



**Swasti Yoga Center**

presents

# GLOBAL YOGA FESTIVAL

## 2021-22

HEALTH | WISDOM | PEACE

Celebrating 75 Years of India's Independence

Swasti Yoga Center is launching a year-long celebration from August 2021 to commemorate 75 years of Independence with a slew of programs for global audience encouraging yoga for health and well-being.

### Features

**8+**

CATEGORIES

**50+**

TOPICS

**75**

PROGRAMS  
/WORKSHOPS

**50+**

SPEAKERS

**30+**

COUNTRIES

INDIA | FRANCE | SPAIN | LATVIA | BANGLADESH | AUSTRALIA  
AUSTRIA | NETHERLANDS | USA | ITALY | MORROCO | POLAND | IRELAND  
ICELAND | GERMANY | CHILE | MEXICO | CANADA | CAMBODIA | MALAYSIA



# GLOBAL YOGA FESTIVAL 2021-22



Every Saturday & Sunday  
6 PM - 6.40 PM IST (+5.30 GMT)

zoom  
sessions



Join us for our year-long celebration with  
Health, Wisdom and Peace!

## Activities



QnA with  
yoga experts &  
life coaches



Yoga Wellness  
sessions



Panel  
discussion



Quiz and  
essay contest



Life guiding  
sessions by  
speakers



Satvik  
Indian Cooking



Bhajan,  
Kirtan Chanting



Celebration of  
Independence at  
75 from your home



Spiritual short film  
screening



Ayurveda  
Dinacharya

## How can you participate?



Volunteer



Participant



Yoga  
Community tribe



Sponsor



Cause Support

## GLOBAL YOGA FESTIVAL



<https://forms.gle/68ckuU89graSky1T7>



## Message from the Founder

Dear Yogis and Yoginis!

Namaste and Greetings from

### World Yoga Festival 2021!!

Swasti Yoga Center has launched a year-long celebrations to commemorate 75 years of Indian Independence, the birthplace of Yoga and Ayurveda, with a slew of programmes for global audience, encouraging yoga for health and well-being. The festival will be uniting yogis from across the globe and various cultures in a oneworld yogic family. Prominent organizations in the field of Yoga, Ayurveda and Wellness are supporting this World Yoga Festival. We expect more than 2000 participants from nearly 35 countries.

We believe that for India to become Vishwa Guru, it is important to go back to our roots and revive our yogic culture. Mahatma Gandhi, the father of modern India used tools like upavas (fasting), satyagraha (believing in truth) and ahimsa (non-violence) to achieve freedom, which is so unique that it inspired global leaders like Dr Martin Luther King (USA) and Nelson Mandela (South Africa). All these aspects are known as yama, niyamas, mitahar by a yoga practitioner but very poorly practiced in daily life. Stories of Indian Independence and freedom fighters, who had firm belief in our yogic values and ethos need to be shared. This becomes even more important in the changing world of 21st century which is facing threats like terrorism and extremism.

With Covid-19 pandemic affecting billions worldwide, there is dire need to have an integrated holistic approach of Yoga and Ayurveda, where improving immunity, lifestyle, mental health, positive attitude and values is given importance. The year-long calendar of events and workshops will focus on yoga, meditation, philosophy and culture as a tool towards health, peace and harmony. The series of events will consist of Keynotes, Knowledge Sessions, Paper Presentations, competitions and many more fun and wellness activities. There will also be bhajan, chanting and sattvic food cooking sessions.

In addition to the academicians and yoga experts in the space, this is a golden opportunity for budding scholars, yogipreneurs, end users and studios to gain a better and deeper understanding of traditional yoga and systems of Indian medicine. I invite you to join me and my team and benefit together from this journey.

**Dr Vikas Chothe**  
**Dr Shwetambari Chothe**  
World Yoga Festival 2021  
Founder- Swasti Yoga Center

# CALL FOR PAPERS



**Paper & Poster Presentation** have an important slot in the conference and participation with papers and posters on theme and sub-theme are invited.

Remember You will be presenting to the researchers around the world!

15<sup>th</sup>  
September  
2021

Last Date of Submission of PPT / Posters  
for Phase 1 event (till December 2021)

15<sup>th</sup>  
December  
2021

Last Date of Submission of PPT / Posters  
for Phase 2 event (till August 2022)

## Guidelines for Speakers

We are sending a sample template for PPT (max 12 slides)  
to be used during the session for presentation.

