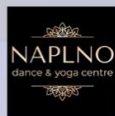


KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWVIDYALAYA



Central Council for Research in Yoga and Naturopathy (CCRYN),
Ministry of AYUSH, Government of India

&

Morarji Desai National Institute of Yoga (MDNIY),
Ministry of AYUSH, Government of India

in collaboration with

KAASH Foundation's **KAASH Swaasthya Manthan**

and with the support of

NAPLNO Dance and Yoga Centre, Prague, Czech Republic
Institute of Yogarts, Harrow, United Kingdom

&

Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand
are celebrating the



INTERNATIONAL YOGA WEEK

(As per the Common Yoga Protocol by the Ministry of AYUSH, Government of India)

DATE: 15th JUNE - 21st JUNE 2021
5 PM TO 6 PM



REGISTRATION IS FREE



Dr. Raghvendra Rao
Director,

Central Council for Research in
Yoga and Naturopathy,
Ministry of AYUSH,
Government of India.

Program Directors

Dr. Avkash Jadhav
Director,

Centre for Academic &
Professional Development (CAPD)
Founder - Trustee,
KAASH Foundation

Dr. Ishwar V. Basavaraddi
Director,

Morarji Desai National
Institute of Yoga,
Ministry of AYUSH,
Government of India.

Dr. Suresh Lal Barnwal
Dean and Head, Department of Yogic

Sciences and Human Consciousness,
School of Indology, Faculty of Yoga and Health,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand, India.

All the sessions will be live - streamed on

KAASH Foundation's YouTube Channel

For further details, kindly visit our website:

www.kaashfoundation.org

KAASH FOUNDATION MUMBAI

OUR AFFILIATED PARTNERS FOR THE INTERNATIONAL YOGA WEEK

15th JUNE - 21st JUNE 2021



Tatva
(Elements of Healing)



Arogya Yoga and Naturopathy
Institute



Institute of Wellness Engineering



Uday Ek Naya Sawera



PRIDE AGE
Pride Age India



Silver Innings



Shree Samarth Vyayam Mandir



Mandapeshwar Utsav Samiti

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KAASH FOUNDATION MUMBAI



KAASH SWAASTHYA MANTHAN (K S M)

Kaash Foundation is a Mumbai based registered NGO working on the Four Verticals of E2/H2 i.e. Education, Environment, Health and Heritage. Under our Health Vertical, we launched the KAASH Swaasthya Manthan (KSM) on 21st May 2020. KAASH Swaasthya Manthan aims to work as a catalyst to create a healthy and harmonious environment.

KAASH SWAASTHYA MANTHAN KSM PROPOSES TO ACHIEVE THE FOLLOWING OBJECTIVES:

- 1) Creating awareness and promoting Non-Allopathic Treatments and Natural Processes of Healing.
- 2) Creating awareness and encouraging conversations on Female Sanitation and Hygiene.
- 3) Promoting the Medical Assistance of Physical and Mental Health through various Health Camps.
- 4) Linking various Government Projects to genuine Beneficiaries.

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www.kaashfoundation.org



CENTRAL COUNCIL FOR RESEARCH IN YOGA AND NATUROPATHY, Ministry of AYUSH, Government of India

The Central Council for Research in Yoga & Naturopathy (CCRYN) was established in 1978 as the apex body for Research and Development in Yoga and Naturopathy. It is recognized under the Societies Registration Act, 1860 as an autonomous institution with the Minister of State for AYUSH (Independent Charge) as its President.

The CCRYN functions under the Ministry of AYUSH, Government of India which funds all its activities and efforts towards developing education, research and propagation of indigenous alternative medicine systems in India. The various premier Medical, Yoga and Naturopathy institutions of the country have been carrying out the Council's research work with the Council's financial aid. Since its inception, the Council has strived to promote, propagate, educate and train people throughout India and the world about the systems and practices of Yoga and Naturopathy through its publications, workshops and seminars etc.

