



7th YOGA UPDATE - 2017

YOGA FOR YOUTH: ANCIENT SCIENCE FOR THE MODERN GENERATION



29th & 30th APRIL 2017

(Celebrating Foundation Day 30th April 2017)

Program Schedule

29th April 2017

Time	Sessions
2:00 - 3:00pm	Registration and Kit Distribution Poster Presentation by Kaivalyadhama students Exhibition of Photo Gallery
3:00 - 4:30pm	Inauguration: Prayer and inner awareness Opening speech by Executive Trustee, Shri Subodh Tiwari Chief Guest: Honourable Governor of Maharashtra Keynote Speaker: Swami Baba Ramdev President: Retd. Justice Shri. Dhanuka Guest of Honour: Shri Anna Hazare Managing Trustee, Shri O.P. Tiwari Special Invitee: Ms. Juhi Chawla
4:30 - 5:00pm	Tea Break
5:00 - 6:30pm	Panel Discussion: YOGA FOR YOUTH: CLASSICAL VIS-A-VIS CONTEMPORARY EXCERPTS FROM TRADITIONAL YOGA AND MODERN GENERATION (YOGA FOR THE DIGITAL AGE)
6:30 - 7:00pm	Yoga Session: CONDUCTIVE PRACTICES WHILE SITTING ON THE CHAIR
7:00 - 8:00pm	EVOLUTION OF YOGA Yoga demonstration with music by Kaivalyadhama Students & others
8:00 - 9:00pm	Dinner (Petpuja)

30th April 2017

Time	Sessions
7:00 - 7:30am	SHUDDHI KRIYA DEMO by various members / students of Kaivalyadhama
7:30 - 8:30am	THE ESSENCE OF PRANAYAMA by Shri O. P. Tiwari
8:30 - 9:00am	Special Interactive Workshop: YOGA - PRE & POST EXAMS
9:00 - 9:30am	Breakfast (Jalpan)

30th April 2017

- 9:30 - 10:00am Plenary Sessions:**
(A) TRANSLATING CLASSICAL WISDOM IN YOGA TEXTS
TO ACTUALPRACTICE: INPUTS FROM PATANJALI YOGA
SUTRA, BHAGWAD GITA AND OTHER TEXTS
- 10:00 - 10:30am (B)** ADDRESSING THE CHALLENGES OF TODAY'S YOUTH
THROUGH YOGIC
PRINCIPLES: PERFORMANCE ENHANCEMENT,
LIFESTYLE MANAGEMENT, EMOTION REGULATION ETC.
- 10.30 - 11.00am (C)** YOU ARE WHAT YOU EAT – INFLUENCE OF THE DIET
ON THE MIND, EMOTIONS, BODY AND THE ROLE OF YOGA
- 11:00 - 11:30am Yoga Session:**
CONDUCTIVE FOR EXECUTIVES
- 11:30 - 1:00pm Panel Discussion:**
UPDATING GLOBAL RESEARCHES AND TRENDS IN YOGA
- 1:00 - 2:00pm Lunch break (Bhojan)**
- 2:00 - 2:30pm YOGIC SIESTA**
(practice in yoga halls)experiential activity
- 2:30 - 3:30pm Open Discussion:**
UNIVERSALITY OF YOGA: EXPERIENCES AND VIEWS OF
PEOPLE FROM DIFFERENT WALKS OF LIFE
- 3:30 - 3:45pm TAKE HOME TIPS FOR BETTER HEALTH**
by Kaivalyadham Mumbai Doctors / Teachers
- 3.45 - 4.00pm FOUNDATION DAY PRESENTATION**
- 4:00 - 5:30pm Valedictory Address:**
Shri O. P.Tiwari, Managing Trustee
Chief Guest:**Honourable Chief Minister of Maharashtra**
Keynote Speaker: **Dr. Vijay Bhatkar**
President: **Justice ShriKrishna**
Guest of Honour: **Dr. PrakashAmte & Dr. Mrs. Amte**
Special Invitee: **Milind Soman**
Vote of Thanks: Executive Trustee, **Shri SubodhTiwari**
- 5:30 - 6:00pm Distribution of certificates**

NOTE: This is a proposed schedule / program and may be modified. All Rights Reserved.



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KAIVALYADHAM

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