



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्



सत्यमेव जयते
Ministry of AYUSH
Government Of India

Indian Council For Cultural Relations
supported by **Ministry Of AYUSH**

presents

UBUNTU: International Yoga Conference

“Yoga For Universal Well-being”

Finding commonalities between Indian and African Traditions

Date : Monday, 21 June 2021

Tuesday, 22 June 2021

Venue : Conference Room, ICCR, New Delhi

Mode : Virtual Mode

Academic Co-ordinators : Dr. Shaarduli Terwaadkar

Mr. Terwadkar Rajiv

Yoga for Harmony & Peace



Serving Ayurved since 1872



UBUNTU: Internatinal Yoga Conference

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CONCEPT

A very first global virtual conference bringing together Africa and India on the basis of their respective Indigenous Knowledge Systems with the aim for “finding commonalities between African and Indian Traditions” having global gurus in field of IKS-Africa and Yoga, enlightening the global audience through their interactive sessions and panel discussions. While high tech research is conquering new heights, Traditional Health Practices are attracting people worldwide with its own unique way to balance this juggle of work and life. Instinctive curiosity of mankind led to our traditional wisdom and knowledge of healing appeared as universal enlightenment and was preserved, restored, researched and carefully handed over as heritage of every civilization, every culture. And here we are, on that wonderful stage, where we will be bringing two ancient yet powerful cultures and wisdoms together on this global stage for finding commonalities between two healing systems from two different ancient traditions. It’s going to be great journey of understanding IKS-Africa and Yoga as ancient keys for decoding the potions for these modern health challenges like COVID19, Mental & Physical wellbeing & Cure for Lifestyle Diseases to find sustainable solutions regarding inclusion of a few well researched guidelines in lifestyle. In this event, our aim is to present health perspectives offered by traditional healing practices of Africa, a majestic continent that being ‘Cradle of mankind”, connects to baby steps of inquisitive modern-age human and proudly showcasing biodiversity, cultural diversity & traditional wisdom. We are grateful to all of the institutions and dignitaries who made this possible to hold this first ever platform bringing together two sister sciences, African Healing Systems and Yoga, especially a very curious group of over 78000 delegates from Traditional Healers’ Organization taking this ahead for further research.

Day 1 - Monday, 21 June 2021

► Inaugural Session – Emcee Smt. Manjistha Mukherjee Bhatt, ICCR

1330 - 1333 hrs	Welcome and introductions by Emcee
1333 - 1338 hrs	Prayers & Invocation by Dr. Shaarduli Terwaadkar
1338 - 1348 hrs	Address by Guest Of Honour, Dr. Vinay Sahasrabuddhe , Hon. President, ICCR
1348 - 1403 hrs	Address by Gurudev Sri Sri Ravi Shankar , Founder of Art of Living
1403 - 1406 hrs	Video message by H.E. Prof. Jean Louis Rakotovao, Hon'ble Health Minister of Madagascar.
1406 - 1410 hrs	Video message by H.E. Mr. Kwaku Agyemang Manu, Hon'ble Health Minister of the Republic of Ghana
1410 - 1414 hrs	Video message by H.E. Mr. Khalid Ait Taleb, Hon'ble Health Minister of Kingdom of Morocco
1414 - 1417 hrs	Video message by H.E. Mr. Igor Passi Bossokpi, Secretary General, Ministry of Health of Central African Republic
1417 - 1427 hrs	Address by Chief Guest, Shri. Kiren Rijiju , Hon'ble Union Minister of State for AYUSH, Youth Affairs & Sports (Independent Charge) of India
1427 - 1432 hrs	Excerpts of Speech of Hon'ble Prime Minister Shri. Narendra Modi delivered on the occasion of IDY 2021
1432 - 1437 hrs	Launch of book "Sun Salutations" authored by Devyani & Shivaranjani Bharadwaj and published by Ms. Smita Bhardwaj
1437 - 1442 hrs	Vote of Thanks by Shri. Prashant Pise , Deputy Director-General, ICCR
1442 - 1445 hrs	Break

► **Technical Session 1 - Panel Discussion: COVID-19 Management**

Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa

1445 - 1545 hrs

Moderator: Dr. Shaarduli Terwaadkar

Panelists:

