



National Symposium on
**Healthy Yoga Lifestyle – for Prevention
of Lifestyle Diseases**

&
CME on Role of Yoga, Nature, Nutrition &
Meditation in Promotion of Holistic Health

**Supported by AYUSH, ICMR, CSIR, DST, DBT, MCI & MUHS*

** in communication*

September 10-11, 2015



AROGYADHAM
Mahatma Gandhi Institute of Medical Sciences
Sevagram (Wardha) - 442 102, M.S., India
www.arogyadham-seva.com



Arogyadham



JBTDRC



MGIMS





Hearty Welcome awaits you at Sevagram

Sevagram was the *de facto* capital of India during the struggle for Independence. In 1936 Gandhiji identifying himself with poorest of the poor, settled in the remote village of Segaon rechristened as 'Sevagram'. The crucial meetings of the congress working committee were held here and the "Quit India" resolution was passed in July 1942 at Sevagram.

Mahatma Gandhi Institute of Medical Sciences (MGIMS) located in rural setting within 5 min. walking distance from Gandhi Ashram, is the First Rural Medical Institute in India established in 1969 as Gandhi Centenary Project under the dynamic leadership of (Late) Dr. Sushila Nayar. During her leadership of 30 years the institute grew into a huge 648 bedded Kasturba Hospital with the state of the art facilities attached to the medical institute, which grows and moulds conscientious doctors every year. MGIMS is a pioneering medical institution with its innovative approaches in academic curricula, training of personnel with rural bias and providing health care facilities to rural masses with dedication. The institute is presently striving forward under able guidance of our energetic President Shri Dhiru S. Mehta, a man with dynamism coupled with Gandhian ideals and passion.

Jamnalal Bajaj Tropical Disease Research Centre (JBTDR) is the result of sustained health problem based research activity by the Biochemistry Department for more than two decades at MGIMS, with support from ICMR, CSIR, DST, WHO/TDR, Indo US STI, DBT & KHS. JBTDR was established in 1994 to expand the Institute's ongoing Research Programmes in Tropical Diseases such as filariasis and tuberculosis prevalent in this region. The main thrust has been to apply the latest and sophisticated techniques of immunology and molecular biology in developing tools for immunodiagnosis, monitoring, immunoprophylaxis, surveillance and their application in the field for better management and control of filariasis and tuberculosis.

Arogyadham is a Traditional Health Care and Research project of Kasturba Health Society for promotion of positive health in addition to preventive and curative aspects of health care in life style health problems with Naturopathy, Yoga and Meditation and to live in harmony with Nature. Arogyadham has Kasturba Yoga & Nature Cure Centre, Herbal (aonla) garden (250 acres), Pyramid Meditation hall, separate treatment sections for male and female, Nature park with accuwalk and Yoga Hut, canteen with vegetarian food, cottages for stay, spiritual library and recreation facilities for the benefit of residents (www.arogyadham-seva.com).

UNO has declared June 21st as International Yoga Day

Introduction:

Automation in the name of convenience and comfort, nuclear family with consumeristic and self-centric living style have affected human physical, emotional and spiritual health. Fast paced life and excess use of junk foods and modern gadgets namely the car, TV, cell phone, microwave oven, refrigerator, air conditioner etc. with cordless & remote controls leading to sedentary and addictive lifestyle, causing serious lifestyle disorders with life threatening morbidity and even death. Environmental pollution due to automobile exhausts and industrial effluents, electromagnetic radiation and stressful living are distancing the man away from nature contributing to increased risk of non-communicable diseases / lifestyle diseases namely cardiovascular diseases (heart attack and stroke), cancers, chronic respiratory diseases (COPD and asthma) and diabetes. Role of industrial farming and production of foods with extensive use of insecticides, storage and processing of fast foods with chemical cocktails followed by excess consumption, need extensive study in understanding the possible reasons for the increase in cardiovascular diseases, diabetes, obesity, allergy etc. **Globalization of unhealthy lifestyle far away from nature has lead to increased non-communicable / lifestyle diseases.**

Conventional medicine is based on treating clinical symptoms and not on elimination of root cause. Further, Thrust on prevention of disease has taken back seat in hi-tech driven conventional medicine which is oiled by commerce, making healthcare costly and not affordable by common citizens. According to WHO, United States spends more on healthcare per capita (\$8608) and as percentage of GDP (17.2%). However about 20% of the population cannot afford and are uninsured as reported in 2010 and thus does not have access to healthcare. This is the position in free market economy which developing countries can ill afford with more than 30% of the population living in poverty.

