

**Report of the UGC Sponsored State Level Work-Shop on "Stress Management by "Yoga Organised by the Dept. of Sanskrit"**

The Dept. of Sanskrit, Christ College, Cuttack organised the UGC sponsored State Level Work-Shop on "Stress Management by Yoga" on 20<sup>th</sup> February 2017 in the Conference Hall of the College. Prof. Manmath Kumar Otta, the Principal of the College, chaired the august inaugural session of the Work-Shop. In nutshell, Prof. Otta in his speech emphasised on stress free society by Yoga, the need of the hour. At the outset Dr. D. G. Mishra, HOD Dept. of Sanskrit had to introduce the guest and gave an elaborate appraisal of the objective of the work shop. The following Resource person were invited to grace the inaugural session of the work-shop.

**1. Prof. Narottam Senapati:**

Prof. Dr. Narottam Senapati, HOD of the Dept. of Sanskrit, Pali & Prakrit of BiswaBharati University Santi Niketan delivered his speech as Chief Guest. Dr. Senapati in his valuable talk hinted on Bhakti Yoga relating the Bhakti movement of Sri Chaitanya Mahaprabhu. He gave much stress on Bhakti or devotion to God which can bring drastic change in human life and character finally ensuring peace of mind and making stress-free life.

**2. Dr. Indulata Das:**

Dr. Indulata Das, Director of Yoga and oriental studies, BBSR, Chief Speaker of the inaugurate session of Work-shop delivered a talk on patanjali Astanga Yoga. She in her address clarified the Scientific and systemic functioning of concept of Yoga of Pantajali for a stress free society. In her elaborate address she enlightened the audience on Yogasana and Pranayama in a correct manner will lead to final emancipation, ensuring the freedom of total being from the vicious chain of bondage.

**3. Sri Sarada Kinker Palit:**

Sri Sarada Kinker Palit, the Secretary, Vivekananda Yoga therapy Centre, presided over the function as Guest of Honour Sri Palit had to demonstrate various postures of Yoga for stress free society. He had to narrate on the various human mechanism, depending upon the secretion of the fluid for auto functioning in human body system. L.C.D. Projector was used for practical experimentation in the workshop.

**4. Academic Session:**

The Academic session of the conference was conducted for deliberation, reflection and interaction on the subject by the guests outside and inside station, under the Chairmanship of Sunil Sharma, Yoga Instructor, & the President of Bharat Swaviman. In this august academic session Dr. Suneli Dei, HOD Sanskrit of Talcher College, Dr. Bichitrananda Pati, HOD Sanskrit Shudarshana College, Dr. Anita Patri, I.G. Women's College, Dr. Kadabini Das, S. B. Women's College, Mrs. Swapnasree Das, Stewart Sc. College, Mrs. Kntala Behuria of Khutuni College, Sri Anirudha Patri of Choudwar Jr. College, Ms. Deepika