1. **TDr. BaKhombisile Maseko**, National Coordinator of Traditional Healers' Organization, South Africa
2. **Prof. Nceba Gqaleni**, Honorary Research Professor at the Durban University of Technology & a visiting Professor at Vaal University of Technology
3. **Mr George Bernard Munyaradzi Kandiero**, President, Zinatha – Zimbabwe National Traditional Healers Association
4. **Dr. Ishwar V. Basavaraddi**, Director, Morarji Desai National Institute of Yoga, N. Delhi, India
5. **Dr. Pramod Patil**, Head of Yoga Center, Deenanath Mangeshkar Hospital, Pune, India

Q&A

Day 2 - Tuesday, 22 June 2021

1330 - 1340 hrs

Prayers & Meditation by Dr. Shaarduli Terwaadkar

► **Technical Session 2 - Panel Discussion: Enhancing mental and physical well-being**

Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa

1340 - 1440 hrs

Moderator: Mr. Toki Mohoto, Chairman, African Heritage Collective (AHECO) Durban

Panelists:

1. **Ms. Akosua Aset**, Certified Smai Tawi Expert from Germany of Jamaican descent.
2. **Dr. Motheo Koitsiwe**, Acting Director at the Indigenous Knowledge Systems Centre, Faculty of Natural and Agricultural Sciences, North - West University
3. **Sant Naam Deo Ji Maharaj**, Vihangam Yoga Sansthan & Founder & CEO of Sadafal Foundation, Delhi, India
4. **Dr. R. Nagarathna**, Medical Director, Division of yoga and life sciences & chief consultant at Arogyadhama, SVYASA

Q&A

1440 - 1445 hrs Break

► Technical Session 3 - Panel Discussion: Cure for Lifestyle Diseases

Sharing of Indian experiences about Yoga and African experiences about Indigenous Knowledge Systems of Africa

1445 - 1545 hrs

Moderator: Dr. Shaarduli Terwaadkar

Panelists:

1. **Dr. Raghavendra Rao**, Director, Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, India
2. **Smt. Kamlesh Barwal**, Director of Yoga at Art of Living, Secretary General of Indian Yoga Association and Honorary Advisor of Yoga, Government of Himachal Pradesh
3. **Mr. Yirser Ra Hotep**, Master Instructor of Yoga and the creator of the Yoga Skills Method from USA
4. **TDr. Sithembiso Nene**, Senior Promotor, Traditional Healers Organisation, South Africa

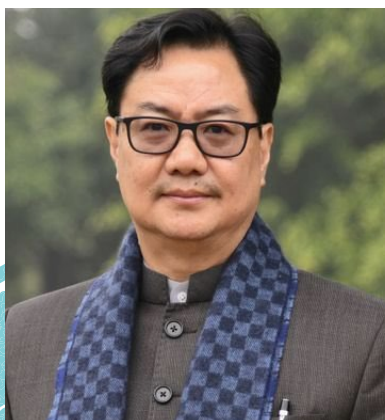
Q&A

► Concluding Session

1545 - 1615 hrs

Gist of deliberations by Mr. Terwadkar Rajiv

(All times in Indian Standard Time)



Shri. Kiren Rijiju

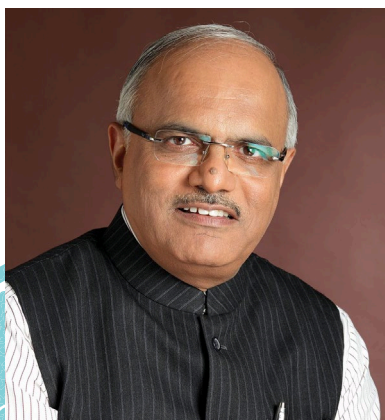
Union Minister of State (Ministry of AYUSH), Youth Affairs and Sports (Independent Charge)

Qualifications - B.A., LL.B.

