

LIST OF PROFESSIONAL DEVELOPMENT PROGRAMMES

A.Y. 2021-2022

SN	Name of the Programme	Date	No. of Participants
1	One-Week Faculty Development Programme on Use of Bio Char in Waste Water Treatment	04-10-2021 to 10-10-2021	20
2	One-Week Faculty Development Programme on Challenges in Professional Computer Education During Covid-19	21-02-2022 to 27-02-2022	20
3	One-Day Administrative Training Programme on Yoga for Stress Management	24-12-2021	20



DIRECTOR

MITS School of Biotechnology
Bhubaneswar

Date: 27-09-2021

CIRCULAR

It is hereby informed to all that the Department of Biotechnology of this institute is conducting a One-Week Faculty Development Programme on **Use of Bio char in waste water treatment** from **04-10-2021 to 10-10-2021**. Interested teachers are requested to register and attend the programme positively.




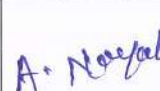
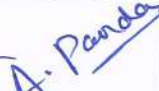

Venue of the Programme : Conference Hall, MITS School of Biotechnology.

Coordinator : **Prof. Saumendra Satrusallya**
Asst. Professor
Department of Chemistry
MITS School of Biotechnology



DIRECTOR
Director
MITS School of Biotechnology
Bhubaneswar

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CE: For information					

REGISTRATION FORM

Name.....

Designation.....

Speciality.....

Institution.....

Address for Communication:

Mobile.....

Email.....

Signature

Application to be submitted online in the above format along with the scanned copy of the registration form.

Last Date of Registration: 02.10.2021

Email: synjit@gmail.com

Address for Communication

Prof. Saumendra Satrusallya
Coordinator, Asst Professor

Contact: +91-9348361463

Chief Patron
Er. Sriram Panda
Chief Executive
MITS Group

Patron
Dr. G.K. Panda
Director
MITS School of Biotechnology

Coordinator
Prof. Saumendra Satrusallya
Asst Professor
Dept. of Chemistry

Advisory Committee
Dr. Rashmi Ranjan Mishra
Dept. of Biotechnology

Prof. Saumendra Satrusallya
Dept. of Chemistry

Dr. Manisha Patnaik
Dept. of Biotechnology

**A ONE - WEEK FACULTY
DEVELOPMENT PROGRAMME(FDP)**

ON



**Use of Bio char in waste
water treatment**

Programme Schedule

04-10-2021 to 10-10-2021



Organized By:

मिट्स जैव प्रौद्योगिकी संस्थान
MITS SCHOOL OF BIOTECHNOLOGY

Venue:

2(P), Infocity, Patia
Bhubaneswar-751024 (Odisha)
Website: msb.ac.in
Email: principal@msb.ac.in

About College

Consistently ranking as the best institute in the eastern part of India, MITS School of Biotechnology (MSB) is a self financing professional organisation that was founded in 2003. The faculty consists of having qualification of PhD, M.Tech as well as experience in both Academics and industrial research, so as the student graduates, who are equally impressive mostly working in leading industries of Biotechnology, Pharma and IT. MSB is considered to be most selective, accepting, growing and proven institute under Utkal University. The institute is located at the prime location of Infocity, Bhubaneswar. This prestigious institute includes popular programs of Biotechnology, Applied Micro Biology and Computer Science.

Courses Offered at MSB

BCA	- 3 Years
B.Sc Biotechnology	- 3 Years
M.Sc Biotechnology	- 2 Years
M.Sc App. Microbiology	- 2 Years

About Programme

Innovation of sustainable materials that are efficient, economic, environmentally friendly, and socially acceptable for real-scale environmental applications is currently a trend in the scientific community. Recently, biochar as one of the main pyrogenic products from thermo-chemical process of ligno-cellulosic biomass has been widely studied to deal with water pollutants and wastewaters. Thus, there is an urgent need for the assessment of developed technologies to promote commercialization of the most sustainable technologies in order to identify the existing technical gaps.

Some of the Topics to be covered are
An overview
Pyrolysis for BC production
BC for W&W treatment
Sustainability considerations



Objective of the Programme

Various biological and physicochemical technologies have been invented recently and applied for the treatment of polluted W&W. The BC-oriented technologies have been developing rapidly, but mainly in the lab and at small scale, and a limited number of developed technologies has been transferred from laboratory scale to large scale applications. The objective of the programme is to discuss various parameters that are responsible for the slow commercialization. Of this process and how to remove them.