India with its vibrant Yoga, Pranayam & Meditation, varied spiritual and religious traditions along with growing science and technology has the required ingredients for establishing wisdom based culture and in playing a significant role in developing strategy for promotion of healthy lifestyle. The issues and lacunae in healthcare management will be discussed for bringing Naturopathy, Yoga / Lifestyle Medicine in main stream of Primary Health care delivery System as Integrated / Holistic medicine.

CME is planned to highlight Yoga as Science of Holistic Living and traditional appreciation of Nature and use of Pranayam & Meditation, Nutrition (fasting) for promotion of Holistic Health.

Objectives:

1. To present Yoga, Meditation and Naturopathy as a drugless health system in harmony with Nature for purification of body and mind and thus promotion of Holistic health.
2. As "Prevention is better than Cure" the Yoga will be discussed at different levels such as (a) Prevention of diseases, (b) Promotion of positive Health, (c) As an integrative therapy for minimizing dosage and the side effect of the drugs, (d) Reduce healthcare costs, (e) To improve the Quality of life and (f) Curative/management of chronic lifestyle disorders.
3. To highlight the advances in health science research by combining the best of the East (Yoga & Spirituality) with that of the West (advanced technology).
4. To sensitize and motivate doctors in conventional medicine to introduce Yoga therapy and Naturopathy and other A Y U S H medical systems as primary intervention in management of lifestyle health problems (Integrative / Holistic Medicine model).

Panel Discussion:

Yoga as Science of Holistic Living for Promotion of Positive Health - Leads and Areas for Intensive Clinical Research

Topics Which will be covered in the Symposium :

1. Naturopathy & Yoga – a Drugless system in primary healthcare for prevention of disease and promotion of positive health.
2. Drugless health systems (Massage Manipulative therapies, Osteopathy, Chiropractic etc.) for musculoskeletal disorders such as Low backache, spinal disorders, osteo and rheumatoid arthritis etc.
3. Yoga and cancer – A role on Immunity and Quality of Life.
4. Yoga and Psychiatry Disorders (anxiety, depression, insomnia, schizophrenia etc.)
5. Yogic Kriyas and Pranayama for Allergic problems (Bronchial Asthma, Rhinitis and upper respiratory tract infections).
6. Nutrition and Diet Therapy/ fasting or caloric restriction for Hypertension, Diabetes, Obesity, Hyperlipidemia, Acidity etc.
7. Relaxation techniques (Savasana, Yognidra, Guided relaxation, Vipassana, Rajyoga, Mindfulness etc.) for stress management.
8. Lifestyle changes (Diet & Yoga) – A better option for prevention and treatment of metabolic syndrome, obesity etc.
9. Integrative cardiology; Integrative Diabetology; Integrative Neurology; Integrative Psychiatry; Integrative Child and Womens' Health, with Yoga and Meditation.
10. Healthy Yoga Lifestyle for promotion of Holistic health & prevention of disease.

