



**SESHADRIPURAM EDUCATIONAL TRUST**

**SESHADRIPURAM INSTITUTE OF MANAGEMENT STUDIES  
POST GRADUATE DEPARTMENT OF COMMERCE AND MANAGEMENT  
SESHADRIPURAM FIRST GRADE COLLEGE**

*Cordially invites you for*

**One Day Faculty Development Workshop on**  
**YOGIC WORKSHOP ON STRESS**  
**MANAGEMENT AND WELL BEING**  
**FOR TEACHERS**

*Piloted By:*

**Dr. K. Raghavendra Pai**  
**Senior Yoga Trainer**  
**SKRSP Vedavyasa Yoga**  
**Foundation**

**Date: 31<sup>st</sup> August 2018**

**Time: 10:00 Am**

**Venue: Auditorium**  
**Seshadripuram First Grade College,**  
**Yelahanka, Bengaluru.**



**Dr. S.N. Venkatesh**  
**Principal, SFGC**

**Dr. Vatsala G**  
**Director, SIMS**

**Dr. Vijayakumar AB**  
**Professor, PG Dept.**

**For Registrations Contact: +919986143217 | +919538237687**

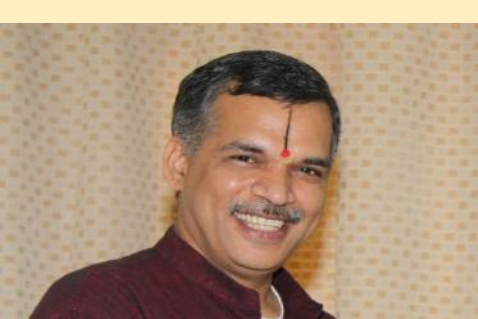
# ABOUT THE WORKSHOP

Reducing stress in our everyday life is vital for maintaining our overall health as it can improve our mood, boost immune function, promote longevity and allow us to be more productive. Teachers are nation builders, the strength of every profession in our country grows out of knowledge and skills that teachers help to instill in students. Teachers have the capacity to shape the minds and futures of many and they do so at all kinds of critical life stages. Pupils in school or college are very aware of the mental and physical state of their teachers. They seem to recognize the importance of well-being and stress management in learning. Taking time to manage our stress is essential in order to teach effectively and to help students with their stress around learning.

## ACTIVITIES AT THE WORKSHOP

- Yogic Walking
- Karna Chaitanya Mala Kriya
- Pranic Energization Techniques
- Mudras and Energy Balance Techniques
- Samhita Meditation
- Naadanusandana - Tranquillity in Life:  
Tibetan Bowl Singing and Om Meditation





## ABOUT THE RESOURCE PERSON

### Dr. K Raghavendra R Pai

Yoga guru Dr. K Raghavendra R Pai served as Director for 18 years in Shri Kshetra Manjunath Yoga and Moral Education. He hails from Karkala and studied B.Com and MA (Sanskrit) in Mysore University. His parents are Sri Karkala Ranganath Shreedhar Pai and Smt. Rukma Ranganath Pai. He got diploma degree in Yoga from Kaivalya Dhama of Lonavla and a Doctorate in Literature from Hampi University. He is having 30 years of experience and achievements in Yoga field. He has conducted more than 2000 yoga camps, symposiums, Yoga treatments, Yoga festivals and Yoga Seminars. He has received international awards and honors like “Yoga Vidya Bhushan”, “Yoga Guru” from Russia, “Asthan Yogacharya” from Udupi Matts etc. On June 19, 2016 he has created a world record by conducting 60 hours at a stretch, 7777 “Avarata Surya Namaskar”. He is a researcher in Yoga and Das Sahitya Research. His aim is to help the physically challenged and the student community to get the benefit of Yoga.

# AGENDA FOR THE DAY

Timings	Events
08:45 - 09:15	Registration
09:15 - 10:00	Inauguration
10:00 - 11:15	Session 1
11:15 - 11:30	Coffee Break
11:30 - 13:30	Session 2
13:30 - 14:00	Lunch Break
14:00 - 16:00	Session 3

**Registration fees: Rs. 500**

**All participants would receive a certificate from the Ministry of Health and Family Welfare, Govt. of India, New Delhi.**

**All participants are requested to bring along a set of comfortable clothes to perform asanas and a yoga mat for the same.**

**For Registrations Contact: Organizing Committee**

**Prof. Biraaj Ameet Anil: +919538237687**

**Prof. Aafaq Ahmed: +919902342989**

**Prof. Akash Vasan: +919731695038**

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