



IEEE Computer Society, Madras  
IEEE Professional Communication Society, Madras  
Computer Society of India, Chennai Chapter  
IIT Madras Alumni Association, Chennai Chapter

## One Day Workshop on Vedic Self-Management

### An Interactive Program based on Ancient Indian Wisdom

**Saturday :: 19<sup>th</sup> Dec 2015 :: 10.00 a.m. to 5.00 p.m :: Registration at 9.00 a.m. onwards**  
**Seminar Hall, CSI Education Directorate, Taramani, Chennai - 600113**

**Program Objective:** To make the participants understand the nuances of Self –Management based on Vedic Scriptures and inspire them to transform themselves through self-exploration. The Program is designed to provide strong theoretical as well as practical exposure to Karma Yoga and conflict resolution in the midst of moral or ethical dilemmas.

**Vedic Self-Management:** Vedic Self-Management refers to the art of managing the self as a wholesome entity at the physical, emotional, intellectual and creative levels. At the micro level, the individual human being has to manage oneself properly in terms of his body, mind and intellect throughout his existence. The inherent Vasanas and the individual qualities constituting one's core personality have to be clearly understood through self-introspection for tapping and harnessing the vast potentials. Vedic Self-Management is built on a holistic understanding of the nuances of Vedic scriptures for achieving internal transformation.

**Programme Coverage & Sessions:** Holistic Vedic Management – An Introduction; Nuances of Body, Mind, Intellect and Meditation; Personality Mapping based on Trigunas, Panca Kosas and Cakras; Achieving Managerial Excellence through Karma Yoga; Dilemmas, Crisis Management and Conflict Resolution; Internal Transformation; and Case Study.

**Target Audience:** All Professionals, Teachers and Students.

**Registration Fee (including Service Tax):** Rs. 400/= for members of CSI & IEEE and supporting organizations.  
Rs. 500/= for others. The fee includes Tea, Working Lunch.

**Facilitator:** Dr. S. Kannan is a Chartered Accountant and a Post-Graduate in Management Accountancy, a Certified Information Systems Auditor and a Certified Information Security Manager. He is also certified in Risk and Information Systems Control. He holds a Ph.D. in Commerce and another inter-disciplinary Ph.D. in Management and Sanskrit in the domain of Vedic Management. He has delivered lectures in various seminars and conferences of professional bodies and academic institutions. He has three decades of industrial and professional experience. Dr. Kannan has authored books on Vedic Management, Human Values and Professional Ethics, Corporate Laws, Industrial Laws and Project Evaluation. He is currently a Senior Consultant in TCS.

As the seats are limited, early registration is recommended. Advance registration may be done at <https://goo.gl/wYLkq9> But the registration will be confirmed on payment only

Pl. send the payment by DD / Cheques drawn in favour of Computer Society of India – Chennai Chapter and payable at Chennai or through online (see the registration form at <http://goo.gl/yIVJMf> for details) and mail the same to: Computer Society of India, CSI - Education Directorate, CIT Campus, 4th Cross Road, Taramani, Chennai 600113. Payment can also be made through online and the payment reference no. can be provided in the online form at <https://goo.gl/wYLkq9>

Name of beneficiary	CSI, Chennai Chapter
Beneficiary's Bank	State Bank of India, MIDC, Andheri East, Mumbai
Account Number	<b>33934168390</b>
MICR Code	400002057
IFSC Code	SBIN0007074

For clarifications/queries if any, pl. contact:

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