



INTERNATIONAL CONFERENCE ON GLOBAL ANCIENT KNOWLEDGE SYSTEMS

16th February, 2021*			
Theme : Global Ancient Knowledge Systems for Our Health			
Session Name	Begin (IST)	End (IST)	Event
Ancient Solutions for Modern Health Challenges	10.00	11.45	Plenary Session
Tea Break (11.30-11.40)			
Youth Mental Health : Ancient Solutions for the Next Generation	11.40	13.00	Panel Discussion
Lunch Break (13.00-14.15)			
A Sumptuous Path to Health: A Masterclass on Ayurvedic Cooking	14.15	15.45	Interactive Masterclasses
First Nations Storytelling from Australia			
Break (15.45-16.00)			
Indigenous Knowledge for a Healthier Woman and Children	16.00	18.00	Abstract Presentation
Ancient Wisdom for Increasing Happiness and Quality of Sleep in a Modern World			
Role of Ancient Practices in Enhancing Gut Health			

*Virtual Conference





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ON
GLOBAL ANCIENT KNOWLEDGE SYSTEMS

17 th February, 2021*			
Theme : Global Ancient Knowledge Systems for Our Society			
Session Name	Begin (IST)	End (IST)	Event
Reimagining the World We Live in : Ancient Solutions for the Modern Life	10.00	13:00	Plenary Session
Lunch Break (13.00-14.15)			
Introduction to Permaculture	14.15	15.45	Interactive Masterclasses
Ancient Practices to Make Our Living Space Environmentally Friendly			
Break (15.45-16.00)			
Indian Knowledge Systems and their application in Modern Life	16.00	18.00	Abstract Presentation
Ancient Strategies for Environment Conservation			

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