



## **Expert Meeting**

As a unique initiative, CCRYN Yoga Centre of PGI will provide an educational exposure to general public, peers, interns, medical and AYUSH graduates of how policies are made by allowing them to witness online discussions by experts on host of issues on the subjects pertaining to integrative health, accuracy of yoga *asanas*, ethics, standardisation, implementation science, communication, policy research etc. by experts from top institutes and organisations. The experts will work under the theme “benefits and barriers of yoga research”. You will be able to witness a 5 minute capsule presentations by each of such experts, only through ONLINE mode (for registered faculty), and witness the consensus draft that might possibly become a policy recommendation for implementation.

**Registration Link:** <https://mbi-conf-2024.com/expert-meeting-registration/>

*(Note: A total of 15 minute is allotted to each speaker, which comprises of 5 minutes for talk followed by 10 minutes of Q&A)*

**Day 1: 9<sup>th</sup> January, 2024**

| Time               | Minute to Minute Schedule   |                                    |
|--------------------|---|------------------------------------|
| 9:30-9:35<br>AM    | Welcome of Experts By Sri. Balamurugan J.M, Principal Secretary,<br>Defence Welfare Services, Punjab  |                                    |
| 9:35-9:40<br>AM    | <b>Inauguration/Lamp Lightning</b><br><b>Chief Guest:</b> Dr. HR Nagendra, <i>Padma Shri</i> awardee and Chancellor, S-<br>VYASA University, Bangalore<br><b>Guest of Honour:</b> Prof. Vivek Lal, Director, PGIMER, Chandigarh |                                    |
| 9:40-9:45<br>AM    | Introducing the agenda by Prof. Akshay Anand  |                                    |
| 9:45–<br>9:50AM    | Address by Prof. Vivek Lal, Director, PGIMER, Chandigarh  |                                    |
|                    | Speakers  | Title                              |
| 9:50-10:00<br>AM   | Dr. HR Nagendra, <i>Padma Shri</i><br>awardee and Chancellor, S-<br>VYASA University, Bangalore   | Theory and concept of Yoga         |
| 10:00-<br>10:15 AM | Dr. Raghavendra Rao, Director,<br>CCRYN, New Delhi  | Technological innovations in Yoga  |
| 10:15-             | Dr. NK Manjunath, Pro-Vice-   | Heart and Brain Regulation by Yoga |

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| 10:30 AM       | Chancellor & Director of Research, S-VYASA, Bangalore  | Global Trends   |
| 10:30-10:45 AM | Mr. Rakesh Mittal, Industrialist, Kalka  | Meditation: User's Perspective  |
| 10:45-11:00 AM | Prof. Mitali Mukerji, Professor and Head, Department of Bioscience and Bioengineering, IIT-Jodhpur                         | Ayurveda and modern medicine in IM setting: the need for a molecular conversation                                 |
| 11:00-11:30 AM | <b>Networking High Tea</b>   |   |
| 11:30-11:45 AM | Dr. Rajvi Mehta, Teacher, Iyengar Yogashraya, Mumbai   | Accuracy of <i>asanas</i> for their efficacy and preventing injuries  |
| 11:45-12:00 PM | Dr. Hemant Bhargav, Associate Professor, Department of Integrative Medicine, NIMHANS, Bangalore                            | Protocolization of De-addiction Yoga  |
| 12:00-12:15 PM | Ms. Molly McManus, President, IAYT Board of Directors, USA   | Accreditation/Certification of Yoga Therapy: IAYT's Perspective on Current Challenges                             |
| 12:15-12:30 PM | Dr. Susan Steiger Tebb, Vice President, IAYT Board of Directors, USA   | Advancing Yoga in U.S. Cancer Care: Addressing the Barriers   |
| 12:30-12:45 PM | Ms. Alyssa Wostrel, Executive Director, IAYT, USA  | Barrier to Implementation of Whole Person Health Models   |
| 12:45-1:00 PM  | Dr. Rich Fletcher, Assistant Professor, UMass Medical School & MIT, USA  | The Efficacy of Yoga Intervention for Attention-Deficit/Hyperactivity Disorder (ADHD) in Children and Adolescents |
| 1:00-1:15 PM   | Prof. Akshay Anand, Prof In-Charge, CCRYN-CCMBIY, PGIMER, Chandigarh   | Need for Good Yoga Practice (GYP)   |
| 1:15-1:30 PM   | <b><i>Questions and answers (QA) round by stakeholders</i></b>   |   |
| 1:30-2:30 PM   | <b>Networking Lunch</b>  |   |
| 2:30-2:45 PM   | <b><i>Consensus draft for recommendation to PMSS/NITI Aayog</i></b>  |   |
| 2:45-2:47 PM   | <b><i>Vote of Thanks by Dr. Krishan Kumar, Associate Professor, Dept of Psychiatry and Member-CCRYN-CCMBIY, PGIMER</i></b> |   |

