

Main Conference Timetable

September 25th 2021 Day 1

All timings shown below are in Singapore Standard Time.

Inaugural session 11:30 AM - 12:25 PM SGT

11:30 - 11:32 AM	Welcome Guests	Mr. Manoj Thakur Managing Director of Vyasa Yoga Singapore
11:32 - 11:40 AM	Lighting the Lamp	Mr. Charlie NG Civil Service Club General Manager
11:40 - 11:43 AM	Conference Overview	Dr. Vasudha M Sharma Head - Medical Services VHG Co-Founder, Managing Director, Vyasa Health Care
11:43 - 11:50 AM	Address by Chairman of AYTA	Dr. H R Nagendra President of Indian Yoga Association, Founder at SVYASA Yoga University, India, Chairman of AYTA
11:50 AM - 12:00 PM	Address by President of AYTA	Dr. Kazuo Keishin Kimura Japan Yoga Therapy Society, President, Japan, Yoga Niketan, Honorary Advisor, Founding Member of Global Consortium on Yoga Therapy, President of AYTA
12:00 - 12:10 PM	Address by Guest of Honour	H.E. Mr. P. Kumaran High Commissioner of India to Singapore
12:10 - 12:20 PM	Address by Guest of Honour	
12:20 PM	Release of Conference Souvenir Book	
12:20 - 12:25 PM	Vote of Thanks	Mr. Vashdev A. Khialani President of Singapore Sindhi Association

Yoga Break	12:25 - 12:30 PM	Quick Relaxation Technique QRT on Chair
Expert Speaker	12:30 - 1:00 PM (20 mins talk & 10 mins practice)	Role of Yogic Lifestyle in Preventive Cardiology - A Mechanistic Approach Dr. Indranill Basu Ray Cardiac Electrophysiologist, Director of Cardiovascular Research, Prof of Cardiology and Public Health, Chairman American Academy of Yoga and Meditation
Expert Speaker	1:05 - 1:35 PM (20 mins talk & 10 mins practice)	How Yoga Promotes Faster Recovery in Cardiac Rehabilitation Dr. Gautam Sharma Professor of Cardiology and Director CIMR, AIIMS, New Delhi, India
Closing remarks by Chairperson	1:40 - 2:50 PM	With Question & Answer Session Dr. B N Gangadhar President- Ethics and Medical Registration Board, National Medical Commission, New Delhi, India
Cultural Event	4:30 - 5:30 PM	Dance Program Bhaskar Art Academy, Singapore Indian performing arts group since 1952
Expert Speaker	5:00 - 5:30 PM	Maintaining Homeostasis With Yogic Breathing Dr. Shirley Telles Director, Patanjali Yoga Research Foundation, Haridwar, India
Expert Speaker	5:35 - 6:05 PM	Intermittent Fasting Aand Genome Health Maintenance Dr. Prakash Hande Associate Professor, Department of Physiology at NUS Medicine, Singapore
Expert Speaker	6:05 - 6:30 PM	Translating Yogic knowledge into Modern Medical Practice Dr. Akshay Anand Professor at Neuroscience Research Lab, Department of Neurology, and Prof. In Charge, Centre for Mind Body Medicine, PGIMER, Chandigarh.
Closing remarks by Chairperson	6:35 - 7:00 PM	With Question & Answer Session Dr. R. Nagaratna MD, FRCP, DSc, Medical Director, VYASA, Bengaluru, India

5th Asian Yoga Therapy Conference

Yoga & Well-Being

The Present Pandemic Scenario

Singapore

September 26th 2021 Day 2

Expert Speaker	11:30 AM - 12:00 PM	Integrative Cancer Rehab Ms. Santhosshi Narayanan MD, FACP, Asst Professor, Dept. of Palliative, Rehabilitation and Integrative Medicine, Division of Cancer Medicine. MD Anderson Cancer Center, Houston
Expert Speaker	12:05 - 12:35 PM	The Science Behind Emotions Dr. Manjunath NK BNYS, PhD, DSc Pro- Vice Chancellor, Director of Research, SVYASA University, Bengaluru, India
Expert Speaker	12:40 - 1:10 PM	Ancient Wisdom + Modern Technology: Psychophysiological + Spiritual Wellbeing through Yoga in an Online Word Dr. Lisa Kaley-Isley Clinical Psychologist, Founding Director of The Yoga Therapy Clinic
Closing Remarks by Chairperson	1:10 - 1:25 PM	With Question & Answer Session Dr. W. Selvamurthy President, Amity Science Technology and Innovation Foundation
Break	2:50 - 3:40 PM	Lunch Break
Yoga Break	3:40 - 4:00 PM	Mind Sound Resonance Technique (MSRT) Dr. Kadambini Acharaya, India PhD, Yoga Instructor & Yoga Therapist
Expert Speaker	4:00 - 4:30 PM	Spiritual Health for Mental stability Mr. Rajendra Yenkanamoole, Australia Founder of Vasudeva Kriya Yoga, B.E., M.E., M.B.A
Break	4:30 - 5:00 PM	Tea Break
Expert Speaker	5:00 - 5:30 PM	Enhancing Motor Skills and Cognitive Functions through Yoga Therapy in Parkinson's Disease Dr. Sanjay Raghav Associate Professor RMIT, Visiting Professor at SVYASA Movement Disorder Specialist- Monash Health Faculty- Monash University, MBBS, MD, DM, FRACP
Expert Speaker	5:35 - 6:05 PM	The Role of Yoga in Enhancing Postcovid Recovery Dr. Harshal Andhare, Singapore MBBS, Director & Consulting Physician at TrueCare Clinic
Expert Speaker	6:10 - 6:40 PM	Promoting Wellness through Yoga Education in China Dr. Lu Fang PhD, Professor, India-China Yoga college, Yunnan-Minzu University, Yunnan, China
Expert Speaker	6:40 - 6:55 PM	With Question & Answer Session Dr. Kazuo Keishin Kimura President Japan Yoga Therapy Society, Yoga Niketan, Honorary Advisor Founding Member of Global Consortium on Yoga Therapy President of AYTA

Closing Ceremony 6:55 - 7:45 PM SGT

6:55 - 7:05 PM	Welcome guest	7:05 - 7:15 PM	Summary of All Events
7:15 - 7:25 PM	Honorary Guest	7:25 - 7:30 PM	Participant Remarks
7:30 - 7:40 PM	Chief Guest	7:40 - 7:45 PM	Vote of Thanks