

International Yoga Day, 21st June (Thursday), 2018

Programme Schedule

National Seminar-cum-CME on Yoga

Venue: SSB Auditorium

7.00 – 8.00 am: **Common Yoga Protocol**

Yoga practice session at SSB Pantry Hall

8.00 – 9.33 am: **Inaugural Ceremony**

Chief Guest: **Dr. Kiran Bedi, Hon'ble Lt. Governor of Puducherry**

Presided by Director, JIPMER.

Special Guest of Honour: **Sadhvi Niranjana Jyoti, Hon'ble Minister of State for Food Processing Industries, Govt. of India**

9:33 – 10.30 am: High Tea & Registration

Seminar-cum-CME Program (10.30am to 1.00pm): on Health benefits of Yoga

10.30-10.50am: Key Note Address on Role of Yoga for common man

by Dr. Ashok Shankar Badhe, Medical Superintendent, JIPMER,

10.50-11.05am: Lead Talk by Dr. G. K. Pal on Role of Yoga in Homeostasis

11.05–11.20 am: Health benefits of Suryanamaskar by Dr. Bhawana Badhe

11.20–11.35 am: Role of Yoga in Epilepsy management by Dr. Pradeep Nair

11.35– 11.50 am: Role of Yoga in Cardiac health by Dr. Saichandran

11.50 am– 12.05 pm: Role of Yoga in Women health by Dr. Dasari Papa

12.05–12.20 pm: Role of Yoga in Mental health – Dr. Preethi K

12.20 – 12.35 pm: Role of Yoga in Nursing care – Dr. M. J. Kumari

Chair person: Dr. J. Balachander, Clinical Consultant, JIPMER, Puducherry.

Dr. Pravati Pal, Prof. & HOD of Physiology, JIPMER, Puducherry.

1.00 – 2.00 pm: Lunch

Lecture Demonstrations: (2.00 - 3.00 pm)

2.00 – 2.20 pm: Lecture demonstration of Suryanamaskar – Dr. Pravati Pal

2.20 – 2.40 pm : Lecture demonstration of Asanas – Dr. Navashakthi

2.40 – 3.00 pm – Lecture demonstration of pranayama – Dr. S. Velkumary

Panel discussion: (3.00– 3.30 pm)

Panellists: Dr. G. K. Pal, Dr. G. S.Gaur, Dr. S. Velkumary, Dr. Y. Dhanalakshmi,
Dr. S. Navasakthi

3.30- 4.00 pm : Tea

4.00 – 4.30 pm: **Certificate Distribution and Valedictory**