

IIT Bhubaneswar Organises Workshop On Holistic Life Skills

Bhubaneswar : Indian Institute of Technology (IIT) Bhubaneswar has organised a workshop on 'Holistic Life Skills: Role of Science and Spirituality' on 26th August. Organised by the School of Humanities, Social Sciences & Management of the Institute, in association with the Jignasa group, IIT Bhubaneswar, the workshop aimed at imparting awareness on the integration of a scientific approach with spirituality for a holistic life. The event was inaugurated in the presence of Shri Bamadev Acharya, Registrar, IIT Bhubaneswar, along with the esteemed speakers, Prof. Ram Gopal Uppaluri, Professor of Chemical Engineering, IIT Guwahati, Prof. Ramjee Repaka, Mechanical Engineering, IIT Ropar, and Mr. Ajaya Sahoo, Quest Global Solutions, Bangalore. Dr. Sreetama Misra, from the School of Humanities, Social Sciences & Management was the coordinator of the event. Around 50 participants, including students and faculty members participated in the workshop.

Speaking on the occasion, Shri Bamadev Acharya stressed on the need of a conscious effort towards integrating science and spirituality for thoughtfulness and a positive lifestyle in the present scenario. He also emphasized that this approach towards life should be inculcated at an early stage of life so that life can be better-managed and holistic. He said that IIT Bhubaneswar is always focused on the holistic growth of its students and faculty members. This workshop is an initiative towards this objective.

In his speech, Prof. Ram Gopal Uppaluri, spoke on 'Science of Consciousness: Need of Holism'. He eloquently articulated the necessity of delving into the Science of Consciousness, emphasizing the demand for a holistic approach. He underscored how this approach not only enriches our understanding of science and philosophy but also unveils a deeper interconnectedness. Through his insights, he highlighted the significance of integrating consciousness studies for a more enlightened perspective.

Mr. Ajaya Sahoo spoke on 'Holistic Life Skills' and advocated for integrating holistic life skills into our daily lives. He emphasized on their value for young technocrats, detailing how such skills can enhance their well-being, decision-making, and interpersonal abilities. His discourse underscored the practical benefits of nurturing a balanced and skill-enriched life amidst the demands of modern technology-driven environment. His presentation focused on how holistic life skills can offer solutions to the challenges like burnout, anxiety and lack of meaningful human connections caused because of the professional and personal pressure.

Prof. Ramjee Repaka, in his presentation on 'Stress Management' delved deep into the intricacies of stress management. He extensively discussed strategies and techniques to effectively cope with stress. Prof. Repaka elaborated on mindfulness practices, time management, physical activities, and seeking social support as crucial tools to mitigate the adverse effects of stress. His comprehensive insights provided a practical roadmap for individuals to navigate the challenges of stress in a healthier and more productive manner. Closing the workshop Vote of thanks was proposed by Swami Jitun Kumar Dhal, Director, Bhaktibedant Institute, Bhubaneswar.

Link: <https://indiaeducationdiary.in/iit-bhubaneswar-organizes-series-of-activities-to-mark-national-sports-day/>



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On August 26th, Indian Institute of Technology (IIT) Bhubaneswar hosted a workshop titled “Holistic Life Skills: The Role of Science and Spirituality.” The workshop, organized by the School of Humanities, Social Sciences, and Management in collaboration with the Jignasa group at IIT Bhubaneswar, sought to raise awareness about the integration of a scientific approach and spirituality for a holistic lifestyle. Shri Bamadev Acharya, Registrar of IIT Bhubaneswar, along with esteemed speakers Prof. Ram Gopal Uppaluri, Professor of Chemical Engineering at IIT Guwahati, Prof. Ramjee Repaka, Mechanical Engineering at IIT Ropar, and Mr. Ajaya Sahoo, Quest Global Solutions, Bangalore, inaugurated the event. The event was coordinated by Dr. Sreetama Misra of the School of Humanities, Social Sciences, and Management. Approximately fifty participants, including students and faculty, attended the workshop.

Shri Bamadev Acharya, speaking at the event, emphasized the necessity of integrating science and spirituality for consideration and a positive lifestyle in the present context. He also emphasized the importance of instilling this outlook on life at an early age so that life can be better managed and more holistic. He stated that IIT Bhubaneswar is always concerned with the overall development of its students and faculty. This workshop is a step toward achieving this objective.

Prof. Ram Gopal Uppaluri’s speech was entitled “Science of Consciousness: Need for Holism.” He articulated the imperative of studying the Science of Consciousness with eloquence, emphasizing the need for a holistic approach. He emphasized how this methodology not only enhances our comprehension of science and philosophy, but also reveals a deeper interconnectedness. His insights highlighted the importance of integrating consciousness studies for a more enlightened viewpoint.

Mr. Ajay Sahoo spoke on the topic of ‘Holistic Life Skills’ and advocated for the incorporation of holistic life skills into our daily existence. He emphasized the importance of these skills for young technocrats, explaining how they can improve their well-being, decision-making, and interpersonal skills. In the context of today’s technology-driven environment, he emphasized the practical advantages of cultivating a balanced and skill-rich lifestyle. The focus of his presentation was on how holistic life skills can provide solutions to problems such as exhaustion, anxiety, and a lack of meaningful human connections caused by professional and personal pressure.

Prof. Ramjee Repaka's presentation on 'Stress Management' delved deeply into the complexities of stress management. He elaborated on strategies and techniques for effectively managing tension. Prof. Repaka elucidated on the importance of mindfulness practices, time management, physical activities, and social support in mitigating the negative effects of stress. His extensive insights provided individuals with a practical road map for navigating the challenges of stress in a healthier and more productive manner.

Swami Jitun Kumar Dhal, director of Bhaktibedant Institute in Bhubaneswar, offered a vote of gratitude to close the workshop.

Link : <https://www.eduvast.com/education/iit-bhubaneswar-organises-workshop-on-holistic-life-skills/#:~:text=On%20August%2026th%2C%20Indian%20Institute,IIT%20Bhubaneswar%2C%20sought%20to%20raise>