Tentative list of participating Eminent Speakers and Panel Discussants*

International:

- ❖ Dr. Deepthi V. Byreddy, Prairie road NE, Albuquerque, New Mexico, USA
- ❖ Dr. Barton D. Buechner, Adjunct Professor, Military Psychology, Adler University, Chicago, Illinois, USA
- ❖ Dr. Shilpa P. Saxena, President, SevaMed Institute, P.A., Lutz, FL, USA

India:

- ❖ Dr. Ishwara N. Acharya, PO (YT), Morarji Desai National Institute of Yoga, New Delhi
- ❖ Dr. Mukund Baheti, Consultant Neurologist, Baheti Hospital, Dhantoli, Nagpur
- ❖ Dr. Rahul Bansal, Professor & Head, Dept of Community Medicine, Subharti Medical College, Swami Vivekanand Subharti University, Meerut
- ❖ Yogacharya Dr. Ananda Balayogi Bhavanani, Chairman: ICYER and Yoganjali Natyalayam, Iyyanar Nagar, Pondicherry
- ❖ Dr. Vijendra Chauhan, Vice Chancellor, HIHT University, Dehradun
- ❖ Dr. Sara Chimthanawala, Dr. Sara's Vision, Holistic Health Care Centre, Nagpur
- ❖ Dr. J.V. Dixit, Professor & Head, Department of Community Medicine, Govt. Medical College, Aurangabad
- ❖ Dr. Ramesh Gautam, General Secretary, Arogya Bharati, Anurag, M-27, Nandanvan Colony, Nagpur
- ❖ Dr. B.C. Harinath, Director, JBTDRC & Coordinator, Arogyadham, MGIMS, Sevagram
- ❖ Yogi Jayadevan, Yoga Bhavan, Ekkandawarrier Road, Ollur P.O., Thrissur Dist.
- ❖ Dr. Babu Joseph, Former Director, National Institute of Naturopathy, Pune
- ❖ Dr. Savita Malhotra, Professor and Head, Department of Psychiatry, PGIMER, Chandigarh
- ❖ Dr. Praveen Khairkar, Professor, Department of Psychiatry, MGIMS, Sevagram
- ❖ Dr. Kamakhya Kumar, Chief Coordinator, Center of Complementary & Alternative Medicine, Associate Professor, Dept. of Yoga and Health, Dev Sanskriti Vishwavidyalaya, Haridwar
- ❖ Prof. S.C. Manchanda, Senior Consultant Cardiologist, Sir Gangaram Hospital, New Delhi
- ❖ Dr. R.M. Nair, Member, Advisory Board Naturopathy & Director, Bapu Nature Cure Hospital & Yogashram, Delhi
- ❖ Dr. Sangeeta Nehra, Director, AYUSH Haryana, Panchkula, Haryana
- ❖ Dr. R. V. Nisal, Chief Medical Co-ordinator, Nisargopchar Gramsudhar Trust, Uruli-Kanchan
- ❖ Dr. Subodh Tiwari, Jt. Director-Administration, Kaivalyadhama Yoga Institute, Swami Kuvalyananda Marg, Lonavla, India

*in communication

Reception

Sevagram is at a distance of 8 kms from Wardha and 77 kms from the city of Nagpur. Nagpur is the nearest airport.

Sevagram and Wardha are well connected by Indian Railways, as it is at the intersection of Delhi-Chennai, as well as Mumbai-Howrah railway route.

Sevagram station, about 6 Km from MGIMS is located on the Delhi-Chennai trunk route. It has daily train connections with Delhi, Itarsi, Hyderabad, and Chennai. Trains from Lucknow and Patna also halt here. Wardha Jn. which is about 9 Km from MGIMS, on the Mumbai-Howrah line. Trains from Mumbai, Ahmedabad, Howrah, and Raipur stop at Wardha junction. Comfortable deluxe buses run from Nagpur to Wardha every half an hour. Auto charges are Rs. 100 from Wardha / Sevagram railway station to Arogyadham, MGIMS.

The International delegates are advised to contact the Indian Embassy / High Commission / Consulate in their country in order to obtain a visa of entry. Please apply for your visa in advance. Your travel agent may also be able to help you.

Weather:

Retreat of monsoon starts with the coming of September in this region. Night temperatures are around 18-23 degree C.

Places of interest to the tourist:

Gandhi Ashram - Bapu Kut: Sevagram was Gandhiji's headquarters from April 1936 during struggle for independence. From Sevagram he guided the nation for attaining freedom of India.

Paonar Ashram: Paramdham ashram just 4.5 km from Sevagram was established by Acharya Vinoba Bhave in 1938 on the bank of river Dham.

