



INTERNATIONAL YOGA DAY

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 Sustainability and Global Development through Yoga on 21st June 2023. 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 Institutions

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Principal, SGMC & RF

Organising Secretary:

Dr. M.S. Sathiesh

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

Eminent Faculty Members:

Dr. N Bright Selvakumar

Principal
Scott Christian College of Physical
Education, Nagercoil, Kanniyakumari Dist.

Dr. Cijith Sreedhar

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

Dr. Mahendra Sawant

Associate Prof. Head,
Dept.of Yoga & President of
Yogasana Sports Association of Kerala
SAI, L.N.C.P.E. Trivandrum.

Dr. Vasundhara V R

Medical Director
Jeevanam Naturopathy and Yoga Therapy
Health, Poojapura, Thiruvananthapuram.

ABOUT THE WORKSHOP

- Yoga for humanity is a movement dedicated to inspiring and activating the yoga community for sustainability and global development. Yoga for humanity creates content and experiences that bring together yoga, mindfulness, and equanimity. We believe that yoga isn't just something you do on your mat; it is a way of life.
- To integrate yoga in modern education system is to promote human values reform attitude and behavior, relieve from stress and strain, build up healthy life -style, shape high moral character and develop refined personality of the students so as to enable complete well - being.

REGISTRATION DETAILS

Scan & Pay using any UPI app



REGISTRATION FEE

Students / Research Scholar ₹300

Delegates / Faculty ₹500

(Includes Lunch, Tea, Workshop Kit & Workshop participation Certificate)

Payment by NEFT (Bank Details)

A/c No. 14220100200326

Name : Dr. SATHIESH M S

IFSC : FDR0001422

Branch : Federal Bank, Venjaramoodu



Registration Link

<https://forms.gle/YKRcAoaWe9YWNhVo6>