<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10.00-10.10</td>
<td><strong>Opening of the Congress. Opening Speeches</strong></td>
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<tr>
<td>Anatoly D. Fesyun, Acting director the Federal State Budgetary Institution “National Medical Research Center of Rehabilitation and Balneology” of the Ministry of Health of the Russian Federation, Associate Professor of the Department of Medical Rehabilitation and Physical therapies of the Medical Institute of Continuing Education of FSBEI of Higher Education &quot;Moscow State University of Food Productions&quot;, Doctor of Medical Sciences (Moscow)</td>
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<td>Umberto Solimene, President of the World Federation of Hydrotherapy and Climatotherapy (FEMTEC), Professor at the University of Milan (Italy, Milan)</td>
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<td>Yuri A. Rakhmanin, Chief Scientific Consultant, Center for Strategic Planning and Management of Biomedical Health Risks, FMBA of Russia, Doctor of Medical Sciences, Professor, Academician of the Russian Academy of Sciences</td>
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<td>Ksenia K. Kryukova, Deputy Head of the Coordinating Center for the Implementation of the Federal Project on &quot;Development of Medical Services Export&quot; of the Ministry of Health of the Russian Federation</td>
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<td>10.10-10.30</td>
<td><strong>Scientific and Methodological Foundations of the Natural Therapeutic Factors Application</strong></td>
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<td>Anatoliy D. Fesyun, Acting director the Federal State Budgetary Institution “National Medical Research Center of Rehabilitation and Balneology” of the Ministry of Health of the Russian Federation, Associate Professor of the Department of Medical Rehabilitation and Physical therapies of the Medical Institute of Continuing Education of FSBEI of Higher Education &quot;Moscow State University of Food Productions&quot;, Doctor of Medical Sciences (Moscow)</td>
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### 10.30-11.00
**Opening Speech**

**Alexander P. Danilov,** Deputy Head of the Administration for the Resort, Tourism, Sports and International Relations of the Resort City of Kislovodsk, Stavropol Region

**Water as a Resource for the Caucasian Mineral Waters Resorts Economy Development**

How economic issues can affect the ecological and sustainable development of the Caucasian Mineral Waters. What tasks should be set for environmentalists to address the issue of economic stability in the field of water use.

**Inna G. Zekeeva,** Head of the Department for Ecology and Environmental Protection of the Administration of the Resort City of Kislovodsk, Stavropol Region

**Alexey V. Talamanov,** Member of the Expert Council on Wastewater Treatment in the Resort City of Kislovodsk.

### 11.00-11.20
**Water is one of the Main Natural Resources of Russia**

Water is one of the main sources of life on earth and it exists in various forms and states. However, there are only few countries that can boast of huge amounts of drinking water. And the list of such water powers is rightfully headed by Russia. Today, we see a real cult of water in all developed countries: everyone strives to preserve and protect their sources and, if possible, to increase their volumes. But now, in everyday life, few people think about it seriously and water consumption is growing every day, including packaged water.

**Svyatoslav M. Vilk,** General Director of Holding Aqua

### 11.20-11.40
**Springs of Matsesta as the Main Driver of the Development of the Resort and Tourist Destination of the Resort City of Sochi**

The balneological resort "Matsesta" in all its diversity and uniqueness of natural healing resources has historically been a fundamental segment of the development of the sanatorium-resort industry of the resort city of Sochi.

**Elena V. Dautova,** General Director of the Balneological Resort "Matsesta» (Sochi, Krasnodarskiy krai)

### 11.40-12.00
**Crimea - Promising Areas for Balneotherapy Development**

Among the complex of natural healing resources of the Crimea, the different chemical composition of the mineral waters of the western, eastern and southern regions is of particular balneological importance. Balneotherapy in the conditions of the western region of...
**the Crimea is associated with the presence of well-known thermal mineral springs of the Saki and Yevpatoria deposits, bicarbonate sodium chloride, boron-containing and bromine-containing mineral waters for external and internal use. It is promising to expand the range of drinking treatment based on the use of mineral waters of complex organic composition in the eastern and southern regions of the Crimea.**

Valentina A. Poberskaya, Scientific Consultant of the Federal Medical Institution "Sanatorium "Burevestnik" of the Ministry of Internal Affairs of Russia", Honored Doctor of the Republic of Crimea, Physiotherapist, MD, Professor

