

**UCC 2022 (Dec. 17th 2022 Saturday)**

**UCC 2022 Minute to Minute Program**

SN	TIME (24Hr) Format	MIN	Event 1 ASIA+ Australia (IST TIME)	Event 2 Europe + Africa (CET TIME)	Event 3 North and South America (EST TIME)
1	09.00-09.05	5	Welcome Address and Introduction of UCC 22	Welcome Address and Introduction of UCC 22	Welcome Address and Introduction of UCC 22
2	09.05-09.10	5	Introduction of UC	Introduction of UC	Introduction of UC
3	09.10-09.15	5	Dignitary's Message	Dignitary's Message	Dignitary's Message Mr. Venkat Sriramalu, USA
4	09.15-09.30	15	Opening Speech of Shri Gurudev Rawatpura Sarkar	Opening Speech of Dr. Anna Galovicova, Slovakia Spirituality for children and youth	Opening Speech of the Chief Guest I Dr. Chinmay-Pandya, India
5	09.30-09.45	15	Sadhvi Bhagwati-India; Spirituality and Dealing with Attachment	Swami Suryananda Saraswati, Italy; Spirituality and Dealing with phobias	Dada ji Maheshvarananda-USA/Venezuela; Spirituality and Life management
6	09.45-10.00	15	Yogacharya Dr. Ananda Balayogi Bhavananii-India; Spirituality and Art of Forgiveness	Mr Jadranko Miklec, Croatia, Spirituality and Dealing with thoughts	BK Sabita Geer-Guyana; Spirituality and Dealing with Anxiety
7	10.00-10.15	15	Ms. Aryong Choi-Hantke-South Korea; Spirituality and Dealing with Stress	Ms. Emy Blesio, Italy; Spirituality and Dealing with Fear;	Prof. Dharm P.S.Bhawuk-Hawaii; Spirituality and productivity
8	10.15-10.30	15	Ms. Karine Shellshear-Australia; Spirituality and Dealing with Desires	Andrey Lobanov, Russia; Spirituality and Dealing with Sadness	Dr. Jose Rugue, Brazil ; Spirituality and Ayurveda
9	10.30-10.35	5	Introduction of UC	Introduction of UC	Introduction of UC
10	10.35-11.05	30	Panel Discussion: We are spiritual beings; Veena Dansinghani-Hong kong; Dr. Bholanath Yogi-Nepal; Dr. Tejawaro Thero-Taiwan; Ms. Bell Tran-Vietnam	Panel Discussion Spirituality and God; Amrita Magdala-Sweden; Mr. Igor Onischenko-Belarus; Amra Kubat-Bosnia Hercegovina; Mr. Krzysztof Stec-Poland	Panel Discussion: Spirituality and mental health Mr Gustavo Plaza-Ecuador Mr. Badarinath Gella-Netherland; Ms. Tarja Helena Maria Kallio-Finland; Dr. Ingunn Hagen-Norway
11	11.05-11.20	15	Dr. Subodh Tiwari-India; Spiritual youth: a ray of hope	Ms. Sofia Stril Rever, France; Spirituality and Happiness;	Acharya Vivek Gupta-Canada Spirituality and Focus
12	11.20-11.35	15	2 Music Sahana V Iyer, India Ms. Bina Jawwad, Pakistan	2 Music Ms. Tjasa Cepus, Slovenia Mr. Hosoo, Mangolia	2 Music Mr. Renaud Gay, Australia Ms. Sibina Radenkova, Bulgaria
13	11.35-11.40	5	Introduction of UC	Introduction of UC	Introduction of UC
14	11.40-11.55	15	AAYT Australia- Ms. Patricia Wigley Spirituality and love	Ms Valentina Cortini-South Africa; Spirituality and Post-traumatic growth	Rajesh Rabindranath-USA; Spirituality and Emotional Intelligence
16	11.55-12.00	5	Closing Ceremony & Thanks Note	Closing Ceremony & Thanks Note	Closing Ceremony & Thanks Note Mr. Karthik Palamalai, USA

