

International Yoga Summit 2023

Schedule

November 17-19, 2023

17 th Nov 2023			
1100 to 1230	Registrations		Venue
1230 to 1330`	Lunch		
1330 to 1530	Inauguration/ Honouring the Yoga Chikitsa Ratna	GC Members - Gurudev Sri Sri Ravi Shankar(Chairman) Online - Swami ChidanandSaraswati (Member) - Dr Pranav Pandya (Member) - Swami Bharat Bhushan (Member) - Dr HR Nagendra (Member) - Dr Ishwar Basavaraddi (Member) - Maa Dr Hansaji Yogendra (President, EC)	Mritunjay Auditorium
1530 to 1600	Break		

1600 to 1630	Satsang	Swami Bharat Bhushan (Member)	Anandmayi Hall
1630 to 1730	Plenary 1	- Maa Dr Hansaji Yogendra (President, EC) - Sadhvi Bhagawati Saraswati, Parmarth Niketan	
1730- 1800	CAMPUS TOUR	Introduction to DSVV important venues	
1815 to 1915	Workshops	AP SCC (Swapna Singh)	Shri Ram Bhawan F/F, R.no. (201)
		KASCC (Krishna Prakash)	Canteen 2nd Floor
		WBSCC (Mery Cecil)	Shri Ram Bhawan G/F R.no. (106)
		Pondy SCC (Yogachemmal G Dayanidy)	Anandmayi Hall
		MH SCC (Himanshu Raj)	Patel Bhawan G/F ,Smart Classroom
1930 to 2015	Deep Yagya	Dev Sanskriti Vishwavidyalaya	Anandmayi Hall
2015	Dinner		Anandmayi Mess Hall
18th Nov 2023			
0700 to 0800	Workshops	Assam SCC (Satakshi Bhattacharya)	Shri Ram Bhawan F/F, R.no. (201)
		CG SCC (Mritunjay Rathore)	Canteen Hall 2nd Floor
		RJSCC(Yogacharya Dhakeram)	Shri Ram Bhawan G/F R.no. (106)
		DLSCC (Mr. Roshan Kumar Pathak)	Anandmayi Hall
		Individual (Dr Krishna Murari(Swamiji)	Patel Bhawan G/F ,Smart Classroom
0800 to 0900	Breakfast		

0930 to 1100	GBM	IYA Members	
1130 to 1230	Panel Discussion 1 – Yoga and Mental Health	Yogacharya S Sridharan, Vice President, IYA, macharya Yoga Mandiram	Anandmayi Hall
		Dr Ananda Balayogi Bhavanani, Joint Secretary, Institute of Salutogenesis and Complementary Medicine Pondicherry	
		Smt Fharzana Siraj, Founder, Orange Ray	
		or: Dr Hemant Bhargav, NIMHANS	
1300 to 1400	LUNCH		Anandmayi Mess Hall
1400 to 1500	Panel Discussion 2 -	Dr Ganesh Rao, Director, Standing Academics & ation Committee	Anandmayi Hall
	Application of Yoga philosophy and ethical values	Shri KC Jain, Treasurer, IYA	
		Acharya Birju Maharaj, Gujarat State Chapter ee	
		Shri Rajiv Terwadkar, ICCR	
		Moderator: Ganga Nandini, Parmarth Niketan	
1400 to 1700	Scientific Paper Presentation/	Dr Meena Ramanathan, Institute of Salutogenesis and Complementary Medicine (ISCM), Pondicherry	Shri Ram Bhawan G/F R.no. (106)

		• Dr Kamta Prasad Sahu, Asst Professor, Yog Department, Dev Sanskriti Vishwavidyalaya	Patel Bhawan G/F ,Smart Classroom
	Poster Presentation	• Dr Uddham Singh, Assistant Professor, Yoga Department, GurukulKangari University	
1515 to 1615	Plenary 2		Anandmayi Hall
		• Yogacharya S Sridharan, Vice President, IYA, Krishnamacharya Yoga Mandiram	
		• Dr Chinmay Pandya, Pro-Vice Chancellor, DSVV	
1630 to 1730	Panel 3 – Yoga as a therapy: Interdisciplinary approaches	• Dr Ganesh Rao, Director, Standing Academics & Accreditation Committee	Anandmayi Hall
		• Shri Hiroshi Aikata(Life Member-F), Co-ditrector – Thai Yoga Institute, Delegates from Japan	
		• Dr Satish Pathak, Kaivalyadhama	
		Moderator: Yogacharya Hemlata Sharma, Yogasthali Associate center, IYA	
1745 to 1845	Panel 4 – Yoga Asana	• Shri Mayur Karthik/ Smt Kamlesh Barwal, Art of Living	Anandmayi Hall
	Competition – Pros and Cons	• Swami Ulhasa, Isha Foundation	
		• Prof. Elangovan, Tamil Nadu State Chapter	
		Moderator - Dr Ananda Balayogi Bhavanani, Joint Secretary, IYA	

