



One Day International Workshop on Mind Body Intervention: Emerging Status

(Accredited with CME and CRE status from Punjab Medical Council and Rehabilitation Council of India)

Date: 8th January, 2024 (Venue: LT-1, Nehru Hospital, PGIMER)

Time	Minute to Minute Schedule		
08:30-09:24 AM	VERIFICATION OF REGISTRANTS		
9:24-9:26 AM	Welcome Address by Prof Akshay Anand, Prof In-Charge, CCRYN-CCMBIY Centre, PGIMER		
9:26-9:30 AM	Yoga Performance		
	Speakers	Title	Chairperson
09:30 - 10:00 AM	Dr. Raghvendra Rao , Director, CCRYN, New Delhi	Yoga as a therapy; evidence and future insights	Prof. Rajesh Gupta, Professor & Head, Dept of Surgical Gastroenterology, PGIMER, Chandigarh. Prof. Ashish Bhalla, Professor, Dept of Internal Medicine, PGIMER, Chandigarh.
10:00-10:30 AM	Ms. Molly McManus , President, IAYT Board of Directors, USA	Accreditation/certification of Yoga Therapy: IAYT's Perspective	Prof. Sanjay Bhadada, Professor & Head, Dept. of Endocrinology, PGIMER, Chandigarh
10:30-11:00 AM	Prof. Mitali Mukerji , Professor and Head, Department of Bioscience and Bioengineering, IIT-Jodhpur	Development of a framework for evidence based practice of Traditional medicine in IM settings	Prof. Vipin Koushal, Medical Superintendent, PGIMER, Chandigarh
11:00-	HIGH TEA		

11:30 AM			
11:30-12:00 PM	Ms. Alyssa Wostrel, Executive Director, IAYT, USA	Importance of the whole person health model for the emerging profession of Yoga therapy	Prof. Babita Ghai, Professor, Dept of Anaesthesia, PGIMER, Chandigarh
12:00-12:30 PM	Dr. Susan Steiger Tebb, Vice President, IAYT Board of Directors, USA	The Role of Yoga in Cancer Care	Prof J.S. Thakur, Professor, Community Medicine & School of Public Health
12:30-01:00 PM	Dr. Sanjib Patra, Associate Professor & Head, Dept of Yoga, Central University of Rajasthan, Rajasthan	Neurobiology of Sleep and Consciousness	Prof. Debasish Basu, Professor & Head, Dept of Psychiatry, PGIMER, Chandigarh
01:00-02:00PM	LUNCH		
02:00-02:30 PM	Dr. Hemant Bhargav, Associate Professor, Department of Integrative Medicine, NIMHANS, Bangalore	Clinical Utility of Yoga in Management of Substance Use Disorders: Current Evidence	Prof. Sanjay Munjal, Professor, Dept of Otolaryngology, PGIMER, Chandigarh Dr. Rajni Sharma, Play Therapist (Child Psychology), Dept of Pediatrics PGIMER, Chandigarh
02:30-03:00 PM	Dr. Kashinath G Metri, Assistant Professor, Dept of Yoga, Central University of Rajasthan, Rajasthan	The role of Yoga in enhancement of cardiac autonomic function	Prof. Rakesh Kapoor, Professor, Dept of Radiotherapy & Oncology, PGIMER, Chandigarh. Prof. Neerja Bharti, Professor, Dept. of Anaesthesia, PGIMER, Chandigarh.
03:30-04:00 PM	Prof. Rima Dada, Professor, Dept of Anatomy, AIIMS, New Delhi	Yoga: Role in complex lifestyle diseases	Prof. Reena Das, Professor & Head, Dept of Hematology, PGIMER, Chandigarh
04:00-04:30 PM	Dr. Rich Fletcher Assistant Professor, UMass Medical School & MIT, USA	Emerging Technologies for Yoga Practice and Teaching	Prof Sonu Goel, Professor, Community Medicine & School of Public Health, PGIMER,

			Chandigarh Dr. Kapil Goel, Assistant Professor, Community Medicine & School of Public Health, PGIMER, Chandigarh
04:30- 5:00 PM	Activity By Brighter Minds Children		
05:00- 05:15 PM	TEA		
05:15- 06:00 PM	Interaction with General Public & School Students (Dr. HR Nagendra, Dr. NK Manjunath, Dr. Akshay Anand, Ms. Alyssa Wostrel, Ms. Molly McManus, Dr. Susan Steiger Tebb, Dr. Rich Fletcher)		
06:00- 06:05 PM	Inauguration/Lamp Lightning Chief Guest: Dr. HR Nagendra, <i>Padma Shri</i> awardee and Chancellor, S-VYASA University, Bangalore Guest of Honour: Prof. Vivek Lal, Director, PGIMER, Chandigarh		
06:05- 06:10 PM	Book Launch/Launch of Centre Booklet/JIMCR Supplementary Issue/Prize Distribution		
06:10- 06:15 PM	Yoga Performance		
06:15- 06:17 PM	Vote of Thanks by Dr. Pramod K Avti, Additional Professor, Dept of Biophysics, and Member-CCRYN-CCMBIY, PGIMER, Chandigarh		
6:17- 6:18 PM	National Anthem		
6:18 PM onwards	HIGH TEA		

#Felicitation of Guest Speakers & chairperson followed by talk

CCRYN- Central Council for Research in Yoga & Naturopathy

CCMBIY- Collaborative Centre for Mind Body Intervention through Yoga

S-VYASA- Swami Vivekananda Yoga Anusandhana Samsthana

PGIMER- Post Graduate Institute of Medical Education and Research

IAYT- International Association of Yoga Therapists

IIT- Indian Institute of Technology

NIMHANS- National Institute of Mental Health and Neurosciences

NMC- National Medical Council

IM- Integrative Medicine

MIT- Massachusetts Institute of Technology