



7th YOGA UPDATE - 2017

YOGA FOR YOUTH: ANCIENT SCIENCE FOR THE MODERN GENERATION

Program Schedule

29th April 2017



Time Slot	Event Name	Guest Name	Venue
2pm onwards	Registration and Kit Distribution		
3.00pm to 4.30pm	Inauguration	<p>Chief Guest : Padma Bhushan Shri Anna Hazareji (Social Activist)</p> <hr/> <p>Guest of Honour : Shri Arvind Sawant (Hon'ble Member of Parliament)</p> <hr/> <p>Guest of Honour : Dr. Pratap Dighavkar, IPS (Additional CP - South Region)</p> <hr/> <p>Special Invitee: Dr. Praveen Gedam, IAS (Transport Commissioner)</p> <hr/> <p>Presided by : Justice Shri D.R. Dhanuka (Retd) (Trustee/Honorary Director)</p> <hr/> <p>Welcome Address : Shri O.P. Tiwari (Managing Trustee)</p> <hr/> <p>Release of Souvenir and Yoga Book "YOGA AS THERAPY" by Shri Ravi Dixit Police personnel feedback report analysis</p> <hr/> <p>Vote of Thanks : Shri Ravi Dixit (Joint Director and Convenor)</p>	Stage Area
4.30pm to 5.00pm	Refreshment Break		Refreshment Area

Time Slot	Event Name	Guest Name	Venue
5.00pm to 6.00pm	Panel 1 : Analog to Digital Age - Youth, Yoga and Spirituality	Mrs. Shilpa Joshi - Chair (Kaivalyadham Faculty - Mumbai) Ms. Anu Aggarwal (President Anufunyoga, Star Author) BK Dr. Binny Sareen (Brahma Kumari) Shri Nimai Lila Das (Dean of Govardhan School of Yoga)	Stage Area
6.00pm to 7.00pm	Yoga Workshops - Practicals Special Workshop for Yoga Teachers Stress Management Therapeutic Yoga Traditional Yoga Practice	Shri O.P. Tiwari (Managing Trustee) Shri Ravi Dixit (Joint Director - Kaivalyadham Mumbai) Dr. Sharad Bhalekar (RMO - Kaivalyadham Lonavla) Mr. Anukool Deval (Yoga Teacher - Kaivalyadham Lonavla)	HALL-1, Front bldg HALL-2, Gr. floor - Back bldg HALL-3, 1 st floor - Back bldg HALL-4, 2 nd floor - Back bldg
7.00pm to 8.15 pm	Chanting and Spiritual Songs	Mr. Indrajeet Keisham (Musician - Singer and Composer) Yoga Shloka and Chanting - ISKCON Guests of Honour : Mr. Anup K. Singh (Joint CP Mumbai Police) Prof. Parag Thakkar (I/C Principal - H.R. College) Ms. Madhoo Shah (Actress) (Invited)	Stage Area
8.15 pm to 9 pm	Dinner (Ratra Bhojan)		Refreshment Area
30th April 2017			
7.30am to 9.00am	Yoga Workshops - Practicals Special Worksoop for Yoga Teachers Yoga for Concentration and Memory Yoga for Back and Neck Care Yoga for Obesity	Shri O. P. Tiwari (Managing Trustee) Shri Ravi Dixit (Joint Director - Kaivalyadham Mumbai) Dr. Sharad Bhalekar (RMO - Kaivalyadham Lonavla) Mr. Anukool Deval (Yoga Teacher - Kaivalyadham Lonavla)	HALL-1, Front bldg HALL-2, Gr. floor - Back bldg HALL-3, 1 st floor - Back bldg HALL-4, 2 nd floor - Back bldg
9.00am to 9.30am	Breakfast (Jal-paan)		Refreshment Area

Time Slot	Event Name	Guest Name	Venue
9.30am to 11.00am	Panel 2 : Yoga For Youth - The Way Forward	Dr. Ganesh Rao - Chair (Kaivalyadham Faculty - Lonavla/Mumbai) Dr. Henal Shah (Psychiatrist, Nair Medical College) Mr. Gaurav Mashruwala (Finance Consultant and Yoga Practitioner) Mr. Shrikrishna Mhaskar (Ghantali Mitra Mandal)	Stage Area
11.00am to 11.30am	Unwind through Yoga on Chair	Mr. Sandeep Solanki (Kaivalyadham Faculty)	Stage Area
11.30am to 1.00pm	Panel 3 : Understanding Yogic Tradition	Dr. Rajan Welukar - Chair (Provost - Somaiya Vidyavihar) Ms. Anahita Sanjana (Yoga Teacher, TEDx Speaker and Educationist) Prof. R.K. Bodhe (Kaivalyadham Faculty - Lonavla) Dr. Rajvi H. Mehta (Iyengar Yogashraya)	Stage Area
1 pm to 2 pm	Lunch (Petpuja)		Refreshment Area
2pm to 2.30pm	Yogic Siesta	Dr. G. P. Shukla Mrs. Shilpa Ghone Mr. Amit Sarpotdar, Mr. Ranjeet Das (Kaivalyadham Mumbai Team)	HALL-1, Front bldg HALL-2, Gr. floor - Back bldg HALL-3, 1 st floor - Back bldg HALL-4, 2 nd floor - Back bldg
2.30pm to 3.30pm	Interactive Session : You Are What You Eat	Mr. Uday Chotai (Naturopath) Dr. Parvin Desai (Consultant surgeon) Dr. Shailesh Nadkarni (Ayurved Doctor)	Stage Area

Time Slot	Event Name	Guest Name	Venue
3.30pm to 4pm	Pre and Post Exam Stress Buster	Mr. Minoo Jokhi (Mathematician & Yoga Practitioner) Special Invitee : Dr. Hemlata Bagla (I/C Principal - K.C. College)	Stage Area
4.00 pm to 4.30 pm	Refreshment Break		Refreshment Area
4.30pm to 6pm	Global Trends & Updates in Yoga Foundation Day Presentation Closing Ceremony and Valedictory Function	Shri Sudhir Tiwari (Kaivalyadham International) Dr. Satish Pathak (Kaivalyadham Mumbai) Chief Guests : Padma Shri Dr. Prakash Amte & Dr. Mrs. Mandakini Amte (Social Workers) Keynote Speaker : Justice Shri B.N. Srikrishna (Retd Judge, Supreme Court of India) Guest of Honour : Shri Raj K. Purohit (Hon'ble Member of Legislative Assembly) Guest of Honour : Shri Satish Mathur (DGP Maharashtra Police) Special Invitee : Mrs. Juhi Chawla Mehta Vision of Swami Kuvalayananda : Shri O.P. Tiwari (Managing Trustee) Vote of Thanks : Shri Ravi Dixit (Joint Director & Convenor)	Stage Area

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