**Day 2: 10<sup>th</sup> January, 2024**

| <b>Time</b>    | <b>Speakers</b>  | <b>Title</b>   |
|----------------|--|--|
| 9:30-9:45 AM   | Dr. Jaideep Arya, Chairman, Haryana Yog Aayog, Panchkula   | Yoga <i>asanas</i> in Sports   |
| 9:45–10:00 AM  | Dr. Vinod Srivastava, Assistant Professor, Fort Hays State University, USA                                   | Bridging Cultures & Collaborations for Global Wellness through Integrative Health                                    |
| 10:00-10:15 AM | Dr. Aruna Rakha, Associate Professor, Dept of Translational & Regenerative Medicine, PGIMER, Chandigarh      | Yoga Communication   |
| 10:15-10:30AM  | Dr. Sanjib Patra, Associate Professor & Head, Central University of Rajasthan, Rajasthan                     | Educational Research Framework   |
| 10:30-10:45 AM | Dr. Kashinath G Metri, Assistant Professor, Central University of Rajasthan, Rajasthan                       | Need of Yoga for Medical Professionals   |
| 10:45-11:00 AM | Prof. O.P. Katare, Professor, University Institute of Pharmaceutical Sciences, Panjab University, Chandigarh | Meditation as a tool for transfer of idea to patent to product: a case study from Panjab University                  |
| 11:00-11:15 AM | Dr. Vadiraja HS, Research Officer, CCRYN, New Delhi  | Role of Yoga in Integrative Oncology   |
| 11:15-11:30 AM | Dr. Vikram Pai, Nodal Officer, CCRYN-CMBIY, AIIMS, Raipur  | Qualitative research in Yoga: Impact of Yoga on QoL of patients with chronic irreversible diseases                   |
| 11:30-11:45 AM | <b><i>Questions and answers (QA) round by stakeholders</i></b>   |  |
| 11:45-12:00 PM | <b>Networking High Tea</b>   |  |
| 12:00-12:15 PM | Prof. Tulika Singh, Professor, Dept of Radiodiagnosis, PGIMER, Chandigarh                                    | Effect of Yoga on pregnancy outcome and on Umbilical Cord Blood Derived stem cells                                   |
| 12:15-12:30 PM | Dr. Neelam Dahiya, Associate Professor, Dept of Cardiology, PGIMER, Chandigarh                               | Comparison of Yoga and Usual Care in CAD   |
| 12:30-12:45 PM | Dr. Sunil Taneja, Associate Professor, Dept of Hepatology, PGIMER, Chandigarh                                | Effect of a multimodal 24-week Yoga Intervention in patients with NAFLD- A non-inferiority randomized clinical trial |

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|------------------|---|--|
| 12:45-01:00 PM   | Dr. Anuradha, Lecturer, Dept of ENT, PGIMER, Chandigarh   | The effect of Yoga Intervention in subjects with tinnitus on molecular and radiological parameter, tinnitus handicap and stress                            |
| 01:00-01:15 PM   | Dr. Deepesh Lad, Associate Professor, Department of Clinical Hematology & Medical Oncology, PGIMER, Chandigarh<br><br>Dr. Alka Khadwal, Professor, Department of Clinical Hematology & Medical Oncology, PGIMER, Chandigarh | A randomized controlled trial to assess the impact of Yoga on health-related quality of life in Hematopoietic Cell Transplant recipients                   |
| 1:15-1:30 PM     | Dr. Ishita Sood, Junior Resident, Dept of Anaesthesia, PGIMER, Chandigarh   | MD Thesis: To evaluate efficacy of integrated Yoga therapy versus physiotherapy for chronic low back pain in elderly adults- A randomized controlled trial |
| 1:30-1:45 PM     | <b><i>Consensus draft for recommendation to PMSS/NITI Aayog</i></b>   |  |
| 1:45-2:00 PM     | <b><i>Finalisation of proposal for launch of multicentric trial</i></b>   |  |
| 2:00-2:02 PM     | <b><i>Vote of Thanks by Dr. Aruna Rakha, Associate Professor, Dept of Translational and Regenerative Medicine, PGIMER, Chandigarh</i></b>   |  |
| 02:02 PM Onwards | <b>Networking Lunch</b>   |  |

NITI- National Institution for Transforming India

PSA- Principal Scientific Adviser

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

NAFLD- Nonalcoholic fatty liver disease

MIT- Massachusetts Institute of Technology

AIIMS- All India Institute of Medical Sciences