

7th International Conference Comprehensive Wellness Strategy

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

VYASA YOGA
25TH
ANNIVERSARY

VyasaYOGA
Singapore

Vyasa Yoga & Ayurveda Pte Ltd
Registration/ UEN No - 201104592C



With the Guidance of
Dr. H R Nagendra Gurujii
Padma Shri – 2016
Chancellor, S-VYASA
(Yoga University)
Bengaluru, India



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7th International Conference Comprehensive Wellness Strategy

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Oct 2024**
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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)

Yoga & Yoga Therapy Sessions - Key Highlights:

- 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
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Eminent Personalities & Speakers



Dr. H R Nagendra
India



Dr. Lorenzo Cohen
USA



Dr. Manjunath N K
India



Mr. Uma Shanker Mishra
St Kitts & Nevis Govt.



Ms. Alison Jefferies
USA



Ms. Laurie Hyland
Robertson, USA



Dr. Vasudha M Sharma
India



Mr. Dang Hung
Vietnam



Dr. Dilip Sarkar
USA



Dr. Amy Wheeler
USA



Dr. Lisa Kaley-Isley
Holland



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
India



Ms. Sayaka Mori
Japan



Ms. Rika Frost
Japan



Dr. Subhash Kumar
Belize



Dr. Smitha Mallaiah
USA



Dr. Vinayachandra
Banavathy, India



Ms. Ingrid Verhagen
Netherlands



Dr. Reeta Sharma
India



Ms. Riri G Trivedi
India



Pundit Radheshyam
Mishra, Brazil



Dr. Gunjan Y Trivedi
India



Dr. Abhishek Joshi
India



Dr. Amit Singh
India



Dr. Vetri Vandan
India



Dr. Ritesh Patel
India



Mr. Anthony Loy
Singapore



Mr. Sukhdev Yogi
Singapore



Dr. Nidhi Choudhary
India



Dr. Ramam Akkipeddi
Singapore



Dr. Madhu Nagesh
India



Mr. Henry Phua
Singapore

Main Conference

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

Day 1: 19th 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 & Administration, 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,
India

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

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



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

Topic: Mind Sound Resonance Technique (MSRT)

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)

Main Conference

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

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

Day 1: 19th 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



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

Pre-Conference (Online)

14th to 17th Oct 2024

Day 3: 16th Oct 2024, Wed | 11:00 am - 12:00 noon SGT



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

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

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 Co-founder Partner, Vaidya Ayurveda, USA

Topic: Integrating Ayurvedic Principles and Modern Wellness Strategies:
 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

Ms. Rika Frost, Founder of Ayu Yoga Japan

Topic: Varmalogy and Pranayama

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

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

