

**PUNE UNIVERSITY SPONSORED TWO DAY STATE LEVEL
WORKSHOP ON**

**HOLISTIC HEALING: JOURNEY TO OPTIMAL
WELLNESS**

Venue: AV Hall, Main Bldg and Lower Recreation Hall, Fergusson College

PROGRAMME

Day 1: 8th March, 2013	
09.00 to 09.30 a.m.	: Registration
09.30 to 10.00 a.m.	: Inauguration
SESSION I	
10.00 to 11.30 a.m.	: <i>‘Yoga and Health’</i> <u>Expert</u> : Dr. Manmat Gharote, Director, Lonavala Yoga Institute
11.30 to 11.45 a.m.	: Break
SESSION II	
11.45 to 01.15 p.m.	: <i>‘Basic Yogasana’</i> with Practical <u>Expert</u> : Shri Rupesh Thopte, Director, Physical Education, Dr. Ambedkar College of Arts and Commerce, Yerawada, Pune.
01.15 to 02.00 p.m.	: Lunch Break
SESSION III	
02.00 to 03.30 p.m.	: <i>‘Values of Good Nutrition’</i> with Practical <u>Expert</u> : Dr. D. Sathyanath, Nature Cure Physician, Nature Cure Physician, National Institute of Naturopathy, Pune.
SESSION IV	
03.30 to 05.00 p.m.	: <i>‘Art of Caring’</i> with Practical <u>Expert</u> : Mrs. Mary Fernandis Pune.
<i>Distribution of dishes prepared by participants</i>	

Day 2: 9th March, 2013	
09.00 to 09.30 a.m.	: Tea and Snacks

SESSION V

09.30 to 11.00 a.m. : ***‘Importance of Meditation’*** with Practical
Expert: Dr. Megha Deuskar, Asst Prof, Dept of Psychology,
Fergusson College, Pune.

11.00 to 11.15 a.m. : Break

SESSION VI

11.15 to 12.45 p.m. : ***‘Reaching out through First Aid’*** with practical
Expert: Dr. Vivek Billampelly, Consulting Family Physician,
Kondhava, Pune.

12.45 to 01.30 p.m. : Lunch Break

SESSION VII

01.30 to 03.00 p.m. : ***‘Laughter Therapy’*** with Practical
Expert: Prin. Subhash Desai
Pune.

SESSION VIII

03.00 to 04.30 p.m. : ***‘Common Health Problems among College Students’***
Expert: Dr. Vaishali Deshmukh, Consultant Paediatrician,
Deenanath Mangeshkar Hospital, Pune.

04.30 to 05.00 p.m. : ***Valedictory***