



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
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heartfulness
advancing *with kindness*



**VINAYAKA MISSION'S
KIRUPANANDA VARIYAR
MEDICAL COLLEGE & HOSPITALS**

**VINAYAKA MISSION'S KIRUPANANDA
VARIYAR MEDICAL COLLEGE & HOSPITAL**
VINAYAKA MISSION'S RESEARCH FOUNDATION

&

HEARTFULNESS EDUCATION TRUST

CORDIALLY INVITE STUDENTS FOR

3 DAYS MEDITATION SESSION ON

"HOW TO HANDLE STRESS AND EXCEL IN PROFESSION"

DATE : 6, 7 & 8 SEPTEMBER 2021

TIME : 6:30 AM TO 7:30 AM

DAY 1 : STRESS MANAGEMENT

DAY 2 : SELF LEADERSHIP

DAY 3 : ASPIRATION



Mr.R.R.PADHMANABHAN M.B. A.,B.L,FCILT
DIRECTOR, EXIM ACADEMY,
CHENNAI



Dr.USHA KRISHNAN MBBS, M.D
(MICROBIOLOGY)
ASSOCIATE PROFESSOR,
GOV. KILPAUK MEDICAL COLLEGE, CHENNAI



Dr.K.S.SEKAR M.B.B.S.,M.D
(RADIOLOGY) , FRCR(U.K)
HOD, DEPARTMENT OF RADIOLOGY,
BILLROTH HOSPITALS, CHENNAI.

ORGANISING TEAM

Prof.Dr.DEEPTI SHASTRI
DEAN

Prof.Dr.K.PRAKASAM
MEDICAL DIRECTOR-CORPORATE

Prof.Dr.S.R.RANGABASHYAM
DEPUTY DEAN

CO-ORDINATORS

Prof.Dr.V.SIVASANKARI
DEPT. OF PHARMACOLOGY

Prof.Dr.R.GOWRI SANKAR
DEPT. OF PATHOLOGY

Dr.KASTHURI
HEARTFULLNESS COORDINATOR, SALEM

M.RAM PRABAKAR
FINAL YEAR MBBS STUDENT

Prof.Dr.K.EZHIL VENDHAN
MEDICAL SUPERINTENDENT

Prof.Dr.E.M.J.KARTHIKEYAN
DIRECTOR ,HOSPITAL DEVELOPMENT COMMITTEE
&
DEPUTY MEDICAL SUPERINTENDENT