Resource Person

Dr. Sanghamitra Mahapatra

Senior Research Fellow
I.M.M.T, Bhubaneswar

LIST OF PARTICIPANTS

Name of the Program: One Week Faculty Development Program on Use of Bio chair in waste water treatment

Date: 04-10-2021 to 10-10-2021

S.N	Name of the Teacher	Designation	College Name	Day1	Day2	Day3	Day4	Day 5	Day6	Day7
1	DR TAPASWINI NAYAK	ASSOCIATE PROF.	MSB	TN	TN	TN	TN	TN	TN	TN
2	MRS. KABITA SAHOO	ASSISTANT PROF.	MSB	KS	KS	KS	KS	KS	KS	KS
3	MR. CHHABI SETHI	ASSISTANT PROF.	MSB	CS	CS	CS	CS	CS	CS	CS
4	DR. SWATI MISHRA	ASSOCIATE.PROF.	MSB	SM	SM	SM	SM	SM	SM	SM
5	MR. SIDDARTHA PARIDA	ASSOCIATE.PROF.	MSB	SP	SP	SP	SP	SP	SP	SP
6	MR. RASHMI RANJAN BEHERA	ASSISTANT PROF.	MSB	RB	RB	RB	RB	RB	RB	RB
7	MRS. MONALISA PRADHAN	LECTURER	MSB	MP	MP	MP	MP	MP	MP	MP
8	DR. SMARANIKA SAHU	ASSISTANT PROF.	MSB	SS	SS	SS	SS	SS	SS	SS
9	DR. MOUSUMI MISHRA	ASSISTANT PROF.	MSB	MS	MS	MS	MS	MS	MS	MS
10	DR. MANISHA PATNAIK	ASSISTANT PROF.	MSB	MP	MP	MP	MP	MP	MP	MP
11	MR. SANDEEP KUMAR	ASSISTANT PROF.	MSB	SK	SK	SK	SK	SK	SK	SK
12	MR. SAUMENDRA SATRUSALLYA	ASSISTANT PROF.	MSB	SS	SS	SS	SS	SS	SS	SS
13	MS. AISHWARYA SARANGI	LECTURER	MSB	AS	AS	AS	AS	AS	AS	AS
14	MS. BARSHA SAMANTARAY	LECTURER	MSB	BS	BS	BS	BS	BS	BS	BS
15	DR .TAPASWINI NAYAK	ASSOCIATE PROF.	MSB	TN	TN	TN	TN	TN	TN	TN
16	MR BIBHUDATTA TRIPATHY	ASSISTANT PROF	MSB	BT	BT	BT	BT	BT	BT	BT
17	DR. RASHMI RANJAN MISHRA	ASSOCIATE.PROF.	MSB	RR	RR	RR	RR	RR	RR	RR
18	MRS PANCHAMI PADMASANA	ASSISTANT PROF.	MSB	PP	PP	PP	PP	PP	PP	PP
19	MRS. BIJAYLAXMI PARIDA	ASSISTANT PROF.	MSB	BP	BP	BP	BP	BP	BP	BP
20	DR. SATYANANDA PATEL	ASSOCIATE PROF.	MSB	SP	SP	SP	SP	SP	SP	SP


COORDINATOR


DIRECTOR
Director
MITS School of Biotechnology
Bhubaneswar

PROGRAMME REPORT

11-10-2021

Name of the Event: One-Week Faculty Development Program on Use of Bio chair in waste water treatment

Date: 04-10-2021 to 10-10-2021

Resource Person: Dr. Sanghamitra Mohapatra
Senior Research Fellow
I.M.M.T, Bhubaneswar
Contact Number: 8908074285
E-mail: ssmohapatra6@gmail.com

Coordinator: Prof. Saumendra Satrusallya
Asst. Professor,
Dept. of Chemistry, MSB, Bhubaneswar

Venue: Lecture Hall, MITS School of Biotechnology.

MITS school of Biotechnology, Bhubaneswar, organized a One-Week Faculty Development Programme on **Use of Bio chair in waste water treatment** for teachers.