2004 Elected to 14th Lok Sabha; May-2014 Re-elected to 16th Lok Sabha (2nd term); 27th May 2014 Union Minister of State, Home Affairs; 25th May 2019 Re-elected to 17th Lok Sabha (3rd term); 30th May 2019 Union Minister of State (Independent Charge) Ministry of Youth Affairs and Sports; and Minister of State, onwards Ministry of Minority Affairs

Numerous literary publications. Special interest in Strategic & Security Affairs. Represented India in various social and cultural events held in many Countries; Was member of youth and cultural team which participated in the "Festival of India in U.S.S.R." in 1987;

Adjudged as the Best Young Parliamentarian by the Media during 14th Lok Sabha; As first Indian to be honoured, designated by UN as Disaster Risk Champion for Asia Pacific Region due to his work in the area of Disaster Management.



Dr. Vinay Sahasrabuddhe

Dr. Vinay Sahasrabuddhe is a nationalist social worker at heart, a researcher cum student of political science and a trainer in democracy by profession and a Parliamentarian by elevation! Dr. Sahasrabuddhe is a post-Graduate in English Literature and a PhD in Political Science, both from the University of Mumbai. Since January 2018, Dr. Sahasrabuddhe is the President of Indian Council for Cultural Relations (ICCR).

As a Member of Parliament, Rajya Sabha (Upper House of Indian Parliament), Dr. Sahasrabuddhe represents the state of Maharashtra since July 2016. Currently, he is also the Chairman of the Parliamentary Standing Committee on Education, Women, Children, and Youth & Sports.

During 2014-2020, Dr. Sahasrabuddhe was the National Vice President of the Bharatiya Janata Party (BJP), India's principal ruling Party.

Besides, Dr. Sahasrabuddhe is founding Director General and Vice President of Rambhau Mhalgi Prabodhini (RMP) (www.rmponweb.org), a unique institution for honing leadership skills through training and orientation.

In the past, Dr. Sahasrabuddhe has worked on the Management Council of the University of Mumbai. Between 2012-15, he was also the Vice President of 208 years old Asiatic Society of Mumbai. Dr. Sahasrabuddhe has authored or edited about over half a dozen books in Marathi and English, couple of which have received distinguished awards.



Gurudev Sri Sri Ravi Shankar

Gurudev Sri Sri Ravi Shankar is a universally revered spiritual and humanitarian leader.

Gurudev is the Lifetime President of Sri Sri University and has gifted a holistic health enhancing technique, Sudarshan Kriya, to the world. He travels to nearly 40 countries every year and has addressed several international forums to spread message of love and wisdom. Numerous honours have been bestowed upon Gurudev, including the highest civilian awards of Colombia, Mongolia and Paraguay.

In 2016, he was conferred with the 'Padma Vibhushan', the highest annual civilian award of India. He has also been conferred with 23 honorary doctorates from around the world.

In 1981, Gurudev established The Art of Living, an NGO that works in special consultative status with the Economic and Social Council (ECOSOC) of the United Nations that is present in 156 countries now. In 1997, Gurudev founded the International Association for Human Values (IAHV) to foster human values and lead sustainable development projects.

Health Ministers From Africa



H.E. Prof. Jean Louis Rakotovao
Hon'ble Health Minister
Madagascar



H.E. Mr. Kwaku Agyemang Manu
Hon'ble Health Minister
Republic of Ghana



H.E. Mr. Khalid Ait Taleb
Hon'ble Health Minister
Kingdom of Morocco



H.E. Mr. Igor Passi Bossokpi
Secretary General, Ministry of Health
Central African Republic



Mr. Terwadkar Rajiv
Co-ordinator

Rajiv is a Mechanical Engineer and has done Post graduate diploma in advanced Computing from C-DAC. He founded community groups, Marathi Mandal South Africa & Intuthuko Arts and Crafts. He is the owner of Utkarsh Entertainment & Utkarsh Projects in SA.

He was acknowledged by former President Shri. APJ Abdul Kalam for DRDL & VSSC projects at Walchandnagar Industries Ltd. He applied for Provisional Patent on Mobile Backup solution in 2004 followed by international Patent. He was shortlisted as young Entrepreneur in South Africa in 2006. He has successfully executed 5 International Film Festivals in South Africa promoting regional cultures.

