

Tea 11.30  
11.45- 01.00 pm

**Stress and its management according to Patanjala Yoga Sutra**  
**Smt. Radha Devi** (Vivekananda Kendra Co-ordinator,  
Kerala, Karnataka & TamilNadu)

Lunch 01.00-01.45 pm

**Session 12**  
01.45 -03.00

**Research Paradigms on Yoga**  
**Dr. Bijulekshmanan** (HoD, SGTDS, MG University)

Tea 03.00  
**Session 13**  
03.15-04.45

**Yoga Practicals**  
**Yogacharya R. Sanjayanand & Ms. Arya Abraham**  
(Guest Faculties, Centre for Yoga & Naturopathy, MG University)

**Day 5, 21/06/2022**

09.30 am  
Welcome  
Chair

**Observance of International Day of Yoga**  
Yoga suktham  
**Dr. C. R. Harilakshmeendra Kumar** (Hon. Director, CYN)  
**Prof. Dr. M.H.Ilias**  
(Dean, Faculty of Social Sciences & Member Syndicate, MG University)

Inauguration

**Prof. (Dr.) Sabu Thomas**  
(Hon'ble Vice Chancellor, M G University)

Key Note Address

**Dr. T. K. Jayakumar**  
(Cardio Thoracic Surgeon & Supdt., MCH, Kottayam)  
**Smt. Radha Devi** (Vivekananda Kendra, Co-ordinator)

IYD Message  
IYD Observation  
IYD Narration  
Felicitations

**Yogacharya Sanjayanand & Team**  
**Dr. Padmanabhan T.V.** (CYN, MG University)  
**Dr. Bijulekshmana** (HoD, SGTDS, MG University)  
**Dr. Bismi Gopalakrishnan** (Professor, DLL, MG University)  
**Dr. Rajesh Many** (Asst. Professor, SGTDS, M.G. University)

Vote of Thanks  
Tea 11.30

**Session 14**  
11.45 – 01.00

**Learning from Learners Perspective**  
**Dr. Noushad P.P.** (Asso. Professor, SGTDS, MG University)

Lunch 01.00-01.45

**Session 15**  
01.45 -02.30

**Reflections from participants**  
**Dr. C. R. Harilakshmeendra Kumar** (Hon. Director, CYN)

02.30

**Valedictory Function**

Welcome  
Report  
Chair  
Inauguration

Yoga Suktham  
**Prof. Dr. Bismi Gopalakrishnan**, HoD, DLL, MG University  
**Dr. Shiju K. K.**, Jt. Coordinator, FDP  
**Dr. Abhilash Babu**, HoD, SSS & STRIDE Coordinator  
**Prof (Dr) P.S. Sukumaran**  
Dean, Faculty of Behavioural Sciences (Including Yoga)  
& Member Syndicate, MG University

Chief Guest

**Shri. Siddharth Shiva**  
(Film Director & 3 times National Award Winner)

**Distribution of Certificates & Awards**

Vote of Thanks  
National Anthem

**Dr. C. R. Harilakshmeendra Kumar**



# Yoga Training Programme for STRESS MANAGEMENT



## & Observance of INTERNATIONAL DAY OF YOGA

Duration – 5 days from 16<sup>th</sup> to 21<sup>st</sup> June 2022

Target Group :

Teachers and Research Scholars of the University Schools,  
Centres and Affiliated Colleges of Mahatma Gandhi University



Under The Scheme for  
Trans Disciplinary Research for India's  
Developing Economy (STRIDE) – UGC - MHRD

### FACULTY AND SCHOLARS DEVELOPMENT PROGRAMME

16<sup>th</sup> - 21<sup>st</sup> June 2022

at Seminar Hall,  
School of Gandhian Thought  
& Development Studies

Organized by  
CENTRE FOR YOGA & NATUROPATHY  
IN ASSOCIATION WITH  
SCHOOL OF GANDHIAN THOUGHT AND DEVELOPMENT STUDIES  
&  
DEPARTMENT OF LIFE LONG LEARNING & EXTENSION

The society is beset by a slew of issues. Discord and a lack of serenity can be found in every aspect of life. To overcome these obstacles, we must nurture a responsible youth. Teachers can be the significant catalysts who can guide, influence and inspire the younger generation. They could benefit from Yoga instruction since it soothes and relaxes the mind, strengthens and tunes the body, and brings them into harmony with all elements of life.

