

Teaching Excellence - Advanced Training Program for Yoga Teachers

September 9 until September 15, 2019

Course director: adj. Prof. Reinhard Bögle
Teachers: Prof. Dr. Leena Phadke,
Dr. Sanjay Phadke

Within will take place:

Munich International Symposium on Health Promotion, Mind-Body Medicine and Yoga

Wednesday, September 11 until Thursday, September 12, 2019

Wednesday, September 11, 2019

17.00 **Welcome Address**

adj. Prof. Reinhard Bögle

Moderator: adj. Prof. Reinhard Bögle

17.05 **Key note: Global Perspective on Health Promotion – Opportunities & Challenges**
Prof. Dr. Norman Sartorius

17.50 **Blueprint of Transformation of Medical Education & Healthcare in India**
Prof. Dr. B.N. Gangadhar (via Skype)

18.00 **Indian Psychiatric Society's Initiative on Mind-Body Medicine**
Dr. Sanjay Phadke

18.10 **NIMHANS Initiative on Yoga Research & Integrated Interventions**
Prof. Dr. Shivarama Varambally

18.20 **New Conceptualization of Health & Resilience and Autonomic Neuroscience of Yoga**
Prof. Dr. Leena Phadke

18.30 **Health Promotion in Workplace Scenarios by the Example of a Bavarian Public Authority**
Dr. Hedwig Spegel

18.40 **Endocrine Society of India's Initiative on Mind Body Medicine**
Prof. Dr. Vaishali Deshmukh

Moderator: Dr. Sanjay Phadke

18.45 **Learning Health Promotion, Mind-Body Medicine and Yoga**
adj. Prof. Reinhard Bögle

19.00 **End of the public part of the symposium**

19.10 **Academic dinner**

with discussion about the present and the future of Mind-Body Medicine
and a discussion about a position paper
Invited guests only

Thursday, September 12, 2019

9.00 **Final discussion** (Invited guests only)



Speakers and Invited Guests

Adj. Prof. Reinhard Bögle

Head of yoga-teacher education at the Yoga Forum Munich e.V., CBM Pune,
Board member of IASTAM (International
Association for the Study of Traditional Asian Medicine)

Prof. Dr. med. Vaishali Deshmukh

Endocrine Society of India

Prof. Dr. med. B.N. Gangadhar

Director National Institute of Mental Health & Neurosciences (NIMHANS), India,
Member of the Yoga advisory board of President Modi

Christine Knoch-Tölle

Co-head of yoga-teacher education at the Yoga Forum Munich e.V.,
Teacher Physiotherapy, Natural Therapist

Prof. Dr. med. Arun Marwale

Member, Executive Council of Indian Psychiatric Society,
Professor and Head of Psychiatry, MGM Medical College, Aurangabad

Prof. Dr. med. Leena Phadke

Professor of Physiology and Chair of Central Research Lab, SKN Medical College, Pune,
Faculty Yoga Forum Munich e.V.

Dr. med. Sanjay Phadke

Chair, Indian Psychiatric Society's Task Force on Mind-Body Medicine and Consultant,
Neuropsychiatrist, Deenanath Mangeshkar Hospital and Research Center, Pune, Faculty
Yoga Forum München e.V.

Dr. med. Nischol Raval

Convener, Indian Psychiatric Society's Task Force on Mind-Body Medicine and
Consultant Psychiatrist, Sahyadri Hospital, Pune

Prof. Dr. med. Norman Sartorius

Guest of Honour, Former Director of WHO's division of Mental Health, Psychiatrist, Geneva

Dr. Hedwig Spegel, MPH

Bavarian Health and Food Safety Authority (LGL)

Prof. Dr. med. Shivarama Varambally

Co-Chairperson, Indian Psychiatric Society's Task Force on Mind-Body Medicine, Professor,
Department of Psychiatry and Officer-in-Charge, National Institute of Mental Health & Neurosciences (NIMHANS)
Integrated Centre for Yoga, Bangalore

Enquired Guests:

Dr. Heinz Strauss, Director of the Research and Teaching Institute for Systemic Studies, Munich

Prof. Manfred Wildner, Bavarian Health and Food Safety Authority (LGL)

Note:

During the event, photos and filming will take place. These photos and videos are meant for documentation and publicity. If you don't want to be shown, please contact: kontakt@yogaforum.de.



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