Rajiv is an award winning Writer, Director, Editor & Producer of International Films. He was Presidential Advisory Panel Member for Presidential Employment Stimulus Program in South Africa for film industry. He is featured in books "A Thousand Inspirations" & "160 Years of Inspiration" written by Mr. Fakir Hassen. He has executed numerous unique challenging IT projects around the world! Has also executed numerous Acting, Direction & Film Making workshops in USA, South Africa and India with multi Emmy Award winning Hollywood Director Arthur Seidelman. He has trained more than 400 needy youth in Farming, Arts and crafts & Entrepreneurship.



Dr. Shaarduli Terwaadkar

Co-ordinator & Moderator

Dr. Shaarduli Terwaadkar, owner of “Sukhayu Wellness Center”, is an International Ayurveda and Yoga Practitioner with experience of 22 yrs. Educational qualifications: B.A.M.S, F.I.I.M, Ayurved Parangat, Ayurved Varidhi, Masters in Ayurvedeeya Ahaarshastra, Yoga Certification-Yoga Vidyaniketan. Pioneer work of study of African Traditional Medicine and indigenous herbs followed by bridging study of ATM and Ayurveda. Felicitated by THO for her contribution as Ayurveda Facilitator & ambassador of collaborative scientific study of ATM by being course committee member at THO and University of Johannesburg.

Enlisted in “A Thousand Inspirations” as one of the inspirational Indians in South Africa. Worked as global coordinator for South Africa for World Ayurveda Congress. Founder & ex-CEO of The Ayurveda Foundation of South Africa and got felicitated by Indian Consulate, Johannesburg, South Africa. Published work in 14 research articles, 11 review articles, 500 presentations and lectures, 200 general articles and 5 books.

Received gold medal, 9 awards and 5 felicitations for academic, cultural & social work.



TDr. BaKhombisile Maseko

TDr. Khombisile Maseko is National Coordinator of Traditional Healers' Organization, South Africa. Ms. Khombisile is a passionate, indigenous knowledge holder, Traditional Health Practitioner (herbalist), advocate for Indigenous Knowledge Systems particularly traditional medicine, cultural education and transformation worker. She is currently providing advice on bioprospecting, access and beneficiation to the Department of Environmental Affairs, Forest and Fisheries for indigenous people and THP sector.

Maseko is looking to contribute and be part of a dynamic and performance driven governance and management team working for the development and empowerment of the traditional health education, arts and culture and the traditional medicine industry.

The hallmark of her work:

- a) organization development, directing, project development, management and monitoring, within the traditional health sector, which include but is not limited to training and development
- b) stakeholder relationship management, IKS education, beneficiation and community development, negotiation and conflict resolution and,
- c) Innovation, IKS Enterprise development, traditional medicine industry development, coaching and mentorship and project resource mobilization.



Prof. Nceba Gqaleni

Prof Nceba Gqaleni obtained a masters at the former University of Natal and a doctorate at the University of Strathclyde in Scotland. He is an Honorary Research Professor at the Durban University of Technology and a Visiting Professor at Vaal University of Technology. He was appointed by the Minister of Health to serve as a member of the Interim Traditional Health Practitioners Council of South Africa. He previously served as leader of the Traditional Medicine programme, Director of the Centre for Occupational and Environmental Health, Operations Director of the Doric Duke Medical Research Institute and Deputy Dean of Nelson R Mandela School of Medicine, University of KwaZulu-Natal. In 2007 he was appointed the DST/NRF Research Chair in Indigenous Health Care Systems. He has been a member of the Presidential Task Team on African Traditional Medicine, Deputy Chairperson of the KwaZulu-Natal Provincial Council on AIDS, and the WHO (African Regional Office) expert committee on Traditional Medicine. He is among 20 best authors globally on integration of traditional medical practices into 'mainstream' medical care selected by an international committee of experts from the Inter-Academy Medical Panel and other renowned international scholars.



Mr George Bernard Munyaradzi Kandiero

Mr. George Bernard Munyaradzi Kandiero is qualified in NC Business administration and is the President of ZINATHA [Zimbabwe National Traditional Healers Association].

He worked in various capacities as Research Assistant to Vice Chancellor University of Zimbabwe, Deputy Manager, Senior advisor to the President & board, Secretary for Information & publicity and Director General for ZINATHA.

