

**1st International Yoga Conference
20-21 June, 2018**

**Organized by
Indian Council for Culture Relations & Consulate General of India, New York**

Venue : Consulate General of India, 3 East 64th Street, NY 10065

Final Schedule

20th June 2018 (DAY 1)

9.30 am - 10.00 am : Registration

10.00 – 10.40 am : Inaugural Session

10.00 - 10.10 – Welcome Remarks by CG

Invocation Dr. Dayashankar Vidyalkar

Lamp lighting by dignitaries

10.10 – 10.20 – Remarks by Dr. Pillai, Academic Coordinator

10.20 – 10.25 – Remarks by Dr. Alaric Arenander

10.25 – 10.35 – Remarks by Dr. H. R Nagendra (10 Mins)

10.35 – 10.40 - Remarks by President, ICCR (5 Mins)

10.40- 11.00 : High Tea (20 Min)

Group Photograph for Speakers

11.0 -12.45 - Session 1 (105 min)

Origin : Yoga in ancient Indian texts, contribution of Chanakya

1. Dr. Shubhada Joshi (India)
2. Dr. Radhakrishnan Pillai (India)
3. Dr. Peter Scharf (USA)
4. Dr. Alaric Arenander (USA)
5. Dr. Fred Travis (USA)

Moderator - Dr Gangadharan Nair Gopalapillai (India)

12.45 - 1.30 pm - Lunch Break (45 min)

1.30 –3.00 pm - Session 2 (90 min)

Yoga Shastra : Schools of Yoga in India

1. Dr. Madhavi Narsalay (India)
2. Prof. Dr. Mohd. Sanaullah (India)

3. Dr. Uma Shankar (India)

4. Dr. Siri Rama (Singapore)

Moderator - Dr. Peter Scharf (USA)

3.0 -3.15 pm - Tea break (15 min)

3.15- 5.0 pm - Session 3 (105 min)

Science behind Yoga : Research on Yoga and Yoga as a profession

1. Dr. Arvind P. Jamkhedkar (India)

2. Dr. Ajay Bharadwaj (India)

3. Dr. Anjali Kanojia (USA)

4. Dr. Anil Maheshwari (USA)

5. Dr. Karen Aoki (USA)

Moderator - Mr Mario Orsatti (USA)

7.30 PM onward– Dinner hosted by President, ICCR

Venue : Utsav, 1185 Avenue of the Americas, New York, NY 10036
(6th Ave, between 46th and 47th street)

21st June 2018 (DAY 2)

6.30 – 7.30 am: Yoga Practice by Dr. Dayashankar @ Central Park

(The Delegates are requested to leave the Hotel at 6 am & wear Yoga T-shirt & track pant).

9.30 - 10 am : Tea @ Consulate

10.0 -11.30 - Session 4 (90 min)

Yoga, health and medicine

1. Dr. Gayatri Devi Allamraju (India)
2. Dr. Sanjay Phadke (India)
3. Dr. Gary Kaplan(USA)
4. Dr. Shuvendu Sen (USA)

Moderator - Dr. Arvind P. Jamkhedkar

11.30 -11.45 - Tea Break (15 min)

11.45 -1.30 - Session 5 (105 min)

Yoga in personal well being: stress management and alternative therapies

1. Dr. Priya M. Vaidya (India)
2. Dr. Suresh Lal Barnwal (India)
3. Dr. Sudha Nair (Hong Kong)
4. Dr. Sat Bir Singh Khalsa (USA)
5. Dr. Dayashankar Vidyalankar (USA)

Moderator - Dr. Shubhada Joshi (India)

1.30- 2.0 pm – Lunch Break (30 min)

2.0 -3.45 pm - Session 6 (105 min)

Yoga, good governance and world peace

1. Dr Gangadharan Nair Gopalapillai (India)
2. Mr Mario Orsatti (USA)
3. Mr. Pranav Patel (India)
4. Dr. Sarath Menon (USA)
5. Dr. Rakesh Varma (India)

Moderator - Dr. Gary Kaplan (USA)

3.45 - 4.00 - Tea Break (15 min)

4.00 – 4.30 pm - Valedictory Session

4.00 – 4.10 : Closing Remarks by Mr. Pillai, Academic Coordinator (10 Mins)

4.10 – 4.15 : Remarks by [Dr. Gary Kaplan](#) (5 mins)

4.15 – 4.30 : Remarks by President, ICCR (15 Mins)

4.30 – 4.35 : Vote of thanks by CG (5 mins)
