



PEDICON 2025

35. Self Defence Workshop

08th January 2025

Coordinator - Dr Sangeetha Lodha

Time	Topic	Speaker
	Selfcare Awareness -our health matters	
	Lifestyle medicine, a holistic approach towards health which will include Mental, physical spiritual and social health	
	Self-Defense -During tough situations let her/him train how to punch, when someone unknown attacks on you and what safety weapons ready to use available in your hands, you are unaware of	
	Healthy Lifestyle medicine	
	Physical Fitness	
	Meditation is the best medication	
	Fasting techniques	
	Financial Literacy you must know for your future finance planning and tips for keeping your imp records.	
	Skin (cutie) Care tips for looking younger And beautiful.	
	Healthy eating habits (what not to eat) .	
	Power of your subconscious mind to keep you mentally stronger.	
	Declutter of negative vibes to keep you spiritually stronger	
	Cyber safety tips	