Responsibilities:

- Liaise with various government department s up to highest level i.e. parliament
- Uphold all association regulations as stipulated by the Act
- Promote research, administrative, legal and other arms of the association
- Traditional and social commentator for various media houses
- Advisor to the government and country pertaining traditional, spiritual & health issues
- Board member for the Traditional Medicines Practitioners' Council
- Research, development up to patent stage of traditional medicine e.g Gundamiti
- Collaborations to assist with traditional medicine development as well as training for traditional healers with other NGOs



Dr. Ishwar Basavaraddi

Dr. Ishwar Basavaraddi, Director of Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India, New Delhi for the last 16 Years. Head of Institute, Yoga Certification Board, Ministry of AYUSH, Govt. of India since 2018. Project Director WHO CC, Traditional Medicine (Yoga) since 2013. Additional charge of Advisor (Yoga & Naturopathy), Ministry of AYUSH, Govt. of India during 2019-2020. Additional charge of Director, CCRYN from 2010 to 2012 & 2019 to 2020. The President of National Yogasana Sports Federation.

M. Sc. in Physics, M.A. in Philosophy, Ph.D. in Yoga Philosophy, 2 PG Diplomas, tremendous experience in Yoga Education, Training, Therapy and research. Travelled extensively almost covering the globe and represented MDNIY and Govt. of India. Instrumental in establishing 159 Yoga Wellness Centres, 4 Yoga Therapy centres in Tertiary hospitals, 20 Yoga Wellness Centres in CGHS dispensaries & 4 Yoga centres in SAI Stadia.



Dr. Pramod Patil

He did his MBBS from Rajarshi Chatrapati Medical College, Kolhapur and MD in Physiology from Bharati Vidyapeeth Deemed University, Pune. He is currently working at Deenanath Mangeshkar Hospital as Head of Department of BILD Exercise Center (Behavioral Intervention for Lifestyle Disorders). It's a unique exercise center that includes various types of exercises for reversal of various lifestyle disorders. He also looks after Yoga center at Deenanath Mangeshkar Hospital. Yoga center at Deenanath Mangeshkar Hospital, offers Yoga practice batches for various schools of Yoga. He recently finished study on Jalneti and its impact on COVID-19 symptoms.



Mr. Toki Mohoto
Moderator

Mohoto is the founder of the African Heritage Collective, a non-profit organization advocating for traditional healers and indigenous knowledge keepers in South Africa, Lesotho and Swaziland. He co-chairs Empowering Youth to Act and Change Outcomes (EYACO), a youth empowerment non-profit organisation. He is a social justice advocate has passion for community upliftment, advocacy for the marginalized, business process engineering, organizational design and social entrepreneurship. Mohoto is a trained business administrator, facilitator and mentor with qualifications and experience in business administration, strategic management, training, empowerment and socio-cultural impact on indigent citizens.

A former chairman of Ekhaya Multi-Arts Centre in KwaMashu (KCAP). He is currently heading two enterprises the So'2 Ville and Road Exchange. So'2 Ville focuses on strategy, publications, innovation and media. Road Exchange is a consultancy for all road related activities. Founding CEO of Aheco Radio, a producer, presenter and technical support for a talk show, was recognized as one of Durban's Influential Men.



Ms. Akosua Aset

Akosua Aset born in Miami-Beach, USA is of Jamaican descent and was raised mostly in northern Germany. She is now mother of 3 while being a Social Worker, Smai Tawi Basu and Nutritionist & Health and Wellness consultant. In 2012 Aset got certified in Smai Tawi by the Sema Institute by Muata & Karen Ashby. In 2013 she completed her certification in nutrition, health and wellness and in 2020 she added a certification as a Kemetic Yoga teacher for children and an Afrikan Yoga training which includes Hudu. Hudu is a rhythmic flow that connects the physical and spiritual body with the elements to enhance focus, fluidity and our inherent manifestation powers. Since 2012 Akosua Aset has hosted workshops in Jamaica, USA, Germany, Austria and Kenya. She specializes in bringing all of her skills together to one method of healing the mind, body and spirit of herself and her clients.



