

WEBINAR ON – “HOLISTIC HEALTH AND WELL- BEING: THE IKS PERSPECTIVE ON YOGA AND MEDITATION”

Organized by

DEPARTMENT OF BIOCHEMISTRY

(IN COLLABORATION WITH IQAC)



Date : 06.10.2026

Time: 1.30 pm - 02.30pm

Venue : Lecture Hall V, College Block, SMVMCH

Contact : info.biochemistry@smvmch.ac.in

Ext: 2051

Resource Person details:

Session	Topic	Time	Presenter
1.	Introduction to Topic	1.30 pm -1.35pm	Dr. Jeyakumar M
2.	Introduction to Speaker	1.35 pm-1.40 pm	Mrs. Anitha R
3.	Holistic Health and Well-Being: The IKS Perspective on Yoga and Meditation	1.40 pm to 2.20 pm	Dr. Madhavan Additional Professor Department of Physiology AIIMS, Kalyani
4.	Feedback and Vote of Thanks	2.20 pm to 2.30 pm	Mrs. Anitha R