



EXPERT MEETING: BENEFITS AND BARRIERS OF YOGA RESEARCH

(January 9-10, 2024)



Organized By

CCRYN-COLLABORATIVE CENTRE FOR MIND
BODY INTERVENTION THROUGH YOGA
PGIMER, CHANDIGARH



PGIMER

सातकोत्तर चिकित्सा शिक्षा एवं
अनुसंधान संस्थान - चण्डीगढ़



Day 1: 9th January, 2024



Dr. HR Nagendra, Padma Shri awardee and
Chancellor, S-VYASA University, Bangalore



Dr. Raghavendra Rao, Director, CCRYN,
New Delhi



Dr. NK Manjunath, Pro-Vice-Chancellor &
Director of Research, S-VYASA, Bangalore



Mr. Rakesh Mittal, Industrialist, Kalka



Prof. Mitali Mukerji, Professor and Head,
Department of Bioscience and Bioengineering,
IIT-Jodhpur



Dr. Rajvi Mehta, Teacher, Iyengar
Yogashraya, Mumbai



Dr. Hemant Bhargav, Associate Professor,
Department of Integrative Medicine, NIMHANS,
Bangalore



Ms. Molly McManus, President, IAYT Board
of Directors, USA



Dr. Susan Steiger Tebb, Vice President,
IAYT Board of Director, USA



Ms. Alyssa Wostrel, Executive Director,
IAYT, USA



Dr. Rich Fletcher, Assistant Professor, UMass
Medical School & MIT, USA



Prof. Akshay Anand, Prof In-Charge, CCRYN-
CCMBIY, PGIMER, Chandigarh

Day 2: 10th January, 2024



Dr. Jaideep Arya, Chairman, Haryana Yog
Aayog, Panchkula



Dr. Vinod Srivastava, Assistant Professor, Fort
Hays State University, USA



Dr. Aruna Rakha, Associate Professor, Deptt.
of Translational & Regenerative Medicine,
PGIMER, Chandigarh



Dr. Sanjib Patra, Associate Professor & Head,
Central University of Rajasthan, Rajasthan



Dr. Kashinath G Metri, Assistant Professor,
Central University of Rajasthan, Rajasthan



Dr. Vadiraja HS, Research Officer, CCRYN, New
Delhi



Dr. Vikram Pai, Nodal officer, CCRYN-CCMBIY,
AIIMS Raipur

REVIEW OF CCRYN FUNDED PROJECTS
AT PGI, Chandigarh



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UT, Guest House, Sector-6, Chandigarh

