



SUKI SIVAM  
FOUNDATION

# SS FOUNDATION presents



## One day workshop for Housewives

### Program focus

- \* Health tips & Yoga Mudras
- \* Managing home finance & Savings
- \* Cooking tips & Organizing home,
- \* Interpersonal Relations

Limited Seats, First Come First Basis



**25th April 2015  
9am to 5.30pm**

## **Method of Learning**

**Video clips  
Participative discussions  
Participative Games  
Live demo  
Case study**

**Session will be in Tamil &  
English in simple and easy  
way to understand.**

Some of our women prefer to be working professionals and some of them prefer being housewives. We should respect the decision of a woman. The role of a housewife is more challenging than managing a multicore company. The amount of sacrifices they do for the family is infinite in nature.

It is our prime duty to provide them a learning experience where they can share their ideas, consult experts & clarify their doubts related to family management.

**“ If you educate a woman, you educate a family”.**

**Join us !**

## **PROGRAM AGENDA**

**09.00 AM**

**Health Tips & Yoga Mudras**

**11.00 AM**

**How to effectively manage home finance**

**01.00 PM**

**Lunch Break**

**02.00 PM**

**Food at home, Cooking tips**

**04.00PM**

**Interpersonal Relationship &  
Positively addressing family issues**

**05.30PM End**

# FACILITATORS



**Ms.Lalitha  
Parameshwar**



**Dr.Jayalakshmi**



**Mr.Prashant**



**Mr.Umasankar**



**Ms. Anusha Natarajan**

## **Ms.Lalitha Parameshwaran, Trainer - Yoga & Sanskrit language**

Introduction to yoga

Basic Asanas that you can practise at home

Benefits of Asanas and the positive impact of yoga on Health

## **Dr. Jayalakshmi, B.Sc., M.A., M.Ed., M.D. (Acu), Ph.D.(Acu)**

Positive health tips

Acupressure methods to overcome sinus, cold, headache, joint pains, asthma and other diseases

Enhance energy level using acupressure method

Health issues faced by women and acupressure tips to overcome it

Yoga Mudras to practice at home

## **Mr. Prashant, CA, ICWA, ACS, Corporate Trainer**

Introduction to household budgeting & simple records

Short term and long term finance planning for a family

Simple methods to save money

Decision making ideas on financials

Contingency planning

Positively build your financials for long term betterment

## **Mr. Uma Sankar, Chief Trainer, Yum Restaurant**

10 Easy to cook recipes with variety

Importance of healthy food

Food and Managing expectations

## **Mr. Anusha Natarajan, Journalist & Former Editor Mangayar Malar**

Day to days challenges faced by women

How to overcome challenges positively

Ways to engage ourselves

Positive parenting

Positive Marital relation

Be a role model for the family

## PROGRAM VENUE

Andhra Chamber of Commerce,  
1st floor, 23, Velagapudi Ramakrishna Bldg, 3rd Cross  
Street, Nandanam, Chennai - 600035 (Near YMCA)

## DATE & TIME

Saturday 25th April 2015

9.00am to 5.30pm

## PROGRAM FEES

RS 1500/- Inclusive of TAX, Per Participant

Tea & Lunch will be provided

## REGISTRATION

Call +91 8754428222 / 9445025155 /

Mail [ssfoundation33@gmail.com](mailto:ssfoundation33@gmail.com) (Or)

Visit 313/9, Janani Flats, TTK Road, Alwarpet,  
Chennai -600018

Send Cheque/ DD in favor of "KALADHARSHAN"



SS Foundation is a public charitable trust with a vision to help people develop their knowledge on Health, Happiness & Spiritualism. Series of awareness programs and workshops are organized to benefit people. The earnings are given to the education of poor children. Join us !

Visit [WWW.SUKISIVAM.COM](http://WWW.SUKISIVAM.COM) to register as a volunteer

- Mohanvel Jayachandran, Volunteer, SSF.  
+91 8754428222

# SS FOUNDATION Public Charitable Trust

313/9, Janani Flats, TTK Road, Alwarpet

Chennai—600018

M : +91 8754428222 / +91 9445025155

LL: 044-24984177

[ssfoundation33@gmail.com](mailto:ssfoundation33@gmail.com)

[WWW.SUKISIVAM.COM](http://WWW.SUKISIVAM.COM)