

PROGRAMME

INTERNATIONAL CONFERENCE

ON

'YOGA FOR WELLNESS'

10 - 11 OCTOBER, 2017

AT

**PRAVASI BHARTIYA KENDRA
CHANAKYAPURI, NEW DELHI**



सत्यमेव जयते

MINISTRY OF AYUSH

AYUSH BHAWAN, B Block,
GPO Complex, INA, NEW DELHI - 110023

October 10, 2017
Inaugural Session
(10:00 AM to 11:00 AM)

Presided over by **Hon'ble MOS (IC)-AYUSH**

Chief Guest: Hon'ble Vice President of India

Tea Break : (11:00 Am to 11:30 Am)

October 10, 2017
Technical Session: I
"Yoga for Wellness: Recent Trends"
(11:30 AM to 01:30 PM)

Chairperson: Dr. H. R. Nagendra, Chancellor, SVYASA University, Bengaluru

Co-Chairperson: Swami Bharat Bhushan, President, Mokshayatan Yogashram, Saharanpur

	Name of Speaker	Topic
1	Dr. Shirley Telles , Director, Patanjali Research Foundation, Haridwar	Application of Yoga in Daily Life : A Research based presentation
2	Smt. Hansaji Jayadev Director, The Yoga Institute, Santacruz, Mumbai	Yoga for Conscious Living
3	Dr. Chinmaya Pandya , Pro-Vice chancellor, Dev Sanskriti Vishwavidyalaya, Haridwar	Yoga for Wellness: Challenges in Current Trends
4	Dr. Ishwar V. Basavaraddi Director, Morarji Desai National Institute of Yoga, New Delhi	Yoga – A Perfect Discipline for Wellness
5	Swami Maheshwarananda Schikanedergasse 12/13 A-1040 Vienna, Austria, Europe	Yoga is a Bright Future for Humans

Interaction with audience

Summing up by Chairperson & Co-Chairperson

Lunch (01:30 PM to 02:30 PM)

October 10, 2017
Technical Session: II
“Yoga and Non-communicable Diseases: A Research Overview”
(2:30 PM to 4:30 PM)

Chairperson: Smt. Hansaji Jayadev Director, The Yoga Institute, Santacruz, Mumbai

Co-Chairperson: Dr. Sudhir Gupta, Additional DG, DGHS, Ministry of Health & F.W., Govt. of India

	Name of Speaker	Topic
1	Prof. (Dr.) B. N. Gangadhar , Director, National Institute of Mental Health and Neurosciences, Bengaluru	Yoga for Mental Health
2	Prof. (Dr.) Gautam Sharma , Professor, Deptt. Of Cardiology, In-charge of Center for Integrative Medicine & Research, AIIMS, New Delhi	Yoga and Cardiovascular Diseases
3	Prof. (Dr.) J. S. Thakur , Professor, School of Public Health, PGIMER, Chandigarh	Mainstreaming of AYUSH for Health Promotion in different Settings for addressing NCDs
4.	Prof. Vd. K. S. Dhiman , Director General, Central Council for Research in Ayurvedic Sciences, New Delhi	Research Experience of Yoga & Ayurveda Integration in NPCDCS Program
5.	Prof. (Dr.) Usha Kiran Professor & Head, Deptt. of Cardiac Anaesthesia AIIMS, New Delhi	Raj Yoga for Stress Management

Interaction with audience & Summing up by Chairperson & Co-Chairperson

October 10, 2017
Parallel Technical Session: I
“Yoga and Integrated Medicine”
(02:30 PM to 04:30 PM)

Chairperson: Dr. Darshan Shankar, Vice-Chancellor, Institute of Trans-Disciplinary Health
Sciences & Technology, Bengaluru

Co-Chairperson: Yogacharya Shridharan, Trustee, Krishnamacharya Yoga Mandiram, Chennai

