

**Indian Council for Cultural Relations**  
**Azad Bhavan, I.P. Estate, New Delhi – 110 002**

**“UBUNTU International Yoga Conference – Yoga for Universal Well-being”**  
**Finding Commonalities between Indian and African Traditions”**

**21-22 June, 2021**  
**Tentative Programme Schedule**

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| 1.  | <b>Date</b>  | 21-22 June 2021 (Monday – Tuesday)  |
| 2.  | <b>Venue</b>   | Conference Room, ICCR, New Delhi  |
| 3.  | <b>Mode</b>  | Virtual Mode  |
| 4.  | <b>Academic Coordinators</b>   | Dr. Sharduli Terwadkar and Shri. Rajiv Terwadkar in collaboration with ICCR |
| <b><u>Day 1 - Monday, 21 June 2021</u></b>  |  |   |
| <b>Inaugural Session –</b> Emcee Smt. Manjistha Mukherjee Bhatt, ICCR   |  |   |
| <b>1330 -1340 hrs</b>   | Welcome and introductions by Emcee   |   |
| <b>1340 - 1350 hrs</b>  | Prayers & Invocation by Dr. Sharduli Terwadkar   |   |
| <b>1352 - 1402 hrs</b>  | <b>Address by Dr. Vinay Sahasrabuddhe</b> , Hon. President, ICCR   |   |
| <b>1404 - 1409 hrs</b>  | <b>Recorded Speech</b> of Hon’ble Prime Minister <b>Shri Narendra Modi</b>   |   |
| <b>1411 – 1416 hrs</b>  | <b>Recorded Address</b> of <b>Shri Kiren Rijiju</b> , Hon’ble Minister of AYUSH, Republic of India ( <b>Proposed</b> )   |   |
| <b>1418 – 1423 hrs</b>  | <b>Recorded Address</b> of <ul style="list-style-type: none"><li>- AU (TBC)</li><li>- Health Minister of African countries (TBC)</li></ul>   |   |
| <b>1425 – 1435 hrs</b>  | <b>Address by Gurudev Sri Sri Ravi Shankar – Art of Living (TBC)</b>   |   |
| <b>1435 – 1445 hrs</b>  | <b>Break</b>   |   |
| <b>Technical Session I: Yoga for COVID-19 Management</b>  |  |   |
| <b><i>(Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa)</i></b> |  |   |
| <b>1445 – 1545 hrs</b>  | <b>Moderator:</b> Dr. Sharduli Terwadkar<br><br><b>Panelists:</b> <ul style="list-style-type: none"><li>1. <b>TDr. Bakhombisile Maseko</b>, Indigenous Knowledge Holder, Traditional Health Practioner (Herbalist), advocate for IKS from South Africa (<b>Confirmed</b>)</li><li>2. <b>Prof. Nceba Gqaleni</b>, Honorary Research Professor at the Durban University of Technology and a Visiting Professor Vaal University of Technology (<b>Confirmed</b>)</li><li>3. <b>Mr. George Gandiro</b>, President, Zinatha – Zimbabwe National Traditional Healers Association</li><li>4. <b>Dr. Ishwar V. Basavaraddi</b>, Director, Morarji Desai National Institute of Yoga, N. Delhi, India</li><li>5. <b>Dr. Pramod Patil</b>, Head of Yoga Center, Dinanth Mangeshkar Hospital, Pune, India (<b>Confirmed</b>)</li></ul><br><b>Q&amp;A</b> |   |

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| <b>Day 2 - Tuesday, 22 June 2021</b>  |  |
| <b>1330 – 1340 hrs</b>  | Prayers & Meditation by Dr. Sharduli Terwadkar   |
| <b>Technical Session II: Enhancing mental and physical well-being</b>   |  |
| <i>(Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa)</i>  |  |
| <b>1340 – 1440 hrs</b>  | <p><b>Moderator:</b> Mr. Toki Mohoto</p> <p><b>Panelists:</b></p> <ol style="list-style-type: none"> <li>1. <b>Ms. Akosua Aset</b>, Certified Smai Tawi Expert from Germany of Jamaican descent. <b>(Confirmed)</b></li> <li>2. <b>Dr Motheo Koitsiwe</b>, Acting Director at the Indigenous Knowledge Systems Centre, Faculty of Natural and Agricultural Sciences, North - West University</li> <li>3. <b>Shri. Sant Naamdevji Maharaj</b>, Vihangam Yoga Sansthan &amp; Founder and CEO of Sadafal Foundation, Delhi, India</li> <li>4. <b>Dr. R Nagaratna</b>, Medical Director, Division of yoga and life sciences and chief consultant at Arogyadhama, SVYASA <b>(Confirmed)</b></li> </ol> <p><b>Q&amp;A</b></p>                      |
| <b>1440 – 1445 hrs</b>  | <b>Break</b>   |
| <b>Technical Session III: Yoga for Cure of Lifestyle Diseases (such as diabetes, blood pressure, mental and physical stress, sleep disorder, ergonomics etc.)</b> |  |
| <i>(Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa)</i>  |  |
| <b>1445 – 1545 hrs</b>  | <p><b>Moderator:</b> Dr. Sharduli Terwadkar</p> <p><b>Panelists:</b></p> <ol style="list-style-type: none"> <li>1. <b>Dr. Raghavendra Rao</b>, Director, Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, <b>India</b></li> <li>2. <b>Mr. Yirser Ra Hotep</b>, Master Instructor of Yoga and the creator of the Yoga Skills Method from USA <b>(Confirmed)</b></li> <li>3. <b>Ms. Kamlesh Barwal</b>, Director of Yoga at Art of Living, Secretary General of Indian Yoga Association and Honorary Advisor of Yoga, Government of Himachal Pradesh <b>(Confirmed)</b></li> <li>4. <b>TDr. Gogo Sithembiso Nene</b>, Senior Promoter, Traditional Healers Organisation, South Africa</li> </ol> <p><b>Q&amp;A</b></p> |
| <b>Concluding Session:</b>  |  |
| <b>1545 – 1615 hrs</b>  | <p><b>Gist of deliberations by Shri Rajiv Terwadkar</b></p> <p><b>Closing Speech by Sadhguru (TBC)</b></p> <p><b>Vote of Thanks by Shri. Dinesh K. Patnaik</b>, Director General, ICCR</p>   |

*(All times in Indian Standard Time)*