Objectives:

The objective of the programme is to discuss the various parameters that are responsible for the slow commercialization of this process and how to remove them. Various biological and physicochemical technologies have been invented recently and applied for the treatment of polluted W&W. The BC-oriented technologies have been developing rapidly, but mainly in the lab and at small scale, and a limited number of developed technologies has been transferred from laboratory scale to large scale applications.

Topics Covered:

- Day-1: An overview of the lectures, seminars on Bio-char
- Day-2: Importance of research collaboration and project presentation.
- Day-3: Pyrolysis for BC production
- Day-4: BC for W&W treatment
- Day-5: Industry connection and networking.
- Day-6: General discussion about the Sustainability considerations

Learning Outcomes:

Recently, bio-char as one of the main pyrogenic products from thermo-chemical process of ligno-cellulosic biomass has been widely studied to deal with water pollutants and wastewaters. Thus, there is an urgent need for the assessment of developed technologies to promote commercialization of the most sustainable technologies in order to identify the existing technical gaps.



One Week Faculty Development Program on **Use of Bio char in waste water treatment**, 04-10-2021 to 10-10-2021, Dr. Sanghamitra Mohapatra

This course was very useful to the teaching fraternity of our Institute and their feedback was positive. The management and Professor (Dr.) G. K. Panda, Director of MSB thanked to the resource person and participants for making the programme successful.


COORDINATOR


HOD

Pg 2 of 2


DIRECTOR

Director
MITS School of Biotechnology
Bhubaneswar



मिड्स जैव प्रौद्योगिकी संस्थान

2(P), INFOCITY, PATIA, BHUBANESWAR-751024



Certificate

The MITS School of Biotechnology hereby certifies that

**DR. TAPASWINI NAYAK
OF MSB**

has successfully completed
a One-Week Faculty Development Programme on
USE OF BIO CHAR WASTE IN WATER MANAGEMENT

held during

04-10-2021 to 10-10-2021

COORDINATOR

DIRECTOR



मिड्स जैव प्रौद्योगिकी संस्थान

2(P), INFOCITY, PATIA, BHUBANESWAR-751024



Certificate

The MITS School of Biotechnology hereby certifies that

PROF. CHHABI SETHI
OF MSB

has successfully completed a one-week
Faculty Development Programmer on
USE OF BIO CHAR IN WASTE WATER TREATMENT

held during

04-10-2021 to 10-10-2021

COORDINATOR

DIRECTOR

Date: 14-02-2022

CIRCULAR


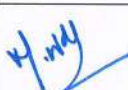

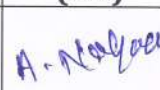
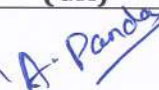
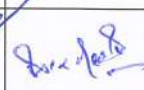
It is hereby informed to all that the Department of Computer Science of this institute is conducting a One-Week Faculty Development Programme on **Challenges in Professional Computer Education during Covid-19** from **21-02-2022 to 27-02-2022**. Interested teachers are requested to register and attend the programme positively.

Venue of the Programme : Conference Hall, MITS School of Biotechnology.

Coordinator : **Prof. Saumendra Satrusallya**
Asst. Professor
Department of Chemistry
MITS School of Biotechnology


DIRECTOR
Director
MITS School of Biotechnology
Bhubaneswar

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REGISTRATION FORM

Name.....

Designation.....

Speciality.....

Institution.....

Address for Communication:

Mobile.....

Email.....

Signature

Application to be submitted online in the above format along with the scanned copy of the registration form.

Last Date of Registration: 19.02.2022

Email: synjit@gmail.com

Address for Communication

Prof. Saumendra Satrusallya
Coordinator, Asst Professor
Contact: +91-9348361463

Chief Patron

Er. Sriram Panda
Chief Executive
MITS Group

Patron

Dr. G.K. Panda
Director
MITS School of Biotechnology

Coordinator

Prof. Saumendra Satrusallya
Asst Professor
Dept. of Chemistry

Advisory Committee

Dr. Rashmi Ranjan Mishra
Dept. of Biotechnology

Prof. Saumendra Satrusallya
Dept. of Chemistry

Dr. Manisha Patnaik
Dept. of Biotechnology

**A ONE - WEEK FACULTY
DEVELOPMENT PROGRAMME(FDP)**

ON



**Challenges in Professional
Computer Education during
Covid-19**

Programme Schedule

21-02-2022 to 27-02-2022



Organized By:

