



## International Symposium on

## YOGism for Healthy & Happy Living And Aging

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## C.M.E. On Management of Life Style Health Problems of Global Importance through Yoga, Meditation and Naturopathy

### PROGRAMME

**Monday, 6<sup>th</sup> December, 2010**

8.00 – 9.00 AM Registration

9.00 AM – 1.00 PM **C.M.E. On Management of Life Style Health Problems of Global Importance through Yoga, Meditation and Naturopathy** (2 Parallel Scientific Tracks, A & B)

#### TRACK - A : Yogasana, Pranayama & Meditation for Life Style Health Problems

9.00 AM – 1.00 PM

**Venue: JBTDRC Conference Room**

#### Session - 1

##### Chairpersons:

1. **Dr. V. Chauhan**  
Dean, HIMS, HIHT University, Dehradun
2. **Dr. Shantaram Shetty**  
Chief Research Co-ordinator & Secretary, International Board of Yoga,  
The Yoga Institute, Mumbai

##### Speakers:

- **Dr. P. Saranyan**  
Principal, Sant Hirdaram Medical College of Naturopathy & Yogic Sciences, Bhopal  
*YOGism - an important component in therapeutic lifestyle change measures*
- **Dr Ramaprabhu Vempati**  
Research Leader, Wellpark College of Natural Therapies (WCNT), Auckland, NZ  
*Yoga for Allergy and Asthma*
- **Dr. T.N. Sathyaprabha**  
Addtl. Professor, Neurophysiology & In-Charge, Autonomic Lab., NIMHANS, Bangalore  
*Neurophysiological studies of Yoga in health and diseases*
- **Dr. Prashanth Shetty**  
Principal, SDM college of Naturopathy and Yogic Sciences, Ujire, Karnataka  
*Naturopathy Based Life Style Management in Cardiovascular and Metabolic Disorders*
- **Dr. Bindu M. Kutty**  
Addtl. Professor, Neurophysiology, NIMHANS, Bangalore

10.30 – 11.00 AM Tea Break

#### Session - 2

##### Chairpersons:

1. **Pandit S.P. Agnihotri**  
Chairman, Jai Mahakali Sikshan Sanstha, Wardha
2. **Dr. Ramaprabhu Vempati**  
Research Leader, Wellpark College of Natural Therapies (WCNT), Auckland, NZ

##### Speakers:

- **Dr. T. Pramanik**  
Department of Physiology, Nepal Medical College, Kathmandu, Nepal  
*Immediate effects of slow pace Bastrika Pranayam on blood pressure and heart rate*

- **Dr. Naveen K. Visweswaraiah**  
Asst. Prof., Dept. of Yoga & Biosciences, SVYASA Yoga University, Bangalore  
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- **Dr. G. P. Dubey**  
PI of Projects of Centre of Psychosomatic and Biofeedback Medicine, BHU, Banaras  
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- **Dr. H.S. Vadiraja**  
Technical consultant, CCRYN, New Delhi  
**Effects of Yoga Program in early breast cancer patients undergoing adjuvant radiotherapy: a randomized controlled trial**
- **Dr. Shantaram Shetty**  
Chief Research Co-ordinator & Secretary, International Board of Yoga, The Yoga Institute, Mumbai  
**Yoga for cardiovascular diseases - research, facts and programme**
- **Dr. Vedamurthachar**  
Yoga Therapist, NIMHANS, Bangalore  
**The role of sudarshan kriya on mental health**

## TRACK - B: Yoga for Healthy Living and Aging

9.00 AM – 1.00 PM

Venue: Sarojini Naidu Hall

Session - 1

### Chairpersons:

1. **Dr. P.B. Behere**  
Prof. & Head, Dept. of Psychiatry, MGIMS, Sevagram
2. **Dr. Deshratn Asthana**  
Research Associate Professor, Departments of Psychiatry & Behavioral Sciences and Medicine, Univ. of Miami - Miller School of Medicine, Florida, USA