- Time duration: 30 minutes session + 10 minutes QnA
- Speakers must refrain from using learning material without permission if the used material is not available in the public domain. It is advisable that proper credits are mentioned for the material available in Public Domain.  
This will help Swasti Yoga Center and the speaker against any claims of plagiarism.
- Due credit will be recognized (and displayed) for the contribution by the student speaker at the end of the lecture in the form of an e-certificate from organizers of the festival.

- Kindly share the following details for the program after selection of presentation:

Photo

Brief bio profile for introduction

The poster and presentation have to be sent at [swastiyogacenter@gmail.com](mailto:swastiyogacenter@gmail.com)

Registration is mandatory for acceptance of abstract or full paper.



<https://forms.gle/fDEouTTFMqwnBACC9>

For more information or queries.



**Deepali Shintre**

Swasti Yoga Center - Global Yoga Festival 2021

Mobile: +91 88300 79878

email: [contact.swastiyoga@gmail.com](mailto:contact.swastiyoga@gmail.com), [swastiyogacenter@gmail.com](mailto:swastiyogacenter@gmail.com)

Santiago, 01 September/2021

Dr.  
**Vikas Chothe**  
Founder Swasti Yoga Centre  
Pune - India

Dear Dr.Vikas,


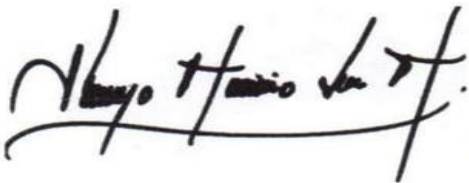
I am pleased to be writing a letter of support for the Global Yoga Festival, organized by Swasti Yoga Centre, for the development of the global health and wellbeing of mankind. We strongly support this initiative and the focus on encouraging people for the practice of Yoga and Ayurveda.

As an Ayurvedic School whose mission is to spread this knowledge through Latin America, we know your true passion is fostering the practice of Indian Vedic Sciences. We have long admired your efforts to greatly benefit the people all over the planet.

Through this letter, we accept our participation as guest speaker for the Festival.

We wish you the biggest success and blessings in this mission.

Sincerely,



**Vaidya Mauricio León**  
Director & Founder  
Ayurvastu





# The International Sivananda Yoga Vedanta Centre

*Postures • Breathing • Relaxation • Diet • Meditation*

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WEBSITE: [www.sivananda.org/ndam](http://www.sivananda.org/ndam)

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Om Namo Narayanaya

02 September 2021

Dr. Vikas Chothe  
Swasti Yoga Center  
Global Yoga Festival 2021

Dear Sir

On behalf of the Sivananda Yoga Vedanta Centres, India, I congratulate you for your initiative to hold an global yoga festival to promote health, wisdom and peace. We will support you in any way possible. May many people benefit from the knowledge and practice of Yoga.

Best wishes & pranams

Nataraj  
Director Sivananda Yoga Vedanta Dhanwanthari Ashram

INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRES, SWAMI VISHNUDEVANANDA - FOUNDER  
A WORLDWIDE NON-PROFIT ORGANISATION WITH ASHRAMS LOCATED AT:

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SIVANANDA ASHRAM YOGA CAMP HEADQUARTERS, 8<sup>TH</sup> AVE., VAL MORIN, PQ J0T 2R0 CANADA (819) 322-3226 FAX (819) 322-5876  
SIVANANDA KUTIR, PO NETALA, UTTARA KASHI DT. UTTARANCHAL, HIMALAYAS 249 193 INDIA (91)-374-22624 FAX: (91)-1374-24159  
SIVANANDA ASHRAM YOGA RANCH COLONY, PO BOX 195, BUDD RD., WOODBURN, NY 12788 USA (845)-436-6492 FAX (845) 434-1032  
SIVANANDA ASHRAM YOGA FARM, 14651 BALLANTREE LANE, COMP.8, GRASS VALLEY, CA 95949 USA (530) 272-9322 FAX (530) 477-6054  
SIVANANDA ASHRAM YOGA RETREAT, PO BOX N7550, PARADISE ISLAND, NASSAUBAHAMAS (242) 363-2902 FAX (242) 363-3783 SIVANANDA  
YOGA RETREAT HOUSE, AM BICHLACH WEG 40A, A-6370 REITH BEI KITZBUHEL AUSTRIA (43)-5-356-67404 FAX (43)5356-67405 CHATEAU DO  
YOGA SIVANANDA, 26 IMPASSE DU BIGNON, 45170 NEUVILLE AUX BOIS FRANCE (332)-3891-8882 FAX 332-3891-1809

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Mumbai, 03 September, 2021

Dr.  
**Vikas Chothe**  
Founder Swasti Yoga Centre  
Pune - India

Dear Dr.Vikas,

I am pleased to be writing a letter of support for the Global Yoga Festival, organized by Swasti Yoga Centre, for the development of the global health and wellbeing of mankind. We strongly support this initiative and the focus on encouraging people for the practice of Yoga and Ayurveda.

