

Post Conference Schedule

September 28th 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Yoga For Diabetes	Yoga and Being Human	Yogic Philosophy of Food	Inauguration Program	Yoga Asana & Beyond Exploring Evolutionary Tools for Self Transformation, Inner Resilience & Planetary Healing	Heartfulness Meditation	Yoga for Youth in Pandemic	Ekatattva-abhyāsa: Practices to Anchor Onself
Instructor, Speaker	Ms. Jyoti Dube, India	Mr. Sanjay Kapoor, India	Dr. Gauri Rakkam, India	Honored Guest	Ms. Karine Shellshear, Australia		Dr. Antonietta Rozzi, Italy	Dr. Vinayachandra Banavathy, India

September 29th 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Yoga Therapy in Cerebrovascular Therapy	Clapping with Ms. Vijaya Mohan	Grounding and Expanding - Experience in Asana Practice	Cultural Program	Yoga to Live Well and to Die Well	Heartfulness Meditation	Impact of Covid-19 on Women's Health	Effect of Yoga on Stress Induced Task Performance, Life Satisfaction of Special Armed Forces
Instructor, Speaker	Mr. Đặng Hùng, Vietnam	Ms. Vijayalakshmi Mohan, Singapore	Dr. Ritesh Patel, India	Ms. Indu Kannan, Singapore	Ms. June Maemura, Japan		Dr. Sarita Shresth, Nepal	Dr. Lalitha Gaurav, India

September 30th 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Breath, Emotions & Energy – The Science behind Pranayama	Yoga for Hip Flexibility & Mobility: Release Emotional Tension & Stress	Yogic Management for Low Back Pain	Rangoli Design with Vijaya Mohan	Yoga: A Lifestyle Prescription to Prevent The Covid Storm	Heartfulness Meditation	Predictive, Preventive, Personalized and Participatory Approach of Ayurveda For Positive Health	Mantra Chanting - Based on Physiological & Cognitive Variables
Instructor, Speaker	Chirag Hakked, India	Ms. Rita Jain, Singapore	Mr. Ningombam Ganga, India	Ms. Vijayalakshmi Mohan, Singapore	Dr. Sivaneswaran Poobalasingam, Malaysia		Dr. Ajit Chauhan, India	Dr. Kadambini Acharaya, India

October 1st 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Chakra Flow : Awaken and Reconnect to Your Body	Learn How to Breathe	Awakening Our Core after Birth: A Postpartum Yoga Practice	Releasing the Stress with Every Little Movement with Sukshma Vyayamam	Role of Yoga in Child Immunity	Heartfulness Meditation	Yoga for The Endocrine System - Diabetes Therapy	Unique Benefits of Bhrumari (Simple Humming)- The Science & Practice
Instructor, Speaker	Mr. Anand Goyal, Singapore	Mr. Arun Sharma, Singapore	Dr. Amber Sawyer, USA	Ms. Rika Frost, Japan	Dr. Shiv Mangal, India		Dr. Amit Singh, India	Mr. Gunjan Y Trivedi, India

October 2nd 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 8:45 PM		9:00 - 9:30 PM
Topic	Yoga For Techies	Manage Anger & Fear	Yoga is for Everyone	Art of Deep Relaxation from India	Yoga and Ayurveda in the Management of Autism Spectrum Disorder		Post Conference Closing Ceremony
Instructor, Speaker	Ms. Tanuja, USA	Mr. Nitin Govila, Singapore	Mr. Manish Bhatia, Romania	Sumanta Nag, India	Dr. Vasudha M Sharma, India		

Post Conference Closing Ceremony

9:00 - 9:05 PM	Welcome Guest	9:05 - 9:10 PM	Summary of All Events	9:10 - 9:15 PM	Participants Remarks	9:15 - 9:25 PM	Chief Guest	9:25 - 9:30 PM	Vote of Thanks Dr. Alka Prakash, Singapore
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