



# Association Of Medical Consultants

MUMBAI

&

## Iyengar Yogashraya

presents



# IYENGAR YOGA

THE EXPERIENCE, THE EFFICACY AND THE EVIDENCE



CELEBRATING INTERNATIONAL DAY OF YOGA

Date: 20 June 2021

Time: 5:45 pm to 8:00 pm

## ORGANISERS



PROF. SUSHMITA BHATNAGAR  
PRESIDENT



DR. PRADEEP BALIGA  
HON. SECRETARY



DR. VIKRANT DESAI  
PROG. COMMITTEE CHAIRMAN



DR. RAJENDRA CHAWHAN  
CONVENOR

& Team AMC 2021-22

## SCHEDULE

TOPIC	TIME	SPEAKER
Introduction to Iyengar Yoga	6:00 pm	Mr. Birjoo Mehta
Practical Demonstration	6:15 pm	Dr. Manoj Naik
<b>Panel Discussion:</b> Experience and Evidence on the efficacy of Yoga	7:00 pm	<b>Panelists :</b> Dr Sushmita Bhatnagar Dr Anand Parihar Dr Viraj Tambwekar Dr Rajvi Mehta Dr. Taral Nagda
<b>Moderators :</b> Dr. Devdatt Kapadia Dr Smita Sharma		
<b>Audience Interaction</b>	7:45 pm	

Registration free but Compulsory (Limited Entry upto 100 for Live Interaction & Practice with Expert)

Live on



& YouTube

Register

in association with



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