

L.B.S.M. College, Jamshedpur

(A Constituent Unit of Kolhan University, Chaibasa)

Programme Schedule

ONE DAY NATIONAL WEBINAR

On

“The healing power of Yoga”

Date: 21.06.2021(Time: 1.00pm to 2.30pm)

Inaugural Session (1.00pm-1.10pm)

1. Welcome address along with introduction of the guests of the webinar -

By Dr. Mousumi Paul

HOD English, Coordinator IQAC,

Convener of the webinar (1.00pm-1.10pm)

Technical Session (1.10pm-2.10pm)

2. Speaker (1.)Dr. Deepanjay Srivastava

HOD, Philosophy & Coordinator of YOGA and the Webinar

Topic-“कोरोना काल में योग एवं प्राणायाम के लाभ”

3. Eminent Speaker of this session

Shri Prashant Sinha

YOGA and Fitness instructor working with Urban Company,

Chinmay Yoga centre and Shivananda Yoga Centre.

Dwarka sec 3, New Delhi

Topic-“फिटनेस में योग का योगदान”

4. Speaker (3.) Dr.Ashok Kumar Jha

Associate Professor,

HOD, Maithili,

Member of Sahitya Academy, New Delhi

Topic-“योग के अध्यात्मिक एवं व्यावहारिक पक्ष”

5. Speaker (4.) Dr. Sanchita Bhui Sen

HOD, Bangla, NSS Officer Unit-ii

Topic-“योग का योग ही, जीवन का योगफल है”

(2.10pm-2.20pm)

6. Presidential Address

Dr. Amar Singh,

Principal, LBSM College & Jamshedpur Cooperative College, Jamshedpur,

Member of State Board for Wild Life, Govt. of Jharkhand, Ranchi

Patron of the Webinar

(2.20pm-2.25pm)

Vote of Thanks-

By V. K. Gupta

HOD, Political Science,

RUSA Coordinator, Organiser of the webinar

National Anthem

(IQAC Initiative org by Deptt. of Philosophy, English & Political Science, LBSM College, Jamshedpur)

Link for join meeting (from 12.45pm on date 21.06.2021)

meet.google.com/tyo-jknc-nrn

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