

5th Asian Yoga Therapy Conference

Yoga & Well-Being

The Present Pandemic Scenario

25th September to 26th September 2021

Singapore

Pre Conference

19th September to 23rd September 2021

- Interactive Sessions with Yoga Therapy Experts and Spiritual Masters
- Specialised Yoga Therapy Techniques
- Integration of Yoga Therapy with Traditional Healing Methods

Post Conference

28th September to 2nd October 2021

Organised and Hosted by

VyasaYOGA
Singapore

Technical Collaboration



Event Organizer



Supported by



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Singapore



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www.asianyogatherapy.com



Singapore is a multiethnic city-state located in the Maritime of Southeast Asia, at the southernmost tip of the Malay Peninsula. Known for being a global financial center, this archipelago consists of a diamond shaped main island and is one of the world's busiest shipping lanes. Occupying a land area of approximately 724.2 Sq km, this city, country, island & archipelago is a shopper's paradise, having a world-class city airport, and a Botanic Garden that is a World Heritage Site. Singapore is the place where one would catch a quick glimpse of the Asian cultures that immigrants have brought from all parts of the continent : An Instant Asia. Spoken languages are English, Malay, Chinese (mandarin), and Tamil.

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- Interactive Sessions with Yoga Therapy Experts and Spiritual Masters
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Programs

- Cultural Programs
- Inaugural Key Notes
- Yoga in Enhancing Post Covid Recovery
- Intermittent Fasting and Genome Health Maintenance
- Integrating Yoga Therapy with Western Medicine: An American Experience
- Ancient Wisdom & Modern Technology: Psychophysiological & Spiritual Wellbeing through Yoga in an Online Word

Conference Speakers



Dr. R Nagarathna, India

MBBS, MD, FRCP, FICA (USA)
Chief Yoga Therapy Consultant, SVYASA,
Director, Arogyadhama and Standing Committee IYA,
India



Dr. Shirley Telles, India

Director, Patanjali Yoga Research Foundation, Haridwar,
India



Dr. Antonietta Rozzi, Italy

Professor of Pedagogy & Yoga University of Bologna
and Bolzano
President of ASSOYOGA Italia
Founder and President of Sarva Yoga International Honorary
President of Italian Yoga Federation



Mr. N V Raghuram, India

Founder Chairman &
Spiritual Guide of
YogaBharati USA,
Founder Chairman of
Disha Bharat



Dr. Harshal Andhare, Singapore

MBBS
Director & Consulting
Physician at TrueCare
Clinic



Ms. Joanne Teo, Singapore

International Certified
Nutritionist & Total
Wellness Advocate,
Weight Management
Consultant



Dr. Abhishek Joshi, Bali

BAMS, MD, Ph.D (Ayurveda)
Ayurveda Chair, UNHI, Bali,
Indonesia
Co-founder, Vaidya
Ayurveda, USA



Dr. Amy Wheeler, USA

Founding Director of
Optimal State Yoga
Therapy Programs
Ph.D. Educational
Psychology



Mr. Đặng Hùng, Vietnam

Founder of HocVein
Yoga Vietnam



Dr. Sanjay Raghav, Australia

Associate Professor RMIT,
Visiting Professor at SVYASA
Movement Disorder
Specialist- Monash Health
Faculty- Monash University,
MBBS, MD, DM, FRACP



Ms. Karine Shellshear, Australia

President of AAYT
Certified Yoga Therapist



Dr. Sarita Shresth, Nepal

Senior Ayurveda
Gynecologist
Obstetrician (Mother of
Ayurveda in USA/West)
Founder Chaur Devi Ma
Kunja



Mr. Vyasah Kalyanasunderam, Sri Lanka

Founder of Astanka
Yoga Mandir
Co-Founder of
A.A.Y.U.S.H Sri Lanka



Dr. Vinayachandra Banavathy, India

Director of Indica Yoga
Ph.D. Psychological
Insights of Vedas



Mr. Gunjan Y Trivedi, India

Life Coach
Wellness Space



Dr. H R Nagendra, India

President of Indian Yoga Association
Founder at SVYASA Yoga University, India
Chairman of AYTA



Dr. Kazuo Keishin Kimura, Japan

Japan Yoga Therapy Society, President
Japan, Yoga Niketan, Honorary Advisor
Founding Member of Global Consortium on Yoga Therapy
President of AYTA



Dr. Raghavendra Rao, India

Director
Central Council for Research in
Yoga and Naturopathy (CCRYN)
Clinical Research Scientist at Svyasa Yoga University



Dr. Manjunath Sharma, India

BNYS, PhD, DSc,
Pro-Vice-Chancellor & Director of
Research S-VYASA Yoga University, India



