

PROGRAMME SCHEDULE			
TIME	MINUTE TO MINUTE		
08:30-09:20AM	VERIFICATION OF REGISTRANTS		
9:20-9:24 AM	INAUGURATION/LAMP LIGHTNING Chief Guest: Dr. B.N Gangadhar, PROFESSOR EMERITUS, Integrative Medicine, NIMHANS, Bengaluru. Guest of Honor: Prof. Vivek Lal, Director, PGIMER, Chandigarh. Dr. Raghavendra Rao, Director, CCRYN, Ministry of AYUSH, New Delhi.		
9:25- 9:30 AM	YOGA PERFORMANCE		
9:30 AM	Welcome Address by Prof. Akshay Anand, Prof In-Charge, CCRYN-CCMBIY Centre, PGIMER, Chandigarh		
9:35 AM	BOOK LAUNCH		
9:40 AM	Inaugural Address by Prof. Vivek Lal, Director, PGIMER, Chandigarh		
9:45 AM	Address By Dr. B.N Gangadhar, PROFESSOR EMERITUS, Integrative Medicine, NIMHANS, Bengaluru.		
9:50 AM	HIGH TEA		
	TOPIC	SPEAKERS	CHAIRPERSONS
10:15- 10:45 AM	Integrative Medicine: Scope, Opportunities and Challenges	Dr. Raghavendra Rao Director CCRYN, Ministry of AYUSH, New Delhi	Dr. Debasish Basu , Professor & Head, Dept. of Psychiatry, PGIMER, Chandigarh Dr. Sanjay Munjal , Professor, Dept. of Otolaryngology (ENT), PGIMER, Chandigarh
10:50- 11:20 AM	Yoga as a tool for Integrative Medicine-trends and advances	Dr. Ishwar Basavaraddi Director and Professor Center for Yoga, Wellness, and Integrative M.M.G. University Jaipur	Dr. Rakesh Kapoor , Professor, Department of Radiotherapy and Oncology, PGIMER, Chandigarh Dr. Pramod K. Avti , Additional Professor, Dept. of Biophysics, PGIMER, Chandigarh Dr. Krishan Kumar , Associate Professor, Dept of Psychiatry, PGIMER, Chandigarh
11:25- 11:45 AM	NETWORKING TEA		
11:45- 12:15 PM	Holistic healing through Yoga	Swami Tyagraj Saraswati Bihar School of Yoga Bihar	Dr Babita Ghai , Professor, Dept. of Anaesthesia PGIMER, Chandigarh Dr. Sujata Siwatch , Additional Professor, Department of Obstetrics and Gynaecology, PGIMER, Chandigarh
12:20 – 12:50 PM	Sleep disturbances: A Precursor to neuropsychiatric conditions	Dr. P N Ravindra Additional Professor Centre for consciousness studies NIMHANS, Bengaluru	Mr. Ummed Mathur , Registrar, PGIMER, Chandigarh Mr. Rakesh Mittal , Industrialist, Kalka, HP
12:55-1:25 PM	Ayurvedic Sleep Insights: Supporting Health and Well-Being	Dr. Bharat Krushna Khuntia Scientist Centre for Integrative Medicine and research, AIIMS, New Delhi	Dr. Alka Khadwal , Professor, Department of Clinical Hematology and Oncology, PGIMER, Chandigarh Prof. Y P Verma , Registrar, Panjab University, Chandigarh
1:25-2:00 PM	LUNCH		
02:00-02:35 PM	Quality assurance in Yoga	Dr. Sadasivan Pillai Director PNB Vesper Lifesciences, Kochi Kerala	Dr. Vipin Koushal , Medical Superintendent, PGIMER Chandigarh Dr. Sukhpal Kaur , Principal, National Institute of Nursing Education (NINE), PGIMER Chandigarh
02:40-3:20 PM	Leadership qualities and challenges in Integrative Medicine	Dr. Sanjay Phadke Consultant Neuropsychiatrist, Deenanath Mangeshkar Hospital Pune	Dr. Sameer Aggarwal , Professor, Department of Orthopaedics, PGIMER, Chandigarh Dr. Bhavneet Bharti , Director Principal, Dr BR Ambedkar State Institute of. Medical Sciences, Mohali, Punjab, Chandigarh
03:25-03:30 PM	Workplace Yoga -5 min Practice		
03:30-04:15 PM	PANEL DISCUSSION		
04:15 PM	Vote of thanks By Dr. Aruna K Rakha, Associate Professor, Dept. of Translational and Regenerative Medicine, PGIMER, Chandigarh		
04:20 PM	NATIONAL ANTHEM		
4:30 PM	DISTRIBUTION OF CERTIFICATE/HIGH TEA		