7th International Conference

Comprehensive Wellness Strategy



19th & 20th Oct 2024
Galaxy Ballroom
Level 4 CSC Tessensohn Club
Singapore

With the Guidance of

Dr. H R Nagendra Guruji

Padma Shri – 2016

Chancellor, S-VYASA

(Yoga University)

Bengaluru, India



Yoga, Meditation, Therapy, Cultural Activities, Music and Food

















7th International Conference

Comprehensive Wellness Strategy

19th & 20th
Oct 2024
Galaxy Ballroom
Level 4 CSC
Tessensohn Club
Singapore



Interactive
Sessions with
the Experts
of Yoga,
Yoga Therapy,
Ayurveda &
Naturopathy

Conference Schedule:

- Pre-Conference 14th to 17th Oct 2024 (Online)
- Main Conference 19th & 20th Oct 2024
 (In Person at CSC Tessensohn, Singapore)
- Post Conference 22nd to 25th Oct 2024 (Online)



- The Science of Bhramari Pranayama (Humming Bee Practices)
- Pranayama and Mudra Techniques for Micro to Macro Energy Frequencies in the Pancha Kosha
- Cognitive and Communicative Treatment with ARCH Yoga Therapy for Slow Learners
- Childhood Trauma and Mental Health
- Science of Fasting
- Beyond Wellness: Unveiling Future Trends and Predictions for Holistic Health, Holistic Wellbeing
- The Hardware and Software of Life: A Yogic Perspective on Personal Growth
- · Yoga Therapy for Emotional Intelligence, Self-Regulation & Self-Awareness
- Yoga and Diabetes
- Yoga Resource against Technostress in Modern Life
- Pranic Energising Technique (PET)
- Mind Sound Resonance Technique (MSRT)
- Mind Imagery Resonance Technique (MIRT)
- Beauty Concepts in Ayurveda
- Vedic Wisdom for Graceful Ageing (Special emphasis on Yoga and Ayurveda)

Organising Team



Mr. Manoj Thakur Program Chair & Organizer



Mr. Jai Suryamitra International Organizing Secretary

For further details please Contact

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www.vyasasingapore.com

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7th International Conference

Comprehensive **Wellness Strategy**

19th & 20th Oct 2024 **Galaxy Ballroom** Level 4 CSC Tessensohn Club Singapore



Eminent Personalities & Speakers



Dr. H R Nagendra India



Dr. Lorenzo Cohen USA



Dr. Manjunath N K



Mr. Uma Shanker Mishra St Kits & Nevis Govt.



Ms. Alison Jefferies



Ms. Laurie Hyland Robertson, USA



Dr. Vasudha M Sharma India



Mr. Dang Hung Vietnam



Dr. Dilip Sarkar USA



Dr. Amy Wheeler



Dr. Lisa Kaley-Isley



Dr. Colum Patrick Nolan Ireland



Dr. Trang Vo Vietnam



Mr. Vyasah Kalyanasunderam, Sri Lanka



Ms. June Koh Singapore



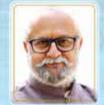
Dr. Antonietta Rozzi Italy



Dr. Poornima Krishnamurthy, India



Ms. Aryong Choi-Hantke South Korea



Dr. Rajesh Sharma



Ms. Sayaka Mori



Ms. Rika Frost lapan



Dr. Subhash Kumar Belize



Dr. Smitha Mallaiah



Dr. Vinayachandra Banavathy, India



Ms. Ingrid Verhagen Netherlands



Dr. Reeta Sharma



Ms. Riri G Trivedi



Pundit Radheshyam Mishra, Brazil



Dr. Gunjan Y Trivedi



Dr. Abhishek Joshi



Dr. Amit Singh



Dr. Vetri Vendan India



Dr. Ritesh Patel India



Mr. Anthony Loy Singapore



Singapore



Dr. Nidhi Choudhary India



Dr. Ramam Akkipeddi Singapore





Dr. Madhu Nagesh India



Mr. Henry Phua Singapore



19th & 20th Oct 2024 Galaxy Ballroom Level 4 CSC Tessensohn Club Singapore

Main Conference

19th & 20th Oct 2024 @ Ballroom, Level 4, CSC Tessensohn

Day 1: **19**th **Oct 2024,** Sat

Advance Pranayama Practice | 8:30 am - 9:00 am SGT

Mr. Vyasah Kalyanasunderam, Yoga Consultant, Astanka Yoga Mandir, Sri Lanka

Inaugural Session | 9:00 am - 9:45 am SGT

Dignitaries:

