

# Department of Humanities and Social Sciences (IIT Kharagpur) and Heartfulness Institute (World HQ Hyderabad) happily present an experiential workshop on **SCIENCE OF YOGA & WELLNESS** 19<sup>TH</sup> TO 21<sup>ST</sup> MAY, 2026

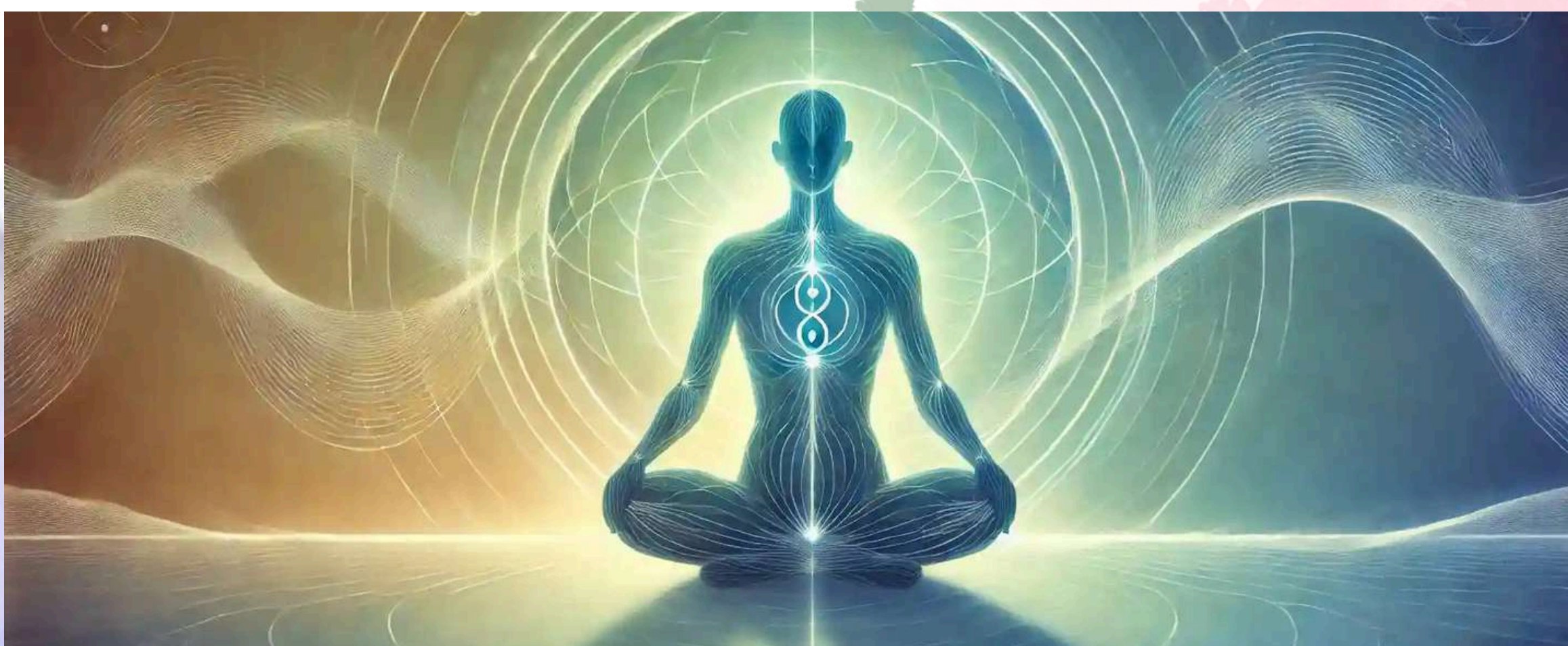
Science of Yoga and Wellness is an experiential workshop exploring the Science behind Yoga and Wellness. The workshop has four components: each explores the specific Science behind Yoga, Polarity Healing, Quantum Therapy, and *Mudra Vigyaan*.

While it is well known that **Yoga** has immense therapeutic value, there is equally a need to study the Science of Yoga, i.e. how Yoga works on the human anatomy to relieve various ailments. During the workshop, evidence-based research on the Science of Yoga will be complemented by yogic practices of *Asanas*, *Pranayamas*, *Mudras*, and *Dhyana*. Holistic management and prevention of psychiatric disorders, role of balanced diet, Yoga practices for adolescents, Yoga protocol for the elderly, and Yoga for mental health will be practically demonstrated.

