



One-day Webinar on

“NĀDĪŚODHANA 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**

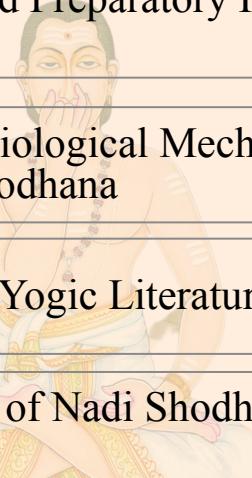
Date

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, Nādīs, and Preparatory Principles
of Nādī Śodhana



Prakhar Tyagi

Research Scholar, Department of Yoga,
IGNTU, Amarkantak

12.15 pm
-
01.00 pm

The Psycho-physiological Mechanism of
Action of Nādī Śodhana



Dr. Kashinath G. Metri

Associate Professor, Department of Yogic Art
and Science, Visva-Bharati University,
Shantiniketan

02.00 pm
-
02.45 pm

Nādī 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.