Dr. H R Nagendra, Chancellor, S-VYASA, India

Dr. Manjunath N K, Vice Chancellor & Director of Research, S-VYASA, India

Dr. H R Dayananda Swamy, Director, Vyasa Yoga Singapore

& Director, Finance & Adminstration, S-VYASA

Keynote Session - 1 | 10:00 am - 11:00 am SGT

Topic: The Yogic Lifestyle as a Way to Transform Your Life and Health

Chair:

Dr. H R Nagendra, Chancellor, S-VYASA, India

Speakers:

Dr. Lorenzo Cohen, Director, Integrative Medicine Program,
The University of Texas, MD Anderson Cancer Center (Houston), USA

Ms. Alison Jefferies, Wellness Coach and Educator,

Living Well with Alison, Houston, Texas

Tea break | 11:00 am - 11.30 am SGT

Plenary Session - 1 | 11:30 am - 12:30 pm SGT

Chair:

Dr. Manjunath N K, Vice Chancellor & Director of Research, S-VYASA, India

Speakers:

Ms. Riri G Trivedi, Yoga Therapist from S-VYASA Deemed to be University, Parenting Coach and Regression Therapist, India

Topic: Childhood Trauma and Mental Health

Dr. Poornima Krishnamurthy, Director & Chief Consultant, Prajna Kuteera Ayurveda Centre & Abhijna International Academy of Ayurveda & Yoga, Mysore,

Topic: Ayurveda and Yoga Therapies - An Elixir for the Obese **Dr. Colum Patrick Nolan,** Neurosurgeon, OXFORD Spine & Neuro, Singapore

Topic: Spine Care in modern days













19th & 20th Oct 2024 Galaxy Ballroom Level 4 CSC Tessensohn Club Singapore

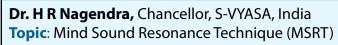
Main Conference

19th & 20th Oct 2024 @ Ballroom, Level 4, CSC Tessensohn

Day 1: 19th Oct 2024, Sat

Theory & Practice of Advance Yoga Technique

developed by S-VYASA, Bengaluru | 12:30 pm - 1:15 pm SGT



Lunch Break 1:15 pm - 2:00 pm SGT

Heartfulness Meditation | 2:00 pm - 2:15 pm SGT

Keynote Session - 2 | 2:15 pm - 2:45 pm SGT **Topic:** Whole-Person Healthcare for a New Era

Chair:

Dr. H R Nagendra, Chancellor, S-VYASA, India

Speaker:

Ms. Laurie Hyland Robertson, MS, C-IAYT USA

Plenary Session - 2 | 2:45 pm - 3:45 pm SGT

Chair:

Dr. Abhishek Joshi, BAMS, MD, PhD (Ayurveda), YIC, PGDYTD CEO and Senior Physician, Ayurveda Loka, Wayanad, Kerala and Cofounder Partner, Vaidya Ayurveda, USA

Speakers:

Dr. Sarang Patil, Renowned AYUSH Medical Doctor

Topic: Science of Fasting

Ms. Aryong Choi - Hantke, Yoga Therapist, South Korea and Hyeok Jun Kwon & Yong Hun Song

Topic: Cognitive and communicative treatment with ARCH Yoga Therapy for slow learners

Dr. Rajesh Sharma, Traumatologist & Orthopaedic, Spiritual Leader **Topic**: Concept of Spiritual Health

Tea break 3:45 pm - 4:00 pm SGT

Theory & Practice of Advance Yoga Technique

developed by S-VYASA Bengaluru | 4:00 pm - 5:00 pm SGT

Dr. H R Nagendra, Chancellor, S-VYASA, India **Topic**: Pranic Energising Technique (PET)





