

Conference Schedule

Day 1 : Friday, 17th January 2025

Time	Event	Speaker	Topic
8.00 - 9.00 AM	Breakfast		
9.00 - 9.30 AM	Preamble	Gajanan Kelkar	Welcome Speech and Introduction to Manashakti
9.30 - 10.15 AM		Dr. Arun Singh (Keynote)	Exploring the Journey of First 1000 Days and Beyond through New Wisdom
10.15 - 11.00 AM		Dr. Sucheta Paranjape	Garbha-Sanskar as seen in the Vedic Literature
11.00 - 11.30 AM	Tea break		
11.30 - 1.15 PM		INAUGURATION	
1.15 - 2.30 PM	Lunch		
2.30 - 3.45 PM		Dr. Bhushan Patwardhan (Moderator)	Holistic Approach for Mother and Child Care (<u>Panel Discussion</u>) Participants: 1. Dr. Rama Vaidya (Reproductive Endocrinologist) 2. Dr. Preeti Chavan-Gautam (Placental Biologist) 3. Dr. Sarika Chaturvedi (Scientist) 4. Vaidya Yogesh Joshi (Ayurveda Practitioner, Garbha-Sanskar)
3.45 - 4.30 PM		Prof. Dr. Tanuja Nesari	Ayurvedic Regimen to develop optimal Cognitive Functions in the Infants
4.30 - 5.00 PM	High Tea		
5.00 - 5.45 PM		Dr. Samprasad Vinod	Communication beyond Words
5.45 - 6.15 PM		Dr. Snehal Deshpande	Divine Motherhood
6.15 - 7.20 PM			Visit to Mind Gym, Stalls, Books Section, Exhibition
7.25 - 7.45 PM			Meditation on Light Energy
7.45 - 9.00 PM	Dinner		

NOTE: Tea & Coffee available all day



Conference Schedule

Day 2 : Saturday, 18th January 2025

Time	Event	Speaker	Topic
8.00 - 9.00 AM	Breakfast		
9.00 - 9.45 AM		Dr. Raylene Phillips (Keynote)	The Sacred Hour: Uninterrupted Skin to Skin Immediately after Birth
9.45 - 10.30 AM		Ellynne Skove	Bonding Disruptions and Repair
10.30 - 11.15 AM		Gajanan Kelkar	Is the Unborn Baby Intelligent?
11.15 - 11.45 AM	High Tea		
11.45 - 12.30 PM		Dr. Amita Dharmadhikari	Quantification of Effectiveness of Stress Reduction in Conception
12.30 - 1.15 PM		Dr. Ulka Natu-Gadam	Sculpting the Personality in Utero... The Yogic Way
1.15 - 2.30 PM	Lunch		
2.30 - 3.15 PM		Dr. Vikrant Bhor	Role of Microbiome in Shaping Child Growth
3.15 - 4.00 PM		Dr. Vaishali Dabke	Sanskars in the Indian Culture
4.00 - 4.45 PM		Dr. Prakash Gambhir	Controlling the Code of Life: Interplay of Epigenome and Genome in the Prenatum
4.45 - 5.15 PM	High Tea		
5.15 - 6.00 PM		Prof. Dr. Ranjeet Bhogal	First 1000 days... A Yogic Way
6.15 - 7.20 PM			Visit to Mind Gym, Stalls, Books Section, Exhibition
7.20 - 7.45 PM			Meditation on Light Energy
7.45 - 9.00 PM	Dinner		

NOTE: Tea & Coffee available all day



Conference Schedule

Day 3 : Sunday, 19th January 2025

Time	Event	Speaker	Topic
8.00 - 9 AM	Breakfast		
9.00 - 9.45 AM		Dr. Shirley Telles (Keynote)	Contribution of Yoga to Influencing Nature and Nurture
9.45 - 10.30 AM		Dr. Mahesh Karandikar	Working towards Improving Neural Programming for a Better World
10.30 - 11.15 AM		Vaidya Arpan Bhatt	Aurvedic Concept for Better Progeny and Child Health Care
11.15 - 11.45 AM	High Tea		
11.45 - 12.15 PM		Dr. Aruna Narvekar	Epigenetics of Nutrition and Natural Detoxification in the First 1000 Days of Life
12.15 - 1.00 PM		Geetesh Kulkarni	Effectiveness of Pre-Birth Education in Child Development
1.00 - 2.15 PM	Lunch		
2.15 - 3.00 PM		Dr. Andal Bhaskar	Talking to the Baby in the Womb
3.00 - 3.15 PM		Gauri Bhonde	Impact of Maternal Stress on Breast Milk composition and infant health
3.15 - 4.00 PM		Dr. Jagannath Dixit	Dixit Lifestyle
4.00 - 5.00 PM	Valedictory	Swami Anubhavananda Saraswati	Motherhood... a Sadhana (Spiritual Discipline)
5.00 - 5.30 PM	Feedback & Tea		

NOTE: Tea & Coffee available all day

