



Yog, Culture
and Spirituality

5th international
festival on
**YOG, CULTURE &
SPIRITUALITY**

1ST - 6TH October 2015



www.yogculturefestival.com

Dev Sanskriti University, Shantikunj-Haridwar

Organized by:



DEV SANSKRITI
VISHWAVIDYALAYA
www.dsvv.ac.in



ALL WORLD
GAYATRI PARIWAR
www.awgp.org

Premise of the Festival

With the advancement and material development happening all around, some of us at times pause and think if we are really happy and peaceful, and the answer we get is a big NO. This makes us wonder and we try hard to achieve more but the result remains the same. More accumulation of wealth doesn't ensure the desired happiness and peace of mind and therefore the journey of life comes to a standstill. We start searching for answers around us. We marvel where do we go wrong and the quest make us move on.

For the seekers of these curiosities, Dev Sanskriti Vishwavidyalaya, under the aegis of Shantikunj, Haridwar, has come forward with a one of its kind experience to take the voyage forward and offer solutions to the hurdles of life based upon the teachings of ancestral Indian culture. The spiritual teachings and the deep rooted philosophy of Yog in everyday's life brings in not only new dimensions to a seekers quest, but also hand hold him or her to reach new orbits hidden within the self.

The unique offerings of the Indian culture offer a variety of ways to a seeker to find solutions to their queries through specially designed spiritual sessions, research based scientific plenary sessions, experiential sessions of Complementary and Alternative System of Medicine, Cultural sessions showcasing the heritage of Indian Culture, the tour to the Spiritual Academy - Shantikunj, morning meditation on rising sun at the banks of mother Ganga, and inter disciplinary discussions among participants and facilitators.

The 5th Edition of the International Festival on Yog, Culture and Spirituality brings a new experience of rejuvenating the spirit of life and recognizing the divinity within. The purity of the intrinsic faith and the arousal of the inner sentiments are important for the realization of divinity existing in the inner-self. The need of the hour is to understand spiritual practices from a scientific perspective so that they can alleviate the suffering of human beings across the globe.

Objectives:

- 1 Celebrate the Spirit of Life.
- 2 Expand and Extend the Self.
- 3 Learn Spiritual Therapies for Holistic well being.
- 4 Striking harmony within Self, Family and Society.
- 5 Redefining the purpose of life.
- 6 Enhancing the value system.
- 7 Creating a better family and surroundings through Self Refinement.

1st October 2015 (Thursday)

Time	Program	Presenter/Speaker	Venue
10:30 am – 01:00 pm	Registration		Mrityunjay Auditorium
01:00 pm – 02:30 pm	Lunch		Annapoorna Mess
03:00 pm – 04:15 pm	Inaugural Ceremony	HH Dr. Pranav Pandya Chancellor, DSVV, India	Mrityunjay Auditorium
		Mr. Shripad Yasso Naik Honorable Minister, MoS (IC), AYUSH & MoS, Health & Family Welfare Govt. of India	
		Mr. Sharad Pardhy Vice Chancellor, DSVV, India	
		Dr. Chinmay Pandya Pro Vice Chancellor, DSVV, India	
04:30 pm – 06:00 pm	Cultural Programme	DSVV Students Showcasing Diversified Culture of India	Mrityunjay Auditorium
06:00 pm – 06:15 pm	Naad Yoga	(Evening Meditation on Music)	Mrityunjay Auditorium
07:30 pm – 09:00 pm	Dinner		Annapoorna Mess

2nd October 2015 (Friday)

