



Press Release

IIT Bhubaneswar organises workshop on Holistic Life Skills

Bhubaneswar, 27th August 2023: 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.