Dr. Vasudha M Sharma, India

Head - Medical Services
VHG
Co-Founder, Managing
Director, Vyasa Health
Care



Dr. Lisa Kaley-Isley, USA

Clinical Psychologist
Founding Director of
The Yoga Therapy
Clinic



Ms. Anneke Sips, Holland

Founder of Network
Yoga Therapy
Founder of The Yoga
Therapy Conference



Dr. Lu Fang, China

PhD, Professor,
India-China Yoga
College, Yunnan-Minzu
University, Yunnan,
China



Dr. Poornima, India

MD, MRAV
Director Prajna
Kuteera Ayurveda
Center



Dr. Sivanewaran Poobalasingam, Malaysia

Founder & President
The Malaysian Society
of Lifestyle Medicine



Dr. Indranill Basu Ray, USA

Cardiac Electrophysiologist,
Director of Cardiovascular
Research, Prof of
Cardiology and Public
Health, Chairman American
Academy of Yoga and
Meditation



Dr. M. Prakash Hande, Singapore

Associate Professor
Department of
Physiology at NUS
Medicine



Dr. W. Selvamurthy, India

President, Amity Science
Technology and
Innovation Foundation



Dr. Shiv Mangal, Nepal

Associate Professor &
Campus Chief
Aurveda Campus,
Institute of Medicine



Dr. Akshay Anand, India

Professor at Neuroscience
Research Lab, Department
of Neurology, and
Prof. In Charge, Centre for
Mind Body Medicine,
PGIMER, Chandigarh.



Sri Rajendra Yenkanamoole, Australia

Founder of Vasudeva
Kriya Yoga
B.E., M.E., M.B.A

Main Conference Timetable

September 25th 2021 Day 1

All timings shown below are in Singapore Standard Time.

Inaugural session 11:30 AM - 12:25 PM SGT

| | | |
|---------------------|-------------------------------------|---|
| 11:30 - 11:32 AM | Welcome Guests | Mr. Manoj Thakur Managing Director of Vyasa Yoga Singapore |
| 11:32 - 11:40 AM | Lighting the Lamp | Mr. Charlie NG Civil Service Club General Manager |
| 11:40 - 11:43 AM | Conference Overview | Dr. Vasudha M Sharma Head - Medical Services VHG Co-Founder, Managing Director, Vyasa Health Care |
| 11:43 - 11:50 AM | Address by Chairman of AYTA | Dr. H R Nagendra President of Indian Yoga Association, Founder at SVYASA Yoga University, India, Chairman of AYTA |
| 11:50 AM - 12:00 PM | Address by President of AYTA | Dr. Kazuo Keishin Kimura Japan Yoga Therapy Society, President, Japan, Yoga Niketan, Honorary Advisor, Founding Member of Global Consortium on Yoga Therapy, President of AYTA |
| 12:00 - 12:10 PM | Address by Guest of Honour | H.E. Mr. P. Kumaran High Commissioner of India to Singapore |
| 12:10 - 12:20 PM | Address by Guest of Honour | |
| 12:20 PM | Release of Conference Souvenir Book | |
| 12:20 - 12:25 PM | Vote of Thanks | Mr. Vashdev A. Khialani President of Singapore Sindhi Association |

| | | |
|-----------------------------------|--|---|
| Yoga Break | 12:25 - 12:30 PM | Quick Relaxation Technique QRT on Chair |
| Expert Speaker | 12:30 - 1:00 PM (20 mins talk & 10 mins practice) | Role of Yogic Lifestyle in Preventive Cardiology - A Mechanistic Approach Dr. Indranill Basu Ray Cardiac Electrophysiologist, Director of Cardiovascular Research, Prof of Cardiology and Public Health, Chairman American Academy of Yoga and Meditation |
| Expert Speaker | 1:05 - 1:35 PM (20 mins talk & 10 mins practice) | How Yoga Promotes Faster Recovery in Cardiac Rehabilitation Dr. Gautam Sharma Professor of Cardiology and Director CIMR, AIIMS, New Delhi, India |
| Closing remarks by Chairperson | 1:40 - 2:50 PM | With Question & Answer Session Dr. B N Gangadhar President- Ethics and Medical Registration Board, National Medical Commission, New Delhi, India |
| Cultural Event | 4:30 - 5:30 PM | Dance Program Bhaskar Art Academy, Singapore Indian performing arts group since 1952 |
| Expert Speaker | 5:00 - 5:30 PM | Maintaining Homeostasis With Yogic Breathing Dr. Shirley Telles Director, Patanjali Yoga Research Foundation, Haridwar, India |
| Expert Speaker | 5:35 - 6:05 PM | Intermittent Fasting Aand Genome Health Maintenance Dr. Prakash Hande Associate Professor, Department of Physiology at NUS Medicine, Singapore |
| Expert Speaker | 6:05 - 6:30 PM | Translating Yogic knowledge into Modern Medical Practice Dr. Akshay Anand Professor at Neuroscience Research Lab, Department of Neurology, and Prof. In Charge, Centre for Mind Body Medicine, PGIMER, Chandigarh. |
| Closing remarks by Chairperson | 6:35 - 7:00 PM | With Question & Answer Session Dr. R. Nagaratna MD, FRCP, DSc, Medical Director, VYASA, Bengaluru, India |

