

Dear Sir/Madam

Greetings to you from Kumari Arivial Peravai !

Kumari Arivial Peravai is a voluntary group doing service in the field of Science and Technology in and around Kanyakumari district, to give scientific awareness to the village students and also to bring out the hidden talents in the young ones; Another important programme is *Developing Young Scientists*. This has also feathered the cap of Kumari Arivial Peravai.

The title choosen for this year Programme is “PLANET EARTH’. For the selected 60 young scientists various training programmes are being conducted during this academic year.

To know about the the importance of Naturopathy and its benefits to the mankind a **Seminar on Naturopathy and yogic Science** will be conducted for the young scientists on 1<sup>st</sup> May 2010 in association with **Sree Ramakrishna Medical College of Naturopathy And Yogic Science ,Kulasekaram**

You are requested to participate and contribute towards the success of the programme.

Thanking you

Yours sincerely  
Mullanchery. M.VELAIAN  
Organiser,Kumari Arivial Peravai  
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01-05-2010

9.00 A.M : Assembling

9.30 A.M : **INAUGURAL SESSION**

PrayerSong

Welcome Address : **Dr.K.Shanmugam BNYS, M.Sc.(Psy)**  
(Principal, SRKMCNYS, Kulasekharam)

Introductory Address : **Mullanchery .M.VELAIAN**  
(Organiser Kumari Arivial peravai)

Presided By: : **Shri.Appu Nateson**  
(Correspondent, SRKMCNYS, Kulasekharam)

Felicitation : **Dr.Sugin Herbert**  
(Doctor Consultant, Young Scientists Team)

10.00am: **Session I**

**Introduction to Naturopathy &**

**Yoga with milestones of success: Dr.K.Shanmugam BNYS, M.Sc.(Psy)**  
Principal, SRKMCNYS, Kulasekharam

**Healthy Diet Style for Students: Dr.C.Neelaveni BNYS, M.Sc.(Psy)**  
Asst. Professor, SRKMCNYS, Kulasekharam

11.15 : Herbal Tea / Juice Break

11.30am : **Session II**

**Stress management through yoga: Dr.C.Karthick Raja BNYS, M.Sc.(Psy)**  
Senior Lecturer, SRKMCNYS, Kulasekharam

**Importance of Natural health habits : Dr.C.Vinotha Pearlin BNYS**  
Lecturer, SRKMCNYS, Kulasekharam

1.00 P.M Lunch

1.45 pm : **Session III**

2.00 P.M College Visit

Coordinator

: **Dr.R.Bathra, BNYS, PGDYN,**  
Senior Lecturer, SRKMCNYS, Kulasekharam

2.30 P.M Hospital Visit

Coordinators

: **Dr.A.Bino, BHMS**  
: **Dr.R.Anusha, BNYS, M.Sc.(Psy),**  
Medical Officer SRKMCNYS, Kulasekharam

3.00 PM : **VALEDICTORY SESSION**

Felicitation : Shri.P.Gopalan Team Coordinator KAP

Felicitation : Shri.L.Edwin Sam Adviser KAP

Felicitation : Shri.S.Johnson Team Coordinator KAP

Feed back : Young scientists & Guide Teachers

Vote of Thanks : **Dr.M.Jerin Subha, BNYS, M.Sc.(Psy)**

3.30 PM **National anthem** Senior Lecturer, SRKMCNYS, Kulasekharam

## YOUNG SCIENTISTS PROGRAMME 2009-2010

### Planet Earth

#### Land

Scientist : Shri.P.Palvannan  
Consultant : I.Jones Rabintran  
Doctor : Dr.A.Jayalal  
Convenor : P.Gopalan

#### River

Scientist : Shri.K.Ramaseshan  
Consultant : Capt.BennetSingh  
Doctor : Dr.Y.Arulprakash  
Convenor : Shri.J.Joeprakash

#### Sea

Scientist : Shri.P.Murugan  
Consultant : Prof.T.Jameswilson  
Doctor : Dr.P.Thiraviam  
Convenor : Shri.M.John Rabikumar

#### Mountain

Scientist : Shri.A.BenzigarRajan  
Consultant : Shri.V.Sundararaju IFS  
: Magavilai D.Rajendran  
Doctor : Dr.Sugin Herbert  
Convenor : Shri.L.Edwinsam

#### Space

Scientist : Er.S.Ingersol  
Consultant : Dr.Sasikumar  
Doctor : Dr.K.Vijayakumar  
Convenor : Shri.R.Sathiskumar



[www.kaponline.net](http://www.kaponline.net)

**SREE RAMAKRISHNA MEDICAL COLLEGE  
OF  
NATUROPATHY AND YOGIC SCIENCE  
KULASEKARAM  
SRKMCNYS &  
KUMARI ARIVIAL PERAVAI  
[www.kaponline.net](http://www.kaponline.net)**

## Seminar on Naturopathy & Yogic Science

**FOR  
YOUNG SCIENTISTS -2010**



**SREE RAMAKRISHNA MEDICAL COLLEGE  
On  
1<sup>ST</sup> MAY 2010**