

**1<sup>st</sup> 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 64<sup>th</sup> Street, NY 10065**

**Final Schedule**

**20<sup>th</sup> 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. Sanallah (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 46<sup>th</sup> and 47<sup>th</sup> street)

**21<sup>st</sup> 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)*

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