The second component of the workshop is **Polarity Healing**. By releasing life energy blockages, reestablishing equilibrium, and reviving the flow of this energy inside the human body, the Noetic Science of Polarity Healing aims to promote relaxation, healing, and general well-being. The practical component of Polarity Healing deals with vibratory patterns of men and women; and the balancing of the bioenergy field in the *Pranamaya Kosha*.

The third segment of the workshop is **Quantum Therapy** which posits that our health is not merely a result of biological processes at the cellular or molecular level, but is deeply influenced by the dynamics of energy fields. Participants will have hands on experience and practice Quantum Entrainment - how our thoughts, intentions, and beliefs have a tangible impact on our physical reality, including our health. This segment of the workshop will expand on the concept of mind-body connection.

The last section of the workshop deals with **Mudra Vigyaan**. Participants will explore various *Mudras* (hand postures / gestures), their meanings, benefits, and practical applications. Engaging sessions will enthuse participants to ask questions, and immerse themselves in the profound wisdom of the Science of *Mudras*. The practical component will demonstrate and establish how *Mudras* have potential benefits for physical, mental, as well as emotional wellbeing.



# Workshop Faculty

**Dr. Neelam Agrawal** is a specialized Yoga Mudra trainer with the Heartfulness International Yoga Academy, with over 30 years of experience in holistic healthcare. She is the author of *Sparshmudra* and *Nisargache Vardan* Acupressure, focusing on hand gestures and natural healing. Her expertise spans Ayurveda, acupuncture, and yoga mudra. A dedicated meditation trainer with Heartfulness, she contributes to youth empowerment through initiatives like HELM, HELP, *Gitopadesh*, and Brighter Minds, working to promote well-being, awareness, and personal development.

**Anuradha Chaudhari** is an Architect with 30+ years of experience, blending design with conscious, purposeful living. A Global Heartfulness Meditation Trainer and Quantum Energy Healer, she facilitates trauma healing, chakra alignment, and intuitive counselling. Passionate about youth development, she leads programs inspired by LPoC (Lalaji's Principles of Conversation) & Go BEYOND monsoon youth camps. As co-founder of "Healing Hearts" with her daughter Isha, she creates holistic experiences that guide individuals toward clarity, balance, and inner transformation.

**Pavan Patel**, originally from Surat, transitioned from animation and filmmaking, including experience with Red Chillies Entertainment, into holistic wellness and consciousness-based practices. He is a Certified Advanced Yoga Therapist from the Heartfulness Yoga Institute and holds a Post Graduate Diploma in Yoga from Annamalai University. With over a decade of experience, he integrates yogic sciences with practical approaches for mental wellbeing, self-awareness, and inner balance.

**Yogacharya Nitin Patki** is a seasoned yoga educator and CEO of the New Age Yoga Institute, leading modern yoga education since 2012 with a focus on promoting a healthy lifestyle. A YCB (AYUSH) Certified Yoga Master, Therapist, and UGC-NET qualified scholar in Yogashastra, he blends traditional yogic wisdom with contemporary pedagogy. With a B.Tech from Indian Institute of Technology Madras and an MMS from Jamnalal Bajaj Institute of Management Studies, he brings strong strategic expertise to yoga education. He has pioneered structured training systems and helped establish his institute as an early QCI and YCB certified school. He also serves as Secretary of the Indian Yoga Association and contributes to national-level yoga training, certification, and mentorship initiatives.

**Yogacharya Sandhya Patki** is a distinguished yoga educator and Founder-Principal of the New Age Yoga Institute, an AYUSH-certified institution dedicated to holistic well-being. With over 30 years of experience, she has trained more than 15,000 students and impacted over 20,000 learners. A YCB (AYUSH) Certified Yoga Master and recipient of the "Yoga Bhushan" award, she is known for her contribution to authentic yoga education. Combining traditional yogic wisdom with structured teaching methodologies, she has developed AYUSH-certified teacher training programs. She has also served on the Technical Committee of YCB and as an examiner, while leading workshops and outreach initiatives to make yoga accessible and impactful.

**Yogacharya Shambhu Raj Pandit** is the Founder and Director of Yogalife Kolkata and Ishwarah Foundation. He serves as member of the Indian Yoga Association (IYA), National body and its WB Chapter. A Heartfulness Practitioner, Yoga Master, Chiropractor, Naturopath, Researcher, and Author, he has been dedicated to yoga and holistic health since the age of 13. Since 2011, he has been actively involved in yoga therapy, natural healing, and lifestyle-based disease management. He is known for working with complex and chronic conditions, supporting rehabilitation where conventional approaches have had limited success. He conducts national and international yoga and spiritual retreats and mentors students worldwide. He has authored over 10 books on yoga and holistic living, scheduled for publication in 2026–2027.