### Speakers:

- **Dr. N.K. Manjunath**  
Registrar, SVYASA Yoga University, Bangalore  
**Yoga and Geriatric care – an oriental approach towards healthy aging**
- **Dr. Kamakhya Kumar**  
Chief Coordinator: Yoga-Arogya Polyclinic, School of Yoga and Health, DSVV, Haridwar  
**Stress Free Life through Yoga Nidra**
- **Dr. Hemalatha Murthy**  
Director, National Academy of Naturopathy & Yoga, New Delhi  
**Social Health, Aging and Role of Yoga for Quality of Life**
- **Dr. Dalia Biswas**  
Professor & Head, Dept. of Physiology, JNMC, Sawangi (M), Wardha  
**Role of Yoga in Mental Health**
- **Shri. Kanchi Raghuram**  
State Coordinator, AP Pyramid Societies, Tirupati  
**'ANA – PANA SATI' Meditation for Healthy & Happy Living**

10.30 – 11.00 AM Tea Break

Session - 2

### Chairpersons:

1. **Dr. G. K. Chaturvedi**  
Principal, Morarji Desai Institute of Naturopathy & Yogic Sciences, Vadodara
2. **Dr. Pooja Maddela**  
Senior Doctor & Tutor, Wellpark College of Natural Therapies, Auckland, NZ

### Speakers:

- **Dr. Alex Hankey**  
Dean, Academic Studies, Institute of Ayurveda Integrative Medicine, Attur, Bangalore  
*Reversal of Ageing processes through Yogic disciplines*
- **Dr. Prafulla N. Ronghe**  
Snehagandha Hospital, LIC Colony, Amravati  
*Yogic concept of health and disease*
- **Dr. T.S. Ramakrishna**  
Founder & Secretary, ESWARA, Hyderabad  
*The impact of Food and 'Lifestyle' on performance-suggestions based on Gita and Patanjali Yoga Sutra*
- **Dr. Makrand M Gore**  
Research Officer, Kaivalyadhama, Lonavla (Pune)  
*Life style disorders – antiaging program of yoga*

1.00 – 2.30 PM

**Poster Session and Lunch**

**Venue: JBTDRC**

2.30 – 4.00 PM

**Special Scientific Session**

**Naturopathy, Yoga & Meditation – An Integrative Therapy for Prevention and Disease Management**

**Venue: Sarojini Naidu Hall**

### Chairpersons:

1. **Dr. Babu Joseph**  
Director, National Institute of Naturopathy, Pune
2. **Dr. P. Saranyan**  
Principal, Sant Hirdaram Medical College of Naturopathy & Yogic Sciences, Bhopal

### Speakers:

- **Dr. Arti Prasad**  
Founder & Executive Director, UNM Center for Life, UNM School of Medicine, New Mexico, USA  
*Integrative Medicine Movement and Yoga Therapy in the US*
- **Ms. Matra Majmundar**  
Consultant, Rehabilitation Stroke Research Center, Palo Alto, CA, USA  
*Integrating Yoga into Rehabilitation: A Psycho Neuro Immunological Approach (PNI)*

4.30 – 6.00 PM

**INAUGURAL FUNCTION**

**Venue: Auditorium**

### Chief Guest:

- **Dr. H.R. Nagendra**  
Vice Chancellor, SVYASA Yoga University, Bangalore &  
Hon President, Hindu University of America, Orlando, FL, USA

### Guests of Honour:

- **Padma Shri D.R. Kaarthikeyan**  
President, Life Positive Foundation, New Delhi
- **Smt. Hansaji Jayadeva Yogendra**  
Director, The Yoga Institute, Santacruz, Mumbai
- **Dr. B. T. Chidananda Murthy**  
Director, CCRYN, Dept of AYUSH, Govt. of India, New Delhi

### President: Shri. Dhuru S. Mehta

President, Kasturba Health Society, Sevagram

6.00 PM

Tea

7.00 PM

Cultural Programme

**Venue: Arogyadham**

8.00 PM

Dinner

**Venue: Arogyadham**

**Tuesday, 7<sup>th</sup> December, 2010**

**Symposium on *YOGism for Healthy & Happy Living and Aging***

8.45 – 11.00 AM **Keynote Addresses**

**Venue: Auditorium**

**Chairpersons:**

1. **Shri. Gambhir Watts**  
President, Bhavan Australia, Sydney, NSW 2001, Australia
2. **Dr. Hemalatha Murthy**  
Director, National Academy of Naturopathy & Yoga, New Delhi

