

Indian Council for Cultural Relations
Azad Bhavan, I.P. Estate, New Delhi – 110 002

“UBUNTU International Yoga Conference – Yoga for Universal Well-being”
Finding Commonalities between Indian and African Traditions”

21-22 June, 2021
Tentative Programme Schedule

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| 1. | Date | 21-22 June 2021 (Monday – Tuesday) |
| 2. | Venue | Conference Room, ICCR, New Delhi |
| 3. | Mode | Virtual Mode |
| 4. | Academic Coordinators | Dr. Sharduli Terwadkar and Shri. Rajiv Terwadkar in collaboration with ICCR |
| <u>Day 1 - Monday, 21 June 2021</u> | | |
| Inaugural Session – Emcee Smt. Manjistha Mukherjee Bhatt, ICCR | | |
| | 1330 -1340 hrs | Welcome and introductions by Emcee |
| | 1340 - 1350 hrs | Prayers & Invocation by Dr. Sharduli Terwadkar |
| | 1352 - 1402 hrs | Address by Dr. Vinay Sahasrabuddhe , Hon. President, ICCR |
| | 1404 - 1409 hrs | Recorded Speech of Hon’ble Prime Minister Shri Narendra Modi |
| | 1411 – 1416 hrs | Recorded Address of Shri Kiren Rijiju , Hon’ble Minister of AYUSH, Republic of India (Proposed) |
| | 1418 – 1423 hrs | Recorded Address of - AU (TBC) - Health Minister of African countries (TBC) |
| | 1425 – 1435 hrs | Address by Gurudev Sri Sri Ravi Shankar – Art of Living (TBC) |
| | 1435 – 1445 hrs | Break |
| Technical Session I: Yoga for COVID-19 Management | | |
| <i>(Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa)</i> | | |
| | 1445 – 1545 hrs | Moderator: Dr. Sharduli Terwadkar Panelists: 1. TDr. Bakhombisile Maseko , Indigenous Knowledge Holder, Traditional Health Practitioner (Herbalist), advocate for IKS from South Africa (Confirmed) 2. Prof. Nceba Gqaleni , Honorary Research Professor at the Durban University of Technology and a Visiting Professor Vaal University of Technology (Confirmed) 3. Mr. George Gandiro , President, Zinatha – Zimbabwe National Traditional Healers Association 4. Dr. Ishwar V. Basavaraddi , Director, Morarji Desai National Institute of Yoga, N. Delhi, India 5. Dr. Pramod Patil , Head of Yoga Center, Dinanth Mangeshkar Hospital, Pune, India (Confirmed) Q&A |

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| Day 2 - Tuesday, 22 June 2021 | |
| 1330 – 1340 hrs | Prayers & Meditation by Dr. Sharduli Terwadkar |
| Technical Session II: Enhancing mental and physical well-being | |
| <i>(Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa)</i> | |
| 1340 – 1440 hrs | <p>Moderator: Mr. Toki Mohoto</p> <p>Panelists:</p> <ol style="list-style-type: none"> Ms. Akosua Aset, Certified Smai Tawi Expert from Germany of Jamaican descent. (Confirmed) Dr Motheo Koitsiwe, Acting Director at the Indigenous Knowledge Systems Centre, Faculty of Natural and Agricultural Sciences, North - West University Shri. Sant Naamdevji Maharaj, Vihangam Yoga Sansthan & Founder and CEO of Sadafal Foundation, Delhi, India Dr. R Nagaratna, Medical Director, Division of yoga and life sciences and chief consultant at Arogyadhama, SVYASA (Confirmed) <p>Q&A</p> |
| 1440 – 1445 hrs | Break |
| Technical Session III: Yoga for Cure of Lifestyle Diseases (such as diabetes, blood pressure, mental and physical stress, sleep disorder, ergonomics etc.) | |
| <i>(Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa)</i> | |
| 1445 – 1545 hrs | <p>Moderator: Dr. Sharduli Terwadkar</p> <p>Panelists:</p> <ol style="list-style-type: none"> Dr. Raghavendra Rao, Director, Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, India Mr. Yirser Ra Hotep, Master Instructor of Yoga and the creator of the Yoga Skills Method from USA (Confirmed) Ms. Kamlesh Barwal, Director of Yoga at Art of Living, Secretary General of Indian Yoga Association and Honorary Advisor of Yoga, Government of Himachal Pradesh (Confirmed) TDr. Gogo Sithembiso Nene, Senior Promoter, Traditional Healers Organisation, South Africa <p>Q&A</p> |
| Concluding Session: | |
| 1545 – 1615 hrs | <p>Gist of deliberations by Shri Rajiv Terwadkar</p> <p>Closing Speech by Sadhguru (TBC)</p> <p>Vote of Thanks by Shri. Dinesh K. Patnaik, Director General, ICCR</p> |

(All times in Indian Standard Time)