

8thDAE National Yoga Conference

“Yoga for a Disease Free Lifestyle”

27th & 28th September 2025

Multipurpose Hall, BARC Training School Hostel & Guest House
Anushaktinagar, Mumbai-400094

Day1: Saturday, 27th September 2025

Time	Event
08:00–09:00	Registration
09:00–09.20	Sakshi Bhavana – Shri Raghavan R V
09:30–10:20	Inaugural Session Welcome Address : Shri S P Prabhakar Convener, 8 th DAE National Yoga Conference Activities of Health & Fitness Section : Dr Prakash Chandra Rout Chairman, Health & Fitness Section, BARC Staff Club Yoga & Sports in DAE: Dr B K Sapra Associate Director, Medical Group, BARC & Secretary, DAE Sports & Cultural Council Address by Guest of Honour: Dr A k Dureja Associate Director, Knowledge Management Group, BARC Address by Chief Guest: Shri Pradip Mukherjee Chief Executive, Board of Radiation and Isotope Technology
10:20-10:50	Keynote Address 1: “The Fundamental Essence of Yoga” Shri Subodh Tiwari, CEO, Kaivalyadhama Yoga Institute
10:50–11:20	Keynote Address 2: “Yoga for a Disease Free Lifestyle” Dr. Hansaji Yogendra, Director, The Yoga Institute
11:20–11:40	High Tea
11:40–12:25	Invited Talk 1: “Pranayama as a Scientific Tool for Disease Prevention and Lifestyle Optimization” Dr. Devaki Madhav, Founder President, Scientific Pranayama Foundation Trust
12:25–13:10	Invited Talk 2: “Insights of Ashtanga Yoga”(Experiential Session) Mrs. Shilpa Sanjay Ghone, Assistant Professor, Kaivalyadhama, Mumbai
13:10–14:00	Lunch
14:00–14:45	Invited Talk 3: “Mind, Body, Medicine & Beyond” Dr. Ulka Natu, Vice-President ,Ghantali Mitra Mandal, Thane
14:45–15:30	Invited Talk 4: “Disease Free Lifestyle Through Ayurveda & Yoga” Dr. Madhurika Desai, Visiting Faculty, Kaivalyadhama, Mumbai
15:30–16:00	Tea Break
16:00–16:45	Invited Talk 5: “Ego and Play of Mind” Dr. Jagdish Naik, Yoga Consultant, Vivekananda Kendra, Mumbai

16:45–17:30	Invited Talk 6: “Yoga Nidra” (Practical) Dr. Vishwas Vasant Mandlik, Vice-Chancellor, University of Yoga, Nashik
18:30–20:00	Music Therapy & Cultural Activities “योगो भवति दुःखह ” – Skit by Yoga Faculties Music Therapy – Devishi Sood and Yastika Tandon Yoga Dance Yoga Flow – Yoga Faculties
20:00– 21:00	Dinner

Day2: Sunday, 28th September 2025

Time	Event
07:30–08:30	“Shuddhikriya” – Practical
08:30–09:30	Break
09:30–10:15	Invited Talk 7: “Integrated Approach of Preventive & Curative Role of Yoga” Shri Durgadas Savant, Vice-Chairman, Yoga Vidya Niketan
10:15–11:00	Invited Talk 8: “How to Maintain Healthy Back and Neck” Dr. Meena Krishnan K, Physiotherapist, BARC Hospital
11:00–11:30	Tea Break
11:30–12:15	Invited Talk 9: “Some Tips towards Healthy Lifestyle” Shri Ravindranath Bodhe, Professor, Kaivalyadhama
12:15–13:00	Invited Talk 10: “Frontiers of Yoga Research on Obesity” Dr. P B Rshikesan, Visiting Faculty, Adi Sankara College, Kaladi, Kerala
13:00–14:00	Lunch
14:00–14:45	Invited Talk 11: “Psychosomatic Disorder sand Yogic Pharmacopoeia” Dr. Brijesh Singh, Professor of Yoga, Somaiya College
14:45–15:30	Invited Talk 12: “Yoga and Research on Brain” Dr. Sharadchandra Bhalekar, Professor, Kaivalyadhama
15:30–16:00	Tea Break
16:00–16:45	Invited Talk 13: “Psychological Insights in Yoga Therapy” Dr. Narendra Joshi, Director of a Social Start-up in Education And IKS
16:45–17:30	Invited Talk 14: “Therapeutic Application of Yoga for Disease Free Lifestyle” Shri Vinod Joshi, Trustee, Yoga Vidya Niketan
17:30–18:15	Invited Talk 15: “Tratak–Detoxification” Smt. Sandhya Dixit, Professor, Kaivalyadhama
18:15–18:45	Concluding Function