

Dr. S. Srinivasan

- MBBS and MD, Pune University.
- Former faculty member, CWRU School of Medicine, Cleveland, Ohio, USA.
- Former Senior Vice President, Aventis, Mumbai.
- Natural orator, motivator, counselor.
- Author of books on lifestyle issues:
Value-based wellness for the service sector executive; Value based management in the Indian context; health @ your finger tips; Work stress-work load ok, work timing not ok; Stress management by staying alert.

Musical Profile

- Trained in classical Hindustani vocal music by Pt. Askaran Sharma and late Pt Datta Kerkar.
- Akashwani artiste for over a quarter century.
- Surmani title from Sur Singar Samsad.
- Concerts all over India in the past.
- Now focusing on music as a tool for value-based living through discourses in English, Hindi, Marathi and Tamil.

Shastri Memorial Foundation

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cause will be deeply appreciated.**

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Shastri Memorial Foundation



S M FOUNDATION

*Spreading
Value-based wellness in
Body, Mind & Soul*

Founded in memory of
Pt K A S Shastri (1899-1984)
of Deccan College, Pune
Rashtrapati Awardee
for life-time contribution to Indian values

Human Values

We are just nearing the end of the first decade of the 'new' millennium but we have already seen an unprecedented surge in prosperity, quickly followed by an equally unprecedented decline, provoking panic reactions all around. The result is confusion, frustration and an impaired sense of well-being. We try to address these issues in our modest way along the following lines:

- **Lecture followed by question-answer session** (about 90 minutes)
- **Seminar:** presentation cum interaction (about 150 minutes)
- **Workshop:** presentation followed by group discussions and self-contracts with follow-up (half-day to full day)
- **Individual counseling**

The topics are always customized, but some examples are given below:

- Wellness vs absence of illness
- Balancing work and personal life
- Stress management by staying alert
- Rational / Emotional / Spiritual intelligences
- Withstanding negative forces
- Living with uncertainty
- Managing relationships
- Rediscovering family values
- Good parenting practices
- Music as a tool for self-awareness
- Hindustani semi-classical sessions with commentary

There is no greatness where there is no simplicity, goodness and truth – Leo Tolstoy

Not everything that counts can be counted, and not everything that can be counted counts – Albert Einstein

Rural Service

- We are focusing on Panavadi, a remote village in Purandar taluka of Pune district where we collaborate with Lokoddhar Pratishthan. We provide nutritional supplements, conduct seminars on value education, offer financial assistance to deserving students and so on.



- We collaborate with Parinche Panchakroshi Gram Vikas Mandal in Purandar taluka and Kalyani Vidyalaya for Special Children, Chikhli village, Haveli taluka, Pune district.
- We built a community hall cum library in Khanavadi village of Purandar taluka and handed it over to the villagers in 2008.

Founder Trustees

Dr.S.Srinivasan, MBBS,MD,Chairman, lifestyle coach
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