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September 26th 2021 Day 2

| | | |
|--------------------------------|---------------------|--|
| Expert Speaker | 11:30 AM - 12:00 PM | Integrative Cancer Rehab Ms. Santhosshi Narayanan MD, FACP, Asst Professor, Dept. of Palliative, Rehabilitation and Integrative Medicine, Division of Cancer Medicine. MD Anderson Cancer Center, Houston |
| Expert Speaker | 12:05 - 12:35 PM | The Science Behind Emotions Dr. Manjunath NK BNYS, PhD, DSc Pro- Vice Chancellor, Director of Research, SVYASA University, Bengaluru, India |
| Expert Speaker | 12:40 - 1:10 PM | Ancient Wisdom + Modern Technology: Psychophysiological + Spiritual Wellbeing through Yoga in an Online Word Dr. Lisa Kaley-Isley Clinical Psychologist, Founding Director of The Yoga Therapy Clinic |
| Closing Remarks by Chairperson | 1:10 - 1:25 PM | With Question & Answer Session Dr. W. Selvamurthy President, Amity Science Technology and Innovation Foundation |
| Break | 2:50 - 3:40 PM | Lunch Break |
| Yoga Break | 3:40 - 4:00 PM | Mind Sound Resonance Technique (MSRT) Dr. Kadambini Acharaya, India PhD, Yoga Instructor & Yoga Therapist |
| Expert Speaker | 4:00 - 4:30 PM | Spiritual Health for Mental stability Mr. Rajendra Yenkanamoole, Australia Founder of Vasudeva Kriya Yoga, B.E., M.E., M.B.A |
| Break | 4:30 - 5:00 PM | Tea Break |
| Expert Speaker | 5:00 - 5:30 PM | Enhancing Motor Skills and Cognitive Functions through Yoga Therapy in Parkinson's Disease Dr. Sanjay Raghav Associate Professor RMIT, Visiting Professor at SVYASA Movement Disorder Specialist- Monash Health Faculty- Monash University, MBBS, MD, DM, FRACP |
| Expert Speaker | 5:35 - 6:05 PM | The Role of Yoga in Enhancing Postcovid Recovery Dr. Harshal Andhare, Singapore MBBS, Director & Consulting Physician at TrueCare Clinic |
| Expert Speaker | 6:10 - 6:40 PM | Promoting Wellness through Yoga Education in China Dr. Lu Fang PhD, Professor, India-China Yoga college, Yunnan-Minzu University, Yunnan, China |
| Expert Speaker | 6:40 - 6:55 PM | With Question & Answer Session Dr. Kazuo Keishin Kimura President Japan Yoga Therapy Society, Yoga Niketan, Honorary Advisor Founding Member of Global Consortium on Yoga Therapy President of AYTA |

Closing Ceremony 6:55 - 7:45 PM SGT

| | | | |
|----------------|----------------|----------------|-----------------------|
| 6:55 - 7:05 PM | Welcome guest | 7:05 - 7:15 PM | Summary of All Events |
| 7:15 - 7:25 PM | Honorary Guest | 7:25 - 7:30 PM | Participant Remarks |
| 7:30 - 7:40 PM | Chief Guest | 7:40 - 7:45 PM | Vote of Thanks |

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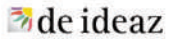
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Singapore Indian Chamber of Commerce & Industry
ESTABLISHED 1948



LUMINA AESTHETICS CLINIC



ALPVEDA



LIFE SPRING WELLNESS SERVICES

Venue

Vyasa Yoga & Ayurveda @ 60 Tessensohn Road,
Civil Service Club, Singapore, 217664

This will be a hybrid conference.

Limited seats venue, with virtual online availability.

Contact: +65 6295 0190

WhatsApp: +65 8126 9632

Email: enquiry@vyasasingapore.com

Website:

www.vyasasingapore.com

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For conference registration,
please go to www.asianyogatherapy.com