

# YANTRA-2020 - Schedule

Time	Title of talk	Speaker	Moderator
<b>DAY 1 - October 9, 2020</b>			
4:00 – 5:00 pm	Inauguration: Presided by Director, NIMHANS		
5:00 – 5:40 pm	<b>Track wise Session 1:</b> History and evolution of Iyengar Yoga; Its application in Mental Health	Dr Manoj Naik	Dr Aarti Jagannathan
5:40 -6:20 pm	History and evolution of Kundalini Yoga; Its application in Mental Health	Dr. Sat Bir Khalsa	Dr Bharath Holla
6:20 – 7:00 pm	<b>Plenary Session 1:</b> Need for Standardized Yoga Programs in Health Care	Prof B N Gangadhar	
7:00 – 7:30 pm	<b>Oral presentation 1</b>		
7:30 – 8:00 pm	Yoga for COVID19 (Practical)		
<b>DAY 2 - October 10, 2020</b>			
3:30 – 4:30 pm	<b>Poster Presentation -1</b>		
4:30 – 5:10 pm	<b>Track wise Session 2:</b> History and evolution of IAYT Approach; Its application in Mental Health	Dr Ramesh Mavathur	Dr Hemant Bhargav
5:10 – 5:50 pm	History and evolution of Patanjali Yoga; Its application in Mental Health	Dr Sachin Sharma	T.N Satyaprabha
5:50 – 6:30 pm	<b>Plenary session 2:</b> Yoga in the time of COVID 19	Dr H R Nagendra	
6:30-8:00 pm	<b>Research Symposium</b>		
6:30 – 7:00 pm	<b>Session 1:</b> An overview of yoga research	Dr Sat Bir Khalsa	Dr R Nagarathna
7.00 – 7:30 pm	<b>Session 2:</b> Scientific grant writing & funding opportunities	Dr Akshay Anand	Dr Raghavendra Rao
7:30 - 8:00 pm	<b>Session 3:</b> Update on ongoing projects in Yoga & Meditation	Dr Shivarama Varambally	Dr Malla Bhaskara Rao
<b>October 11 – 15: Live Yoga sessions by Yoga schools 4.30 to 5.30 PM</b>			
<b>DAY 3 - October 16, 2020</b>			
3:30 – 4:30 pm	<b>Poster Presentation -2</b>		
4:30 – 5:10 pm	<b>Track wise Session 3:</b> History and evolution of Sudarshan Kriya Yoga (Art of Living); Its application in Mental Health	Dr Vinoda Kochupillai	Dr Kishore Kumar
5:10 – 5:50 pm	History and evolution of Sahaj Yoga; Its application in Mental Health	Dr Santhosh Rai Dr Madhur Rai	Dr Kaviraj Udupa
5:50 – 6:30 pm	<b>Plenary Session 3:</b> Integrating Yoga into Mainstream Medicine	Dr. Shirley Telles	
6:30 – 7:20 pm	<b>Oral Presentation -2</b>		
7:20 -8:00 pm	History and evolution of Isha Yoga; Its application in Mental Health	Dr. Balachundar Subramaniam	Dr. Shivarama Varambally
<b>DAY 4 - October 17, 2020</b>			
3:30 – 4:30 pm	<b>Poster Presentation -3</b>		
4:30 – 7:10 pm	<b>Meditation Symposium</b>		
4:30 – 5:10 pm	Relevance of Vipassana Meditation	Prof. Ravindra Panth	Dr Bindu Kutty & Team
5:10 – 5:50 pm	Meditative Brain Mind : Craniospinal Organization	Prof. Vinod Deshmukh	
5:50 – 6:30 pm	Meditation and Cognition	Prof. Srinivasan Narayanan	
6:30 – 7:10 pm	<b>Key Note Address :</b> Yoga and Meditation for holistic health : Scientific perspectives	Prof. W. Selvamurthy Dr Bindu Kutty & Team	
7:10 – 8:00 pm	Valedictory : Presided over by Prof. S K Chaturvedi		