**UCC 2022 (Dec. 18th 2022 Sunday)**

**UCC 2022 Minute to Minute Program**

SN	TIME (24Hr) Format	MIN	Event 1 ASIA+ Australia (IST TIME)	Event 2 Europe + Africa (CET TIME)	Event 3 North and South America (EST TIME)
1	09.00-09.05	5	Welcome Address and Introduction of UCC 22	Welcome Address and Introduction of UCC 22	Welcome Address and Introduction of UCC 22
2	09.05-09.10	5	Introduction of UC	Introduction of UC	Introduction of UC
3	09.10-09.15	5	Dignitary's Message	Dignitary's Message	Dignitary's Message Mr. Sanjay Rajput, USA
4	09.15-09.30	15	DR H.R.Nagendra-India; Spirituality and Reincarnation	Opening Speech of Shri Dinesh K Patnaik ji	Swami Tattwamayananda, USA ; Spirituality and Dealing with Depression
5	09.30-09.45	15	Dr. Nitin Agrawal, India Spirituality and Meditation	Yogi Andre Riehl, France; Spirituality and Art of Acceptance	Yogi Baba Adnan-Turkey; Spirituality and Optimism
6	09.45-10.00	15	Haji Syed Salman Chisty- India; Spirituality and Contentment	Swamy Tureya,Belgium; Spirituality and Dealing with Shame	Dr Vibhuti Jha-USA; Spirituality and Work life balance
7	10.00-10.15	15	BK Gayatri-Oman; Spirituality and Surrender	Ms. Caroline Van Damme-Belgium; Spirituality and Dealing with Guilt	Dr. Aashish Gadekar-Mauritius Spirituality and Humility
8	10.15-10.30	15	Swami Gunatitananda-Sri Lanka; Spirituality and Self realization	Mr Sukadev Volker Bretz-Germany; Spirituality in Interpersonal relationships	Dr. V.S.Tomar-India; Spirituality and law of karma
9	10.30-10.35	5	Introduction of UC	Introduction of UC	Introduction of UC
10	10.35-11.05	30	Panel Discussion : Spirituality and global peace; Ms. Alina Ziganshina, Kazakhstan ;Dr. Shiva Nair, New Zealand; Ms. Akiko Suzuki, Japan; Ms. Marcelline Moukoko, Cameroon	Panel Discussion- Spirituality and religion; Ms. Nyamwathi Gichau-Kenya; Dr. Vedamurti Olaf Schoenert, Germany; Ms. Shailaja Menon- Malaysia ; Aischwarya Devi-Greece	Panel Discussion: Spirituality and Open-Mindedness; Mr. Gabriel Arrázola, Bolivia; Sheena Patel-Cabo Verde; Stefan Ivanovic-Montenegro; Cobuz Cosmin-Constantin-Romania
11	11.05-11.20	15	Dr. Syed Tanveer Nasreen-Maldives; Spirituality and Woman empowerment	Swami Amrita Súryánanda Mahá Rája-Portugal; Spirituality and Compassion	Dr. Valdmer Prado-Mexico Spirituality and Self control
12	11.20-11.35	15	2 Music Ms. Padma Shastri, India Mr. Zhang Meng's, China	2 Music Dariush Zarbafian, Iran Tadhi Alawi, Tanzania	2 Music Ms. Kilohana Silve, Hawaii Mr. Khalid and Ms. Marylene, Morocco
13	11.35-11.40	5	Introduction of UC	Introduction of UC	Introduction of UC
14	11.40-11.55	15	Geshe La Ngawang Sonam-Tibet on Spirituality and Mindfulness	Françoise Barbira Freedman, England Spirituality and Conscious Parenting	Ms. Jyotima Prasad, USA Spirituality and Resilience
16	11.55-12.00	5	Closing Ceremony & Thanks Note	Closing Ceremony & Thanks Note	Closing Ceremony & Thanks Note Dr. Prashad Akavoor, USA