1st International Yoga Conference  
20-21 June, 2018 
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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 Vidyalankar 
  
  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)
3.0 - 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)
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)

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