For further details, kindly visit our website:

www.kaashfoundation.org



MORARJI DESAI NATIONAL INSTITUTE OF YOGA, Ministry of AYUSH, Government of India

The Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation established in 1970 under the Ministry of AYUSH, Government of India. It is the nodal agency for Planning, Training, Promotion and Coordination of Yoga Education, Training, Therapy and Research in all its aspects. The Vision and Mission of the Institute states, "Health, Harmony and Happiness for all through Yoga". Through the promotion of classical Yoga, the MDNIY aims to inculcate a deeper understanding of Yoga, its philosophy and practices amongst the people.

The Institute holds the mandate to promote Yogic philosophy and facilitate training and advanced research on the subject. Since 2016, the MDNIY has been organising Yoga Mahotsav annually which is a curtain raiser for International Day of Yoga (IDY). It was instituted to sensitize the masses regarding the celebration of IDY.

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www.kaashfoundation.org



DEV SANSKRITI
VISHWAVIDYALAYA

DEV SANSKRITI VISHWAVIDYALAYA, HARIDWAR, UTTARAKHAND

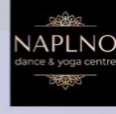
Dev Sanskriti Vishwavidyalaya was initially founded as 'Dev Sanskriti Mahavidyalaya' in 1999 through the efforts of Her Holiness Vandaniya Mata ji. It was recognized by the University Grants Commission, India under the University Grants Commission Act, 1956 in 2002. It has also been duly certified by ISO 9001 : 2015 and accredited by NAAC. The Institute aims to integrate modern and ancient Indian sciences in a practical way that is motivated by the goal of health and happiness for all beings in the world.

The vision of Dev Sanskriti Vishwavidyalaya is to unite contemporary education with spiritual training to cultivate well-rounded, competent and personally uplifted graduates, who possess a scientifically grounded understanding and experience of spiritual transformation and a powerful drive to use their gifts to promote the greater good of society. The institute carries out innovative scientific research in ancient sciences that is aimed at grassroot application in collaboration with the relevant modern sciences. The primary areas of research undertaken by the institute include Ayurveda and Yagyopathy; Total Psychology; The Science of Vedic Mantras and its Therapeutic Applications; The Philosophy and Science of Yoga, Sadhana, Mantra and Tantra; and The Science of Spirituality.

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



CONCEPT NOTE

योगश्चित्तवृत्तनिरोधः

'Yogaś citta-vṛtti-nirodhaḥ'

(Yoga is to still the patterning of consciousness. – The Yoga Sutra of Patanjali)

Derived from the Sanskrit word 'Yug' which literally translates to 'union' or 'yoking', Yoga is a subtle science which aims to unite one's mind, body and soul. Its origins can be traced back to Ancient India with its mention in our oldest Veda - The Rigveda which has been refined by the Yogis of India.

Yoga is often mistaken for postures and breathing exercises. In reality, however, Yoga has a much deeper meaning to it and comprises of 8 major limbs: YAMA (moral discipline), NIYAMA (positive duties), ASANA (posture), PRANAYAMA (breathing techniques), PRATYAHARA (sense of withdrawal), DHARNA (focused concentration), DHYANA (meditative absorption) and SAMADHI (enlightenment). It is only when a man has mastered all of these can he attain Moksha/Nirvana. Thus, Yoga aims to achieve self-realisation to overcome all kinds of sufferings.

The impact of Yoga resonates not only in India or the sub-continent, but also, in the West, with an increasing number of countries adopting Yoga as a 'way of life'.

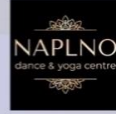
Celebrating the invaluable benefits of the age-old practice and acknowledging the universal appeal to lend Yoga its due recognition, the United Nations, in 2014, declared 21st June (the longest day in the northern hemisphere) as the International Day of Yoga. According to the resolution adopted by the General Assembly in 2014, "The United Nations recognizes that Yoga provides a holistic approach to health and well-being and that the wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population."

