

Day 03 12-03-2017 06.30 am to 08 am **Yoga Practice**

Technical Session 08 09.30 am to 11.30 am

Chair : **Dr. C.R.Harilakshmeendra Kumar**, Hon. Director, CYN
Paper 22 : **Dr. E.N. Balakrishnan Nair**, Faculty, DLL, M.G.University
Paper 23 : **Yogiraj Dr. Toms Abraham**, Faculty, DLL, M.G.University
Paper 24 : **Dr. S. Sarith Kumar**, Aswin Homeo Hospital, Kallara

Technical Session 09 11.45 am to 12.45 pm

Chair : **Yogacharya R.Sanjayanand**, Faculty DLL, M.G.University
Paper 25 : **Shri. Shiju K.K.**, Centre for Yoga & Naturopathy M.G.University
Paper 26 : **Ms. Ambily C.K.**, SGTDS, M.G. University
Paper 27 : **Ms. Smitha N.B.** SGTDS, M.G. University
Paper 28 : **Dr. Chanchal Raj & Sreekala** SSS, M.G. University

Lunch break 12.45pm to 1.30 pm

1.30 pm to 04.00 pm **Valedictory session**

Prayer : **Shri. Ajeesh Kumar P.A.**, SGTDS, M.G University
Welcome : **Rev. Fr. Saji Varghese**, Centre for Yoga & Naturopathy M.G.University
Chair : **Shri. G. Sreekumar**, Cultural Coordinator, Bharatheeya Vidyabhavan
Valedictory address : **Dr. Jacob Vadakanchery**, Nature Life Hospital, Ernakulam
Distribution of Certificates : **Prof. Dr. P.S. Sukumaran**,
Prof.& Dir., School of Behavioural Sciences, & Research Director,
Mahatma Gandhi University
Report : **Smt. Rincymol Mathew**, Programme Officer, NSS Campus Unit
Vote of Thanks : **Dr. C.R.Harilakshmeendra Kumar** Hon. Dir. CYN, MGUniversity

National anthem

Contact persons: **Dr.C.R.Harilakshmeendra Kumar** Hon. Director, CYN. (Convenor)
Mob. **09562005479, 09447569925**
: Shri. Shiju K.K. Jt. Convenor. Mob. **08289891982**
: Smitha N.B. Coordinator. Mob. **09447039679**
: Ajeesh Kumar P.A Jt. Coordinator. Mob. **09497845338**
: Ratheesh P.R. PRO Mob. **09048535797**

Best Compliments From...