Time	Program	Presenter/Speaker	Venue
06:00 am – 07:30 am	Yagya Ceremony		Yagyashala - DSVV
07:30 am – 08:45 am	Breakfast		Annapoorna Mess
10:00 am – 11:30 am	Plenary Scientific Session [Facilitator: Dr. Chinmay Pandya Mr. Sharad Pardhy/]	Prof. Valdis Pirags Head, Medical Council of Latvia, Latvia	Mrityunjay Auditorium
		Ira Trivedi Novelist, Film Actress, Yoga Teacher, India	
		Prof Harsha Gramminger President, European Ayurveda Association, Germany	
		Mr. Aivis Klavinskis Dy. Ambassador, Embassy of Latvia in India	
		Chair: Dr. K. S. Dhiman Director General, AYUSH, India	
11:35 am – 01:00 pm	Plenary Scientific Session [Facilitator: Dr. Chinmay Pandya Mr. Sharad Pardhy]	Acharya Pratishtha Sharma Yoga Guru, Cultural Ambassador of India	Mrityunjay Auditorium
		Prof. Carla Peeters Head, Ayurveda Academy, Holland	
		Prof. Goda Denapiene President, Lithuanian Ayurveda Academy	
		Chair: Prof. Sigma Ankrava Director, Center of Indic Studies, Latvia	
01:00 pm – 02:30 pm	Lunch		Annapoorna Mess
03:00 pm – 04:30 pm	Spiritual Session	HH Dr. Pranav Pandya Chancellor, DSVV, India	Mrityunjay Auditorium
		John Frang Mostad Executive Chairman, Mostad Consulting Group, Norway	
		Padmshree D. R. Karthikeyan Former Special Director, CBI Director General, National Human Rights Commission	
		Bhai Shri Hari Singh Khalsa President, Community Yoga Dharma, Italy	
04:30 pm – 06:00 pm	DSVV Haat		Mahakal Front
06:00 pm – 06:15pm	Naad Yoga	(Evening Meditation on Music)	Mahakal Temple
06:15 pm – 06:30 pm	Peace March		Mahakal Temple
06:30 pm – 07:30 pm	Deep Yagya	(Ceremony for World Peace)	Mahakal Temple
07:30 pm – 09:00 pm	Dinner		Annapoorna Mess

3rd October 2015 (Saturday)

Time	Program	Presenter/Speaker	Venue
06:00 am – 07:30 am	Pragya Yoga & Atma Bodh - Tatv Bodh Sadhana		Mrityunjay Auditorium
07:30 am – 08:45 am	Breakfast		Annapoorna Mess
09:00 am – 09:30 am	AWGP & DSVV - An Introduction	Dr. Saurabh Mishra Coordinator, Training & Placement Cell	Shriram Auditorium
09:30 am – 10:45 am	Spiritual Session	Fundamentals & Traditions of Yog Dr. Ajay Nirala	Shriram Auditorium
		Patanjali Yog Sutra: Path of Purification Prof. Suresh Barnawal	
		Research Dimensions of DSVV Dr. Deepak Singh	
		Pragya Pranic Healing: An Unique Healing Approach - Dr. Usha Jaiswal	
10:45 am – 11:15 am	Experiential Session	(Pranic Healing)	Shriram Auditorium
11:30 am – 01:00 pm	Scientific Session	Vedic Informatics: when science meets spirituality - Prof. Abhay Saxena	Shriram Auditorium
		Vedas: Ancient Knowledge System of India - Prof. R.S. Chaturvedi	
		Tantra: Concept & Applications Dr. Yatindra Dutt Amoli	
		Yagya Therapy: A Holistic Approach Dr. Vandana Shrivastava	
01:00 pm – 02:30 pm	Lunch		Annapoorna Mess
02:30 pm – 03:30 pm	Scientific Session	Indigenous Psychology: Treating Disorders of Mind - Dr. Santosh Vishwakarma	Shriram Auditorium
		Indigenous Communication: An Exceptional Paradigm - Prof. Sukhmandan Singh	
		Spiritual Tourism: New Horizons, New Perspectives - Dr. Arunesh Parashar & Dr. Umakant Indolia	
03:30 pm – 06:00 pm	Spiritual Tourism	(Visit to DSVV and Shantikunj Ashram, Haridwar)	DSVV Shantikunj
06:00 pm – 06:15 pm	Naad Yog	(Evening Meditation on Music)	Mahakal Temple
06:30 pm – 07:30 pm	Cultural Programme	Krishna: An Immortal Journey (An Indian Classical Dance presentation from Acharya Pratishtha Sharma & Group)	Mrityunjay Auditorium
07:30 pm – 09:00 pm	Dinner		Annapoorna Mess

4th October 2015 (Sunday)