At the onset of the COVID-19 pandemic in 2020, the United Nations reaffirmed its stance on the importance of Yoga through a statement by H.E. Tijjani Muhammad-Bande

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President of the General Assembly: “The celebration of the International Day of Yoga is a unique opportunity to recognise the holistic approach to health and well-being provided by the practice of Yoga - especially in times like these. The COVID-19 pandemic has created a new reality for many of us. It has disrupted lives, created loneliness caused by social distancing, as it has also led to increased anxiety caused by economic difficulties, fear of illness, and worry about loved ones. This year’s celebration comes amidst this critical context. In commemorating the International Day of Yoga, we recognise the important benefits of practicing yoga, and its potential in helping people deal with increased anxiety due to disruptions caused by the pandemic.”

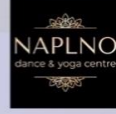
This year, as the country is groping with the second wave of COVID-19 and the uncertainty that it brings along, the health of an individual and the society becomes a matter of utmost concern. The impact of the current issue has made people of all ages think and talk about ‘Physical’ and ‘Mental’ Health more than ever before. Needing immunity levels to the highest efficiency, people have been concerned about finding the right, safe and cost-effective method to maintain their health. At the same time, sporadic lockdowns have resulted in ‘work from home’ scenarios wherein people have been devoid of outdoor physical activities, thus, accentuating the urban sedentary lifestyle. Therefore, considering the situation, the United Nations has declared ‘Yoga at Home, Yoga with Family’ as the theme for International Day of Yoga 2021.

We, at KAASH Foundation, have always acknowledged Yoga’s vitality, not in isolation, but in sync with aspects such as Psychology, Psychiatry, Dietary Patterns and discovering the ‘inner self’ and also, as an excellent tool to attain maximum level of health and harmony. It is with this enthusiasm and vigour to spread awareness and educate masses about the importance of Yoga that we announce a week-long program this year, from 15th June to 21st June 2021, thus, culminating our celebrations with the International Day of Yoga. The week-long program will witness a series of sessions for the larger benefit of the entire society, including Children, Women and Senior Citizens.

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



Schedule for INTERNATIONAL YOGA WEEK

Date:

15th June 2021 - 21st June 2021

Sr.No.	Date	Time	Event
1.	15th June 2021 (Tuesday)	5 PM-7 PM	Inauguration
2.	16th June 2021 (Wednesday)	5 PM-6 PM	12th International Symposium
3.	17th June 2021 (Thursday)	5 PM-6 PM	19th Health Webinar
4.	18th June 2021 (Friday)	5 PM-6 PM	20th Health Webinar
5.	19th June 2021 (Saturday)	5 PM-6 PM	13th International Symposium
6.	20th June 2021 (Sunday)	5 PM-6 PM	21st Health Webinar
7.	21st June 2021 (Monday)	5 PM-6 PM	International Day of Yoga

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



INAUGURAL SESSION FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021

DATE:
15th JUNE 2021

TIME:
5:00 PM - 7:00 PM

GUEST OF HONOUR



DR. CHINMAY PANDYA

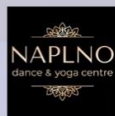
Pro Vice-Chancellor,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand, India.

TITLE: Relevance of Yoga

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



INAUGURAL SESSION FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021

DATE:
15th JUNE 2021

TIME:
5:00 PM - 7:00 PM

CHIEF GUEST



DR. ISHWAR V. BASAVARADDI

Director, Morarji Desai National Institute of Yoga,
Ministry of AYUSH, Government of India.

TITLE: Yoga: Our Ancient Wisdom and its Relevance Today

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DEV SANSKRITI
VISHWAVIDYALAYA



INAUGURAL SESSION FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021

DATE:
15th JUNE 2021

TIME:
5:00 PM - 7:00 PM

INAUGURAL SPEAKER



DR. RAGHVENDRA RAO

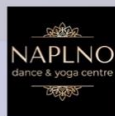
Director, Central Council for Research in Yoga and
Naturopathy, Ministry of AYUSH, Government of India.