19th & 20th Oct 2024 Galaxy Ballroom Level 4 CSC Tessensohn Club Singapore

Main Conference

19th & 20th Oct 2024 @ Ballroom, Level 4, CSC Tessensohn

Break | 5:00 pm - 6:30 pm SGT

Day 1: **19**th **Oct 2024,** Sat

25th Anniversary Celebration (Cultural Program)

6:30 pm - 8:30 pm SGT

Day 2: 20th Oct 2024, Sun

Hearfulness Meditation | 8:00 am - 8:30 am SGT

Yoga Therapy for Depression | 8:30 am - 9:00 am SGT

Mr. Dang Hung, Director of Vietnam Yoga Academy, Vietnam

Dr. Trang Vo, Deputy Director of Vietnam Yoga Academy, Vietnam

Keynote Session - 3 | 9:00 am - 9:45 am SGT **Topic:** Aarogyadhama - Integrated Approach of Yoga Therapy

Speaker:

Dr. H R Nagendra, Chancellor, S-VYASA, India

Transformative Breathing Practice | 9:45 am - 10:00 am SGT

Mr. Sukhdev Yogi, Director, Happiness Kingdom, Singapore

Plenary Session - 3 | 10:00 am - 11:30 am SGT

Chair:

Dr. Vinayachandra Banavathy, Co-founder & Director, Indica Yoga & Chief Consultant, Strategic Initiatives, Chanakya University, India

Speakers:

Dr. Vetri Vendan, Experienced Siddha Medical Officer with expertise in Holistic Treatment and Yoga Therapy, India

Topic: Beyond Wellness: Unveiling Future Trends and Predictions for Holistic Health. Holistic Wellbeing

Dr. Reeta Sharma, Ayurveda and Yoga Expert, Indore, India Topic: Vedic Wisdom for Graceful Ageing (Special Emphasis on Yoga and Ayurveda)

Dr. Gunjan Y Trivedi, Co-founder, Wellness Space and SEE - Society for Energy and Emotions, India

Topic: The science of Bhramari Pranayama (Humming Bee practices)

Dr. Ramam Akkipeddi, Director, President's Office,

Nanyang Technological University, Singapore **Topic:** Yoga and Science

Closing Ceremony | 11.30 am - 12:00 noon SGT

Lunch | 12:00 noon - 1:00 pm SGT

















19th & 20th Oct 2024 Galaxy Ballroom Level 4 CSC Tessensohn Club Singapore

Pre-Conference (Online)

14th to 17th Oct 2024

Day 1: 14th Oct 2024, Mon | 11:00 am – 12:00 noon SGT

Dr. Poornima Krishnamurty, Director & Chief Consultant, Prajna Kuteera Ayurveda Centre & Abhijna International Academy of Ayurveda & Yoga, Mysore, India

Topic: Ayurveda and Yoga Therapies - Anelixir for the obese

Day 1: 14th Oct 2024, Mon | 7:00 pm – 8:00 pm SGT

Ms. Ingrid Verhagen, Senior Yoga and Wellness Guide, Netherlands **Topic:** Deep Dive into Vagus Nerve

Day 1: 14th Oct 2024, Mon | 8:00 pm – 9:00 pm SGT

Dr. Lisa Kaley-Isley, PhD, E-RYT-500, C-IAYT, USA **Topic:** The practices of yoga are revealed in times of need: cultivating wellness in a time of challenge

Day 1: 14th Oct 2024, Mon | 9:00 pm – 9:15 pm SGT

Topic: Heartfulness Meditation

Day 2: 15th Oct 2024, Tue | 11:00 am – 12:00 noon SGT

Mr. Vyasah Kalyanasunderam, Yoga Consultant, Astanka Yoga Mandir, Sri Lanka

Topic: Pranayama and Mudra Techniques for Micro to Macro energy frequencies in the Pancha Kosha

Day 2: 15th Oct 2024, Tue | 12:00 noon – 1:15 pm SGT

Mrs. Anjali Jaipuria, Vice Chairperson, Integral Education Society & amp; Chairperson, Navsrijan Education Society, India Topic: Man in a Transitional Being. He is not final

Day 2: 15th Oct 2024, Tue 7:00 pm – 8:00 pm SGT

Ms. Liudmila Emelianova, Vocologist/ Vocal Yoga Teacher and Singer, Russia **Topic:** Vocal Empowerment is a holistic approach to voice training aimed at opening the voice and its capabilities, as well as attaining balance, liberation, relaxation and free expression.

