



One-day Webinar on

“NĀḌĪŚODHANA IN THE LIGHT OF ANCIENT YOGIC WISDOM AND MODERN UNDERSTANDING”

Organized by

**Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational
and Research Institute, Belur Math**

Date

**4th
April,
2026**

Time

**11 am
-
04 pm**

**Registration
QR code**



11.00 am

Inauguration of Webinar



Swami Vidyapradananda

**11.15 am
12.00 pm**

**Kanda, Nāḍīs, and Preparatory Principles
of Nāḍī Śodhana**



Prakhar Tyagi
Research Scholar, Department of Yoga,
IGNTU, Amarkantak

**12.15 pm
01.00 pm**

**The Psycho-physiological Mechanism of
Action of Nāḍī Śodhana**



Dr. Kashinath G. Metri
Associate Professor, Department of Yogic Art
and Science, Visva-Bharati University,
Shantiniketan

**02.00 pm
02.45 pm**

Nāḍī Śodhana in Yogic Literature



Dr. Sushim Dubey
Professor, Department of Philosophy,
NNM, Nalanda

**03.00 pm
03.45 pm**

**Various Methods of Nadi Shodhana and
their Benefits**



Rama Arya
Research Scholar, Department of Sports
Science and Yoga, RKMVERI, Belur Math

3.45-4.00pm

Concluding remarks and vote of thanks

Swami Vidyapradananda

Contact email: ssy@gm.rkmvu.ac.in

E-certificates will be issued to participants.