TITLE: The Role of Yoga in COVID

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



INAUGURAL SESSION FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021

DATE:
15th JUNE 2021

TIME:
5:00 PM - 7:00 PM

SPECIAL GUESTS

DR. OM JEE UPADHYAY

Director (Research and Administration),
Indian Council of Historical Research,
New Delhi, India.



TITLE: Yoga: The only Path for a Holistic Wellbeing

DR. AVKASH JADHAV

Head and Associate Professor,
Department of History,
St. Xavier's College (Autonomous),
Mumbai, India.

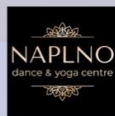


TITLE: Emotional Management through Yoga

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



SPEAKERS FOR
12TH INTERNATIONAL SYMPOSIUM
INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021

DATE:

16th JUNE 2021

TIME:

5:00 PM - 6:00 PM

SPECIAL GUESTS

DR. SURESH LAL BARNWAL



Dean and Head,
Department of Yogic Sciences and
Human Consciousness,
School of Indology, Faculty of Yoga and Health,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand, India.

TITLE: Yogic Lifestyle in the present scenario

MS. JANA BAGAROVA

Founder,
NAPLNO Dance and Yoga Centre,
Prague, Czech Republic

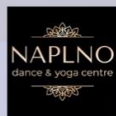


TITLE: Elucidation of Life through Yoga in Czech Republic

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



SPEAKERS FOR
19TH HEALTH WEBINAR
INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021

DATE:
17th JUNE 2021

TIME:
5:00 PM - 6:00 PM

SPECIAL GUESTS



SHRI. VIJAY KUKREJA

YCB Certified, Ministry of AYUSH,
Government of India.
D.N.Y.S., Naturopath.
Yoga Teacher, Lecturer, Consulting
Naturopath and Yoga Consultant.
Founder, Arogya Yoga and Naturopathy Institute,
Maharashtra, India.

TITLE: Yoga: A Catalyst to Boost Immunity Levels

DR. UDAY DESHPANDE

Chief Trainer and Hon. Chief Head,
Shree Samarth Vyayam Mandir,
Mumbai, India

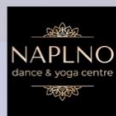


TITLE: Mallakhamb: An Extension of Yoga on Poles and Ropes

For further details, kindly visit our website:

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



SPEAKERS FOR
20TH HEALTH WEBINAR
INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021

DATE:
18th JUNE 2021

TIME:
5:00 PM - 6:00 PM

SPECIAL GUESTS

DR. SURENDRA KUMAR



Head, Department of Yogic Sciences,
Gurukula Kangri
(Deemed to be University),
Haridwar, Uttarakhand, India

TITLE: मनोविकारों के निवारण में योग सूत्र की भूमिका

MS. RAJVI H. MEHTA

Senior Yoga Teacher
at Iyengar Yogashraya

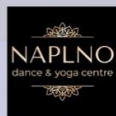


TITLE: Yoga under Extreme Adversities

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DEV SANSKRITI
VISHWAVIDYALAYA



SPEAKERS FOR
13TH INTERNATIONAL SYMPOSIUM
INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021

DATE:
19th JUNE 2021

TIME:
5:00 PM - 6:00 PM

SPECIAL GUESTS



MS. PANNA PANCHAL

Founder,
Panna Yogarts,
Harrow, United Kingdom.

TITLE: Integrating Yogic Tips and Philosophies into our Lifestyle

MS. JANA PATIL

Yoga Instructor,
Prague, Czech Republic.



TITLE: Yoga in Czech Republic and in my Life

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DEV SANSKRITI
VISHWAVIDYALAYA



SPEAKERS FOR
21ST HEALTH WEBINAR
INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021

DATE:
20th JUNE 2021

TIME:
5:00 PM - 6:00 PM

SPECIAL GUESTS



DR. URMI SHAH

M.B.B.S., M.S.

