



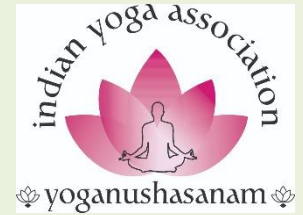
**SRI BALAJI**

ACCREDITED BY NAAC WITH 'A++' GRADE  
LISTED U/S 12B OF THE UGC ACT, 1956



**VIDYAPEETH**

DEEMED TO BE UNIVERSITY  
DECLARED U/S 3 OF THE UGC ACT, 1956



# SALUTOGENESIS & HOLISTIC HEALTH


An International Webinar Series organized by the  
Institute of Salutogenesis and Complementary Medicine (ISCM) of Sri Balaji Vidyapeeth (SBV),  
in collaboration with Indian Yoga Association (Puducherry Chapter)

**9th March - 27 April 2023**

10.30AM to 12.30PM every Thursday (Indian Time)

Registration link: <https://zoom.us/meeting/register/tJEtD0murT0oH9AHy6dLjFWPOBC6Vu8G6QR5>

## Programme Schedule

<i>Date</i>	<i>Topic of presentation</i>	<i>Details of Resource Persons</i>	
9/3/2023	Inauguration from 10.00 to 10.30AM. Inaugural address by VC Sir		<b>Prof. (Dr) Nihar Ranjan Biswas</b> MD, DM, DNB, DSc (Pharmacology) Vice Chancellor, Sri Balaji Vidyapeeth (Deemed to be University), Pondicherry.

9/3/2023

The salutogenic question: Ease, dis-ease, and the river in between.



**Dr. Avishai Antonovsky**

Mental Fitness Branch, Department of Health and Well-Being, Medical Corps, Israel Defense Forces, Israel.

Swasthya and AdhiVyadhi- Psychosomatics in Indian healing traditions. Salutogenesis as the core focus at Sri BalajiVidyapeeth.



**Prof. Ananda Balayogi Bhavanani**

Director,  
ISCM, Sri Balaji Vidyapeeth

16/3/2023

Promoting Salutogenic Capacity in Health Professionals. Salutogenesis in Hospitals and Primary Care settings.



**Prof. Dr Sobana Jaiganesh**

Admin in Charge, School of Music Therapy,  
ISCM, Sri Balaji Vidyapeeth

Ashtanga Yoga of Maharishi Patanjali. PanchaKosha as a model of holistic wellness. Nara, psychic disassociation.



**Prof. Meena Ramanathan**

Vice Principal, School of Yoga Therapy,  
ISCM, Sri Balaji Vidyapeeth

23/3/2023

Yoga and music therapies as means of manifesting Salutogenesis.



**Prof. Dr. AR Srinivasan**

Registrar, Sri Balaji Vidyapeeth

The Sense of Coherence. Generalized Resistance Resources and Specific Resistance Resources. Stressor Appraisal on a Pathway to Health.



**Prof. Marguerite Daniel**

Professor, Member of the Global Working Group on Salutogenesis, Department of Health Promotion and Development, University of Bergen, Norway.

30/3/2023

Positive Psychology and Salutogenesis. Community-Wide Mental Health Promotion



**Prof. Ingunn Hagen**

Professor of Psychology, Norwegian University of Science & Technology, Norway.

From Birth to the End of Life - Key elements in the design of a life course process according to the Salutogenic Model of Health.



**Prof. Bengt Lindstrom**

Professor Emeritus at Nordic School of Public Health, Norway

6/4/2023

Concepts of Chaturvidha Purushartha, Dharma, Karma, Ikigai as models to understand the purpose of human life.



**Yogacharya Sridharan**

Senior Mentor, KYM

Structured music therapy-based classroom activities for children with special needs.



**Dr. Baishali Mukherjee**

Research Associate, CSMT & Adjunct Faculty, SoMT, ISCM

13/4/2023

Bhagavad Gita with reference to holistic health



**Dr. Srinidhi K Parthasarathi**

Academic Administrator & Spiritual Coach, Principal, Indian Academy Degree College, Former Registrar, SVYASA deemed-to-be University, Bangalore

MEETS. Garbh Sanskar. Nada Yoga. Nadam: an environmental green initiative.



**Smt. Bhuvaneshwari Ramesh**

Assistant Professor, School of Music Therapy, ISCM

20/4/2023	Practical aspects of music therapy for wellness.		<p><b>Ms. Jenita Caren</b></p> <p>Assistant Professor, School of Music Therapy, ISCM</p>
	Applying Salutogenesis at work and in organisations: for surviving and thriving.		<p><b>Prof. Georg F Bauer</b></p> <p>Professor &amp; Head, Division Public &amp; Organizational Health, Center of Salutogenesis, Epidemiology, Biostatistics and Prevention Institute, University of Zurich, Switzerland</p>
27/4/2023	Purnam: communicating Salutogenesis in clinical settings.		<p><b>Dr. Ananda Balayogi Bhavanani</b></p> <p>Director, ISCM, Sri Balaji Vidyapeeth</p>
	Practical aspects of Yogabhyasa for wellness. Jathis, Kriyas, Suryanamaskar, Asana, Pranayama, Relaxation.	 <p><b>Sri G Dayanidy</b> Assistant Professor School of Yoga Therapy, ISCM</p>	 <p><b>Dr. Balaji R</b> Assistant Professor School of Yoga Therapy, ISCM</p>
	Open forum and valedictory		<p><b>Various Experts</b></p>