Day 2: 15th Oct 2024, Tue | 8:00 pm - 9:00 pm SGT

Ms. Alison Jefferies, Wellness Coach and Educator, Living Well with Alison, Houston, Texas

Topic: How to support and sustain healthy lifestyle changes

Day 2: 15th Oct 2024, Tue | 9:00 pm – 9:15 pm SGT

Topic: Heartfulness Meditation





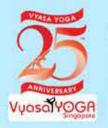












19th & 20th Oct 2024 Galaxy Ballroom Level 4 CSC Tessensohn Club Singapore

Pre-Conference (Online)

14th to 17th Oct 2024



Dr. Smitha Mallaiah, Sr. Mind-Body Intervention Specialist, University of Texas M D Anderson Cancer Center, Program Director at SVYASA-USA, Houston, Texas **Topic:** Yoga for Hospitalized Patients: Enhancing Recovery and Well-being

Day 3: 16th Oct 2024, Wed | 8:00 pm - 9:00 pm SGT

Dr. Lorenzo Cohen, Director, Integrative Medicine Program, The University of Texas, MD Anderson Cancer Center (Houston), USA **Topic:** Application of Evidence-based Yoga in Cancer Care

Day 3: 16th Oct 2024, Wed 9:00 pm – 9:15 pm SGT

Topic: Heartfulness Meditation

Day 4: 17th Oct 2024, Thu | 11:00 am - 11.30 am SGT

Dr. Amit Singh, Integrative Medical Consultant & Chief Medical Officer, Arogyadhama, S-VYASA Deemed to be University, Bengaluru, India **Topic:** Yoga for Diabetes

Day 4: 17th Oct 2024, Thu | 11.30 am - 12:00 noon SGT

Dr. Keishin Kimura, President of Japan Yoga Therapy Society **Topic:** What is Yoga Therapy

Day 4: 17th Oct 2024, Thu | 8:00 pm - 8.30 pm SGT

Ms. June Koh, Wellness Consultant **Topic:** TCM and Yoga Therapy

Day 4: 17th Oct 2024, Thu | 8.30 pm - 9:00 pm SGT

Ms. Sayaka Mori, Yoga Therapist, Sound Healer ((Singapore/ Japan), Founder of Sayayoga & Therapy Studio (Singapore), Kamal - Holistic Approach Yoga (Japan)

Topic: Yoga Nidra (practice)

Day 4: 17th Oct 2024, Thu 9:00 pm - 10:00 pm SGT

Dr. Amy Wheeler, Founding Director of Optimal State Yoga Therapy Programs PhD Educational Psychology

Topic: Yoga Therapy for Emotional Intelligence, Self-Regulation & Self-Awareness















19th & 20th Oct 2024 Galaxy Ballroom Level 4 CSC Tessensohn Club Singapore

Post-Conference (Online)

22nd to 25th Oct 2024

Day 1: 22nd Oct 2024, Tue | 11:00 am – 11:30 am SGT

Dr. Shiv Mangal Prasad, Associate Profession, Campus Chief, Ayurveda Campus, IOM, TU, Nepal

Topic: Dincharya and Ritucharya

Day 1: 22nd Oct 2024, Tue | 11:30 am – 12:00 noon SGT

Dr. Ritesh Patel, Bachelor in Ayurveda and MSc Yoga Sciences, India **Topic:** Yoga practice for good posture

Day 1: 22nd Oct 2024, Tue | 6:30 pm – 7:30 pm SGT

Ms. Shiny Varghese, Senior Yoga Therapist and Consultant, India **Topic:** The Burnout Epidemic: Recognizing and Preventing it

Day 1: 22nd Oct 2024, Tue | 7:00 pm - 7:30 pm SGT

Dr. A Subramanian, Secretary, Indian Yoga Association, Karnataka, India **Topic:** Bhakti Yoga