General Ophthalmologist and
Medical Retina Consultant.

TITLE: Eye Care in times of COVID

**SHRI. VINAYAK
PARANJPE**

Holistic Health Healer



TITLE: Yoga and Acupressure: Two Sides of the Same Coin

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



INTERNATIONAL YOGA WEEK

15th JUNE 2021 - 21st JUNE 2021

INTERNATIONAL DAY OF YOGA

DATE:

21st JUNE 2021

TIME:

5:00 PM - 6:00 PM

We present to you, performances on



Mallakhamb

By Shree Samarth Vyayam Mandir,
Dadar



Deep Yoga

By Jaanhavi Malkar, Pooja Malkar
and Uma Parab



Yoga in Daily Life

By Zuzana

Event Coordinator:

NAPLNO Dance and Yoga Centre,
Prague, Czech Republic



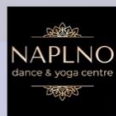
Yoga

By Institute of Yogarts,
Harrow, United Kingdom

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



OUR LITTLE STARS FOR INTERNATIONAL YOGA WEEK

15th JUNE 2021 - 21st JUNE 2021

Event Co-ordinator



Gauravi Pradhan



Harsh Arkal



Hrudaya Vartak



Tanisha Nar



Jiya Matkar



Sneha Wadhwa



Niharika Malvankar



Sana Gaikwad



Vrisha Malvankar



Mahek Kapoor



Kabir Gokhale

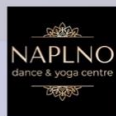


Yashita Rane

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVIDYALAYA



ORGANISING COMMITTEE MEMBERS

FOR

INTERNATIONAL YOGA WEEK

15th JUNE 2021 - 21st JUNE 2021

Program Directors



Dr. Raghvendra Rao

Director,
Central Council for Research in
Yoga and Naturopathy,
Ministry of AYUSH,
Government of India.



Dr. Avkash Jadhav

Director,
Centre for Academic &
Professional Development (CAPD)
Founder - Trustee, KAASH Foundation



Dr. Ishwar Basavaraddi

Director,
Morarji Desai National Institute of Yoga,
Ministry of AYUSH,
Government of India.



Dr. Suresh Lal Barnwal

Dean and Head, Department of Yogic Sciences and
Human Consciousness, School of Indology,
Faculty of Yoga and Health,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand, India.

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DEV SANSKRITI
VISHWAVIDYALAYA



ORGANISING COMMITTEE MEMBERS

FOR

INTERNATIONAL YOGA WEEK

15th JUNE 2021 - 21st JUNE 2021

Program Co-ordinator



Ms. Renuka Vyas

Joint Director (Health), KAASH Foundation

Coordinator, KSM

Associate Co-ordinator



Pamela Dhonde

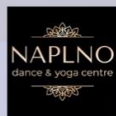
Core Committee Member,

KAASH Foundation

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWVIDYALAYA



ORGANISING COMMITTEE MEMBERS
FOR

INTERNATIONAL YOGA WEEK

15th JUNE 2021 - 21st JUNE 2021

Assistant Co-ordinators



Ms. Alpa Mehta

Core Committee Member,
KAASH Foundation



Mr. Alkesh Shah

Core Committee Member,
KAASH Foundation



Dr. Chintan Jadia

Core Committee Member,
KAASH Foundation



Ms. Pooja Malkar

Core Committee Member,
KAASH Foundation



Ms. Uma Parab

Committee Member,
KAASH Foundation

KSM Members

Kiran Gohil, Arundhati More, Ashita Joshi, Shraddha Patil,
Sakshi Chavan and Neha Sawant

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VISHWAVIDYALAYA



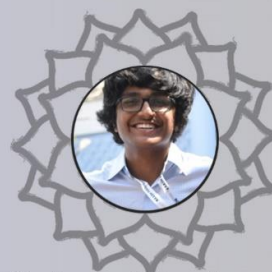
YOUTH BRIGADE MEMBERS FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021