1900 to 2000	Cultural Event	DSVV	Mritunjay Auditorium
2000			
19th Nov 2023			
0700 to 0800	Workshops 5	Individual (Umesh Sharma/ Hemlata Sharma Ji)	Shri Ram Bhawan F/F, R.no. (201)
		TNSCC (Austere Guru P.Ganeshkumar Ji)	Canteen 2nd Floor
		DLSCC (Shri K C Jain Ji)	Shri Ram Bhawan G/F R.no. (106)
		GJSCC (Shri Rajeev Mishra Ji)	Anandmayi Hall
		KYM, MI (Shri Jankiraman Ji)	Patel Bhawan G/F ,Smart Classroom
0800 to 0900	Breakfast		
0900 to 1000	Manthan	Q&A Session	Anandmayi Hall
1015 to 1115	Panel Discussion 4 – Yoga Education – Maintaining the quality of Yoga	Prof.Elangovan, Tamil Nadu State Chapter	
		Shri ShrikrishnaMhaskar, GhantaliMitraMandal	
		Shri SurendraTyagi, Head of Department, Yoga Department, GurukulKangri University	
		Shri Suresh Barnwal, DevSanskritiVishwavidyalaya	
		Moderator: Dr Meena Ramanathan , Institute of Salutogenesis and Complementary Medicine ISCM of Sri Balaji Vidyapeeth, Puduchery	
1130 to 1230	Closing Ceremony	GC Members and Invited Guest	Anandmayi Hall

Special Features

❖ Ganga Aarti: All presenters, speakers and participants can join divine and world renowned Parmarth Ganga Aarti from 17–19th November. Those registered in the conference will be accommodated for seating and Aarti.

Note: Carry your participant badge to get entry to one side of the Yagya Kund on the Parmarth Ganga Ghat at 5pm for the Ganga Aarti. For questions and queries call Ashish Bhai +91 70602 15921



WORK SHOP- Details

Topic	Person Name	State Chapter of IYA	Institutional Affiliation
YAMAS AND NIYAMAS OF YOGA PHILOSOPHY FOR LIFESTYLE TRANSFORMATION IN FOUR DIMENSIONS IN THIS DIGITAL ERA	Swapna Singh	APSCC	Nayoga school
Yoga Nidra	Krishna	KASCC	Srimath Yoga
Deeply experiential understanding of Yoga	Mery Cecil	WBSCC	NSHM
Yoga Chikitsa: Wholeperson Approach to Health and Healing	Dyanidy	PONDY SCC	Institute of Salutogenesis & Complementary Medicine of Sri Balaji Vidyapeeth
Swara Yoga - Importance and Application	Himanshu Raj	MHSCC	Hatha Yoga
YOGA IN DAILY PRACTICE FOR STUDENTS	Stakshi Bhattacharjee	Assam SCC	Niramaya

Yoga Anatomy	Dr Mritunjay Rathore	CGSCC	Individual Life Member, Secretary CGSCC
Yoga for Obesity Management	Yogacharya Dhakeram	RJSCC	Yogapeace Foundation
YOGIC SUKSHMA VYAYAMA: A Better Way To Health	Mr. Roshan Kumar Pathak	YPM	IYA Member
Rediscovering Health and Happiness through Yoga	Rajeev Kumar Mishra,	GJSCC	Project 'Life'
Yoga for Balancing our Life	Dr Umesh Sharma/ Hemlata Sharma	As an individual	Yogasthali Yoga Society
YIN Yoga	Austere Guru P.Ganeshkumar	TNSCC	Global School of Yoga
The miracle of deep Breathing (Dergh Swasth Preksha)	K C Jain	DLSCC	Preksha
PEACE & HEALTH	Dr. Krishna Murari	as an Individual	YPM
Essential elements of yoga practice in KYM tradition"	Shri Janakiraman	MI	Krishnamacharya Yog Mandiram

PAPER PRESENTATION

1. **Alpana Singh**
2. **Anurag Jaiswal**
3. **Dayanidy G**

4. Kanta Kaveri Sonowal
5. BS Menon
6. Madhava Aphale
7. Mohnish Ramani
8. Nilachal
9. Pragya jain shrimal
10. Radhika Wazalwar
11. Singh BS
12. Satyavir Singh naulakha
13. Vipin uniyal
14. Vasundhara V
15. Dr Kanta Kaveri Sonowal
16. Mahajan VO



POSTER PRESENTATION

For poster the names selected are:

- 1. Pankaj Sarda**
- 2. Priyanka Vaidya**
- 3. Srimathi Sneha Patil**
- 4. Shyam sunder Tiwari**
- 5. Asha Ban**