**मिट्स जैव प्रौद्योगिकी संस्थान
MITS SCHOOL OF BIOTECHNOLOGY**

Venue:

2(P), Infocity, Patia
Bhubaneswar-751024 (Odisha)
Website: msb.ac.in
Email: principal@msb.ac.in

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Courses Offered at MSB

BCA	- 3 Years
B.Sc Biotechnology	- 3 Years
M.Sc Biotechnology	- 2 Years
M.Sc App. Microbiology	- 2 Years

About Programme

COVID-19 marks a black swan event in the history of the modern world which has disrupted normalcy. What we assumed and embraced as normal yesterday is no longer valid today. We have been faced with a situation for which we were neither prepared nor equipped. While most areas of the economy have been badly hit, education has stood its ground to some extent. We largely owe this to the online format of education that has enabled key role players to stay connected and keep the action going. Online mode has impacted people and activities around the globe and its specific impact on the crucial domain of education

Some of the Topics to be covered are
Online Education
Digital Divide in Online Education
Theoretical Lens from a Faculty Perspective
Role and Challenges from a Student's Perspective
Institutional Role and Challenges



Objective of the Programme

This programme is an attempt to explore aspects of online teaching and its related impact from the perspective of stakeholders in education. The objective outlines faculty experience and effectiveness in the online teaching environment, perspective requisition of students, and the support and resource building called for from academic leaders.



Resource Person

MR.Subham Kumar Beura

Professor Computer Science
ShaktiSai Degree college,
Cuttack

LIST OF PARTICIPANTS

Name of the Program: One-Week Faculty Development Program on Challenges in Professional Computer Education during Covid-19

Date: 21-02-2022 to 27-02-2022

S.N	Name of the Teacher	Designation	College Name	Day1	Day2	Day3	Day4	Day 5	Day6	Day7
1	DR TAPASWINI NAYAK	ASSOCIATE PROF.	MSB	N.N	N.N	N.N	N.N	N.N	N.N	N.N
2	MRS. KABITA SAHOO	ASSISTANT PROF.	MSB	K.S	K.S	K.S	K.S	K.S	K.S	K.S
3	MR. BIBHUDATTA TRIPATHY	ASSISTANT PROF.	MSB	B.T	B.T	B.T	B.T	B.T	B.T	B.T
4	MR. CHHABI SETHI	ASSISTANT PROF.	MSB	C.S	C.S	C.S	C.S	C.S	C.S	C.S
5	MRS. PANCHAMI PADMASANA	ASSISTANT PROF.	MSB	P.P	P.P	P.P	P.P	P.P	P.P	P.P
6	MRS ASHALATA NAYAK	LECTURER	MSB	A.N	A.N	A.N	A.N	A.N	A.N	A.N
7	DR. SWATI MISHRA	ASSOCIATE.PROF.	MSB	S.M	S.M	S.M	S.M	S.M	S.M	S.M
8	MR. SIDDARTHA PARIDA	ASSOCIATE.PROF.	MSB	S.P	S.P	S.P	S.P	S.P	S.P	S.P
9	DR. RASHMI RANJAN MISHRA	ASSOCIATE.PROF.	MSB	R.M	R.M	R.M	R.M	R.M	R.M	R.M
10	DR. SATYANANDA PATÈL	ASSOCIATE PROF.	MSB	S.P	S.P	S.P	S.P	S.P	S.P	S.P
11	MRS. MONALISA PRADHAN	LECTURER	MSB	M.P	M.P	M.P	M.P	M.P	M.P	M.P
12	DR. SMARANIKA SAHU	ASSISTANT PROF.	MSB	S.S	S.S	S.S	S.S	S.S	S.S	S.S
13	DR. MOUSUMI MISHRA	ASSISTANT PROF.	MSB	M.M	M.M	M.M	M.M	M.M	M.M	M.M
14	DR. MANISHA PATNAIK	ASSISTANT PROF.	MSB	M.P	M.P	M.P	M.P	M.P	M.P	M.P
15	MR. SANDEEP KUMAR	ASSISTANT PROF.	MSB	S.K	S.K	S.K	S.K	S.K	S.K	S.K
16	MR. SAUMENDRA SATRUSALLYA	ASSISTANT PROF.	MSB	S.S	S.S	S.S	S.S	S.S	S.S	S.S
17	MS. AISHWARYA SARANGI	LECTURER	MSB	A.S	A.S	A.S	A.S	A.S	A.S	A.S
18	MS. BARSHA SAMANTARAY	LECTURER	MSB	B.S	B.S	B.S	B.S	B.S	B.S	B.S
19	MRS. BIJAYLAXMI PARIDA	ASSISTANT PROF.	MSB	B.P	B.P	B.P	B.P	B.P	B.P	B.P
20	DR. SATYANANDA PATEL	ASSOCIATE PROF.	MSB	S.P	S.P	S.P	S.P	S.P	S.P	S.P



