



One Day International Workshop on *Mind Body Intervention: Emerging Status*

 **8 JAN**
2024

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

 **09-6:30**
AM PM

Organized by:

**CCRYN-Collaborative Centre for Mind Body
Intervention through Yoga, PGIMER, Chandigarh**

HIGHLIGHTS

Yoga Therapy : Evidence & Future perspective ,
Palliative Care, Life style Diseases, De-addiction
Neurobiology of sleep & Consciousness

Organizing Chairperson

Prof. Akshay Anand,
Prof. Incharge, CCRYN - CCMBIY, PGIMER
Dr. Raghvendra Rao
Director, CCRYN, New Delhi

Organizing Secretary

Dr. Pramod Avti, Additional Professor
Dept. of Biophysics, PGIMER
Dr. Krishan Kumar, Associate Professor
Dept. of Psychiatry, PGIMER
Dr. Vadiraja HS, Research Officer,
CCRYN, New Delhi

Coordinators

Dr. Monika Gautam
Mr. Saurabh Kumar
Research Officer,
CCRYN-CCMBIY, PGIMER
Dr. Ishita Sood, Junior Resident

 **Lecture Theater (LT-1), Nehru Hospital, PGIMER,
Chandigarh**

Contact Us:

 **0172-2755841, +91-9876955337, +91-7015825209, +91-9569525554**

 **mbiconference2024.com@gmail.com**

 **<https://mbi-conf-2024.com>**

PROGRAMME SCHEDULE

TIME	MINUTE TO MINUTE		
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		
	TITLE	SPEAKERS	CHAIRPERSONS
09:30-10:00 AM	Yoga as a therapy; evidence and future insights	Dr. Raghvendra Rao Director, CCRYN, New Delhi	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	Accreditation/ certification of Yoga Therapy: IAYT’s Perspective	Ms. Molly McManus President, IAYT Board of Directors, USA	Prof. Sanjay Bhadada, Professor & Head, Dept. of Endocrinology, PGIMER, Chandigarh
10:30-11:00 AM	Development of a framework for evidence-based practice of Traditional medicine in IM settings	Prof. Mitali Mukerji Professor and Head, Department of Bioscience and Bioengineering, IIT-Jodhpur	Prof. Vipin Kaushal, Medical Superintendent, PGIMER, Chandigarh
11:00-11:30 AM	HIGH TEA		
11:30-12:00 PM	Importance of the whole person health model for the emerging profession of Yoga Therapy	Ms. Alyssa Wostrel Executive Director, IAYT, USA	Prof. Babita Ghai, Professor, Dept of Anesthesia, PGIMER, Chandigarh
12:00-12:30 PM	The Role of Yoga in Cancer Care	Dr. Susan Steiger Tebb Vice President, IAYT Board of Directors, USA	Prof J. S. Thakur, Professor, Community Medicine & School of Public Health, PGIMER, Chandigarh
12:30-01:00 PM	Neurobiology of Sleep and Consciousness	Dr. Sanjib Patra Associate Professor & Head, Dept of Yoga, Central University of Rajasthan, Rajasthan	Prof. Debasish Basu, Professor& Head, Dept of Psychiatry, PGIMER, Chandigarh
01:00-02:00 PM	LUNCH		
02:00-02:30 PM	Clinical Utility of Yoga in Management of Substance Use Disorder: Current Evidence	Dr. Hemant Bhargav Associate Professor of Yoga, Department of Integrative Medicine, NIMHANS, Bangalore	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	The role of Yoga in enhancement of cardiac autonomic function	Dr. Kashinath G Metri Assistant Professor, Dept of Yoga, Central University of Rajasthan, Rajasthan	Prof. Rakesh Kapoor, Professor, Dept of Radiotherapy & Oncology, PGIMER, Chandigarh. Prof. Neerja Bharti, Professor, Dept. of Anesthesia, PGIMER, Chandigarh.
03:30-04:00 PM	YOGA- Role in complex lifestyle disorders	Prof. Rima Dada Professor, Dept of Anatomy, AIIMS, New Delhi	Prof. Reena Das, Professor & Head, Dept of Hematology, PGIMER, Chandigarh
04:00-04:30 PM	Emerging Technologies for Yoga Practice and Teaching	Dr. Rich Fletcher Assistant Professor, UMass Medical School &MIT, USA	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
04:30-05:00 PM	ACTIVITY BY “BRIGHTER MINDS” CHILDREN		
05:00-05:15 PM	TEA		
05:15-06:00 PM	INTERACTION WITH GENERAL PUBLIC & SCHOOL STUDENTS (Dr. H R Nagendra, Dr. N K Manjunath, Dr. Akshay Anand, Ms. Alyssa Wostrel, Ms. Molly McManus, Dr. Susan Steiger Tebb, Dr. Rich Fletcher)		
06:00-06:05 PM	INAUGRATION/ LAMP LIGHTNING Chief Guest: Dr. HR Nagendra, <i>Padma Shri</i> awardee and Chancellor, SVYASA University, Bangalore Guest of Honor: Prof. Vivek Lal, Director, PGIMER, Chandigarh		
06:05-06:10 PM	BOOK LAUNCH/ LAUNCH OF CENTRE/ 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		