KIT INTERNATIONAL

13 years of facilitating success to students from all over India

--- These are a few of our latest achievers ---

MAKIL CENTRE & GANDHI NAGAR, KOTTAYAM, KERALA

PH: 9387227157 | 9847772546 | 9037772546 E-MAIL: kit.kottayam@gmail.com

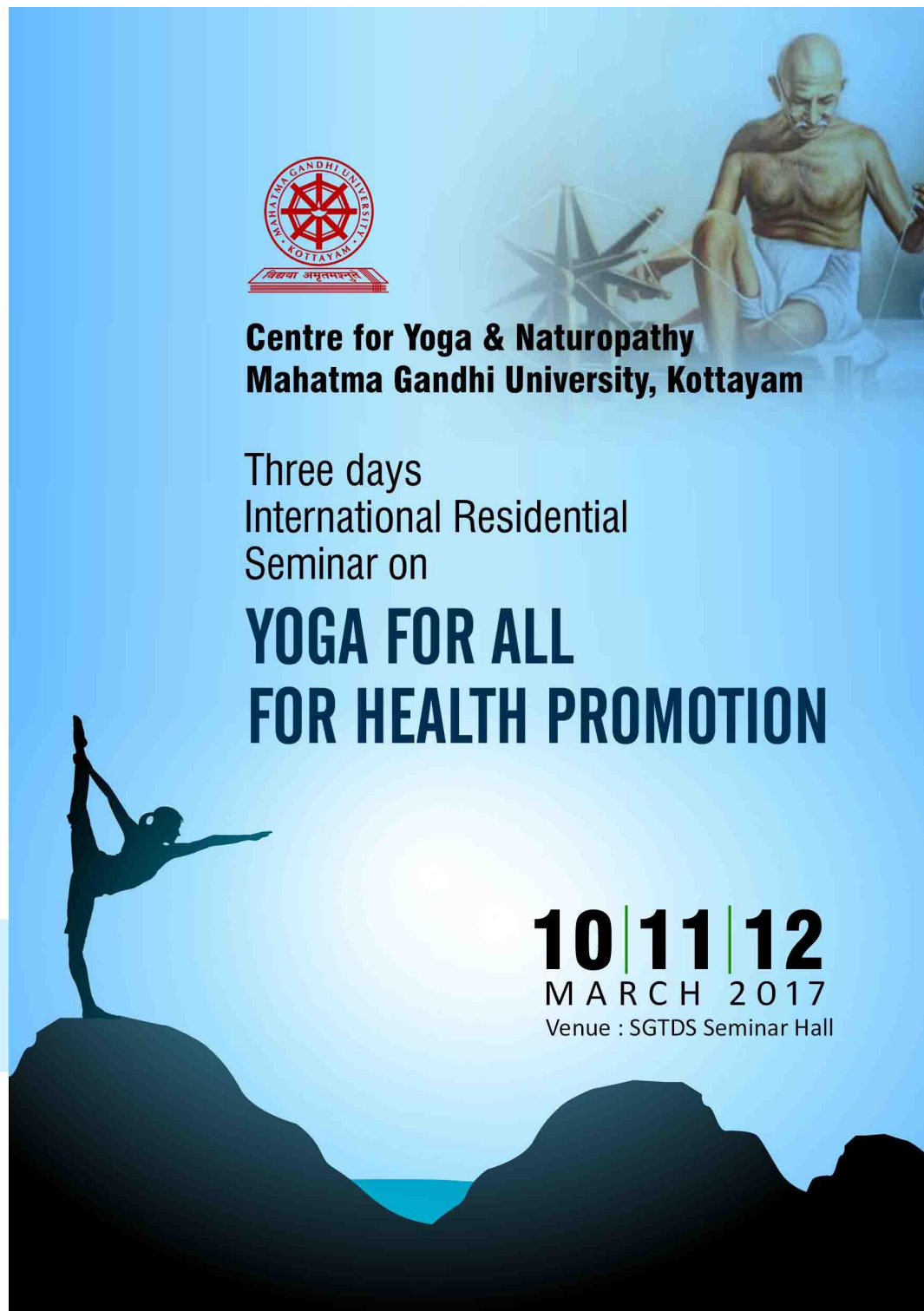


**Centre for Yoga & Naturopathy
Mahatma Gandhi University, Kottayam**

Three days
International Residential
Seminar on

**YOGA FOR ALL
FOR HEALTH PROMOTION**

10|11|12
MARCH 2017
Venue : SGTDS Seminar Hall



Mahatma Gandhi University Centre for Yoga & Naturopathy (Advanced Studies and Research in Yoga) envisages a three days International Residential Seminar on "Yoga for All for Health Promotion" for Teachers, Employees, Students and General Public. The main objectives of the seminar is to motivate and to develop skilled Yoga Educators by application of the theory and practical aspects of Yoga scientifically to help the community for health promotion to reach a state of physical, mental and spiritual well-being.

We expect your academic contributions as well as institutional and individual participation for the successful conduct of this International Seminar. Please feel free to contact us for any clarifications

Sincerely,

Dr. C.R.Harilakshmeendra Kumar

Hon. Director,

Centre for Yoga & Naturopathy,

Mahatma Gandhi University.

Kottayam, Kerala Pin. 686 560

e-mail. Harilakshmeendra@gmail.com

Programme

Day 01 10-03-2017 10.00 am to 11.15 am **Inauguration**

Prayer	: Ms. Greeshma Thomas SGTDS, M.G.University
Welcome	: Dr. C.R. Harilakshmeendra Kumar (Hon. Director CYN)
Presidential Address	: Shri. K. Sharafudeen (Member Syndicate, M.G.University)
Inaugural Address	: Dr. Babu Sebastian (Hon'ble Vice Chancellor, Mahatma Gandhi University)
Key note Address	: Mrs. Murelle Ikareth , Saaram Centre for Ayurveda & Arts
Felicitation	: Dr.Roy C. Mathew , HOD, SGTDS, M G University
	: Shri. G. Sreekumar , Cultural Coordinator, Bharatheeya Vidyabhavan
Vote of Thanks	: Dr. R. S. Sandhya , Asst. Professor, SGTDS, M G University

