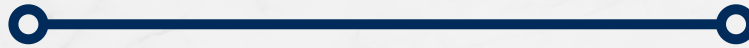




YOUTH 20 CONSULTATION HEALTH, WELLBEING AND SPORTS AGENDA FOR YOUTH

4TH - 5TH
MAY, 2023



**AIIMS Rishikesh,
Uttarakhand**



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ABOUT YOUTH 20

The Y20 is the official youth engagement group for G20 (Group of 20), the forum for the world's largest and most advanced economies. The Y20 brings together young leaders from across the globe to discuss and debate global challenges. The Y20 encourages youth as future leaders to raise awareness of global issues, exchange ideas, argue, negotiate, and reach consensus.

India is hosting the G20 Presidency for the first time. For India, the G20 Presidency marks the beginning of Amritkaal, the 25-year period beginning from the 75th anniversary of its independence on 15 Aug 2022. India is playing a significant role in finding workable solutions at the international level to ensure holistic well-being embodying the idea of Vasudhaiva Kutumbakam. The activities to be undertaken by Y20 during India's presidency will focus on global youth leadership and partnership. Y20 India will act as a platform for dialogue and negotiations among young leaders in India and around the world, who will come together to address the challenges facing our generation and strive to make a positive impact on the world.





As an academic partner for the Youth 20 India Consultations, AIIMS Rishikesh looks forward to welcoming you to the upcoming Youth 20 Consultation on 4th-5th May 2023 at AIIMS Rishikesh. We are excited to welcome a galaxy of expert panelists from all walks of life. These **'Young Achievers'** will be here to inspire, interact and initiate discussions with the **'Young Leaders'** attending this event.

Amidst the heavenly ambience of the mountains and the river Ganga, the picturesque campus of AIIMS Rishikesh is set to welcome international and national dignitaries. We are equally excited to meet local influencers and our dear alumni coming from various parts of the world and the country to witness this event.

We aim to sum up the various discussions held over the past 8 weeks through multiple **Run-Up Events** which were organised locally and in various institutes of Uttarakhand, along with the ideas that will be shared in the main consultation event.

We hope to give the youth a voice and a platform to enable them to influence and inspire decisions on policies related to the theme of **Health, Wellness and Sports** through our theme-based **panel discussions on the 4th and 5th of May 2023.**

We encourage all participants to join the Yoga activities, Cultural Events, enjoy holistic culinary feasts, witness the Ganga Aarti at Parmarth Niketan and experience peace and calming wellness during these two days.

Prof Meenu Singh,
Executive Director & CEO,
Chair, Youth 20 Consultation.
AIIMS Rishikesh.



EVENT SCHEDULE

Time	Programme	Venue/Remarks
<i>4th May, 2023</i>		
6:00 AM - 7:30 AM	Pre-Meeting Sessions: 1. YOGA by the Ganges 2. Breathe Out the Pain: Pranayama Session by Heidi Followed by Healthy Breakfast	AIIMS lawns/ Panoramic views of the Hills
11:00 AM - 12:00 PM	Pre-Meeting Sessions: 3. Addiction Management	AYUSH Department
10:00 AM - 1:00 PM	International Health Conclave	Main auditorium
1:00 PM - 2:00 PM	Lunch: Holistic Food	Main Auditorium Arena
03:00 PM -4:00 PM	Panel Discussion: Holistic and Spiritual Health	Main Auditorium Arena
4:00 PM-5:00 PM	Ice Breaking Session and Welcome High Tea	Main Auditorium Arena
5:30 PM - 7:30 PM	Parmarth Niketan Aarti: Experience Divinity	Parmarth Ghat
7:30 PM Onwards	Dinner	Respective Venues of Stay

Time	Programme	Venue/Remarks
5th May, 2023		
Morning Session		
6:00 AM - 7:30 AM	Pre-Meeting Sessions: 1. YOGA by the Ganges 2. Breathe Out the Pain: Pranayama Session by Heidi Followed by Healthy Breakfast	AIIMS lawns/ Panoramic views of the Hills
10:00AM-11:00AM	Inaugural Session	Main Auditorium
11:00AM - 11:30AM	High Tea	
Technical Session		
11:30AM - 12:20 PM	Panel 1: Sports and Fitness	Main Auditorium
12:20PM - 12:40PM	Question and Answer Session with Delegates	Main Auditorium
12:45 PM – 1:30PM	Panel 2: Yoga and Mental Health	Main Auditorium
1:30 PM - 01:40 PM	Question and Answer Session with Delegates	Main Auditorium
1:40 PM – 2:40 PM	Lunch Break	

Time	Programme	Venue/Remarks
2:40 PM - 03:30 PM	Panel 3: Digital Health and future of health care	Main Auditorium
3:30 PM- 3:40 PM	Question and Answer Session with Delegates	Main Auditorium
5th May, 2023		
Concluding Session		
3:40 PM - 4:40 PM	Summarizing the Y20 consultation Interaction with all dignitaries, panelists, delegates and students	Main Auditorium
4:40 PM - 5:10 PM	Tea Break	Main Auditorium Arena
5:10 PM - 5:30 PM	Valedictory Session	Main Auditorium
7:30 PM to 9:00 PM	Cultural Event	Main Auditorium
9:00 pm onwards	Dinner	Main Auditorium Arena

Highlights of the meet

Panels



Sports and Fitness



Yoga and Mental Health

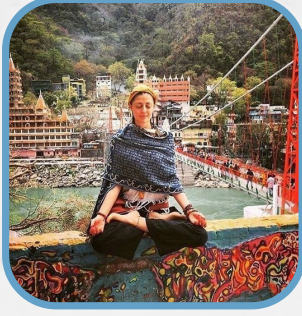


Digital Health and the Future of Health Care



Holistic and spiritual health

Highlights of the meet



*Yoga by the
Ganges*

*Holistic Health
Conclave*



*Parmaarth
Niketan Aarti*



The registration for the meet highlights: **Yoga by the Ganges, Holistic Health Conclave and Parmarth Niketan Aarti** needs to be done separately through the following link:



Scan QR or Click here for the registration form

For any queries, you may reach out to us on:

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[Click here for AIIMS Rishikesh](#)

*Registration is mandatory for delegate kit.

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