



## India-Japan On-line Event on 6th Ayurveda Day Celebrations: "Finding Ayurveda in Japan- Perceptions, People and Practice in Nutrition, and control of Lifestyle Disorders"

*Date & Time: 02 November, 2021 [1330 – 1600 hrs (JST)]*

*Language- English Platform- WEBEX*

*In Celebration of India-Japan @70 yrs and India@75 yrs*

Co-ordinated & Moderated by the S&T Wing, Embassy of India, Tokyo

| JST           | IST           | Topic   | Speaker   |
|---------------|---------------|---|---|
| 13:30 – 13:32 | 10:00 - 10:32 | Introduction  | <b>Dr. Usha Dixit</b> , Counsellor (S&T), S&T Wing, Embassy of India, Tokyo, GOI  |
| 13:32 – 13:40 | 10:32 – 10:10 | Opening Remarks   | <b>H.E. Mr. Sanjay Kumar Verma</b> , Ambassador of India to Japan, Embassy of India, Tokyo, GOI   |
| 13:40 – 13:48 | 10:10 – 10:18 | Special Address   | <b>Mr. Kenichi Oki</b> , Executive Director of Healthcare New Frontier Promotion, Inochi and Future Strategy Headquarters Office, Kanagawa Prefectural Government (GOJ), Japan                                    |
| 13:48 – 13:58 | 10:18 - 10:28 | Keynote Address   | <b>Dr. Leena V Chhatre</b> , OSD, The Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy (AYUSH), GOI   |
| 13:58 – 14:10 | 10:28 – 10:40 | Potentiality of Ayurveda in the World as well as in Japan-Swastha Project             | <b>Prof. Kazuo Uebaba</b> , Director in Chief, NPO Japanese Association of Ayurveda   |
| 14:10 – 14:22 | 10:40 – 10:52 | Ayurveda Dietetics in Prevention of Lifestyle Disorders                               | <b>Dr. Mandip Goyal</b> , Associate Professor, Dept. of Kayachikitsa, Institute of Teaching and Research in Ayurved (ITRA), (Institute of National Importance), Ministry of AYUSH, Jamnagar, Gujarat, GOI         |
| 14:22 – 14:34 | 10:52 – 11:04 | Japanese and Ayurveda and Yoga, and the Case of 'Kikuimo' as a Medicine               | <b>Shri. Genboku Takahashi</b> , Founder, Tsukuba Yoga for All (TYfA) & Tsukuba Yoga Meditation-Mindfulness Center (tYMC), Guest Lecturer, University of Tsukuba, Tsukuba, Ibaraki, Japan                         |
| 14:34 – 14:46 | 11:04 – 11:16 | Ayurveda Principles of Nutrition-a Public Health Perspective                          | <b>Prof. Dinesh K S</b> , Head, Department of Kaumarabhritya, Vaidyaratnam PS Varier Ayurveda College, Kottakkal, Kerala  |
| 14:46 – 14:58 | 11:16 – 11:28 | Oriental Herbal Medicine and its Utilization in Japan                                 | <b>Dr. Kuniko Shinohara</b> , CEO, Flora & Ebisu Pharmacy, Mito-shi, Ibaraki, and Tokyo, Japan  |
| 14:58 – 15:10 | 11:28 – 11:40 | Importance of Practice AHARA (Diet) with Special Reference to its own DESHA (Habitat) | <b>Dr. Shiho Oikawa</b> , Assistant Director, NPO Japan Ayurveda School, Tokyo, Japan   |
| 15:10 – 15:22 | 11:40 – 11:52 | Ayurved Diet Regime - A Key to Healthy Life   | <b>Dr. Neha Tank Modha</b> , Associate Professor, Department of Panchakarma, Institute of Teaching and Research in Ayurveda (ITRA), (Institute of National Importance), Ministry of AYUSH, Jamnagar, Gujarat, GOI |
| 15:22 – 15:34 | 11:52 – 12:04 | Ayurvedic Lichens   | <b>Dr. Yoshihito Ohmura</b> , Head, Division of Fungi and Algae, Department of Botany, National Museum of Nature and Science, Tsukuba, Japan  |
| 15:34 – 15:46 | 12:04 - 12:16 | Listen to your Body   | <b>Ms. Yumi Tamura</b> , Founder AROUND INDIA, Chigasaki, Kanagawa, Japan   |
| 15:46 – 15:51 | 12:16 - 12:21 | Closing Remarks   | <b>Prof. Randeep Rakwal</b> , Faculty of Health and Sport Sciences & Tsukuba International Academy for Sport Studies (TIAS 2.0), University of Tsukuba; Founder, TYFA-tYMC  |
| 15:51 – 15:56 | 12:21 – 12:26 | Vote of Thanks  | <b>Dr. Usha Dixit</b> , Counsellor (S&T), Embassy of India, Tokyo, GOI  |