

भारत अंतरिक्ष अकादमी

अंतरिक्ष शिक्षा विभाग (आईएसडब्ल्यू)

बी ए/14 बी जनकपुरी

नई दिल्ली - 110058, भारत

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India Space Academy

Department of Space Education (ISW)

BA/ 14 B Janakpuri

New Delhi - 110058, India

Telephone no: 011-44749707, 8130317917

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Ref: ISA/IND/BA/104/2025

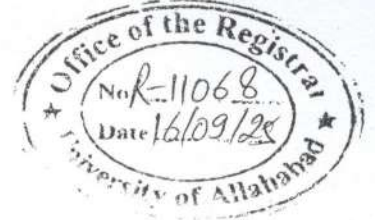
Dean (Science) / Director, ^{97DS}
Date: 05 September, 2025

From

Director,
India Space Academy,
New Delhi.

To

Registrar, Vice Chancellor, Principal,
All Central Universities, State Universities, Deemed Universities,
State Private Universities, Colleges, Institutions,
All States - India.



Subject: Regarding the registration of students and faculty of your University/College/Institution for One-Day Online Workshop on "Become an Astronaut"

Respected Sir/Madam,

Astronauts represent the pinnacle of human achievement in space exploration. Their journeys inspire billions and open new frontiers for humanity. With India's ambitious Gaganyaan Mission, history is being created as Indian astronauts prepare to embark on our nation's first human spaceflight. Among them, **Shri Subhanshu Shukla (ISRO Gaganyatri)** stands as a beacon of inspiration for students and youth across India. His journey demonstrates how determination, skill, and training can transform dreams of spaceflight into reality.

The Government of India, under the visionary leadership of **Honorable Prime Minister Shri Narendra Modi Ji**, is championing bold reforms in the space sector. From advanced missions and human spaceflight programs to global partnerships, these initiatives are creating tremendous opportunities for Indian students, educators, and professionals.

In alignment with the vision of a **Viksit Bharat**, India Space Academy is an academic institution under the Department of Space Education of India Space Week is delighted to announce a One-Day Online Workshop on "Become an Astronaut". This workshop will give students and faculty a unique opportunity to understand astronaut selection, training, and challenges of living and working in space. It will also highlight career pathways and inspire the next generation to dream big and aim for the stars.

Workshop Highlights:

- Introduction to Astronautics: What does it take to become an astronaut?
- The Gaganyaan Mission: India's first human spaceflight
- Journey of Shri Subhanshu Shukla: Inspiration from ISRO's Gaganyatri
- Astronaut Selection & Training Process: Physical, psychological, and technical aspects
- Human Factors in Space: Microgravity, isolation, radiation, and health
- Daily Life of an Astronaut: Eating, sleeping, working, and exercising in space
- Careers & Opportunities: How students can prepare for future astronaut missions
- Motivational Session: Dreaming beyond Earth – shaping India's space future

Dr. S. K. Singh
Please do the needful
19/9/25

Coordinator, KBCOAS / MN Saha
S. Shukla
19/9/25

Director
Institute of Interdisciplinary Studies
University of Allahabad
Prayagraj

Letter NO
11DS/178/25
dt. 19.9.25

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Important Updates:

Date and Time Workshop: 28 September 2025(Sunday) at 11:00 AM

Mode: Online (Virtual Workshop)

Duration: 2.5 hrs (150 Min)

Venu : Zoom Platform

Language: English

Eligibility: Open to Students, Faculty, Researchers, Architects, Engineers, and Space Enthusiasts

Tuition Fee: ₹150/- (Students)

Certificate: Participants will receive a digital Certificate.

Registration:

Start Date: 05 September 2025

End Date: 26 September 2025, till 11:55 PM

Registration Link: <https://workshop.indiaspaceweek.org/Astronaut/>

We invite all Universities, Colleges, and Institutions to kindly circulate this information among students and faculty members and encourage their active participation. This workshop will not only expand scientific knowledge but also ignite curiosity and passion among youth to aspire to become astronauts and contribute to India's space journey..