	Name of Speaker	Topic
1	Prof. (Dr.) Akshay Anand , Professor, Neurosciences Research Lab, PGIMER, Chandigarh	Research outcome from PM's role modelling of Yoga in Chandigarh-recipe for evidence based Integrative Medicine in India
2	Prof. (Dr.) Arpan Bhatt , Professor & Head, Department of Swastha vritta, Gujarat Ayurveda University, Jam Nagar	Dharana - its Therapeutic Utility
3	Dr. Ramprabhu Vempati , Associate Director, Clinical Safety Sciences, California, USA	Yoga therapy and Integrative Medicine: Oncology perspective
4.	Dr. Geetha Krishnan , Head, Integrative Medicine Centre, Medanta Hospital, Gurgaon	Integration of Yoga in clinical practice at a Tertiary care hospital - The Medanta Experiences
5.	Dr. M. K. Taneja Director, Indian Institute of Ear Diseases & CEO Taneja- Group of Hospitals, New Delhi	Frequency Modulated Bhramari Pranayam in Tinnitus and Deafness

Interaction with audience & Summing up by Chairperson & Co-Chairperson

Tea: (04:30 PM to 05:00 PM)

CULTURAL PROGRAMME: 7.00 P.M. TO 8.30 P.M. followed by Dinner

October 11, 2017
Technical Session: III
“Yoga and Cancer control”
(10:00 AM to 11:30 AM)

Chairperson: Dr. G. K. Rath, Head, Cancer Institute, AIIMS, New Delhi

Co-Chairperson: Dr. Jaideep Arya, Co-ordinator, Patanjali Yog Peeth, Haridwar

	Name of Speaker	Topic
1	Prof. (Dr.) Anurag Srivastava , Professor & Head, Department of Surgical Disciplines, AIIMS, New Delhi	Role of YOG and Meditation in improving quality of life in cancer patients
2	Prof. (Dr.) Sukdev Nayak , Professor and Head, Department of Anaesthesiology, Pain Relief, critical and palliative care, AIIMS, Bhubaneswar.	Yoga can prevent cancer?!
3.	Dr. Raghavendra Rao , Senior Scientist – Clinical Research & Head CAM Program, HCG cancer Institute, Bengaluru	Integrating Yoga in Oncology Care: Scope of Yoga
4	Dr. Birendranath Banerjee , Associate Professor, School of Biotechnology, Kaling Institute of Industrial Technology (KIIT) University, Odisha	Genome Instability and Cancer - Restoring the balance at Molecular level by Yoga

Interaction with audience & Summing up by Chairperson & Co-Chairperson

October 11, 2017
Parallel Technical Session: II
“Yoga and Depression”
(10:00 AM to 11:30 AM)

Chairperson: Dr. R. K. Manchanda, Director General, Central Council for Research in
Homoeopathy, New Delhi

Co-Chairperson: Smt. Kamlesh Barwal, International Co-ordinator, Art of Living Foundation,
Bengaluru

	Name of Speaker	Topic
1	Dr. Chris Streeter , Associate Professor, Psychiatry & Neurology, Boston University, School of Medicine, USA	Vagal-GABA Theory and Yoga
2	Dr. Shivaram Varambally , Associate Professor, Department of Psychiatry, NIMHANS, Bengaluru	Yoga in mental health – Evidence and challenges’
3	Dr. Latha Satish , Chief Consultant, Krishnamacharya Yoga Mandiram, Chennai	“Individualised Yoga Support for Depression Condition”
4	Dr. Divya Kanchibhotla Executive Director, Sri Sri Institute for Advanced Research (SSIAR), Art of Living International Center.	Can gentle attention to your breath alleviate Depression? : Evaluating role of Yoga & Breathing techniques in Modern Science.

Interaction with audience, Summing up by Chairperson & Co-Chairperson

Tea: (11:30 PM to 12:00 Noon)

October 11, 2017
Technical Session: IV
“Yoga for Women: Case Studies on Gynaecological Disorders”
(12:00 Noon to 1:30 PM)

Chairperson: Dr. R. Nagarathna, Medical Director, Arogyadhama, SVYASA, Bengaluru

Co-Chairperson: Prof. (Dr.) K. Satya Lakshmi, Director, National Institute of Naturopathy, Pune