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<td>12.00-12.20</td>
<td>Break time</td>
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<td>12.20-12.40</td>
<td>Natural Healing Waters of Tuva: Geochemistry and Balneology.</td>
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*The natural water healing resources of the Republic of Tyva are numerous and diverse. These include mineral and fresh arzhaans, salt and mud lakes. Their use for medicinal purposes occurs mainly in a spontaneous way. This makes it necessary to monitor the ecological and sanitary-bacteriological state of water treatment resources. The report examines the influence of various factors: geochemical, microbiological, physical, and chemical on the balneological and healing properties of the therapeutic waters of Tuva.*

Arakchaa Kara-kys Dongakovna, Director of the State Budgetary Institution "Research Institute of Medical and Social Problems and Management of the Republic of Tyva». Candidate of Chemical Sciences

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<td>12.40-13.00</td>
<td>Health Tourism Opportunities in Bulgaria</td>
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*Bulgaria is a country located in the central part of the Balkan Peninsula. The local climate, as well as incredible natural resources-mineral waters, therapeutic mud, are widely used for prevention and rehabilitation. All these natural resources are the basis for the development of successful year-round health tourism in the country's resorts.*

Tatiana Angelova, Vice-President of the Association of Physiotherapy and Rehabilitation of Bulgaria, expert of the Bulgarian Union of Balneology and Spa Tourism, Candidate of Medical Sciences (Bulgaria)

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<td>13.00-13.20</td>
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*Over the centuries, the use of water as medicine has evolved around water sources. The traditional therapeutic use of natural mineral
thermal waters in the form of bathing, drinking, inhalation, showers and washing is still practiced in the treatment of various diseases in resorts in many countries of the world. In addition, water products are produced in bottles and other forms, or are introduced for preventive, curative and cosmetic use by both individuals and medical institutions, and promote the wider use of water for medical purposes without the need for a trip to a spa resort. The speaker will explain why innovative approaches to the use of water will strengthen and enrich the well-established role of water as a unique medicine for human health.

Muffit Zeki Karagulle, Former President of the International Society of Medical Hydrology and Climatology (ISMH), Department of Medical Ecology and Hydro-Climatology, Professor of the Faculty of Medicine of Istanbul University (Turkey)

13.20-13.40 Water and Health: Role of Hydration in the Quality of Life

Water is life. It prevails in the composition of any organism, and a human being is no exception. Water is involved in fat, carbohydrate and heat metabolism-processes that directly affect the maintenance of good physical shape. From the report, we will learn why a violation of the water balance leads to serious health problems.

Cristiano Crotti, Professor, University of Milan (Italy)

13.40-14.00 The Role of Water for Thermal Cities - from Landscape to Urban Planning

"Can urban planning reconnect the city to its natural roots? Can water be the start of a rebirthing process for its territory? How do we combine ecology, economy and wellness? A journey through the ideation process of a thermal building for Essentuki, Russia."

Dr. Dalila Gasperi, Dr. Giovanni Farina, Dr. Patrick Martinelli, Architects, FEMTEC Experts

14.00-14.20 The Language of Mineral Waters: Classifications for Wellness

BANA’s Research, Information, Education and Community initiatives have been dedicated for over a decade to craft the language of The Waters for any wellness experience in North America’s site specific locations. Through knowledge and understanding of the language of The Waters, our BANA Triquetra deepens our cultural wellness relationships through with The Waters. Mineral waters can be examined to support the natural healing qualities and therapeutic applications which BANA supports as method of classification.

Dr. Janet Abbott, President of the Balneological Association of North America BANA (USA)

14.20-14.30 Break time
### 14.30-14.50 Use of the "Fucus" Family Algae Drug Preparations in Rehabilitation and Preventive Programs

Preparations from algae of the "Fucus" family have a multicomponent therapeutic effect contributing to the restoration of external lipid and carbohydrate metabolism and normalization of the disturbed intestinal microbiome.

Valery N. Sergeev, Chief Researcher of the Department of Somatic Rehabilitation, Reproductive Health and Active Longevity of the Federal State Budgetary Institution “National Medical Research Center of Rehabilitation and Balneology” of the Ministry of Health of the Russian Federation, Doctor of Medical Sciences, Professor

Kirill V. Terentyev, Resident of the Department of Medical Rehabilitation of Patients with Dysfunction of the Central Nervous System of the Federal State Budgetary Institution “National Medical Research Center of Rehabilitation and Balneology” of the Ministry of Health of the Russian Federation


The report presents the mechanisms of therapeutic and preventive action of the external balneotherapy and the ways of its development.

