

21st June 2016: Seminar on “Yoga and Sustainable Goals” by Prof. Emma Juaneda Ayensa, Sh. S. N. Sahu , Prof. Sunita Singh Sengupta and Dr. Rabi Narayan Kar

Brief CV of the Speakers: Prof. Emma Juaneda Ayensa teaches in the Department of Economics and Business University of LaRioja, Spain. Additionally, she has professional experience in sectors of social services and private higher education (as a quality expert). She is focused on the research and promotion of human rights approach and sustainable development in higher education programs. Sh. S. N. Sahu is Joint Secretary, Rajya Sabha Secretariat, Government of India. Prof. Sunita Singh Sengupta, Chief Mentor, Academy of Value Based Management, has been working towards spirituality since last two decades. Dr. Rabi Narayan Kar is Principal of the College.

Summary of the Lecture: The College organised a Yoga Camp from 16th to 21st June, 2016 as part of International Yoga Day Celebrations, 21st June, 2016. As the College Principal firmly believes that in addition to Yoga Asanas and breathing exercises, it is essential to understand its foundational principles. A Seminar was, thus, organised in collaboration with Academy of Value Based Management (A Unit of ISOL Foundation) on 21st June 2016. Prof. Emma Juaneda Ayensa shared her thoughts about the critical role played by educational institutions in achieving sustainable development goals. She stressed on the importance of “Tolerance” for our younger generations. Sh. S. N. Sahu helped in understanding the Tenets of Yoga. Additionally, Prof. Sunita Singh Sengupta shared her thoughts about Yoga and Spirituality drawing from her experience of about two decades in this area. The College Principal, Dr. Rabi Narayan Kar, shared his reflections, about the importance of YOGA.

The event was attended by 54 students.

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