	Name of Speaker	Topic
1	Dr. Rajvi. H. Mehta , Chief Scientist, Iyengar Yogashray, Mumbai	Practice of Iyengar yoga during the different phases of pregnancy
2	Dr. Ulka Natu , Director (Research), Ghantali Mitra Mandal, Mumbai	Yoga for Menstrual Disorders
3	Prof. (Dr.) Sudha Prasad , Director, Professor & IVF Co-ordinator, IVF & Reproductive Biology Centre, Dept of OBG MAMC, New Delhi	Effect of Yoga, Meditation and Counseling on Assisted Reproduction

Interaction with audience & Summing up by Chairperson & Co-Chairperson

October 11, 2017
Parallel Technical Session: III
“Yoga and Pain Management”
(12:00 Noon to 01:30 PM)

Chairperson: Dr. Sunil Joshi, Director, Rishikul Post Graduate Ayurveda College, Haridwar

Co-Chairperson: Sh. Subodh Tiwari, CEO, Kaivalyadhama Yoga Institute, Pune

	Name of Speaker	Topic
1	Dr. Manoj Naik , Consultant (Yoga Therapy) , Mumbai	Yoga and Pain Management
2	Dr. John Ebenezer , Orthopaedic Surgeon, Bengaluru	Is Yoga the best approach for Modern Orthopaedic Problems?
3	Prof. (Dr.) Shailendra Kumar , Professor & Head, Deptt. of Cardiothoracic Surgery, King George Medical University, Lucknow	Yoga Therapy: A Great hope for Cancer patients
4	Dr. Vinay Verma , Acupuncturist, Anand Pain relief and Rehabilitation Institute, Hubli, Karnataka	Pain Management by Acupuncture supplemented with Yoga

Interaction with audience & Summing up by Chairperson & Co-Chairperson

Lunch: (01:30 PM to 02:30 PM)

October 11, 2017
PANEL DISCUSSION
(02:30 PM to 03:30 PM)

Chairperson: Dr. H. R. Nagendra, Chancellor, SVYASA, Bengaluru

Moderators: Dr. Ishwar.V. Basavaraddi, Director, MDNIY, New Delhi

Dr. Ishwara N. Acharya, Director, CCRYN, New Delhi

Name of Panellists	
1.	Dr. G. K. Rath , Head, Cancer Institute, AIIMS, New Delhi
2.	Dr. R. Nagarathna , Medical Director, Arogyadhama, SVYASA, Bengaluru, Karnataka
3.	Dr. D. C Katoch , Advisor (Ayu), Ministry of AYUSH, Delhi
4.	Prof. (Dr.) R. S. Ramaswamy , Director General, Central Council for Research in Siddha, Chennai
5.	Dr. Madhur Gupta Technical Officer (Pharmaceuticals), WHO India, New Delhi
6.	Dr. B. T. Rudresh , Homeopathic Physician, Bengaluru, Karnataka
7.	Dr. Satyalakshmi , Director, National Institute of Naturopathy, Pune, Maharashtra
8.	Dr. Prashanth Shetty , Principal, SDM College of Naturopathy & Yogic Sciences, Ujire, Karnataka
9.	Dr. Jaideep Arya , Co-ordinator, Patanjali Yog Peeth, Haridwar
10.	Smt. Kamlesh Barwal , International Co-ordinator, Art of Living Foundation, Bengaluru
11.	Dr. Rajvi. H. Mehta , Chief Scientist, Iyengar Yogashray, Mumbai, Maharashtra
12.	Sh. Subodh Tiwari , CEO, Kaivalyadhama Yoga Institute, Pune, Maharashtra
13.	Swami Ullasa , Isha Foundation, Chennai
14.	BK Sapna Director, Brahmakumaris Raja Yoga Centre, Delhi
15.	Dr. B. R. Ramakrishna , Principal, Sushrutha Ayurvedic College, Bengaluru, Karnataka
16.	Dr. Juhi Gupta Homeopathic Physician, Bhopal, Madhya Pradesh

Tea: (03:30 PM to 04:00 PM)

October 11, 2017
Valedictory Session
(4:00 PM to 5:30 PM)

Presided over by **Hon'ble MOS (IC)-AYUSH**

**Chief Guest: Hon'ble Minister of Road Transport and Highways of India,
Shipping, Water Resources, River Development and Ganga Rejuvenation**