Vishwa Shanti Stup: In 1935, Fuji Gururji from Japan came to Wardha and met Mahatma Gandhi. He put the wish to setup the Stups (Prayer place for of Budha Community) in India.

Gita Mandir (Temple): This is the mandir where Vinoba's Gita became perpetual. Vinoba Bhave translated the Bagwat Gita in the book Gita. For this purpose number of polished stones are brought from different places and arranged vertically in shape of cow and 18 'Shlokas' (sections) of the Gita are engraved on it.

Magan Sangrahalaya (Museum): Magan Sangrahalaya is a museum situated at Wardha city, where everything about khadi and village industries related equipments are displayed.

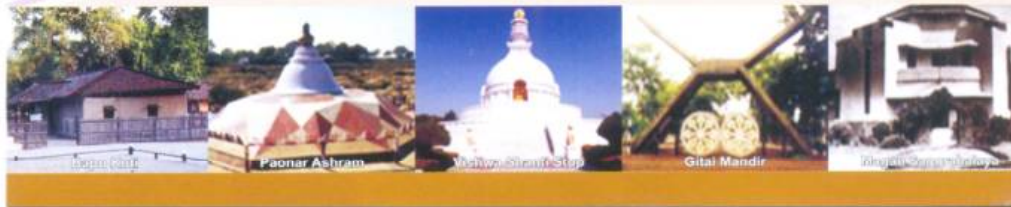
Bor Dam: In Seloo Taluka, village Bori is 32 km away from Wardha.

Mahakali Dam: This is holly place of goddesses Mahakali in Arvi tehasil 35 km from Wardha city.

About Nagpur: There is something very soothing and welcoming about this city. It could be the tranquil stretches of Orange orchards from which it derives the nomenclature of Orange City or it could also be that it is the second clearest and greenest city of India or it could be the broad roads and great infrastructure which has spawned enviable development.

Nagpur could well be described as the Tiger capital of India. Surrounded on all sides by a thick forest cover, it opens the doors to six different tiger reserves. The growth of the city is also turning out to be the growth of eco-tourism.

In the Nagpur City: Deekshabhoomi, Seminary Hills, The Ramtek Complex; Ramtek is 57 km from the city of Nagpur. The spot is a perfect conjunction of religion, natural beauty and history for a tourist.



Poster Session

There will be a poster session during 1.00 – 2.30 PM on 11th September. Posters may be on the theme of 'Healthy Yoga Lifestyle' and related topics covering Research findings. Best Posters (up to three) will be given awards of Rs. 1000/- each along with letter of appreciation. Interested may register by sending an abstract of research findings not exceeding 250 words on or before 20th August. A space of 3'X 4' will be allotted for the poster.

Travel Fellowships

Fifty Travel fellowships covering Registration fee, travel support and local hospitality are available to attend the National Symposium for young Indian practising clinicians of allopathic and complementary medicine. Interested may contact the Secretariat, arogyadham.seva@gmail.com.

Scientific Programme

Thursday, September 10, 2015:

1.30 PM – 2.30 PM	Registration
2.30 PM – 5.00 PM	CME on Role of Yoga, Nature, Nutrition & Meditation in Promotion of Holistic Health
5.30 PM – 6.30 PM	Inaugural Function
7.00 PM	Cultural Programme & Dinner

Friday, September 11, 2015:

9.00 AM – 1.00 PM	Scientific Sessions
1.00 – 2.30 PM	Lunch & Poster Session
2.30 – 4.30 PM	Scientific Sessions
4.30 – 5.30 PM	Panel Discussion on 'Yoga as Science of Holistic Living for Promotion of Holistic Health' followed by Concluding Session
5.30 – 7.30 PM	Field Trip (Gandhi Ashram, Paonar Ashram etc.)
8.00 PM	Dinner

The registration fee is payable according to the following schedule:

	For Indian Delegates		For International Delegates	
	On or Before 31 st July 2015	After 31 st July	On or Before 31 st July 2015	After 31 st July
Delegates	Rs. 1500/-	Rs. 2000/-	US\$. 100.00	US\$. 150.00
Students	Rs. 1000/-	Rs. 1500/-	US\$. 50.00	US\$. 75.00
Accompanying Person	Rs. 1000/-	Rs. 1500/-	US\$. 100.00	US\$. 150.00

Note : Advance registration is advised. Registered delegates are entitled for Participation at Inaugural and all the Scientific Sessions, Programme abstract and kit, Refreshment, lunch and dinner on both the days.