Evgeniy V. Vladimirsky, Chief Freelance Specialist in Sanatorium-resort Treatment, Head of the Department of Faculty Therapy of the Perm State Medical University named after Academician E. A. Wagner of the Ministry of Health of Russia, Doctor of Medical Sciences, Professor

Vladimir E. Vladimirsky, Head of the Department of Faculty Therapy No. 1, Perm State Medical University named after Academician E. A. Wagner, Doctor of Medical Sciences

### 15.10-15:40 The Influence of Microorganisms on Formation of the Composition and Properties of Yessentuki No. 4 and No. 17 Mineral Waters extracted at the Novobrazdarnensky site of the Yessentuki field

Sergey N. Gavrilov, Senior Researcher at the Laboratory of Metabolism of Extremophilic Microorganisms Institute of Microbiology of the Russian Academy of Sciences named after S.N. Vinogradskiy (the Federal Research Center "Fundamental Foundations of Biotechnology of the Russian Academy of Sciences"), Candidate of Biological Sciences

### 15.40-15:50 Identification of Packaged Mineral Drinking Water

Currently, much attention is paid to the adoption of measures to counteract the illegal trafficking of packaged (bottled) mineral
drinking water. The report presents the methodology and criteria for the selection of components (indicators) that allow identifying bottled mineral drinking water, identifying counterfeit products.

Vyacheslav Yu. Kurochkin Head of the Department of Resort Resources, Leading Researcher of the Yekaterinburg Medical Research Center for Prevention and Health Protection of Industrial Workers of Russian Federal State Agency for Health and Consumer Rights, Candidate of Geol.- Mineral Sciences

15:50-16:10 Features of the Formation of Non-typical Mineral Waters

When special geological-structural and hydro-geochemical factors are combined, areas of localization of mineral waters special types enriched with metals (arsenic, iron, aluminum, manganese, etc.) are formed in the system of the underground hydrosphere. Similar mineral water deposits have been identified in the provinces of carbonated mineral waters and in some metallogenic zones where they are actively used in balneology.

Natalia G. Petrova, Specialist of the Department of Natural Healing Resources and Factors Expertise, Candidate of Geol.- Mineral Sciences

16:10-16:30 The influence of Mineral Waters of Different Physical and Chemical Composition on the Pathogenetic Mechanisms of the Metabolic Syndrome in the Experiment

At the present stage, being in the structure of the North Caucasus Federal Scientific and Clinical Center of the FMBA, the team is faced with scientific and practical tasks to expand the range of services provided and strengthen the biological potential of mineral waters of the CMV to achieve therapeutic effects when used in the treatment of multimorbid pathologies. The report presents the materials of studies on the evaluation of the effectiveness of the internal course intake of mineral waters of the Zheleznovodsk type – "Slavyanovskaya" and the Essentuki type - "Essentuki 4", enriched with selenium for the correction of the main components of the metabolic syndrome in the experiment.

Anna V. Abramtsova, Senior Researcher of the Department for the Study of Physical Factors, "North Caucasus Federal Research and Clinical Center of the Federal Medical and Biological Agency of Russia in Pyatigorsk", Candidate of Medical Sciences

Natalia V. Efimenko, Deputy General Director for Research of the North Caucasus Federal Research and Clinical Center of the Federal Medical and Biological Agency of Russia - Head of the Pyatigorsk Research Institute of Balneology of the Federal State Budgetary
The Possibilities of Using Mineral Waters in the Rehabilitation of Patients after COVID-19

*The report presents technologies for the use of natural mineral waters in the form of drinking and non-drinking forms of treatment (inhalation, mineral baths, mineral water pools)*

Gleb N. Barashkov, Leading Researcher of the Department of Physiotherapy and Reflexology of the Federal State Budgetary Institution "National Medical Research Center of Rehabilitation and Balneology NMIC RB" of the Ministry of Health of the Russian Federation, Candidate of Medical Sciences

Elena E. Mitroshkina, Head of the Department of Physiotherapy No. 2 of the Federal State Budgetary Institution "National Medical Research Center of Rehabilitation and Balneology NMIC RB" of the Ministry of Health of the Russian Federation