Dr. Motheo Koitsiwe

Dr. Motheo Koitsiwe is the Acting Director at the Indigenous Knowledge Systems Centre, Faculty of Natural and Agricultural Sciences, North - West University. Dr. Koitsiwe is a qualified indigenous knowledge systems lecturer, researcher and supervisor of IKS postgraduate students (M&D). He was the first coordinator of the Bachelor of Indigenous Knowledge Systems which is a four years professional degree registered with the South African Qualification Authority (SAQA) and approved by the Council for Higher Education (CHE). He has done and continue to conduct indigenous research with indigenous astronomy experts, African Indigenous Health Practitioners, Traditional Leaders, researchers, scientists and various govt. departments as one of the strategies to promote African Indigenous Knowledge Systems (AIKS). Dr. Koitsiwe has worked in collaboration with the Department of Science and Innovation in projects such as Recognition of Prior Learning, IK Act Public Awareness Campaign and Biocultural Community Protocols. Dr. Koitsiwe has published in accredited journals, attended national and international conferences. His current focus is on developing African Indigenous Languages, Heritage, Arts, Culture, and Indigenous Astronomy, to establish the International Indigenous Astronomy Experts Society, a cadre of IKS Ambassadors, institutionalization of IKS and development of the Consortium on African Indigenous Medicine at North-West University. He is also working with the like-minded to develop Short Learning Course in African indigenous arts, culture, heritage, museum, library and archives.



Sant Naam Deo Ji Maharaj

Sant Naam Deo Ji Maharaj is the founder and chief executive officer of the Sadafal Foundation, editor of the Vihangam Light magazine and head of international relations for Vihangam Yoga Sansthan. He also heads the Sukrit ecosystem which comprises of pharmaceutical, healthcare, travel and cuisine initiatives. Huge work done for the progress of tribal districts of Chhattisgarh, for women and youth welfare, Health and sanitation, awareness programs for women's rights. An environment protection initiative such as sapling plantation campaigns are organised by the Sadafal Foundation & NameTree, an NGO's under his direction and participation. He also conducts special meditation sessions for Stress Relieving and Anti-Drugs, where detailed scientific research are conducted regularly by various researchers & scholars, under his guidance.

The Economic and Social Council (ECOSOC) of the United Nations awarded "special consultative status" to his work through Sadguru Sadafaldeo Vihangam Yoga Sansthan in Allahabad in 2013



Dr. R. Nagarathna

Dr. R. Nagarathna is one of the pioneers in the field of Yoga therapy. She is the Dean, Division of yoga and life sciences and chief consultant at Arogyadhama, SVYASA. Dr. Nagarathna did her MBBS from Bangalore medical college, MD in internal medicine from Mysore medical college, RCP and FRCP from Edinburg, UK. Over 80 publications in national and international journals and has 11 books on series of yoga for different ailments published. Felicitated with numerous awards such as: "Patanjali Award" (2000) by Indian Systems of Medicine and homoeopathy (ISM & H), Ministry of health and family welfare, India, "Dr. P. S. Shankar Vaidya Shree" award (2001) by Dr. P. S. Shankar Pratistana, Gulbarga, "Woman of Excellence" award (2003) by the Badaganadu Sangha Association, Bangalore, "Karnataka Kalpavalli" award (1995) for 'Service to women through Yoga' awarded by 'Shaswathi' and "Doctor's Day" award (July 1992) by IMA, Bangalore branch.



Dr. Raghavendra Rao

Dr. Raghavendra Rao M, BNYS, PhD is Director, Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Govt. of India. He has done several research projects in Rheumatoid arthritis, Prediabetes, Diabetes, CVD risk prevention using both yoga and naturopathy interventions at Swami Vivekananda Yoga University, MS Ramaiah Hospital, HCG Bangalore Institute of Oncology. Completed his PhD in 2007 and joined Health Care Global Enterprises Ltd., South East Asia's Largest Network of Oncology Hospitals as a Senior Scientist and Head CAM program. He has 89 international research publications, one international book chapter and won several awards. Has conducting global clinical trials and was heading Triesta CRO, Triesta Biorepository, HCG Cancer registry and Clinical repository and clinical audit and EHR. A member of the AYUSH research Portal, Govt of India and recently joined the post of Director, Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Govt. of India.