Technical session 01 11.30 am to 1 pm

Chair	: Dr. K. Sabukuttan , State NSS Officer
Paper 1	: Dr.T.V. Padmanabhan , Coordinator, Centre for Yoga, Kannur University
Paper 2	: Dr. D. Nesy , University of Kerala, Thiruvananthapuram
Paper 3	: Dr. M. P. Ajith Kumar , SD College, Alapuzha

Lunch break 1.00pm to 1.45 pm

Technical session 02 1.45 pm to 3.20 pm

Chair	: Dr T.V. Padmanabhan , Coordinator, Centre for Yoga, Kannur University
Paper 4	: Dr. K. Sabukuttan , State NSS Officer
Paper 5	: Mr. Reta Melaku , Ethiopia
Paper 6	: Dr. Salini C.K , Chief Physician, Dept. of Panchakarma, Niarmalam Hospital

Technical session 03 3.30 pm to 4.30 pm

Chair	: Dr. D. Nesy , University of Kerala, Thiruvananthapuram
Paper 7	: Nisha T.K , Govt. Hospital, Palai.
Paper 8	: Dr. Rajesh Kadamanchira SIDT, Govt. of India
Paper 9	: Yogasreshta Dr. M. R. Gopalakrishnan Nair , Gurukulam, Pampady

Public Performance of Yoga 5.00 pm to 6.30 pm

Yoga Sreshta Dr. M.R. Gopala krishnan Nair, Yogacharya S. Sanjayanand, Yogiraj Dr. Toms Abraham, Yogacharya Dr. Rajesh Kadaamanchira & Yogasree S.Anjana

Day 02 11-03-2017 06.30 am to 08 am **Yoga Practice**

Technical session 04 09.30 am to 11 am

Welcome	: Smt. Manjusha K. A. , Asst. Prof. SGTDS & Asst. Dir. DLL, M.G.University
Chair	: Dr. Sheena Shukkur , Hon'ble Pro Vice Chancellor, M.G.University
Paper 10	: Dr. Dayaratne Edirisinghe D.Litt, Retd. Prof. & Chair Dept. of Philosophy, University of Kelaniya, Sri Lanka
Paper 11	: Dr. Jobin K. Thomas , Sr. Naturopath, DHH Pharmaceuticals, Karnataka
Paper 12	: Smt. Asha K. Thomas , Asst.Prof.Kalptaru College of Nursing, Rajasthan
Vote of Thanks	: Smt. Rincymol Mathew , Programme Officer, NSS Campus Unit

Technical session 05 11.15 am to 12.30 pm

Chair	: Shri. Manoj Surendran , Course Coordinator, SIDT, Govt. of India
Paper 13	: Smt. D. Anupriya Pravin , Govt Medical College, Kottayam,
Paper 14	: Smt. Lakshmi Jayaram , SIDT, Govt. of India
Paper 15	: Dr. P.S.Sreevidya , District Treasury, Idukki,
Paper 16	: Sri. Anilkumar P.K. , MG University, Kottayam

Organisation Visit & Natural Food

Amrutham Nature Cure – Yoga Centre, Vazhoor

Technical Session 06 : 02.30 pm to 04.00 pm

Chair	: Yoga Sreshta Dr. M.R.Gopalakrishnan Nair
Paper 17	: Dr. M.S.Viswambharan Nair (Chief Physician, Amrutham)
Paper 18	: Dr. Leelakumari P. , Alin's Hospital, Thalassery
Paper 19	: Dr.C.R.Harilakshmeendra Kumar , Hon. Dir. CYN

Technical Session 07 Cultural evening Inter Relating Music and Yoga 05 pm to 06.30 pm

Chair	: Dr. Aji M.M (Dept. of Yoga & Kalari, Nirmalam Hospital)
Paper 20	: Dr.P.K.Rejimon (Govt. Engineering College, Idukki)
Paper 21	: Shri. Ajeesh Kumar P.A. (SGTDS MG University)