Your support in ensuring wide participation will contribute to strengthening India's position in the global space research and innovation ecosystem.

भवदीय

निदेशक/Director

भारत अंतरिक्ष अकादमी/India space Academy

नई दिल्ली/New Delhi

निदेशक कार्यालय/Director Office

भारत अंतरिक्ष अकादमी/India Space Academy



Become an Astronaut Workshop



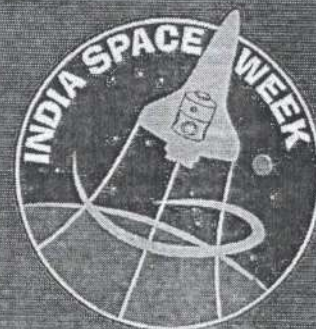
Inspired by Subhanshu Shukla ISRO Gaganyatri



Introduction



India Space Academy is an academic institution under the Department of Space Education of India Space Week.



India Space Week is an autonomous body with support from central and state governments. The role of India Space Week is to promote space education and employment among the students, teachers, and research scholars of schools, colleges, universities, and institutions.

The academy develops workshops that spread awareness about the current requirements of the space industry. Also, it develops various programs to equip the students with the right information, skills, practical exposure, research exposure, and training to make them future-ready.





Objective



Join us for an exciting one-day online workshop, "Become an Astronaut", hosted by the India Space Academy. As India gears up for its first human spaceflight through the Gaganyaan Mission, this workshop offers students and educators a unique opportunity to explore astronaut selection, training, and life in space.

Get inspired by real stories, learn about career paths in space science, and take your first step towards the stars. Let your space journey begin here!

Gaganyaan Mission Astronauts



**GROUP CAPTAIN
PRASANTH
BALAKRISHNAN NAIR**



**GROUP CAPTAIN
AJIT
KRISHNAN**



**GROUP CAPTAIN
ANGAD
PRATAP**



**WING COMMANDER
SHUBHANSHU
SHUKLA**

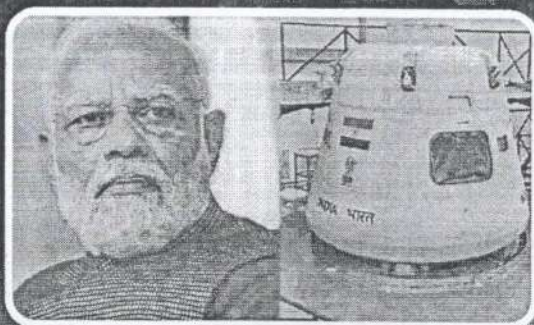
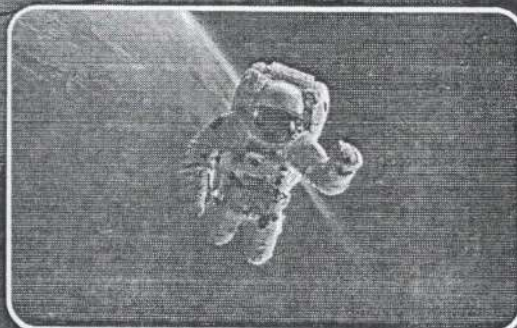


Workshop Highlights



Introduction to Astronautics:

Becoming an astronaut requires exceptional physical fitness, psychological strength, and advanced expertise in fields like science, engineering, or aviation. Applicants undergo a highly competitive, multi-phased selection and must be prepared for rigorous mental and physical testing, as well as extensive technical training in areas such as space medicine, robotics, and spacecraft systems.



The Gaganyaan Mission:

The Gaganyaan Mission is India's maiden effort to send its astronauts—Gaganyatri—into low-Earth orbit aboard an Indian spacecraft launched by the GSLV Mk III rocket. This mission marks a historic step for ISRO, positioning India as a leading player in global space exploration and inspiring a new generation of scientists and engineers.