COORDINATOR



DIRECTOR

Director
MITS School of Biotechnology
Bhubaneswar

PROGRAMME REPORT

28-02-2022

Name of the Event: One-Week Faculty Development Program on **Challenges in Professional Computer Education during Covid-19**

Date: 21-02-2022 to 27-02-2022

Resource Person: Prof. Subham Kumar Beura
Asst. Professor in Computer Science
ShaktiSai Degree College, Cuttack
Contact Number: 7008275106
E-mail: subhamkumarbeura@gmail.com

Coordinator: Prof. Saumendra Satrusallya
Asst. Professor,
Dept. of Chemistry, MSB, Bhubaneswar

Venue: Seminar Hall, MITS School of Biotechnology.

The Department of computer science, MITS school of Biotechnology, Bhubaneswar, organized a One-Week Faculty Development Programme on **Challenges in Professional Computer Education during Covid-19** for teaching staffs.

Objectives:

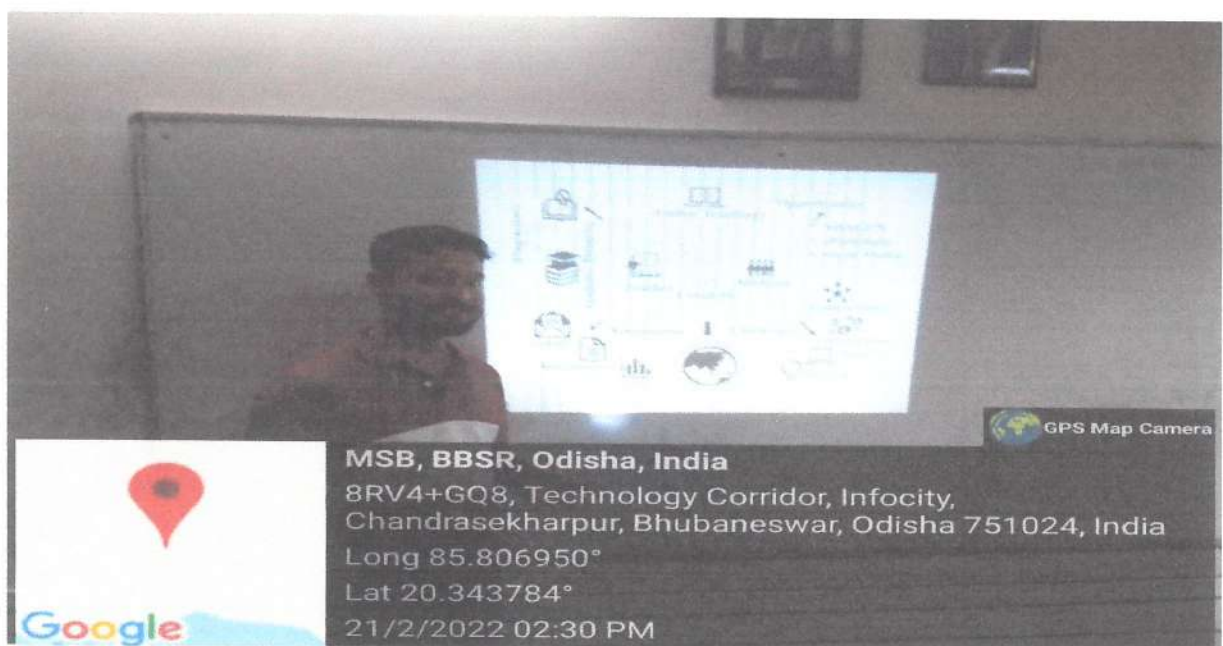
This programme is an attempt to explore aspects of online teaching and its related impact from the perspective of stakeholders in education. The objective outlines faculty experience and effectiveness in the online teaching environment, perspective requisition of students, and the support and resource building called for from academic leaders.