Day 1: 22nd Oct 2024, Tue | 7:30 pm – 8:00 pm SGT

Dr. Vasudha M Sharma, Director, Medical Services & Managing Director, Vyasa Health Care Pvt. Ltd., India **Topic:** Ayurveda and Gut Health

Day 1: 22nd Oct 2024, Tue | 8:00 pm – 9:00 pm SGT

Dr. Antonietta Rozzi, Professor of Pedagogy, Yoga University of Bologna and Bolzano, Italy **Topic:** Yoga resource against Technostress in modern life

Day 1: 22nd Oct 2024, Tue | 9:00 pm – 9:15 pm SGT

Topic: Heartfulness Meditation

Day 2: 23rd Oct 2024, Wed | 11:00 am – 12:00 noon SGT

Dr. Vinayachandra Banavathy, Co-founder & Director, Indica Yoga & Chief Consultant, Strategic Initiatives, Chanakya University, India **Topic:** Towards a Tranquil Mind: Insights from Patanjali

Day 2: 23rd Oct 2024, Wed 7:00 pm - 8:00 pm SGT

Dr. Nidhi Choudhary, Senior Yoga Instructor, Researcher and Yoga Therapy Consultant **Topic:** Yoga for Infertility

Day 2: 23rd Oct 2024, Wed | 8:00 pm - 9:00 pm SGT

Dr. Dilip Sarkar, MD, FACS, C-IAYT, DLitt (Yoga) and Chairman of the Center for Integrative Medicine and Yoga, Taksha Institute, Hampton, Virginia **Topic:** Yoga for Insomnia and Sleep Apnea

























19th & 20th Oct 2024 Galaxy Ballroom Level 4 CSC Tessensohn Club Singapore

Post-Conference (Online)

22nd to 25th Oct 2024

Day 2: 23rd Oct 2024, Wed | 9:00 pm – 9:15 pm SGT

Topic: Heartfulness Meditation

Day 3: 24th Oct 2024, Thu | 11:00 am - 11:30 am SGT

Dr. Abhishek Joshi, BAMS, MD, PhD (Ayurveda), YIC, PGDYTD CEO and Senior Physician, Ayurveda Loka, Wayanad, Kerala and Cofounder Partner, Vaidya Ayurveda, USA

Topic: Integrating Ayurvedic Principles and Modern Wellness Strategies: Enhancing Holistic Health and Healing

Enhancing Holistic Health and Healing

Day 3: 24th Oct 2024, Thu 11:30 am – 12:00 noon SGT

Dr. Madhu Nagesh, MDS, MFDSRCPS, MSc (Yoga) Consultant Faciomaxillary Surgeon, India **Topic:** Face Yoga and Somatic Breathing

Day 3: 24th Oct 2024, Thu | 8:00 pm- 9:00 pm SGT

Mr. Amit Sharma, Certified Iyengar Yoga Instructor **Topic:** Bend Backward - Spine Care Practice

Day 3: 24th Oct 2024, Thu 9:00 pm – 9:15 pm SGT

Topic: Heartfulness Meditation

Day 4: 25th Oct 2024, Fri | 11:00 am - 11:30 am SGT

Dr. Ajit Pal Singh Chauhan, Principal, Govt Ashtang Ayurved College & Hospital, Indore, India

Topic: Ayurveda Concept of Prakriti - A great role in present wellness strategy

Day 4: 25th Oct 2024, Fri 11:30 am - 12:00 noon SGT

Topic: Varmalogy and Pranayama

Day 4: 25th Oct 2024, Fri | 8:00 pm - 9:00 pm SGT

Ms. Rika Frost, Founder of Ayu Yoga Japan

Pundit Radheshyam Mishra Yoga Guru and Founder of Yogalife Globa

Pundit Radheshyam Mishra, Yoga Guru and Founder of Yogalife Global, Brazil **Topic:** Yoga Sutra for Asanas perfection

Day 4: 25th Oct 2024, Fri 9:00 pm – 9:15 pm SGT

Topic: Heartfulness Meditation







