



**International Yoga Day: Celebrating the
physical
and mental health benefits through Yoga**
June 21, 2023 | Wednesday
Chief Guest: Prof. Prem Vrat, Chairman - BoG, IIT Mandi



Time	Venue	Activities Planned	Guests
6:30 AM	Cricket Ground, South Campus	Assembly	IIT Mandi - Sr. Management Participants (Faculty, Staff & Students) Volunteers
6:40 AM		Streaming of the Address of Honourable PM Narendra Modi Ji	
7:00 - 7:30 AM		Common Yoga Protocol to be followed	
7:45 - 8:00 AM		Refreshments	
9:00 - 9:05 AM	Auditorium	Diya Lighting and Inauguration of the program	Prof. Prem Vrat, Prof. Laxmidhar Behera, Dr Richa Chopra, Ms Paulomi Mukherjee, Dr Rajesh Sannd, Dr Suvrokamal Dutta, Mr Rakesh Pandey and Mr Somjit Amrit, on stage for diya lighting.
9:07 - 9:15 AM	Auditorium	Prof. Prem Vrat's Address	Prof. Prem Vrat, Chairman BoG, IIT Mandi and IIT Dhanbad
09:17- 9:40 AM	Auditorium	Prof. Laxmidhar Behera's Address Topic: "Yogah Karmasu Kaushalam: Yoga - The Art of All Work"	Prof. Laxmidhar Behera, Director - IIT Mandi
09:42- 10:05 AM	Auditorium	Speaker Session: 1 Topic: "Universal Ideas from Patanjali's Yoga Sutra on Mind & Mental Health: Philosophy and Practice"	Dr Richa Chopra , Core Faculty Centre of Excellence for Indian Knowledge Systems, IIT Kharagpur
10:07- 10:30 AM	Auditorium	Speaker Session: 2 Topic: "Making Yoga an integral part of our daily lives."	Ms Paulomi Mukherjee , Regional Director of Art of Living Govt Programs and Projects
10:32- 10:55 AM	Auditorium	Speaker Session: 3 Topic: "Yoga as an integral part of Ayurveda."	Dr Rajesh Sannd , Assistant Director In-charge Regional Ayurveda Research Institute, Pandoh, Distt. Mandi (HP)
10:57- 11:20 AM	Auditorium	Speaker Session: 4 Topic: "Spreading of universal brotherhood and love through Yoga."	Dr Suvrokamal Dutta , Senior Expert, Media and Politics
11:20 - 11:30 AM	Tea - Break		
11:30 AM - 12:00 PM	Auditorium	Panel Discussion Topic: "Benefits of Yoga within empiric science."	Panel Members 1. Dr Richa Chopra 2. Ms. Paulomi Mukherjee 3. Dr Rajesh Sannd 4. Mr Rakesh Pandey 5. Mr Sankar Dasiga Moderator: Prof. Laxmidhar Behera
12:05 - 12:45 PM	Auditorium	1. "YogiFi" Smart Mat Live Demo 2. "Smarton" Product Demo 3. "Nuverse" Tech Demo 4. App Demonstration	Mr Muralidhar Somshetty & Ms Sushmita Nataraj from Wellneysys Technologies Mr. Suket Amin from Smarton Technologies

		5. AR/VR short film "Himachal as Dev Bhoomi."	Mr Mukesh Mahatre from Nuverse Deepak Chauhan from IIT Mandi iHub
1:00 PM - 2:00 PM	Auditorium	Speaker Session 5 (Online) Topic: "Understanding the Biomedical Psychophysiology of Yoga"	Dr Sat Bir Khalsa Associate Professor of Medicine - Harvard Medical School Department of Medicine, Brigham and Women's Hospital Director of Yoga Research, Yoga Alliance Director of Research, Kundalini Research Institute Research Associate, Benson Henry Institute for Mind-Body Medicine
2:05 PM- 2:10 PM	Auditorium	Vote of Thanks	By Dr Hitesh Shrimali, Dean Students, IIT Mandi
2:15 PM - 3:15 PM	Lunch Break		
3:30 PM - 6:00 PM	Auditorium Complex	Technology Showcase of iHub and IKSMHA (Booths)	