Topics Covered:

- Day-1: Introduction to Online Education and hands-on workshops
- Day-2: Industrial Automation Applications.
- Day-3: Digital Divide in Online Education
- Day-4: Role and Challenges from a Student's Perspective
- Day-5: Theoretical Lens from a Faculty Perspective
- Day-6: Institutional Role and Challenges

Learning Outcomes:

COVID-19 marks a black swan event in the history of the modern world which has disrupted normalcy. What we assumed and embraced as normal yesterday is no longer valid today. We have been faced with a situation for which we were neither prepared nor equipped. While most areas of the economy have been badly hit, education has stood its ground to some extent. We largely owe this to the online format of education that has enabled key role players to stay connected and keep the action going. Online mode has impacted people and activities around the globe and its specific impact on the crucial domain of education.



One Week Faculty Development Program on Challenges in Professional Computer Education during Covid-19, 21-02-2022 to 27-02-2022, Prof. Subham Kumar Beura

This course was very useful to the teaching fraternity of our Institute and their feedback is positive. The management and Professor (Dr.) G. K. Panda, Director of MSB thanked to the resource person and participants for making the programme successful.

COORDINATOR

HOD

DIRECTOR
Director
MITS School of Biotechnology
Bhubaneswar



मिड्स जैव प्रौद्योगिकी संस्थान



2(P), INFOCITY, PATIA, BHUBANESWAR-751024

Certificate

The MITS School of Biotechnology hereby certifies that

PROF. BIBHUDATTA TRIPATHY

OF MSB

has successfully completed

a One-Week Faculty Development Programme on

CHALLENGES IN PROFESSIONAL COMPUTER EDUCATION DURING COVID-19 held

during

21-02-2022 TO 27-02-2022

COORDINATOR

DIRECTOR



मिट्स जैव प्रौद्योगिकी संस्थान

2(P), INFOCITY, PATIA, BHUBANESWAR-751024



Certificate

The MITS School of Biotechnology hereby certifies that

PROF. ASHALATA NAYAK

OF MSB

has successfully completed a One-Week Faculty Development Programme on
CHALLENGES IN PROFESSIONAL COMPUTER EDUCATION DURING COVID-19
held during

21-02-2022 TO 27-02-2022

COORDINATOR

DIRECTOR

Date: 17-12-2021

CIRCULAR

It is hereby informed to all non-teaching staff that our institute is conducting a One-Day Administrative Training Programme on **Yoga for Stress Management** on **24-12-2021**. All the non-teaching staff members are requested to register and attend the programme positively.

Venue of the Programme : Auditorium Hall, MITS School of Biotechnology.

Coordinator : **Prof. Saumendra Satrusallya**
Asst. Professor
Department of Chemistry
MITS School of Biotechnology









DIRECTOR

Director

MITS School of Biotechnology
Bhubaneswar

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CE: For information					

REGISTRATION FORM

Name.....

Designation.....

Speciality.....

Institution.....

Address for Communication:

Mobile.....

Email.....

Signature

Application to be submitted online in the above format along with the scanned copy of the registration form.

Last Date of Registration: 22.12.2021

Email: synjit@gmail.com

Address for Communication

Prof. Saumendra Satrusallya
Coordinator, Asst Professor

Contact: +91-9348361463

Chief Patron

Er. Sriram Panda
Chief Executive
MITS Group

Patron

Dr. G.K. Panda
Director
MITS School of Biotechnology

Coordinator

Prof. Saumendra Satrusallya
Asst Professor
Dept. of Chemistry

Advisory Committee

Dr. Rashmi Ranjan Mishra
Dept. of Biotechnology

Prof. Saumendra Satrusallya
Dept. of Chemistry

Dr. Manisha Patnaik
Dept. of Biotechnology

**A ONE-DAY Ad.T.P
ON**



**Yoga For Stress
Management**

Programme Schedule

24-12-2021



Organized By:

मिड्स जैव प्रौद्योगिकी संस्थान
MITS SCHOOL OF BIOTECHNOLOGY

Venue:

