

**JSS MAHAVIDYAPEETHA**

**JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, MYSURU**

**REPORT – RETREAT PROGRAMME 2023**

**FOR STUDENTS OF AYURVEDA, SPEECH & HEARING AND NURSING**

**FROM 22<sup>ND</sup> TO 24<sup>TH</sup> APRIL 2023 @ SUTTURU SRIKSHETRA**



**CAMP CO-ORDINATOR**

**( FOR AYURVEDA STUDENTS )**

**DR.RAJENDRA PRASAD M.L.**

**ASST. PROF., DEPT. OF RASASHASTRA & BK**

**JSSAMC, MYSURU**

With the Devine Presence of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, Jagadguru Sri Veerasimhasana Mahasamsthana Math, Sri Suttur Kshetra Retreat Programme was organized for students of Ayurveda, Speech & Hearing and Nursing from 22<sup>nd</sup> to 24<sup>th</sup> April 2023 at Suttur Srikshestra. The details of 3 days Programme is as follows

### Number of students Participated in Camp

Ayurveda – 63 students

Nursing – 89 students

Speech & Hearing – 51

Total – 203 students

### Programme schedule

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	Break
11.45 am	Session 2
1.15 pm	Lunch and Rest
2.30 pm	Session 3
4.00 pm	Break
4.15 pm	Indigenous Games
6.00 pm	Personal Time
7.00 pm	Prayer
7.30 pm	Cultural Activities
8.30 pm	Dinner
9.15 pm	Self-Study
10.00 pm	Rest
Prayer JSS Lalithakala Troupe	
Yoga & Meditation Pathanjali Yoga Shikshana Samithi	

## Guest Lecture

Date	Session - 1	Session - 2	Session - 3
22 April 2023 Saturday	Team Building and Interpersonal Relationship Prof. Aisha M. Sheriff	Communication Skill Sri Lancy D'Souza	Don't take Life Serious Sri S. Shadakshari
23 April 2023 Sunday	Sharana Philosophy Prof. Siddhu Yapalaparavi	How to build great relationship with people management Dr. Dharmaprasad	Srikshestra Darshana
24 April 2023 Monday	Skill Development Sri B. Chethanram	Yoga & Life Activities Dr. Sowmya Kuruvatti	

All the sessions were very informative. All students actively participated and interacted with speakers, shared their knowledge in each & every session.

Students actively participated in Group prayer, Yogasana & Meditation, Indegious Games and Cultural activities and also enjoyed with delicious food / Prasadam.

More than 15 students shared their opinion and expressed their happiness to be a participant in Valedictory function and also in each session all the students have given feedback by filling the form.



### Inauguration of Session ( Guest Lecture )



### Guest lecture





## Yogasana



## Group Prayer





## Indegious games and cultural event





## Srikshetra Darshana







## Valedictory

