of Burdwan,
Burdwan, WB

Interactive session: 1:30 PM-1:45 PM

Valedictory session:

Dr. Asim Kumar Mandal
Associate Professor, Dept of Philosophy
Vivekananda Mission Mahavidyalaya

Organising Committee Members:

Convener:
Dr. Dipak Kumar Mandal
Assistant Professor
HOD, Dept of Philosophy
V. M. Mahavidyalaya

Member:
Dr. Asim Kumar Mandal
Associate Professor,
Dept of Philosophy
V. M. Mahavidyalaya

Member:
Dr. Kakali Ghosh
Associate Professor,
Dept of Philosophy
V. M. Mahavidyalaya

Member:
Mrs. Mousumi Gayen
SACT-II
Dept of Philosophy
V. M. Mahavidyalaya

Objectives of the webinar:

Today, the whole world is seriously helpless as humanity is confronted with a monstrous and deadly disease. In these challenging times, Yoga, the ancient physical, mental and spiritual practice has emerged as a proven time tested tool for human well-being. Positive health practices of Yoga and meditation are said to have several benefits for both our physical and psychological well-being as well as leading to emotional strength. Regular practice of Yoga boosts the immune system of the body. It improves the functions of lungs, heart and other internal body organs. It helps not only to calm the body and mind but also provides a constant source of energy. Pranayama Yoga or breathing exercise strengthens our respiratory system. It is especially relevant in the current time as it is the respiratory system of the body that is most adversely affected by COVID-19.

For Registration

A) Webinar will be conducted through the **Google Meet** and **Live YouTube**. Participation in all the sessions is **mandatory**.

B) Link for Registration: **https://forms.gle/aUJU8d4E2Nb2Nfzw9**

C) **No registration fees.**

D) **E-certificate** will be provided after submitting the **Feedback form.**

E) Only Registered and Active participants will receive E-certificate within one week from the date of Webinar

F) For more information contact: **WhatsApp/call: 8637002176, 7003805927 Only call: 9564228050, Email- Philosophy@vmmahavidyalaya.ac.in**

Technical Support and Assistance:
Mr. Bidhan Halder
Assistant Professor
V.M. Mahavidyalaya

THANK YOU