Megha Patel
Youth Brigade Member,
KAASH Foundation



Rohan Hegde
Youth Brigade Member,
KAASH Foundation



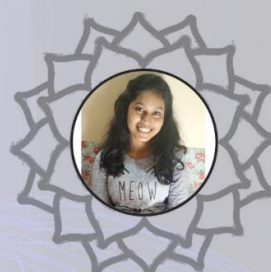
Kishan Singhania
Youth Brigade Member,
KAASH Foundation



Ruchira Sarma
Youth Brigade Member,
KAASH Foundation



Aapulki Jadhav
Youth Brigade Member,
KAASH Foundation



Srushti Joshi
Youth Brigade Member,
KAASH Foundation

YOUTH BRIGADE MEMBERS (CREATIVES)



Jaanhavi Malkar
Youth Brigade Member,
KAASH Foundation

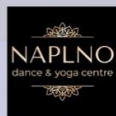


Yash Batra
Youth Brigade Member,
KAASH Foundation

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DEV SANSKRITI
VISHWAVIDYALAYA



MODERATORS

FOR

INTERNATIONAL YOGA WEEK

15th JUNE 2021 - 21st JUNE 2021



Dr. Chintan Jadia

M.B.B.S., M.S.(Ortho); D.N.B. (Ortho)
Assistant Professor (Orthopaedics),
Sion Hospital, Mumbai, India



Ms. Ramaa Subramaniam

Founder,
Pride Age India



Ms. Alpa Mehta

Practicing Naturopath
Nutritionist, Dietician
and Sujok Therapist



Mr. Alkesh Shah

Naturopath and Sujok Therapist



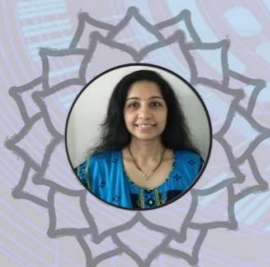
Ms. Uma Parab

Naturopath and Yoga Trainer



Ms. Pooja Malkar

Practicing Naturopath



Ms. Dixita Parmar

Bachelor of Optometry (B.optom)



Ms. Lippika Podar

MSc. Finance

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KAASH FOUNDATION MUMBAI



DEV SANSKRITI
VISHWAVEDYALAYA



ANCHORS FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021



Ms. Priti Saboo

Team Member

KAASH Foundation

Coordinator, Kolkata Chapter



Ms. Bhavna Pancholi

Team Member,

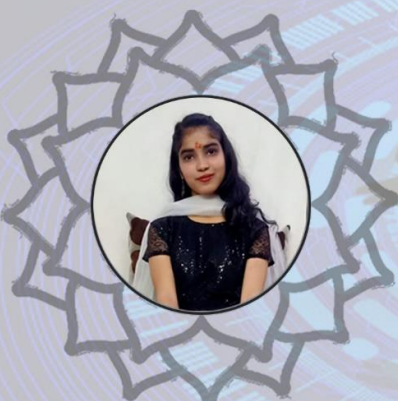
KAASH Foundation



Ms. Ranjita Lodha

Team Member,

KAASH Foundation



Ms. Titiksha Kabra

Youth Brigade Member,

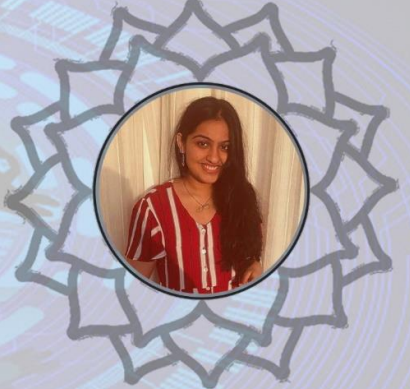
KAASH Foundation



Ms. Jaanhavi Malkar

Team Member,

KAASH Foundation



Ms. Pranati Trivedi

Youth Brigade Member,

KAASH Foundation

For further details, kindly visit our website:

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