



## TABLE OF CONTENTS

Introduction.....	2
Concept Note.....	4
Detailed Schedule.....	5
Inauguration.....	6
Speakers & Topics.....	6
Dr. Narayanam Srikanth.....	6
Dr. Tanuja Manoj Nesari.....	6
Gogo Ndlovukazi Masechaba.....	6
Dr. Divya Kanchibhotla.....	6
Dr. Atul Rakshe.....	6
Mr. Itumeleng Makale.....	7
Dr. Nushafreen Irani.....	7
Dr. Morenikeji Komolafe.....	7
Wasi Musa Chinunga.....	7
Dr. Neera Bhikha.....	7
Conference Achievements.....	8
Way Forward.....	9



## Introduction

Ubuntu-International Sleep Conference 2021 was held on 28th November 2021. It was a virtual conference organised by Africa Study Centre and Sukhayu Wellness Centre, Sangli India.

This conference was conceptualised by Dr. Abhijeet Deshpande, Founder and CEO of International Institute of Sleep Sciences, USA. He is the world renowned sleep specialist who has profound knowledge about the concept of sleep and has a successful practice to treat sleep disorders worldwide.

Ubuntu is a powerful African word that reflects connection, compassion and coexistence. It's a mode of living a fulfilled life that encompasses a complete concept of wellbeing.

Ancient Indian Wisdom also focuses on living a holistically healthy life with the spirit of VishwaBandhutva i.e. universal brotherhood.

In light of ancient traditional wisdom, this conference was aimed to serve to get enlightened to seek profound understanding of the concept of Sleep and effective solutions on sleep disturbances in modern era.

Uniqueness of this conference was the collaboration of ancient old quest and spirit of mankind in the form of traditional cultural sciences of Africa and India with modern medicinal researches.

The topic, "**Sleep and Disorders**" was discussed in the light of three profoundly rich traditional sciences, Traditional Indian Sciences – Ayurveda and Yoga & Traditional African Medicine along with Modern Medicinal Research representing Allopathy

**Focus** – Global Sleep Wellness

**Theme** – IKS of Africa and India coming together with modern research for understanding the concept, importance and problems of Sleep in Integrated perspective

**Organizers** – Africa Study Center and Sukhayu Wellness Center, Sangli India

**Coordinators** – Dr. Shaarduli Terwadkar and Terwadkar Rajiv

**Date** – 28<sup>th</sup> November 2021

**Venue** – Virtual, YouTube, Instagram & FaceBook

**Target Area** – World wide through Africa & India

**Audience** –



## Ubuntu: International Sleep Conference 2021

Global audience seeking for understanding concept of healthy sleep and solutions for its disorders from African and Indian Traditional Medicinal Sciences along with modern research perspectives in the current era with special reference to medical and socio-economical effects of COVID 19 Pandemic.

More than 100k African Healers and thousands of students and academic faculty from global Institutions and universities having traditional and modern medicinal aspect about IKS – Africa and India in curriculum along with modern medicinal researchers throughout the world working on sleep and sleep disorders are the focus audience of this conference.



## Concept Note

Sleep is one of the most important aspect of wellbeing and praised all along the history of medicine stretching from ancient times till date.

Africa, the majestic continent, being 'Cradle of mankind", connects to baby steps of inquisitive modern-age human and proudly showcases biodiversity, cultural diversity & traditional wisdom regarding instinctive human intelligence and ancient research approach.

In India, tracking the references down takes us to almost 10000 yrs back as the very first scripted references, Vedas and its quite interesting to see the deep study about impact of this aspect on holistic health of mankind.

We are happy to offer our second global virtual conference bringing together Africa and India on the basis of their respective Indigenous Knowledge Systems with the aim for "Understanding the concept, importance and problems of Sleep in Integrated perspective, comprising Indian Traditional Health Sciences, African Medicine and Allopathy" having global gurus in field of IKS-Africa, Ancient Indian Health Sciences – Ayurveda and Yoga along with modern medicinal research, enlightening the global audience through their interactive sessions and panel discussions.

We are in the HighTech Era conquering new heights but landed with a new set of lifestyle irregularities affecting our holistic health. Especially now when COVID19 pandemic has impacted global wellness in terms of health and wealth, at vast and in depth, its must be our prime take to address it and re-establish global wellness by all means.

In fact, its kind of a reset opportunity for us to stop, think and act about our Health in 360 degree around.

While modern research techniques has put in vast amount of funds, energy and time for this, Traditional Health Practices had been attracting people worldwide with its own unique way to tune in to our natural bio-clock and reset the wellness system.

Its because, 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.

In this event, prime purpose is to bring together Africa and India on Global Health Platform and unveil present health perspectives offered by traditional healing practices of both the sister sciences coming forward to guide modern research on sleep.



Here we are bringing two ancient yet powerful cultures and wisdoms together on this global stage for finding guidelines from two healing systems from two different ancient traditions, Africa and India where we can find integrated ways to re-establish global wellness.

On this wonderful platform, modern research will walk hand in hand with our valuable ancient traditional guidance to pave in potent health solutions together.

It's going to be great journey of understanding sleep and sleep disorders in both views, modern and traditional, IKS-Africa and India.

Ancient health sciences had been always an inspiration and important feed to modern researchers and are the key that will help for decoding the potions for these modern health hazards unsettling the biorhythms.

We are here to find sustainable solutions regarding inclusion of a few well researched guidelines in lifestyle as integrated approach.

We are grateful to all of the institutions and dignitaries who made this possible to hold this second platform bringing together two sister sciences, African Healing Systems and Indian Healing Systems, especially a very curious group of over 78000 delegates from Traditional Healers' Organization – South Africa and over 40000 delegates from ZINATHA, Zimbabwe taking this ahead for further research.

