

N.7: DAE National Yoga Workshop at RRCAT

The 3rd DAE National Yoga Workshop was conducted at Raja Ramanna Centre for Advanced Technology (RRCAT), Indore during February 20-21, 2016. The workshop was organised by RRCAT Staff club under the aegis of DAE (Department of Atomic Energy) Sports and Cultural Council. The theme of the workshop was “Yog for Holistic Life Management” and was attended by 220 registered participants across the country.

The workshop was inaugurated by Dr. R.C.Varma, FRCS and founder of “Hari Om Yog Kendra” and “Patanjali Yog Vidyapeeth”, Indore. Dr. P.D.Gupta, Distinguished Scientist and Director RRCAT presided over the function. Padma Shri (Dr.) Prahlada Rama Rao, former Director, Defence Research & Development Lab and Advisor, Swami Vivekananda Yoga Anusandhana Samstha (SVYASA), Bengaluru delivered the key-note address on “Yoga for Health Care, Wellness and Life Management”. During the inaugural function, a souvenir also was released.



Photograph showing Dr. R.C. Varma, FRCS and Yogacharya, Indore, inaugurating the Workshop. Also seen are Padma Shri Prahlada Rama Rao (right) and Dr. P.D.Gupta Director, RRCAT (left)

Eminent speakers from various Yog and Naturopathy institutes delivered talks during the workshop. On the first day, Swami Yogpratap Saraswati of Bihar School of Yoga, (Rikhiapeth) Munger, Prof(Dr.)K. Satya Lakshmi, Director, National Institute of Naturopathy, Pune, Pundit Radhe Shyam Mishra, Ujjain Yoga Life Society, Ujjain, Dr. Anjali Kulkarni & Dr. Anuradha Chakraborti, Medical officers from BARC Hospital, delivered the invited talks. On the second day the

invited speakers were Prof(Dr.) R.S.Bhogal, Asst. Director(Research), Kaivalyadham, Lonavala, Dr. K.C.Khare, Retired Prof. of Dermatology, MGM Medical College, Indore, Dr. Usha Ukande, Principal, Choithram College of Nursing Indore and Dr. Hemant Sharma, Yoga Consultant, Indore.

During the workshop, apart from five sessions of invited talks, four practical sessions on Asanas, Pranayam and Meditation were conducted. A special practical session on Tratak also was conducted by Shri. U. S. Prasad, Yogacharya, Gurukuldharm Yogashram, Indore. Practical demonstration and case studies were also presented during the workshop. Practical sessions were coordinated by Shri. B.Devadasan, Convenor, Yog circle, RRCAT Staff club, RRCAT.



Photograph showing a technical session during the workshop

During the valedictory function, Brahmarsi Omanand Saraswati was the guest of honour and he conducted a special session on Meditation, Pranayam and YogNidra. The function was presided over by Dr. B. N. Jagtap, Director, Chemistry Group, BARC and Vice President DAE Sports & cultural council, Mumbai and Shri. Kailash Agarwal, Secretary, DAE Sports & Cultural Council was the special guest. Shri. D.K. Dalal, BARC Staff club summarized the proceedings of the workshop. Shri S.V.Nakhe, president RRCAT staff club proposed vote of thanks and Dr. Haridas.G, Secretary of the workshop and Co-convenor, Yog circle, RRCAT conducted the sessions during workshop.

*Reported by:
Haridas.G (haridas@rrcat.gov.in), S.V. Nakhe and
B. Devadasan*