As a non-profit organization working towards creating an integrated health system with joy, having served close to 1.5 million patient-visits, we see the undeniable role of traditional Yogic wisdom, in coming close to the vision of health and joy for all. We admire your efforts to spread the universally applicable message of Yoga all over the world, through this year long Sadhana in the form of the Global Yoga Festival.

Through this letter, we accept our participation as guest speaker for the Festival.

We wish you the biggest success and blessings in this mission.

Sincerely,

Garima Gupta Kapila  
Founder, Swasth Yog Institute  
CEO and Trustee, Swasth Foundation



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## Inaugural Ceremony

Chief Guest



**Dr. I.V. Basavaraddi**

Director Morarji Desai  
National Institute of Yoga (MDNIY)  
CEO Yoga Certification Board (YCB)  
Ministry of AYUSH



**Vaidya Mauricio Leone, Chile**

Founder Ayurvastu  
Clinical School of Ayurveda, South America  
Bachelor of Vaidya in Ayurveda Medicine



**Dr Raghavendra Pai**

Sri Vedavyasa Yoga Foundation, Mysuru  
Recipient of  
'Swami Vivekananda Leadership Award'



**Dr Atul Rakshe**

BAMS, MPhil Ayu, Secretary IAA,  
Deeghayu International



5th September  
6 PM (+5.30 GMT)

**Yoga Swaraj India @75**



**Dr Ajit Das**

Spiritual leader and life coach,  
Gowardhan Ecovillage, ISKON Palghar



**Webinar ID : 858 0894 2888    Passcode : swastiyoga**

**Be a part of year long Global Health Celebrations!**



# GLOBAL YOGA FESTIVAL



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## Guest Speakers



**Sunday**

6 PM – 6.40 PM IST (+5.30 GMT)



**Dr Sharad Bhalekar**

Ayurvedacharya, GS College of Yoga & Cultural Synthesis,  
Kaivalyadhama, Lonavala

12th September

**Topic : Asana beyond postures**



**Dr Vikas Chothe**

MD, PhD Ayurveda, Founder Swasti Yoga Center,  
Lead Yoga examiner and assessment expert (YCB)

19th September

**Topic : Lord Ganesha and  
Yoga philosophy**



**Uday Pendse**

Yoga teacher and therapist

26th September

**Applying Yoga Sutras of  
Patanjali in Establishing oneself  
in an Asana**



## Saturday : Student Speakers

6 PM – 6.40 PM IST (+5.30 GMT)



11th September

**Laura Poca-Rozenbluma**  
(Latvia)

Yoga for conflict resolution  
and anger management



18th September

**Bharathi Rajagobalan**  
(India)

Yoga for  
diabetes management



25th September

**Anupama Khandelwal**  
(India)

Improving Kids immunity  
in Covid times



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## Guest Speakers – Sunday



**Francois Gautier**  
Journalist and Integral Yoga follower  
Founder–Shivaji Museum (FACT)

October 03

Integration of Yogic values  
at the Shivaji Maharaja Museum  
of Indian History (Pune)



**Dr Uday Kumthekar**  
Sri Dakshinamurthy Vidya Nilayam  
Nanded

October 10

Role of Natha Sampradaya  
in Hatha Yoga



**Dr Shrikant Wagh**  
Rheumatologist  
Dip. Rheumatology ( S Wales, UK )

October 17

Yogic lifestyle for  
prevention and management  
of joint pain



**Srinivas Pulluri**  
Traditional Yoga  
Vedanta and Sanskrit teacher

October 24

Ahimsa and Satya  
Pillars of Yoga and Indian  
freedom movement



**Vaidya Mauricio Leone, Chile**  
Founder Ayurvastu  
Clinical School of Ayurveda, South America  
Bachelor of Vaidya in Ayurveda Medicine

October 31

Vasudhaiva Kutumbakam  
Yoga beyond borders

## Alumni & Student Speakers – Saturday



October 02

Laura Albors Moncho

Yogic values in Spanish/Catalan culture



October 09

Dr Gauri Patil

Yama and Niyamas in Indian Independence



October 16

Niamh Keoghan

Omkar chanting and mental health



October 23

Sonal Lodam

Daily yoga for corporate professionals



October 30

Dr Poonam Sable

Mudras in daily life