

YOGASTHA e-CONFERENCE

Research in Yoga Based Practices and Yoga Darshana

July 10 - 12, 2020

Yogastha Club, Indian Institute of Technology Bombay



Speakers & Resource Persons



Shri Mukul Kanitkar
Director,
Research for Resurgence
Foundation



Dr. Subhash Kak
Regents Professor,
Oklahoma State University



Dr. Shirley Telles
Director, Patanjali
Research Foundation



Dr. Sat Bir S. Khalsa
Asst. Professor of
Medicine, Harvard
Medical School



Dr. R. M. Matthijs Cornelissen
Director,
Indian Psychology Institute
Puducherry



Dr. Shriram Agashe
Senior Academic in the
field of Yoga



Dr. Nagaraj Paturi
Director, Inter-Gurukula
University Centre,
Indic Academy



Dr. M. Jayaraman
Director, Research
Department, Krishnamacharya
Yoga Mandiram



Dr. Rajen K. Gupta
Professor (Rtd.),
MDI Gurgaon



Dr. E. S. Srinivas
Professor, Organizational
Behavior & Human Resources
Management, IIM Bangalore



Dr. Rudraksh Sakrikar
Asst. Professor,
Bharatiya Sanskruti Peetham,
Somaiya University



Dr. Manish Singhal
Professor,
Organizational Behaviour,
XLRI Xavier School of Management



Coordinated by
Dr. Ashish Pandey
Associate Professor
SJMSOM, IIT Bombay

Pre Registration required on: Google Form : <https://bit.ly/2TMj2x0>

Venue : Online Via Zoom Platform

Contact : +91 98194 67525 | Email : yogasthaconference@som.iitb.ac.in

Program Schedule

Pre - Conference Workshop : 10th July

Session 1 : 10.00 am to 1.00 pm

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| 10.00 am - 10.30 am | Introduction and Welcome | |
| 10.30 am - 11.15 am | Shri Mukul Kanitkar | Need for Research for Resurgence |
| 11.15 am - 12.00 pm | Dr. Rudraksh Sakrikar | Conceptual and Philosophical Research in Yoga |
| 12.00 pm - 1.00 pm | Prof. E. S. Srinivas & Prof. Rajen K. Gupta | Yoga Research: Choices in Research Design |

Session 2 : 3.00 pm to 4.00 pm

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| 3.00 pm - 4.00 pm | Dr. Shirley Telles and Research Lab Team | Neuro physiological Research in Yoga : Sharing of Best Practices |
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Conference - Day 1 : 11th July

Session 1 : 10.00 am to 12.30 pm

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| 10.00 am - 10.15 am | Inauguration and Welcome | |
| 10.15 am - 11.00 am | Dr. Sat Bir S. Khalsa | Research in Yoga Darshana and Yoga Based Practices : Few Exemplary Findings |
| 11.00 am - 11.45 am | Dr. M. Jayaraman | Traditional Sanskrit commentaries in fathoming Yogasutras : Exploration and Insight |
| 11.45 am - 12.30 pm | Dr. Nagaraj Paturi | Yoga in Folk Culture |

Session 2 : 3.00 pm to 4.30 pm

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| 3.00 pm - 4.00 pm | Paper Presentation | |
| 4.00 pm - 4.30 pm | Dr. Shriram Agashe | Observations and Reflections |

Conference - Day 2 : 12th July

Session 1 : 10.00 am to 12.30 pm

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| 10.00 am - 10.30 am | Dr. Rudraksh Sakrikar & Prof. Ashish Pandey | Reflection |
| 10.30 am - 11.15 am | Dr. Matthijs Cornelissen | Yoga and Psychology |
| 11.15 am - 11.45 am | Prof. Manish Singhal | Yoga and Management : Research and Practices |
| 11.45 am - 12.30 pm | Dr. P. Rammanohar | Yoga and Ayurveda |

Valedictory Session : 5.30 pm to 6.30 pm

Prof. Subhash Kak