

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

Post Conference

28th September to 2nd October 2021

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

Organised and Hosted by

VyasaYOGA
Singapore

Technical Collaboration



High Commission of India
Singapore



Contact: +65 6295 0190
WhatsApp: +65 8126 9632
Email: enquiry@vyasasingapore.com

Website:
www.vyasasingapore.com
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.

5th Asian Yoga Therapy Conference

Yoga & Well-Being

The Present Pandemic Scenario

Singapore

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

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 of Research at Patanjali Research Foundation
Principal Investigator at Indian Council of
Medical Research Center
ICMR as Head, ICMR center for advanced research on
Yoga and Neuroscience at SVYASA



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. Danilo Forghieri Santaella, Brazil

Researcher in Yoga
Physiology
University of São Paulo



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

President of Karma Care
Australia, Director at
Dandenong Neurology &
Specialist Group, Founder
of Outpace Parkinson's
Program



Ms. Karine Shellshear, Australia

President of AAYT
Certified Yoga Therapist



Dr. Sarita Shresth, India

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



Mr. Vyasah Kalyanasunderam, India

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



Ms. Anneke Sips, Holland

Founder of Network
Yoga Therapy
Founder of The Yoga
Therapy Conference



Dr. Poornima, India

MD, MRAV
Director Prajna
Kuteera Ayurveda
Center



Mr. John Kepner

Former Director of
International Association
of Yoga Therapists (IAYT)



Dr. Ajit Chauhan, India

Professor & Head of
Kriya Sharir
Govt. Ashtang Ayurved
College, Indore



Dr. Harshal Andhare, Singapore

MBBS
Director & Consulting
Physician at TrueCare
Clinic



Dr. Lisa Kaley-Isley, USA

Clinical Psychologist
Founding Director of
The Yoga Therapy
Clinic



Dr. Rishi Ram Koirala, Nepal

Chairman of National
Ayurveda Research &
Training Center
Ayurveda Physician for
over 40 years



Dr. Sivaneshwaran Poobalasingam, Malaysia

Founder & President
The Malaysian Society
of Lifestyle Medicine



Dr. M. Prakash Hande, Singapore

Associate Professor
Department of
Physiology at NUS
Medicine



Dr. Shiv Mangal, Nepal

Associate Professor &
Campus Chief
Aurveda Campus,
Institute of Medicine



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	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 Chief Guest	H.E. Mr. P. Kumaran High Commissioner of India to Singapore
12:10 - 12:20 PM	Address by Guest of Honor	
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 1 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 2 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

Key Note 3 5:00 - 5:30 PM
Homeostasis Through Yoga
Dr. Shirley Telles
Director, Patanjali Yoga Research Foundation, Haridwar, India

Key Note 4 5:35 - 6:05 PM
Intermittent Fasting and Genome Health Maintenance
Dr. Prakash Hande
Associate Professor, Department of Physiology at NUS Medicine, Singapore

Closing remarks by Chairperson 6:05 - 6:20 PM
With Question & Answer Session
Dr. R. Nagaratna
MD, FRCP, DSc, Medical Director, VYASA, Bengaluru, India

Cultural Event 6:45 - 7:15 PM SGT

5th Asian Yoga Therapy Conference

Yoga & Well-Being

The Present Pandemic Scenario
Singapore

September 26th 2021 Day 2

Expert Speaker 5 11:30 AM - 12:00 PM

Integrative Cancer Rehab
Dr. Santhosshi Narayanan
MD, FACP, Asst Professor, Dept. of Palliative, Rehabilitation and Integrative Medicine, Division of Cancer Medicine. MD Anderson Cancer Center, Houston

Expert Speaker 6 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 7 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
Mr. John Kepner
Former Director of International Association of Yoga Therapists (IAYT)

Break 2:50 - 5:00 PM

Expert Speaker 8 5:00 - 5:30 PM

**Enhancing Motor Skills & Cognitive Functions through
Yoga Therapy in Parkinson's Disease**
Dr. Sanjay Raghav
President of Karma Care Australia, Director at Dandenong Neurology & Specialist Group, Founder of Outpace Parkinson's Program

Expert Speaker 9 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 10 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

**Closing Remarks
by Chairperson** 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

5th Asian Yoga Therapy Conference

Yoga & Well-Being

The Present Pandemic Scenario
Singapore

Organised and
Hosted by



Technical
Collaboration



High Commission of India
Singapore

Supported By

Sponsors



Astanka Yoga Mandir
Spiritual Lineage since 1953



Vivekanand Seva Sangh
Singapore



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

www.asianyogatherapy.com

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