

AYUSH ATAB Certified

# ADVANCED COURSE IN SMRITI MEDITATION (CSMA)

13 DAYS ONLINE PROGRAM  
FOR AYURVEDA GRADUATES  
ORGANISED BY KASE

## HIGHLIGHTS

- \* Sharpening the practical skills of Smriti Meditation
- \* Awareness of subtle aspects of Smriti
- \* Improves your counselling skills at therapeutic level
- \* Better insight into the management of selected conditions

Kottakkal Ayurveda School of Excellence (KASE), a school for continuing, innovative and functional education in Ayurveda, organises the Seventh batch of advanced course in Smriti Meditation, a guided interactive therapeutic meditation based on Ayurvedic psychotherapy

offered by **KOTTAKKAL AYURVEDA SCHOOL OF EXCELLENCE**  
(VPSV Ayurveda College Campus, Kottakkal)

In collaboration with

**SMRITI MEDITATION RESEARCH INSTITUTE FOR THERAPEUTIC INNOVATIONS (SMRITI)**

## SCHEDULE

7:30pm - 10pm Mode of course: Online  
20th May - 01st June, 2024

## ELIGIBILITY

Medical graduates who completed basic course of Smriti Meditation



### Prof (Dr) Dilipkumar K V

Chairman, SMRITI Institute,  
Former Professor,  
Vaidyaratnam P S Varier Ayurveda  
College, Kottakkal, Kerala



### Dr Muhammed Safer P I

Administrative officer,  
Smriti Institute



### Dr. Hari T

Medical Officer,  
GAD, Edappal,  
Malappuram



### Dr Adithya K S

Ayurveda Psychiatrist &  
councillor



### Dr Preetha P V

Senior Medical Officer,  
GAD, Ezhom,  
Kannur



### Dr Seetha Chandran

Chief Physician  
Dr. Seetha's Niramaya Ayurgramam  
Kozhikode



### Dr Nyshu Abdul Azeez

Senior Ayurveda consultant  
Nirva Health



### Dr.Thushara Sureshkumar

Specialist Medical Officer  
Manasikam  
ACSMACACC, Purakkattiri

FACULTY



SMRITI MEDITATION RESEARCH  
INSTITUTE FOR THERAPEUTIC  
INNOVATIONS (SMRITI)



KOTTAKKAL AYURVEDA SCHOOL  
OF EXCELLENCE (KASE)



**CONTACT US:** Director KASE  
Kerala Ayurvedic studies and Research society  
VPSV Ayurveda College campus, Kottakkal  
Edarikode PO, Malappuram, Kerala, India 676501  
Email: kasekottakkal@gmail.com  
Contact: +916238155055, 0483-2751874  
www.kottakkalayurvedakase.com

**!! HURRY !!** Registration now open !  
Limited seats only



**+91 6238155055**  
**0483 2751874**

Apply Online: <https://www.kottakkalayurvedakase.com/course>



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# ADVANCED COURSE IN SMRITI MEDITATION (CSMA)



## FACULTY



**Prof (Dr)  
Dilipkumar K V**

**20/05/2024 MONDAY**

07:30PM - 08:45PM  
**INTRODUCTION TO THE ADVANCED COURSE  
ON SM AND EXPERIENCE SHARING**

08:45PM - 10:00PM  
**FEEDBACK ON SM PRACTICE AND  
EXPERIENCE SHARING**

**2024 MAY 22,26,30**

07:30PM - 10:00PM  
**GROUP PRACTICE**

**21/05/2024 TUESDAY**

07:30PM - 10:00PM  
**VIDEO DEMONSTRATION OF SM WITH  
EXPLANATION AND SKILL DEVELOPMENT IN  
SMRITI**

**2024 MAY 23,27,31**

07:30PM - 10:00PM  
**CASE REPORTING**

**24/05/2024 FRIDAY**



**Dr. Hari T**

07:30PM - 10:00PM  
**RELEVANCE OF MENTAL STATUS  
EXAMINATION IN SM & ROLE OF SM IN  
TRAUMA AND STRESS RELATED DISORDERS**



**25/05/2024 SATURDAY**  
**Dr. Thushara Sureshkumar**

07:30PM - 08.45 PM  
**ROLE OF SM IN CHILD PSYCHIATRY**



**25/05/2024 SATURDAY**  
**Dr Muhammed Safer P I**  
08:45PM - 10:00PM  
**ROLE OF SM IN ENDOCRINE DISORDERS**



**28/05/2024 TUESDAY**

**Dr Preetha P V**  
07:30 - 10:00 PM  
**PERSONALITY DISORDER**



**29/05/2024 WEDNESDAY**  
**Dr Nyshu Abdul Azeez**  
07:30PM - 08.45 PM  
**SM IN INSOMNIA**



**29/05/2024 WEDNESDAY**

**Dr Adithya K S**  
08:45PM - 10:00PM  
**SM IN SOMATIC SYMPTOMS  
AND RELATED DISORDERS**



**01/06/2024 SATURDAY**

**Dr Seetha Chandran**  
07:30PM - 08.45 PM  
**ETHICAL GUIDELINES IN SM**

Apply online: <https://www.kottakkalayurvedakase.com/courses>

### HELP DESK

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