



FIT INDIA PROGRAM
National Institute of Technology, Durgapur



75
Azadi Ka
Amrit Mahotsav

presents

mind **to** Health Series



Webinar On

Balance
mind &
heart and
stay fit

Organised by :

FIT INDIA PROGRAM SUPERVISING COMMITTEE:

Prof Dalia Dasgupta Mandal
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Sri Arup Adhikari
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Sri Hillol Mukherjee
Convenor

Students volunteers of FIT India Program

Keynote Speaker



**Prof (Retd.)
Sadanand
Sadashiv Gokhle**
Chairperson, BoG
NIT Durgapur

Inaugural Speech



Prof Anupam Basu
Director,
NIT Durgapur

Speakers



Dr Indranill BasuRay

Chairman, American Academy of Yoga and Meditation; Staff Cardiologist & Cardiac Electrophysiologist, Director of Cardiovascular Research; Adjunct Prof., School of Public Health, The University of Memphis, Memphis TN, USA; Prof. (Visiting) of Cardiology & Head of Integrative Cardiology, AIIMS, Rishikesh

Moderators

Gaurav Singh
Research Scholar,
NIT Durgapur

Debasmita Dutta
Research Scholar, NIT
Durgapur



Soma Kundu Mondal

Senior Dietitian
Ramkrishna Mission Seva
Pratishthan

**22nd December,
2021, 7.00 pm IST**