2(P), Infocity, Patia
Bhubaneswar-751024 (Odisha)
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Email: principal@msb.ac.in

About College

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Courses Offered at MSB

BCA	- 3 Years
B.Sc Biotechnology	- 3 Years
M.Sc Biotechnology	- 2 Years
M.Sc App. Microbiology	- 2 Years

About Programme

Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing. You don't have to wait to feel stressed out to do yoga. Some yoga poses which will help reduce stress and anxiety are:

Sukhasana (Easy pose) Sukhasana will lengthen your spine and open your hips. ...
Balasana (Child's pose) ...
Paschimottanasana (Seated forward bend) ...
Ananda Balasana (Happy baby pose) ...
Uttanasana (Standing forward bend)



www.msb.ac.in

Objective of the Programme

The fundamental purpose of yoga is to foster harmony in the body, mind, and environment. Yoga professes a complete system of physical, mental, social, and spiritual development. The goal of this programme stress management education is not to shelter educators from stressful situations, but to help them develop the ability to respond to stressful events in a positive, constructive way. Confrontation with stressful situations needs to be encouraged rather than avoided.



Resource Person

MR. Siba Prasad Jena

P.E.T,
Acharya Harihara Mohavidyalaya
Bhubaneswar

LIST OF PARTICIPANTS

Name of the Program: One-day Administrative Training Programme on **Yoga for Stress Management**

Date: 24-12-2021

S.N	Name of the Teacher	Designation	College Name	Signature
1	JaleswarMohanty	Adm Officer	MSB	J. Mohanty
2	Golak Bihari Nayak	Exam Cordinate	MSB	G. B. Nayak
3	Chandrakanta Swain	Accountant	MSB	Chandrakanta Swain
4	Daitari Pradhan	Accountant	MSB	Daitari Pradhan
5	Amalendu Dash	Librarian	MSB	A. Dash
6	KhyamakantSahu	Exceutive placement	MSB	Khyamakant Sahu
7	Bibhuti Bhusan Raysingh	Electrician	MSB	Bibhuti Bhusan Raysingh
8	Raja Nayak	Attendant	MSB	Raja Nayak
9	Sunil Kumar Mohapatra	Attendant	MSB	Sunil Kumar Mohapatra
11	Kalandi Behera	Driver	MSB	Kalandi Behera
12	Dhadu Behera	Helper	MSB	Dhadu Behera
13	Rajesh Behera	OffcExe.Jr	MSB	Rajesh Behera
14	Devendra Kumbhurika	Attendant	MSB	Devendra Kumbhurika
15	Shikha Singh	Hostel Supdt	MSB	Shikha Singh
16	KasinathMoharana	Warden Boys	MSB	Kasinath Moharana
17	BimalaMohanta	Metron	MSB	Bimala Mohanta
18	Saraswati Panda	Metron	MSB	Saraswati Panda
19	B.K Bisoi	Admin Officer	MSB	B.K Bisoi
20	Indira Sahoo	Metron	MSB	Indira Sahoo



COORDINATOR



DIRECTOR

Director
MITS School of Biotechnology
Bhubaneswar

PROGRAMME REPORT

26-12-2021

Name of the Event: One-Day Administrative Training Programme on **Yoga for Stress Management**

Date: 24-12-2021

Resource Person: Mr. Siba Prasad Jena
P.E.T,
Acharya Harihara Mohavidyalaya, Bhubaneswar
Contact Number: 7008275106
E-mail: sibajena@gmail.com

Coordinator: Prof. Saumendra Satrusallya
Asst. Professor,
Dept. of Chemistry, MSB, Bhubaneswar

Venue: Lecture Hall, MITS School of Biotechnology.

MITS school of Biotechnology, Bhubaneswar, organized a One-Day Administrative training Programme **Yoga for Stress Management** for non-teaching staffs.

Objectives:

The fundamental purpose of yoga is to foster harmony in the body, mind, and environment. Yoga professes a complete system of physical, mental, social, and spiritual development. The goal of this programme stress management education is not to shelter educators from stressful situations, but to help them develop the ability to respond to stressful events in a positive, constructive way. Confrontation with stressful situations needs to be encouraged rather than avoided.

