

Schedule for the Doctors' Workshop from 21st Feb- 27th Feb 2010

Time	Sunday 21 Feb	Monday 22 Feb	Tuesday 23 Feb	Wednesday 24 Feb	Thursday 25 Feb	Friday 26 Feb	Saturday 27 Feb
06:00 am		Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea
(07:00 – 08:15) am			Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice
09:00 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
(09:30 – 10:00) am		Inauguration					
(10:00 – 11:30) am		Lecture & Discussion – “Therapeutic View of Yoga in Respiratory diseases” – Dr. S. D. Bhalekar	Lecture & Discussion – “The Philosophical Foundation of Yoga” – Dr. B. R. Sharma	Lecture & Discussion – “Psychological Benefits of Yoga” – Shri R. S. Bhogal	Lecture & Discussion – “Stress Management Through Yoga” – Shri R. S. Bhogal	Lecture & Discussion – “ Health through Ayurveda”- Dr. Jagdish Bhutada	Lecture & Discussion – “yoga & modern medicine: possible meeting points” Dr. Ananda Bhavnani
12:00 pm	Reporting and registration	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
(01:30 – 02:30) pm		Library Reference Time	Library Reference Time	Library Reference Time	Library Reference Time	Library Reference Time	Library Reference Time
(02:30 – 04:00) pm		Lecture & Discussion – “Yoga for Gynecological Disorders” – Dr. Ulka Natu	Lecture & Discussion – “Therapeutic Value of Asana” – Ms. Rajvi Mehta	Lecture & Discussion – “Research in Pranayama” – Dr. S. D. Bhalekar	Lecture & Discussion – “Therapeutic Perspective in Traditional Texts”- Shri G. S. Sahayji	Lecture & Discussion – “yoga research: where are we?”Dr. Ananda Bhavnani	Brain-storming Session
(04:30 – 05:45) pm		Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice
(06:00 – 07:00) pm				“Meditation” by Dr. S. Bhalekar	“Trataka” by Shri Vivek Tiwari		
07:00 pm		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
(08:00 – 09:00) pm	Introduction & Documentary						

Venues:

Yoga Practices, Meditation, Trataka – HCC Asana Hall

Lectures and Discussion – HCC Asana Hall