



National Institute of Technology Calicut

Centre for Women Welfare & Social Empowerment

In association with

Centre for Yoga and Holistic wellness

Organizes



“EMPOWERING WOMEN THROUGH YOGA - PRINCIPLES TO PRACTICE”

Yoga serves humanity at multi - dimensional levels of health in a holistic way. This programme is primarily focused on poses and practices that treat certain health issues related to women, including discomfort during the menstrual cycle, pregnancy, menopause, etc, with its multifold advantages, it can be used as an excellent tool for women empowerment. The significance and practice of heartfelt meditation for well-being will also be highlighted.

KEY SPEAKERS



Prof. Prasad Krishna

Director, NITC
Meditation Trainer



Dr. Smitha AV

Professor & Head
PNNM Ayurveda medical College



18-20, June 2024, 8.30-9.15AM (Meditation)

18 June, 2024 9.30-11.00 AM (Yoga)



Conference Hall, DAP, NITC



No Registration fee

E- certificate will be provided

Interested lady faculty members & staffs, girl students (PG/PhD) and family members are cordially invited to attend the session

Contact Us

The Chairperson

Centre for Women Welfare & Social Empowerment,
National Institute of Technology Calicut, Kozhikode - 673601, India.

Mobile :+918891499076

chair.cwse@nitc.ac.in | www.cwse.nitc.ac.in