## Detailed Schedule

**Sunday 28<sup>th</sup> November 2021**

Sr. No.	Flow of Events – 28 <sup>th</sup> November 2021
1	Prayers & Invocation – Dr. Sharduli Terwadkar
2	Chief Guest Speech by Shri. Ram Vaidya
3	Guest of Honour Speech by Dr. P H Kulkarni
4	Dr. Narayanam Srikanth – India
5	Dr. Tanuja Nesari – India
6	Gogo Ndlovukazi Masechaba – South Africa
7	Dr. Divya Kanchibotla – India
8	Dr. Atul Rakshe – India
9	Mr. Itumeleng Makale – South Africa
10	Dr. Nushafreen Irani – India
11	Dr. Morenikeji Komolafe – Nigeria
12	Mr. Wasi Musa Chinunga – Zimbabwe
13	Dr. Neera Bhika – South Africa
14	Vote of Thanks by Shailesh Temurnikar – India



## Inauguration

**Chief Guest:** Dr. Ram Vaidya  
World Joint Coordinator, HSS UK

**Guest of Honour:** Prof. Dr. P H Kulkarni  
Ex. Dean of Ayurveda Faculty, Pune University India  
Founder and President of Institute of Indian Medicine, Pune India  
Founder Chief Editor of Deerghayu International, Pune India  
Founder President of International Ayurveda Association  
Founder President of European Academy of Ayurveda

## Speakers & Topics

### Dr. Narayanam Srikanth

Director General,  
Central Council for Research in Ayurvedic Sciences,  
Ministry of AYUSH, India  
Subject: Sleep disorders and Ayurveda

### Dr. Tanuja Manoj Nesari

Director, All India Institute of Ayurveda, Delhi, India  
Subject: Sleeplessness due to stress disorder – AllA Review

### Gogo Ndlovukazi Masechaba

Traditional Healer, Founder and Director of  
Ndlovukazi Anointed Healers Institute  
South Africa  
Subject: Managing and Treating Sleeping Disorders the "Sangoma" way.

### Dr. Divya Kanchibhotla

Executive Director,  
Sri Sri Institute for Advanced Research at  
Art of Living International Center, Bangalore, India  
Subject: Healthy Sleep with Yoga

### Dr. Atul Rakshe

Secretary General - International Ayurveda Association  
Associate Editor - Deerghayu International  
Pune, India  
Subject: Nidra according to Ayurveda



### **Mr. Itumeleng Makale**

Afrikan Holistic Health Advocate  
Visiting Scholar at Virginia Commonwealth University  
South Africa  
Subject: Sleep, disorders and therapies according to IKS

### **Dr. Nushafreen Irani**

Research Director  
International Institute of Sleep Sciences,  
Pune, India and USA  
Subject: Effects of Sleep Deprivation on Telomere length (Cellular ageing)

### **Dr. Morenikeji Komolafe**

Professor of Neurology and Head of Department of Medicine,  
Obafemi Awolowo University, Ile-Ife, Nigeria  
Subject: Sleep medicine in Africa: past, present, and future

### **Wasi Musa Chinunga**

Administration Secretary &  
Board Member of Zinatha  
Zimbabwe  
Subject: Sleeping disorder from Traditional African POV

### **Dr. Neera Bhikha**

Clinical Neurophysiologist  
Sandton Medi Clinic, Sandton,  
South Africa  
Subject: Impact of Pandemic on Sleep



## Conference Achievements

1. First launchpad conference organised by Africa Study Centre to promote the projects offered by organisation.
2. First Sleep conference having presentations by experts from Traditional African Medicine, Ayurveda, Yoga and modern Medicine.
3. This conference received support by 80,000 delegates from Traditional Healers' Organization and 40, 000 delegates from ZINATHA
4. Two prominent institutions from Government of India, CCRAS (The Central Council for Research in Ayurvedic Sciences) and AIIA (All India Institute of Ayurved) participated in the conference.
5. Executive Director of Sri Sri Institute for Advanced Research at Art of Living International Center, Bangalore, India, participated and has shown interest to work with Africa Study Centre in various African countries.
6. Leaders of two prominent organisations Traditional Healers Organisation from South Africa and Zimbabwe National Traditional Healers Association participated in the conference.
7. Secretary General of an International Ayurveda Organisation having footprints in Europe, America & Australia has shown interest to work actively in all onsite projects with African Study Centre.
8. A renowned peer reviewed Journal of research in Ayurveda and Yoga "Deerghayu International" has shown keen interest in supporting research Projects of Africa Study Centre.
9. Professor of Neurology and Head of Department of Medicine, Obafemi Awolowo University, Ile-Ife, Nigeria presented in this conference.
10. Two prominent research institutions, IISS, USA and Sandton Sleep Lab, South Africa participated in the conference.





## Way Forward

Prominent organisations from Government of India, CCRAS (The Central Council for Research in Ayurvedic Sciences) and AIIA (All India Institute of Ayurved) shown positive response in collaboration work with Africa Study Centre.

Executive Director of Sri Sri Institute for Advanced Research at Art of Living International Center, Bangalore, India, has shown interest in collaborative research projects on site with Africa Study Centre in various African countries.

Sandton Sleep Lab, South Africa shown interest in associating with Africa Study Centre.

Members of two prominent organisations Traditional Healers Organisation from South Africa and Zimbabwe National Traditional Healers Association were introduced to Africa Study Centre and it opened channels for further collaborative researches in Traditional African Medicine along with Indian Traditional Sciences and Modern Medicine.