



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	Dr. Usha Dixit , Counsellor (S&T), S&T Wing, Embassy of India, Tokyo, GOI
13:32 – 13:40	10:32 – 10:10	Opening Remarks	H.E. Mr. Sanjay Kumar Verma , Ambassador of India to Japan, Embassy of India, Tokyo, GOI
13:40 – 13:48	10:10 – 10:18	Special Address	Mr. Kenichi Oki , 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	Dr. Leena V Chhatre , 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	Prof. Kazuo Uebaba , Director in Chief, NPO Japanese Association of Ayurveda
14:10 – 14:22	10:40 – 10:52	Ayurveda Dietetics in Prevention of Lifestyle Disorders	Dr. Mandip Goyal , 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	Shri. Genboku Takahashi , 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	Prof. Dinesh K S , 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	Dr. Kuniko Shinohara , 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)	Dr. Shiho Oikawa , Assistant Director, NPO Japan Ayurveda School, Tokyo, Japan
15:10 – 15:22	11:40 – 11:52	Ayurved Diet Regime - A Key to Healthy Life	Dr. Neha Tank Modha , 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	Dr. Yoshihito Ohmura , 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	Ms. Yumi Tamura , Founder AROUND INDIA, Chigasaki, Kanagawa, Japan
15:46 – 15:51	12:16 - 12:21	Closing Remarks	Prof. Randeep Rakwal , 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	Dr. Usha Dixit , Counsellor (S&T), Embassy of India, Tokyo, GOI