

YANTRA-2020 - Schedule

Time	Title of talk	Speaker	Moderator
D A Y 1 - O c t o b e r 9 , 2 0 2 0			
4:00 – 5:00 pm	Inauguration: Presided over by Prof. BN Gangadhar		
	Track wise Session 1:		
5:00 – 5:40 pm	History and evolution of Iyengar Yoga; Its application in Mental Health Care	Dr Manoj Naik	Dr Aarti Jagannathan
5:40 -6:20 pm	History and evolution of Kundalini Yoga; Its application in Mental Health Care	Dr. Sat Bir Khalsa	Dr Bharath Holla
6:20 – 7:00 pm	Plenary Session 1: Need for Standardized Yoga Programs in Health Care	Prof B N Gangadhar	
7:00 – 7:30 pm	Poster presentation 1		
7:30 – 8:00 pm	Yoga for COVID19 (Practical)		
D A Y 2 - O c t o b e r 1 0 , 2 0 2 0			
	Track wise Session 2:		
4:30 – 5:10 pm	History and evolution of IAYT Approach; Its application in Mental Health Care	Dr Ramesh Mavathur	Dr Hemant Bhargav
5:10 – 5:50 pm	History and evolution of Patanjali Yoga; Its application in Mental Health Care	Faculty from Patanjali Yogpeeth	T.N Satyaprabha
5:50 – 6:30 pm	Plenary session 2: Yoga in the time of COVID 19	Dr H R Nagendra	
6:30-8:00 pm	Research Symposium		Chairperson
6:30 – 7:00 pm	Session 1: An overview of yoga research	Dr Sat Bir Khalsa	Dr R Nagarathna
7.00 – 7:30 pm	Session 2: Scientific grant writing & funding opportunities	Dr Akshay Anand	Dr Raghavendra Rao
7:30 - 8:00 pm	Session 3: Update on ongoing projects in Yoga & Meditation	Dr Shivarama Varambally	Dr Malla Bhaskara Rao
OCTOBER 11 – 15: LIVE YOGA SESSIONS BY YOGA SCHOOLS 4.30 TO 5.30 PM			
D A Y 3 - O c t o b e r 1 6 , 2 0 2 0			
	Track wise Session 1:		
4:30 – 5:10 pm	History and evolution of Sudarshan Kriya Yoga (Art of Living); Its application in Mental Health Care	Dr Vinoda Kochupillai	Dr Kishore Kumar
5:10 – 5:50 pm	History and evolution of Sahaj Yoga; Its application in Mental Health Care	Dr Santhosh Rai Dr Madhur Rai	Dr Kaviraj Udupa
5:50 – 6:30 pm	Plenary Session 3: Integrating Yoga into Mainstream Medicine	Dr. Shirley Telles	
6:30 – 7:10 pm	Poster Presentation 2		
7:10 -8:00 pm	Meditation Session		
D A Y 4 - O c t o b e r 1 7 , 2 0 2 0			
4:30 – 7:10 pm	Meditation Symposium		
4:30 – 5:10 pm	Session 1: Relevance of Vipassana Meditation	Prof. Ravindra Panth	Dr Bindu Kutty & Team
5:10 – 5:50 pm	Session 2: Self and Circadian Information Processing: Neuroscience and Yoga Perspectives."	Prof. Vinod Deshmukh	
5:50 – 6:30 pm	Session 3: Meditation and Cognition	Prof. Srinivasan Narayanan	
6:30 – 7:10 pm	Key Note Address : Yoga and Meditation for holistic health : Scientific perspectives	Prof. W. Selvamurthy	
7:10 – 8:00 pm	Valedictory : Presided over by Prof. S. K Chaturvedi		