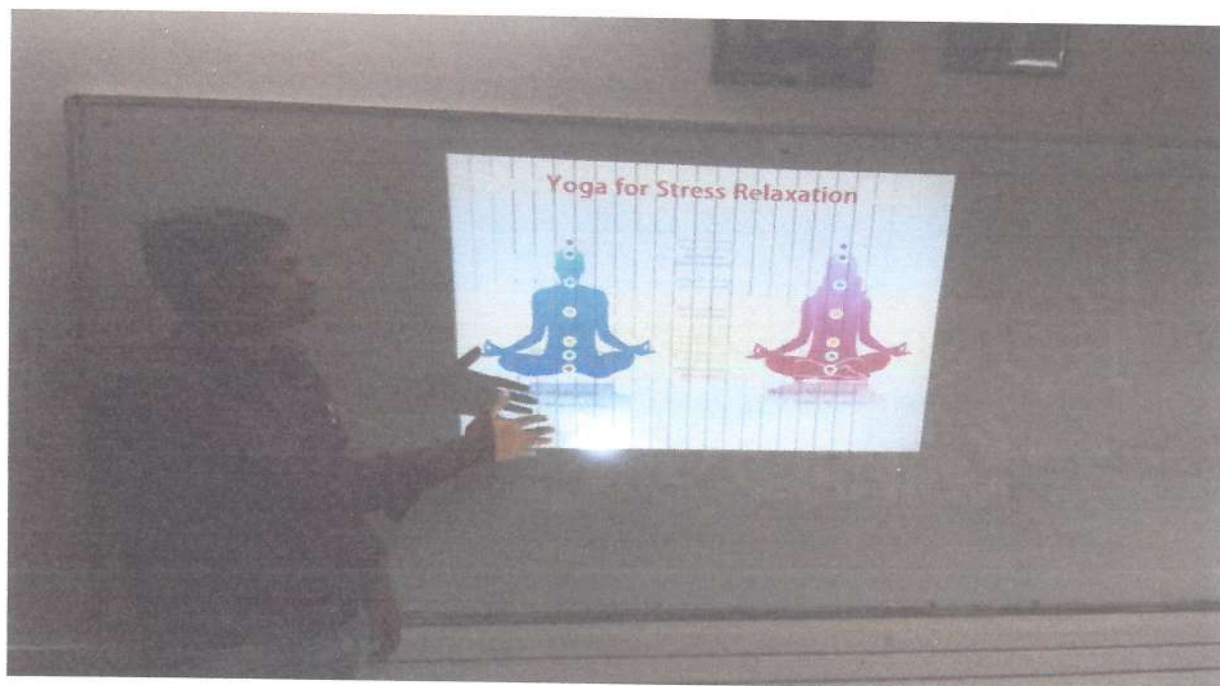
Topics Covered:

1. Sukhasana (Easy pose)
2. Balasana (Child's pose)
3. Paschimottanasana (Seated forward bend)
4. Ananda Balasana (Happy baby pose)
5. Uttanasana (Standing forward bend)

Pg 1 of 2

Learning Outcomes:

Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. The main outcome of this workshop was that You don't have to wait to feel stressed out to do yoga. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing



One-Day Administrative Training Programme on **Yoga for Stress Management, 24-12-2021**, Mr. Siba Prasad Jena

This course was very useful to the non-teaching staff members of our Institute and their feedback was encouraging. The management and Professor (Dr.) G. K. Panda, Director of MSB thanked to the resource person and participants for making the programme successful.


COORDINATOR


DIRECTOR
Director
MITS School of Biotechnology
Bhubaneswar



मिड्स जैव प्रौद्योगिकी संस्थान

2(P), INFOCITY, PATIA, BHUBANESWAR-751024



Certificate

The MITS School of Biotechnology hereby certifies that

MR. CHANDRAKANTA SWAIN
OF MSB

has successfully completed
a One-Day Administrative training programme on
YOGA FOR STRESS MANAGEMENT
24-12-2021

COORDINATOR

DIRECTOR



मिट्स जैव प्रौद्योगिकी संस्थान

2(P), INFOCITY, PATIA, BHUBANESWAR-751024



Certificate

The MITS School of Biotechnology hereby certifies that

MR. JALESWAR MOHANTY
OF MSB

has successfully completed
a One-Day Administrative training programme on
YOGA FOR STRESS MANAGEMENT

on
24-12-2021

COORDINATOR

DIRECTOR