The first phase of the programme is designed to provide Yoga training in order to improve faculty output, manage stress, and sustain interpersonal and intrapersonal relationships. Besides, it paves the way to enhance the awareness on the benefits of practicing yoga in everyday life to live a more harmonious and tranquil social existence. Moreover, the self-control and self-esteem of the participants would be improved as a result of this training. The objective of this programme is to provide awareness about the practice of basic yoga in daily life to lead a harmonious and peaceful social life. This programme would help to increase the self-control and self-esteem of the teachers and Scholars as well. The Training programme comprises invited talk by Resources Persons on Yoga and Stress and allied topics. The second phase of the programme is for observance of 8th International Yoga Day on 21 June 2022 in a befitting manner.

*“Exercises are like prose,  
whereas yoga is the poetry of movements.”*

### ORGANISING COMMITTEE

**Dr. C.R. Harilakshmeendrakumar**  
Co-ordinator

**Dr. Biju Lakshmanan**  
HoD, SGTDS

**Dr. Shiju K.K.**  
Joint Co-ordinator

**Prof. (Dr.) Bismi Gopalakrishnan**  
HoD, DLLE

### PROGRAMME

DAY 1 16/06/2022, Thursday

**Inauguration** 10.00 am

Yoga Suktham

Welcome

Introductory

Chair

Inauguration

Felicitation

Vote of Thanks

Tea 11.00 am

**Karthika** (PGDY Student)

**Prof. Dr. Bismi Gopalakrishnan** (HoD, DLL)

**Dr. C. R. Harilakshmeendra Kumar**

(Hon. Director, CYN & Coordinator, FDP)

**Dr. A. Jose** (Member Syndicate, MGU)

**Prof. Dr. C.T. Aravinda Kumar** (Pro-Vice-Chancellor)

**Dr. Bijulakshmanan** (HoD, SGTDS)

**Dr. Shiju K.K.** (Jt. Coordinator, FDP)

#### Session 1

11.15-12.45 pm

**Psychology of Stress and its Management**

**Dr.N.Rajeev Kumar** (Professor, School of Behavioral Sciences)

Lunch: 12.45 – 01.30

#### Session 2

01.30 – 03.00 pm

**Introducton to Yoga**

**Yogacharya T.J. Joseph Vaidyar** (Guruji Ayurveda Hospital, Manimala)

Tea 03.00 pm

#### Session 3

03.15-04.45pm

**Yoga Practicals**

**Yogacharya R. Sanjayananda & Ms. Arya Abraham**

(Guest Faculties, Centre for Yoga & Naturopathy, MG University)

#### DAY 2 17/06/2022, Friday

#### Session 4

10.00 – 11.30

**Arogyam, Rogam, Athijeevanam**

**Dr. Jacob Vadakkumchery** (Nature Life Hospital, Aluva)

Tea 11.30 am

#### Session 5

11.45 -01.00 pm

**Yoga for Diabetics Treatment**

**Dr. Jobin Jose** (Devamatha College, Kuravilangad)

Lunch 01.00- 01.45 pm

#### Session 6

01.45 -03.15 pm

**Theories of Stress & Integrated approaches for coping with stress**

**Dr. Shiju K.K.**

(Research Guide & Consultant, Martin Luther Christian University)

Tea 03.15

#### Session 7

03.30-04.45 pm

**Yoga Practicals**

**Yogacharya R. Sanjayanand & Ms. Arya Abraham**

(Guest Faculties, Centre for Yoga & Naturopathy, MG University)

#### Day 3, 18-06-22 Saturday

#### Session 8

10.00 – 11.30 am

**Yoga & Naturopathy for Sustainable Health Care**

**Dr. Shyju K.** (District Program Manager,

Trivandrum & Kollam), National Ayush Mission)

Tea 11.30

#### Session 9

11.45 -01.00 pm

**Philosophy of Yoga and Theory of Cognitive Science**

**Dr. K.Sujatha** (Guest Faculty CYN, MG University)

Lunch 1.00-01.45

01.45 -03.15 pm

**Stress and its management according to Bhagavad Gita**

**Dr. K.Sankaranarayanan** (Guest Faculty, CYN, MG University)

Tea 03.15

#### Session 10

03.15-04.45 pm

**Yoga Practicals**

**Yogacharya R. Sanjayanand & Ms. Arya Abraham**

(Guest Faculties, Centre for Yoga & Naturopathy, MG University)

#### DAY 4 20/06/22 Monday

#### Session 11

10.00 – 11.30

**Psychophysical and spiritual aspects of Yoga for Positive & Healthy Life style**

*style*

**Dr. Padmanabhan T. V.**

(Visiting Faculty, CYN, MG University)