

NATIONAL LEVEL WORKSHOP PROGRAMME SCHEDULE

06.15 am : **Common Yoga Protocol Practical Section**

09.00 am : **Registration**

10.00 am : **Inauguration**

Session I

10.30 am : **Sessation of Chitta vrithis -
for a better self and society.**

Dr. Cijith Sreedhar
Chief Medical Officer
Prakriti Shakti - Clinic of Natural
Medicine by CGH Earth,
Panchalimedu, Idukki, Kerala

11.15 am : **Tea Break**

Session II

11.30 am : **Yoga for Self Esteem**

Smt. **Nisha G.R.**
Senior Scientist
Vikram Sarabhai Space Centre ,
ISRO, Trivandrum

12.30 pm : **Lunch Break**

Session III

01.30 pm : **Important Steps to Success
through Yoga**

Dr. Jenifer Diana
J.J. Jeevan Nature cure and organics
Nagercoil, Kanniyakumari Dist., Tamilnadu

Session IV

02.15 pm : **Interactive Session on Yoga for
Happiness, Health and Success**

Dr. S.V.O. Chandrakumar
Chief Medical Superintendent and
Orthopaedic Surgeon
Southern Railway Divisional Hospital
Pettah -Trivandrum

03.00 pm : **Tea Break**

03.10 pm : **Valedictory Function**

CONTACT PERSONS

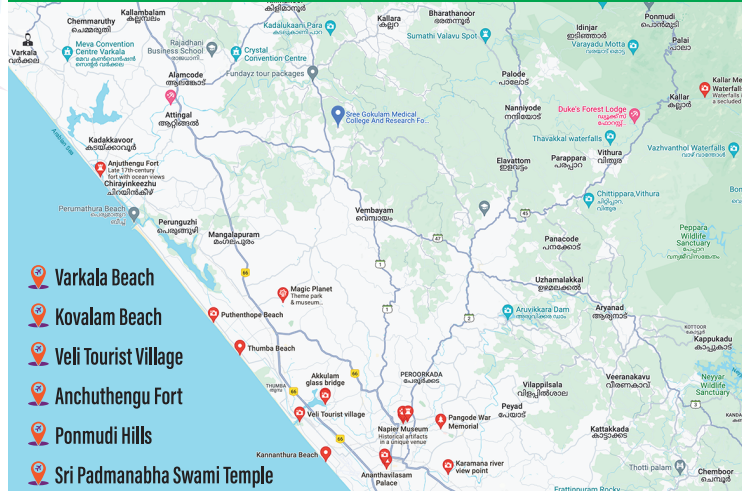
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NEAREST TOURIST DESTINATIONS



REGISTRATION DETAILS

REGISTRATION FEE

STUDENTS / REASEARCH SCHOLAR : ₹300/-

DELEGATES / FACULTY : ₹500/-

(Included Lunch, Tea, Workshop kit & Workshop Participation Certificate)

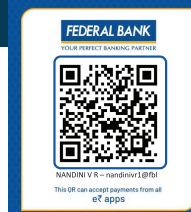
PAYMENT BY NEFT (Bank Details)

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IFSC : FDRL0001422

Branch : Federal Bank, Venjaramoodu



SREE GOKULAM MEDICAL COLLEGE



& RESEARCH FOUNDATION



Venjaramoodu, Trivandrum, Kerala



NATIONAL LEVEL WORKSHOP ON YOGA FOR SELF AND SOCIETY

Conducted By

Department of Physical Education

In Connection with

International Day of Yoga 2024



21st June 2024 (Friday)



9.00 am to 3.30 pm



Lecture Theatre, SGMC&RF





Dear Colleagues & Friends,

The Department of Physical Education and yoga, Sree Gokulam Medical College & Research Foundation takes immense pleasure in inviting you to a one day National Workshop on **Yoga for Self and Society** on 21st June 2024. We have invited eminent personalities to enlighten you with various aspects of yoga, which is relevant to, day to day practice. The workshop is bound to be useful not only to under graduates and post graduates but also to all colleagues and yoga practitioners. It will cover both the theoretical and practical aspects of yoga.

With best regards,

Dr. M.S. Sathiesh

Assistant Professor & Head
Department of Physical Education
& Yoga, SGMC & RF

Chief Patron:

Sri. Gokulam Gopalan

Chairman, Gokulam Group of Institution

Patrons:

Dr. K.K. Manojan

Vice Chairman & Director, SGMC & RF

Dr. P. Chandramohan

Dean Clinical Emeritus, SGMC & RF

Dr. Nandini

Principal, SGMC & RF

Organising Secretary:

Dr. M.S. Sathiesh

Assistant Professor & Head
Department of Physical Education & Yoga,
SGMC & RF

Eminent Faculty Members :

Dr. S.V.O. Chandrakumar

Chief Medical Superintendent
and Orthopaedic Surgeon
Southern Railway Divisional Hospital,
Pettah, Trivandrum, Kerala

Smt. Nisha G.R.

Senior Scientist
Vikram Sarabhai Space Centre
ISRO, Trivandrum, Kerala

Dr. Cijith Sreedhar

Chief Medical Officer
Prakriti Shakti - Clinic of Natural Medicine by
CGH Earth, Panchalimedu, Idukki, Kerala

Dr. Jenifer Diana

JJ Jeevan Nature Cure and Organics
Negercoil, Kanniyakumari Dist.
Tamilnadu

Workshop Overview

Welcome to the 10th international day of yoga celebration with theme, "Yoga for Self and Society." This event is designed to explore the profound impact of yoga on both individual well-being and societal harmony. We believe in the holistic approach to health, and yoga is a cornerstone of this philosophy.

Benefits for the Individual

For the individual, yoga provides numerous benefits:

Physical Health: Improves flexibility, strength, and posture while alleviating chronic pain and reducing the risk of lifestyle-related diseases.

Mental well-being: Reduces stress, anxiety, and depression by promoting relaxation and mental focus.

Emotional Balance: Fosters a sense of inner peace, self-awareness, and emotional resilience.

Impact on Society

The benefits of yoga extend beyond the individual to create a positive ripple effect within the community:

Social Harmony: Encourages empathy, compassion, and non-violence, contributing to more peaceful interpersonal relationships.

Community Health: Promotes collective well-being by reducing stress and fostering a supportive environment.

Cultural Unity: Brings people together from diverse backgrounds, fostering understanding and unity through shared practice.

WORKSHOP HIGHLIGHTS

In this workshop, participants will:

Learn basic Asanas: Understand the basic postures and their health benefits.

Practice Pranayama: Explore breathing techniques that enhance vitality and mental clarity.

Engage in Meditation: Experience guided meditations to cultivate inner peace and mindfulness.

Discuss Yoga Philosophy: Delve into the principles of yoga and how they apply to modern life.

Conclusion

"Yoga for Self and Society" aims to empower individuals with the tools for personal growth while highlighting the broader societal benefits. By embracing yoga, we not only improve our own lives but also contribute to a more harmonious and connected world. Join us in this journey towards holistic health and societal well-being.