TIME	MINUTE TO MINUTE SCHEDULE		
9:30-9:35 AM	Welcome of Experts by Sri. Balamurugan J.M, Principal Secretary, Defense Welfare Services, Punjab		
9:35-9:40 AM	Inauguration/Lamp Lightning Chief Guest: Dr. HR Nagendra, <i>Padma Shri</i> awardee and Chancellor, SVYASA University, Bangalore		
9:40-9:45 AM	Introducing the agenda by Prof. Akshay Anand		
9:45–9:50 AM	Address by Prof. Vivek Lal, Director, PGIMER, Chandigarh		
TIME	SPEAKERS (9 th January 2024)	TIME	SPEAKERS (10 th January 2024)
9:50-10:00 AM	Dr. HR Nagendra, Bangalore Topic: Theory and concept of Yoga	9:30-9:45 AM	Dr. Jaideep Arya, Haryana Yog Aayog, Topic: Yoga asanas in Sports
		9:45–10:00 AM	Dr. Vinod Srivastava, USA Topic: Bridging Culture and Collaboration for Global wellness through Integrative Health
		10:00-10:15 AM	Dr. Aruna Rakha, Chandigarh Topic: Yoga Communication
10:00-10:15 AM	Dr. Raghavendra Rao, New Delhi Topic: Technological innovations in Yoga	10:15-10:30AM	Dr. Sanjib Patra, Rajasthan Topic: Educational Research Framework
10:15-10:30 AM	Dr. NK Manjunath, Bangalore Topic: Heart and Brain Regulation by Yoga Global Trends	10:30-10:45 AM	Dr. Kashinath G Metri, Rajasthan Topic: Need of Yoga for Medical Professionals
10:30-10:45 AM	Mr. Rakesh Mittal, Kalka Topic: Meditator’s Perspective	10:45-11:00 AM	Prof. O P Katare, Chandigarh Topic: Meditation as a tool for transfer of idea to patent to Product: a case study from Panjab university
10:45-11:00 AM	Prof. Mitali Mukerji, Jodhpur Topic: Ayurveda and Modern medicine in IM setting: the need for a molecular Conversation	11:00-11:15 AM	Dr. Vadiraja H S, New Delhi Topic: Role of Yoga in Integrative Oncology
11:00-11:30 AM	NETWORKING HIGH TEA	11:15-11:30 AM	Dr. Vikram Pai, Raipur Topic: Qualitative research in yoga: Impact of yoga on QoL of patient with chronic irreversible diseases.
		11:30- 11:45 AM	Questions and answers (QA) round by stakeholders
		11:45- 12:00 PM	NETWORKING HIGH TEA
11:30-11:45 AM	Dr. Rajvi Mehta, Mumbai Topic: Accuracy of asanas for their efficacy and preventing injuries	12:00-12:15 PM	Prof. Tulika Singh, Chandigarh Topic: Effect of Yoga on pregnancy outcome and on Umbilical Cord Blood Derived stem cells
11:45-12:00 PM	Dr. Hemant Bhargav, Bangalore Topic: Protocolization of De-addiction Yoga	12:15-12:30 PM	Dr. Neelam Dahiya, Chandigarh Topic: Comparison of Yoga and Usual Care in CAD
12:00-12:15 PM	Ms. Molly McManus, USA Topic: Accreditation/certification of Yoga therapy: IAYT’s Perspective on current challenges	12:30-12:45 PM	Dr. Sunil Taneja, Chandigarh Topic: Effect of a multimodal 24-week Yoga Intervention in patients with NAFLD
12:15-12:30 PM	Dr. Susan Steiger Tebb, USA Topic: Advancing Yoga in US Cancer Care: Addressing the Barriers	12:45-01:00 PM	Dr. Anuradha, Chandigarh Topic: The effect of Yoga Intervention in subjects with tinnitus on molecular and radiological parameter, tinnitus handicap and stress
12:30-12:45 PM	Ms. Alyssa Wostrel, USA Topic: Barrier to Implementation of whole person Health Models	01:00- 01:15 PM	Dr. Deepesh Lad/ Dr. Alka Khandwal, Chandigarh Topic: A randomized controlled trial to assess the impact of Yoga on health-related quality of life in Hematopoietic Cell Transplant recipients
12:45-01:00 PM	Dr. Rich Fletcher, USA Topic: The efficacy of Yoga Intervention for ADHD in Children and Adolescents	01:15-01:30 PM	Dr. Ishita Sood, Chandigarh MD Thesis: To evaluate efficacy of integrated Yoga therapy versus physiotherapy for chronic low back pain in elderly adults- A randomized controlled trial
12:45-1:00PM	Prof. Akshay Anand, Chandigarh Topic: Need for Good Yoga Practice (GYP)		
1:00-1:15PM	Questions and answers (QA) round by stakeholders	1:30-1:45 PM	Consensus draft for recommendation to PMSS/NITI Aayog
1:15-2:00 PM	Networking Lunch	1:45-2:00 PM	Finalization of proposal for launch of multicentric trial
2:00-2:15 PM	Consensus draft for recommendation to PMSS/NITI Aayog	2:00-2:02 PM	Vote of Thanks by Dr. Aruna Rakha, Associate Professor, Dept of Translational and Regenerative Medicine, PGIMER, Chandigarh
2:15-2:17PM	Vote of Thanks by Dr. Krishan Kumar, PGIMER	02:02 Onwards	Networking Lunch