**Keynote Addresses on**

- **Yoga: a TREAT rather than TREATMENT**  
- **Dr. Ramesh Bijlani**  
Sri Aurobindo Ashram, Delhi Branch, New Delhi
- **Yoga for LIFE STYLE Related Problems**  
- **Dr. Shirley Telles**  
Director of Research, Patanjali Yogpeeth, Haridwar
- **Yoga for HEALTHY and HAPPY Living**  
- **Smt. Hansaji Jayadeva Yogendra**  
Director, The Yoga Institute, Santacruz, Mumbai

11.00 – 11.30 AM Tea Break

11.30 – 1.30 PM **Guest Lectures on Yoga and related topics**

**Venue: Auditorium**

**Chairpersons:**

1. **Dr. Arti Prasad**  
Founder & Executive Director, UNM Center for Life, UNM School of Medicine, New Mexico, USA
2. **Dr. Alex Hankey**  
Dean, Academic Studies, Institute of Ayurveda Integrative Medicine, Attur, Bangalore

**Speakers:**

- **Dr. Deshratn Asthana**  
Research Associate Professor, Departments of Psychiatry & Behavioral Sciences and Medicine, Univ. of Miami - Miller School of Medicine, Florida, USA  
*Stress and Immunity*
- **Dr. Pooja Maddela**  
Senior Doctor & Tutor, Wellpark College of Natural Therapies  
Auckland, New Zealand  
*Yoga the Therapeutic Lifestyle Management*
- **Dr. V. Chauhan**  
Dean, Himalayan Institute of Medical Sciences, HIHT University, Dehradun  
*Yoga, the Science of Joyful Living*
- **Dr. Indu Arora**  
(International Yoga Teacher Trainer, E-RYT 500) Owner Yogsadhna LLC  
Boston, MA, USA  
*Chakra Meditation with Mudra and Mantra*

1.30 – 2.30 PM **Lunch**

**Venue: JBTDRC**

2.30 – 4.00 PM **Panel Discussion on Life time experiences in Yoga, Meditation and Nature Cure – Leads and Areas for Intensive Clinical Research**

**Venue: Auditorium**

**MODERATOR:**

- **Dr. B. T. Chidananda Murthy**  
Director, CCRYN, Dept of AYUSH, Govt. of India, New Delhi

**PANELISTS:**

1. **Dr. R. V. Nisal**  
Director, Nisargopchar Gramsudhar Trust, Uruli Kanchan, Pune
2. **Dr. Chandrasekhar Sharma**  
Chief Medical Officer, Parmarth Niketan (Swami Sukdevanand Trust), Rishikesh
3. **Dr. Venkateshwar Rao**  
Residential Medical Officer, Vithalbai Ambalal Munshi Nature cure Centre, Anand, Gujarat
4. **Dr. Deshratn Asthana**  
Research Associate Professor, Departments of Psychiatry & Behavioral Sciences and Medicine, Univ. of Miami - Miller School of Medicine, Florida, USA
5. **Ms. Matra Majmundar**  
Consultant, Rehabilitation Stroke Research Center, Palo Alto, CA, USA
6. **Dr. Prashanth Shetty**  
Principal, SDM college of Naturopathy and Yogic Sciences, Ujire, Karnataka

**DISCUSSANTS:**

1. **Shri. Gambhir Watts**  
President, Bhavan Australia, Sydney, NSW 2001, Australia
2. **Dr. O.P. Gupta**  
Emeritus Professor of Medicine, MGIMS, Sevagram
3. **Dr. N.K. Manjunath**  
Registrar, SVYASA Yoga University, Bangalore
4. **Dr. Rahul Bansal**  
Professor & Head, Subharti Medical College, Swami Vivekanand Subharti University, Meerut

4.00 – 4.30 PM **Valedictory Function**

**Venue: Auditorium**

4.30 PM Tea & Field Trip (Gandhi Ashram, Paonar Ashram etc.)

8.00 PM Dinner