

A Workshop on
YOGA for Improving Performance
16th January 2018, 10:00 AM

Venue: MITS Yoga Centre, Gayatri Temple Annex
MITS Campus, Rayagada, Odisha - 765017

The science of yoga originates from the culture around the Indus-Sarasvati river in India more than 5000 years ago, and is elaborated in classical writings. Patanjali's experiences are collected in the Patanjali sutras, dated between 200 BC and 200 CE. These writings include the description of Patanjali's eightfold path. Another fundamental text is the 15th century Hatha Yoga Pradipika. This text is based on older Sanskrit texts and Yogi Swatamarama's yoga experiences. It includes topics such as shatkarma, asana, pranayama, chakras, kundalini, bandha, kriyas, shakti, nadis en mudras.

The Eight folded path of Yoga

The ultimate connection is reached through concentration and meditation. Patanjali describes Raja Yoga as the process of reunification with the Devine through the Eightfold Path of Yoga, which consists of:

- Yama: socio-ethical precepts
- Niyama: personal ethical disciplines
- Asana: body postures
- Pranayama: breathing exercises
- Pratyahara: withdrawal of the senses
- Dharana: mental concentration
- Dhyana: meditation or uninterrupted mental focus
- Samadhi: union with the Supreme through deep meditation

Aim of the workshop: Yoga for Improving Performance

We at MITS, Rayagada Campus aim to improve the overall performance of the students in their every sphere of life. Staff and Students need to avail the countless benefits of Yoga to become more flexible, strong and more concentrated towards study or work. The workshop Yoga for Improving Performance aims to cater the aspects on Basics and Technical Aspect of Yoga and the Techniques of Yoga with Practical Knowledge (Sarvanga Asan/ Bhujan Asan/ Shava Asan/ Pranayam). Some of the key issues planned to be discussed are:

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| - Better focus at work | - Improved sleep |
| - Decrease back pain | - Personal growth |
| - A calmer mind | - Spiritual growth |
| - More Energy | - Happier Mood |
| - Balanced Mood | - Toned Body |

- Resource Persons -

Dr. G K Panda

Principal, MITS-Rayagada

Ms. Sangeeta Arya / Ms. Priya Chauhan / Ms Shalini Chauhan

Deva Sanskruti Viswavidyalaya, Haridwar, India

Registration Process

Student / Staff of academic institutions are eligible to participate the workshop.
Participants need to register themselves.
Registered participants are requested to switch of their Mobile Phones during the session.

Contact Person

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