

## TIME TABLE

5.30 am	Wake-up
6.00 am	Prayer
6.30 am	Yoga & Meditation
8.00 am	Breakfast
10.00 am	Session 1
11.30 am	Tea Break
11.45 am	Session 2
1.15 pm	Lunch
2.30 pm	Session 3
4.00 pm	Tea Break
4.15 pm	Indigenous Games
6.00 pm	Personal Time
7.00 pm	Prayer
7.30 pm	Cultural Activities
8.30 pm	Dinner & Self-Study
10.00 pm	Rest

Prayer: JSS Lalithakala Troupe

Yoga & Meditation

Pathanjali Yoga Shikshana Samithi, Krishnamurthypuram, Mysuru

# Retreat

(For Medical Students)

Sutturu Sriksheetra

2<sup>nd</sup> to 4<sup>th</sup> May 2019

Divine Presence

**Jagadguru Sri Shivarathri Deshikendra Mahaswamiji**

Jagadguru Sri Veerasimhasana Mahasamsthana Math  
Sutturu Sriksheetra

and

**Sri Siddheshwara Mahaswamiji**

Jnanayogashrama, Vijayapura

**Jagadguru Sri Veerasimhasana Mahasamsthana Math**

Sutturu Sriksheetra

**JSS Mahavidyapeetha**

**Sri Shivarathreeswara Endowment Trust**

Dr. Sri Shivarathri Rajendra Circle, Mysuru - 570004

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Date	SESSION 1	SESSION 2	LUNCH BREAK	SESSION 3
<p><b>2 May 2019</b> <b>Thursday</b></p>	<p><b>Indian Culture</b> <b>Dr. Sarma VSN Rachakonda</b> Emeritus Professor RIMS, Srikakulam, AP</p>	<p><b>Discourse</b> <b>Sri Siddheshwara Mahaswamiji</b> Jnanayogashrama Vijayapura</p>		<p><b>Interpersonal Relationship</b> <b>Dr. K.R. Dhakshaini</b> Principal, MMCRI Mysuru</p>
<p><b>3 May 2019</b> <b>Friday</b></p>	<p><b>Leadership Qualities</b> <b>Dr. C.G. Betsurmath</b> Executive Secretary JSS MVP, Mysuru</p>	<p><b>Communication Skills</b> <b>Dr. M.S. Vishveshwara</b> Chief Radiation Oncologist Bharath Cancer Hospital, Mysuru</p>		<p><b>Stress Management</b> <b>Dr. H.N. Shashidhara</b> Psychiatrist NIMHANS, Bengaluru</p>
<p><b>4 May 2019</b> <b>Saturday</b></p>	<p><b>Secrets to become a Successful Doctor</b> <b>Dr. (Capt.) G.S. Venkatesh</b> Former Director, KIMS, Bengaluru</p>	<p><b>Doctors as Entrepreneurs</b> <b>Dr. Vivek Javali</b> Chairman, Fortis Hospital Bengaluru</p>		