Time	Program	Presenter/Speaker	Venue
06:00 am – 07:30 am	Yogasana Sessions	(International Experts)	Parallel Venues
07:30 am – 08:45 am	Breakfast		Annapoorna Mess
09:00 am – 10:30 am	Experiential Session I	Yoga Therapy: Total Therapy - Dr. Vijay Singh	Shriram Auditorium
		Naturopathy: Returning Back To The Roots - Dr. Saraswati Kala	
		View Sharing from International Participants	
10:45 am – 11:45 am	Experiential Session II	Panchkarma and Ayurvedic Psychotherapy - Dr. Vikas Kapoor	Shriram Auditorium
		Acupressure Therapy - Dr. Amrit Lal Gurvendra	
		Marma Therapy: An Ancient Eastern Clinical Approach - Dr. Alka Mishra	
11:45 am – 01:00 pm	Experiential Session III	(Acupressure & Yogic Therapies)	Annapoorna Mess
01:00 pm – 02:30 pm	Lunch		Annapoorna Mess
02:30 pm – 03:15 pm	Experiential Session IV	Yog Nidra - Dr. Kamakhya Kumar	Shriram Auditorium
		An Eternal Journey of Indian Classical Music - Dr. Shivanarayan Prasad	
03:15 pm – 04:00 pm	Sankirtan (Lay Yog) – The Divine Rhythm		Shriram Auditorium
04:00 pm – 06:00 pm	Guided Tours/ DSVV Haat		Haridwar/Rishikesh/ Ganga Aarti /Deepdaan
06:00 pm – 06:15 pm	Naad Yog	(Evening Meditation on Music)	Mahakal Temple
06:30 pm – 07:30 pm	Special Movie Screening	Ms. Akanksha Joshi Non-Fiction Filmmaker and Creative Director - Random Maharashtra Entertainment, India	Mrityunjay Auditorium
07:30 pm – 09:00 pm	Dinner		Annapoorna Mess

5th October 2015 (Monday)

Time	Program	Presenter/Speaker	Venue
06:00 am – 07:30 am	Yoga Nidra		Mrityunjay Auditorium
07:30 am – 08:45 am	Breakfast		Annapoorna Mess
10:00 am – 11:30 am	Plenary Scientific Session Facilitator: Dr. Chinmay Pandya Mr. Sharad Pardhy	Guru Maharaj Shriman Matsyavatar Prof. Marco Ferini Founder and President of Centro Studi Bhaktivedanta, Italy Director of the Academy of Traditional Indian Sciences, Italy	Shriram Auditorium
		Prof. Mart Lamenetes Director, Center for Indic Studies, University of Tartu, Estonia	
		Dr. Paolo Cioni - Renowned Psychotherapist, Italy	
11:35 am – 01:00 pm	Plenary Scientific Session Facilitator: Dr. Chinmay Pandya Mr. Sharad Pardhy	Mr. Ajay Bobede (Shri Veda Chaitanya) Director, Yog Surya International, Czech Republic	Mrityunjay Auditorium
		Dr. Alfredo Lauria Founder-Director, Argentinean Ayurveda Medicine and Sciences for Health Centre, Argentina	
		Rasa Acharya Darmayasa President, World Hindu Foundation, Bali	
01:00 pm – 02:00 pm	Lunch		Annapoorna Mess
02:00 pm – 03:00 pm	Special Movie Screening	Ms. Akanksha Joshi Non-Fiction Filmmaker and Creative Director - Random Maharasa Entertainment, India	Mrityunjay Auditorium
03:00 pm – 06:00 pm	Outbound Activities/ DSVV Haat		Mahakal Front
06:00 pm – 06:15 pm	Naad Yog	(Evening Meditation on Music)	Mahakal Temple
06:30 pm – 07:30 pm	Cultural Programme	International Participants Showcasing World Culture	Mrityunjay Auditorium
07:30 pm – 09:00 pm	Dinner		Annapoorna Mess

6th October 2015 (Tuesday)

Time	Program	Presenter/Speaker	Venue
06:00 am – 07:30 am	Dhyan Yog (Collective Prayers)		Mrityunjay Auditorium
07:30 am – 08:45 am	Breakfast		Annapoorna Mess
09.00 am – 10:00 am	Valedictory Session	HH Dr. Pranav Pandya Head, All World Gayatri Pariwar Chancellor, DSVV, India	Mrityunjay Auditorium
		Bhai Shri Hari Singh Khalsa President, Community Yoga Dharma, Italy	
		Guru Maharaj Shriman Matsyavatar Prof. Marco Ferini Founder and President of Centro Studi Bhaktivedanta, Italy Director of the Academy of Traditional Indian Sciences, Italy	
		Sh. Sharad Pardhy Vice Chancellor, DSVV, India	
		Dr. Chinmay Pandya Pro-Vice Chancellor, DSVV, India	
		Sh. Sandeep Kumar Registrar, DSVV, India	
01:00 pm – 02:00 pm	Lunch		Annapoorna Mess