Smt. Kamlesh Barwal

Director of Sri Sri Yoga, Secretary General of Indian Yoga Association. Kamlesh Barwal is a highly accomplished and recognised Yoga Leader associated with the Art of Living Foundation since the past 20 years. Bestowed with the Vishalakshi Award for contribution to the field of Yoga, she has been instrumental in training Yoga teachers to develop the ability to effectively manage mind and emotions, eliminate stress, and promote harmony amongst people from all walks of life, cultures, and religions, through very simple yet profound yogic techniques and Sudarshan Kriya. Kamlesh has been a key member of the Steering and Technical Committees, which designed the scheme for voluntary certification of Yoga professionals by Quality Council of India (QCI) as mandated by the Ministry of AYUSH, Govt. Of India to standardise and organise Yoga education and practice.

Kamlesh is the dynamic face of Indian Yoga Association where she has been elected as the Secretary General of the organisation. Indian Yoga Association is a self regulatory body of all leading Yoga organizations in India, founded under the guidance of legendary Yogi, Padma Vibhushan Late Dr BKS Iyengar ji. Kamlesh has contributed to hundreds of articles on Yoga to publications around the world. She has featured in leading television shows in numerous countries and represented Yoga on National and International forums. She has also directed and acted in many yoga videos and tutorial films to inspire youth towards leading healthy and meaningful lives.



Yirser Ra Hotep (Elvrid Lawrence)

Yirser Ra Hotep (Elvrid Lawrence), MSW, E-RYT 500 is a master instructor of Yoga and the creator of the YogaSkills Method. He is the most senior instructor of Kemetic Yoga in the United States, with over 46 years of experience practicing and teaching. Founder and Executive Director of the Institute of Kemetic Yoga, a not-for-profit organization dedicated to providing Yoga, Stress Management, Trauma Relief and Wellness services to at risk communities across the globe. He was involved with the original research and documentation of Kemetic Yoga (Ancient Egyptian or African Yoga), along with master instructor Dr. Asar Hapi in the 1970's. He has trained and certified over 5000+ Kemetic Yoga instructors across the globe through his school, YogaSkills School of Kemetic Yoga, and conducts historical/cultural/spiritual tours of Egypt, Ethiopia, Ghana, South Africa and other parts of the African Diaspora.



TDr. Sithembiso Gloria Nene

TDr. Sithembiso is a dignified traditional health practitioner diviner with 30 years of experience in traditional healing, multiskilled indigenous knowledge holder. She is senior promoter of THO, trained 35 diviners and also a birth attendant.

The hallmark of her work experience has been;

- a) nominated as a chairperson of the Traditional Healers of the local district in KwaZulu Natal
- b) Representing THPs in KwaZulu Natal, South Africa, in all the Government Departments like Municipality, DOH, DOAgri, Department of Environmental Affairs, Wildlife Conservation, Indigenous Knowledge in National Level majoring in plants, food, Traditional attire for girls and woman, Traditional Dance whistling and drum beating.
- c) Facilitator at Durban University of Technology together with Professor Nceba Gqaleni
- d) Worked with Prof. Katerere in redesigning ATM and manufacturing natural herbs.
- e) Formulation of tinctures and creams at innovation hub with Prof. Auck from University of Pretoria.
- f) Secretary at Environmental Affairs Committee.



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Indian Council For Cultural Relations



Maulana Abul Kalam Azad
the first Education Minister of
Independent India, founded the
Indian Council for Cultural
Relations (ICCR) on
9th April 1950

The objectives of the Council are to participate in the formulation and implementation of policies and programmes relating to India's external cultural relations; to foster and strengthen cultural relations and mutual understanding between India and other countries; to promote cultural exchanges with other countries and people; to establish and develop relations with national and international organizations in the field of culture.

ICCR is about a communion of cultures, a creative dialogue with other nations. To facilitate this interaction with world cultures, the Council strives to articulate and demonstrate the diversity and richness of the cultures of India, both in and with other countries of the world. The Council prides itself on being a pre-eminent institution engaged in cultural diplomacy and the sponsor of intellectual exchanges between India and partner countries. ICCR's activities are aimed at reaching out to the hearts and minds of the people through a dissemination of its heritage, values and philosophy to create an endearing and everlasting image and promote India's soft power overseas.