Journey of Shri Subhanshu Shukla

Inspiration from ISRO's Gaganyatri
Group Captain Shri Subhanshu Shukla exemplifies the Indian dream, having risen from humble beginnings to serve as a fighter pilot and become the first Indian astronaut on the International Space Station in 41 years.



Astronaut Selection & Training

Physical, Psychological, and Technical Aspects

The astronaut selection process is multi-phased and intense: it includes medical screenings, psychological evaluations, team exercises, and rigorous academic testing. Candidates train in survival skills, orbital mechanics, spacecraft systems, and emergency operations, often for up to two years before mission-specific training begins.



Workshop Highlights



Human Factors in Space

Microgravity, Isolation, Radiation, and Health

Astronauts must adapt to microgravity, which disrupts balance, bone strength, and digestion. They face long periods of isolation, requiring advanced psychological preparation, and must mitigate exposure to cosmic radiation and ensure their physical and mental health throughout the mission.



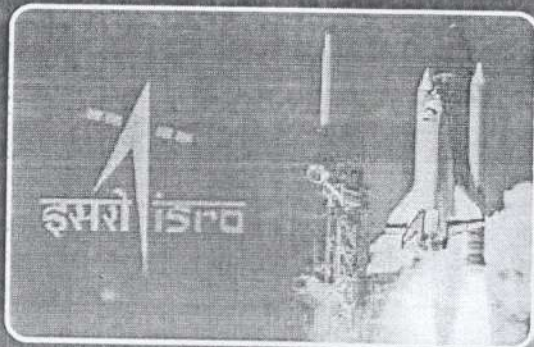
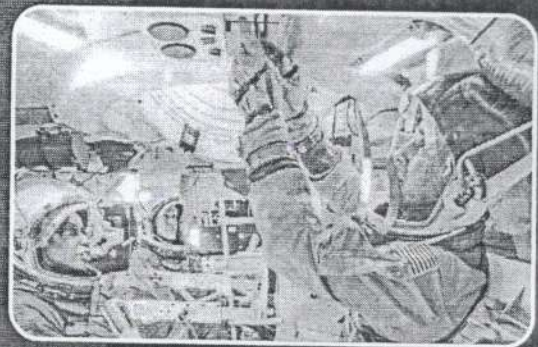
Daily Life of an Astronaut

Eating, Sleeping, Working, Exercising

Astronauts eat specially prepared meals and follow strict hygiene routines to stay healthy in space. Their days are tightly scheduled, with time devoted to maintaining scientific equipment, exercising to prevent muscle and bone loss, and conducting experiments—often working in challenging, confined, zero-gravity environments.

Careers & Opportunities

Young aspiring astronauts should pursue STEM fields—physics, engineering, life sciences—and maintain elite fitness standards. Opportunities exist for test pilots, scientists, and engineers: ISRO, for example, selects both Air Force pilots and research specialists for its astronaut corps. Preparing early and excelling in academics, teamwork, and leadership.



Dreaming beyond Earth – shaping India's space future

Shaping India's Space Future

The journey to space begins on Earth—with determination and a dream. Every Indian student, whether in a classroom, laboratory, or cockpit, can aspire to make history by joining missions like Gaganyaan and beyond, helping India shape its future among the stars.



Programme Details



Mode: Online (Virtual Workshop)

Date: 28 September 2025, Time :11:00 am.

Duration: 2.5 hrs/150 min. (Interactive Sessions + Q&A)

Eligibility: Open to Students, Faculty, Researchers, Space Enthusiasts, and Career Aspirants

Tuition Fee : ₹150/-

Certificate: Participants will receive a digital certificate.

Registration

- Start Date: 05 September 2025
- End Date: 26th September 2025, till 11:55 PM
- Registration Link:
<https://workshop.indiaspaceweek.org/Astronaut/>



Contact Details



•INDIA SPACE ACADEMY

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Indian Astronauts



Mr. Rakesh Sharma



Mrs. Sunita Williams



Miss. Kalpana Chawla



Mr. Shubhanshu
Shukla