**Dr. Peeyush Prabhat** is a visionary medical professional, mentor, and transformational coach dedicated to helping individuals unlock their potential. With a strong foundation in medical science and a deep understanding of human psychology, he connects physical health with mental well-being. Known for his practical insights and impactful guidance, he helps people overcome fear, self-doubt, and limitations. Through his teachings and coaching, he inspires individuals to achieve success, balance, and fulfilment in life, making a meaningful contribution to personal growth, holistic healing, and transformative development.

**Prof. Aurobinda Routray** is a distinguished academician, researcher, and innovator in the field of electrical engineering and intelligent signal processing at IIT Kharagpur. His research spans biomedical signal processing, brain connectivity analysis, artificial intelligence, affective computing, EEG analysis, hyperspectral imaging, and smart sensing systems. With extensive contributions in neuroscience-inspired engineering, driver monitoring, human-computer interaction, and industrial diagnostics, he has authored numerous high-impact publications and patents. He is also actively involved in technology translation and startup development, bridging advanced research with real-world applications in healthcare, automation, intelligent monitoring, and AI-driven systems.

**Dr. Seema Singh** is Associate Professor of English, Yoga Protocol Instructor (TTC200), and Yoga Volunteer (YCB, Ayush Mantralaya, Gol) in the Department of Humanities & Social Sciences at IIT Kharagpur. With nearly three decades of teaching, research, and training experience across India and Bhutan, she specializes in Managerial Communication, ESP, ELT, Feminist Narratology, Gender Studies, Yoga & Wellness Studies. She has published extensively, authored books on communication and literature, developed three NPTEL courses, and conducted over 65 soft skills workshops. Having conducted numerous 3 days training programmes in Yoga for academic, corporate, and government organizations, her current academic and professional focus is on the Science of Yoga and Wellness.

## Registration Details:

Online:

<https://erp.iitkgp.ac.in/CEP/courses.htm>

IIT Kharagpur Campus Residents - 1000 INR

IIT Kharagpur Students (UG/PG) - 1000 INR

IIT Kharagpur Research Scholars - 2000 INR

Outside Students (any level) - 2000 INR

**This is exclusive of travel, food and accommodation.**

**Yoga mat is a must.**



## LecDom Schedule

**Day 1:**

**Registration:** 7:30 AM to 8:30 AM

**Inauguration:** 8:30 AM to 9:00 AM

**9:00 AM to 10:30 AM: Session 1**

Session Break

**11:00 AM to 12:30 PM: Session 2**

Lunch Break

**2:00 PM to 3:30 PM: Session 3**

Session Break

**4:00 PM to 5:30 PM: Session 4**

**Day 3:**

**Valediction:** 5:30 PM to 6:00 PM

## Coordinator

**Dr. Seema Singh** (B.A. Gold Medalist, M.Phil. Gold Medalist, Ph.D.)

Yoga Protocol Instructor, TTC200, & Yoga Volunteer (YCB, Ayush Mantralaya, GoI)

Associate Professor of English & Soft Skills Trainer

Department of Humanities & Social Sciences

IIT Kharagpur, West Bengal - 721 302

<https://www.iitkgp.ac.in/department/HS/faculty/hs-seema>

## Co-Host

**Heartfulness Institute**

Kanha Shanti Vanam

Chegur Village, Nandigama Mandal

RR District, Telangana - 509 328



## Important Dates

- Registration Opens: 25th April 2026
- Registration Closes: 17th May 2026
- Workshop Duration: 19th to 21st May 2026



## Venue

### IIT Kharagpur

- Founded: 1951 (first IIT established)
- Campus size: ~2100 acres
- 19 departments; 13 Schools; 9 Centres of Excellence; 25+ R&D Units



## Accessibility

- **Air:** Reach CCU (both domestic/international flights) and then cab/train to Kharagpur in about 2.5 hours
- **Rail:** Connected through Howrah Railway Station and Hijli Railway Station
- **Cab:** Purushottam Travels +91 97757 41233

## Accommodation

- Technology Guest House
- Park Hotel
- Swagat Hotel



Queries: [yoga.wellness.hfn.iitkgp@gmail.com](mailto:yoga.wellness.hfn.iitkgp@gmail.com)

