

Chief Patron



Dr. G. Aghila
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NIT Tiruchirappalli

Associate Patron



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Programme Co-ordinators



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Dr. Dag Svanæs
Norwegian University of
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Co-PI

**Dr. Richard
Shusterman**
Florida Atlantic University
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Resource Persons

Sudha Mukesh
Energy Healer

Hari Bhuvaneshwari
Trainer

Student Coordinators

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SOMAESTHETIC ENHANCEMENT THROUGH YOGA

SPARC Sponsored Two Day Workshop

*Enhancing Somaesthetic Reflection
through Yoga*



9th - 10th October 2025



10:00 AM - 12:30 PM
1:30 PM - 4:30 PM



Golden Jubilee Hall,
NIT Tiruchirappalli



Register Here

<https://forms.gle/DyHyHNhifqJDvFJL9>

Organised by:-

Department of Humanities and Social Sciences and
Department of Computer Science and Engineering,
National Institute of Technology, Tiruchirappalli

About Host Institute

National Institute of Technology, Tiruchirappalli (NIT Trichy), a premier Indian technical university recognized as an Institute of National Importance by the Government of India, has a strong legacy of academic excellence and innovation. The university offers a diverse range of programs in science, technology, engineering, management, architecture, and humanities, providing students with a solid foundation for their future careers.

With a focus on research, innovation, and international collaborations, NIT Trichy has consistently ranked among the top technical universities in India according to the National Institutional Ranking Framework (NIRF). The university's commitment to quality education is further supported by its participation in the Technical Education Quality Improvement Program (TEQIP), a World Bank-funded initiative aimed at enhancing technical education in India.



About the Programme

This workshop attempts to bring together the body-mind philosophy of Patanjali's Yogasutra and Richard Shusterman's theory of Somaesthetics. Both are Pragmatic philosophies that insist on harnessing the energies of both Body and Mind. Both the philosophies may be read together in order to evolve a system of Body-Mind care that is more important now than at anytime in the past as our technology-dependence is seriously impacting our social behaviour collectively and is undermining the efficiency of the individual.

The two-day workshop is open to faculty members, research scholars, UG and PG students. The workshop explores the following broad themes:

- Somaesthetics: As a Discipline
- Somaesthetics and Yogasutra
- Designing a Somaesthetic Space
- Lifestyle Management: Hands-on Training Sessions

Refreshments, lunch and workshop kits will be provided on-site.

