

Holistic approach to Musculoskeletal disorders
Yoga, Meditation, Craniosacral Therapy, Osteopathy and Ayurveda.

Faculty:

Mr.Mayur Karthik

Dr.Ankita Dhelia

Dr.Summiya Javeed

This symposium gives valuable insights into how various modalities of traditional medicine can be useful in treating conditions at workplace. It also throws light on the balance of mind-body-soul aspect by yoga, Meditation and Breathing exercises with a practical demonstration.etc. followed by insights of Physical therapies like Craniosacral therapy , osteopathy techniques from Complementary medicine and Panchakarma therapies from ayurveda can be adopted to manage work place related stress and Musculoskeletal conditions.

- An introduction to Osteopathy and Craniosacral therapy. An insight on how integrated medicine practice has proven to be beneficial in various musculoskeletal conditions. A brief description on the principles of Osteopathy and Craniosacral therapy, their philosophy and practical application in healthcare.
- A short power packed desktop/ chair Yoga and breathwork session is aimed at giving you an in depth experience of a quick session to calm the mind and release tension from the body. The session also gives a sneak peak into the science behind these practices forming a prelude to the popular breathing and meditation technique ...The Sudharshan Kriya!
- Understanding from the science of ayurveda about the pharmacological and non-pharmacological methods that can be used to treat musculoskeletal disorders.

Topics covered:

1. Yoga, Breathwork and Meditation Session.
2. Osteopathy and Cranio-sacral Therapy.
- 3 An Ayurvedic approach to Musculoskeletal Disorders.

About Our Speakers:

1. Mr.Mayur Karthik

A young and dynamic teacher of The Art Of Living, Mayur has been teaching and practicing Yoga under the tutelage of Gurudev Sri Sri Ravi Shankar, a global peace ambassador and spiritual leader. Mayur believes that " The Key to happy living is in the ability to navigate through both favourable and unfavourable situations in life with a smile. And thats the goal of all spiritual practices".

Mr.Mayur Karthik has completed his B.E.(Hons) BITS,Pilani. , M.Sc.(Hons) and is a Certified Level 3 - Yoga Teacher & Evaluator, AYUSH MINISTRY, INDIA ERYT 500, RCYT, YACEP, Yoga Alliance, USA.

He is Teaching Yoga and Meditation since 2012, and has Trained 5000+ Yoga Teachers. He was also a Panelist at the Yoga Tech Conclave, 2023.

Mr.Mayur has Designed Competancies for Yoga Skill Olympics, Skill Ministry, India.

His other CORPORATE ENGAGEMENTS include Talks & Yoga Programs for all Managerial Levels ISRO, BEL, BEML, CISCO, SHELL, BOSCH, SPAR, DUPONT, SALES FORCE, SUN PHARMA, TCS, AXIS BANK, DECATHLON, CARGILL, ICAI BAHARIN.

2. Dr.Ankita Dhelia

Dr.Ankita has done MBBS, followed by MSc Osteopathy, Diploma in Craniosacral Therapy. She Dr Ankita heads the Osteopathy department at the Sri Sri Wellbeing centre and is the President of the Sri Sri Tattva Centre of Healing Arts, Bengaluru. She holds a diploma in Neurokinetic Therapy, is trained in P-DTR from Mexico and is a AYUSH certified Yoga teacher. She is a practising Art of Living teacher and believes strongly in the power of meditation.

Having treated thousands of patients globally for issues ranging from migraines to fibromyalgia, sports injuries to disc abnormalities and hormonal imbalances to gastrointestinal disorders, her knowledge of Osteopathy and CST, combined with her MBBS training and a knack of good diagnosis makes her a potent and a sought after doctor in her field.

With great interest in research, identifying the root cause and using new and creative ways to treat a health condition, she uses both preventive as well as curative approach with her patients. Her treatments include various modalities such as body work, home remedies, EFT, Bach flower remedy, mudras, exercises and whenever required, allopathic medicine to achieve the health goal. She is constantly evolving by learning new healing modalities and is currently pursuing Masters in Functional Medicine.

Apart from her monumental contributions at Sri Sri School of Healing Arts' Integrated Craniosacral Therapy Practitioner Training Program and being a brilliant teacher, Dr Ankita is a prolific speaker. Her work with corporates & communities on subjects like spine health, gut-brain connection, mood & hormones, posture and well-being has been highly appreciated.

3. Dr.Summiya Javeed

Dr. Summiya Javeed is a Consultant Ayurveda Physician at Recoup Health as well as a member of the Research Team at Recoup Academy.

She is graduated from the prestigious SDM College of Ayurveda, Hassan and in post-graduation, Kayacikitsa was her specialization. She is also Certified in Ayurvedic Dermatology & Clinical Trichology, Advanced Ayurveda Dietetics and Nadi Pariksha.

She has 12 years of clinical experience as an Ayurveda Practitioner, She follows Panchakarma, Rasayana therapies and a holistic approach of principles of traditional ayurveda, and has successfully treated various ailments like Musculoskeletal disorders, Metabolic diseases, Neurodegenerative disorders and Autoimmune disorders.

Her interests in dermatology and cosmetology has inspired her to incorporate ayurvedic approaches into not just treating skin diseases, but applying ayurveda therapies and formulations for aesthetic goals.

She has 7+ years of teaching experience as an Associate Professor at Ayurveda Medical College & Hospital in Bangalore. She is a member of World Ayurveda Specialist Forum at the Association Ayurvedic Professionals of North America. she has also presented papers in National and International conferences.