

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 Pharmacy, Dental Ayurveda and Engineering Students

Sutturu Srikshetra

9th to 11th April 2019



Divine Presence

Jagadguru Sri Shivarathri Deshikendra Mahaswamiji

Jagadguru Sri Veerasimhasana Mahasamsthana Math
Sutturu Srikshetra

and

Sri Siddheshwara Mahaswamiji

Jnanayogashrama, Vijayapura

Jagadguru Sri Veerasimhasana Mahasamsthana Math

Sutturu Srikshetra

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
9th April 2019 Tuesday	Youth's Role in Nation-Building Swami Santhivrathanandaji Sri Ramakrishna Ashrama Mysuru	Life Values Dr. D.S. Guru Professor, Dept. of Studies in Computer Science, University of Mysore		Leadership Qualities Sri R.A. Chethan Ram Managing Trustee Parivarthana School, Srirangapatna
10th April 2019 Wednesday	Life skills to manage Complexities in the Business World Sri Harish M. Kodandera IDENTAL, Mysuru	Discourse Sri Siddheshwara Mahaswamiji		Communication & Humour Prof. M. Krishnegowda Retd. Principal St. Philomena's College, Mysuru
11th April 2019 Thursday	Healing with Psychosomatic Food Dr. Shivraj V. Patil Chief Medical Officer Yoga & Naturopathy Hospital, Udupi	Team Work and Team Building Sri K.B. Subhash Trainer, FACE Institution Mysuru		