Accommodation

For the convenience of all the participants, simple, comfortable and shared accommodation is being arranged in Guest Houses, Arogyadham, Yatri Niwas, Atithi Gruh and Gandhi Vihar Parishad near the Institute on payment of Rs. 500/- for 2 days (\$30 for International delegates) for limited number of participants.

The tariffs for Hotels available in Wardha (8 km from MGIMS) range from Rs. 700/- to Rs. 2500/- day.

Note: 1. Accommodation will be done on first come first serve basis.
2. Advance towards rent (Rs. 500/- or US\$30/- for 2 days in Yatri Nivas / Arogyadham / Gandhi Vihar Parishad or Rs. 1000/- for 1 day advance in hotel, should be enclosed along with Registration Fee.

Dates to Remember :

Dates of Symposium – September 10 - 11, 2015.

Last date for submission of form (Registration, Accommodation) – 31st July 2015.

All payments can be paid together. Forms will be accepted only when accompanied by required amount of charges / advances.

Please register by 31st July so that we can do the best possible arrangements.

- Please send abstract of the paper for poster on or before 20th August.

The DD may please be sent in the name of "Symposium on Healthy Yoga Lifestyle", payable at Sevagram / Wardha.

For Electronic Transfer the details are: A/c No.: 34890311247 IFSC Code: SBIN0012756
MICR Code: 442002516 State Bank of India, Sevagram - 442102

Organising Committee

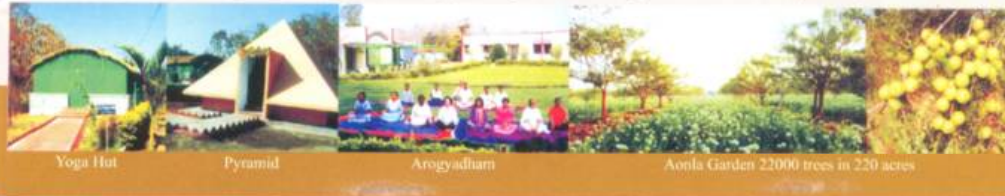
Chief Patron Shri. Dhiru S. Mehta President, Kasturba Health Society		
Dr. B. S. Garg Secretary, Kasturba Health Society	Patrons Dr. K.R. Patond Dean, MGIMS	Dr. S. P. Kalantri MS, Kasturba Hospital
Chairman Dr. B. C. Harinath Director, JBTDRS & Coordinator, Arogyadham, MGIMS		
Dr. M.V. R. Reddy Professor & Head Dept. of Biochemistry, MGIMS	Vice Chairmen Dr. K. K. Mishra Professor & Head Dept. of Psychiatry, MGIMS	Smt. Varsha Deshpande Hon. Jt. Secretary, Aadhar Samaj Seva Sanstha, Malkapur
Organizing Secretary Dr. Praveen Khairkar Professor of Psychiatry & Dy Coordinator, Arogyadham	Joint Organizing Secretaries Dr. Pranita Waghmare Asst. Professor of Biochemistry, MGIMS Dr. Dharav Shah Asst. Professor of Psychiatry, MGIMS	

Completed Registration Form along with draft may be sent to:

Organising Secretary

National Symposium on Healthy Yoga Lifestyle
J B Tropical Disease Research Centre, Mahatma Gandhi Institute of Medical Sciences
Sevagram (Wardha) - 442 102, Maharashtra, India

Tel: 91 7152 284341 - 284355 Ext: 338, 262, Tel: Arogyadham: 91 7152 284137 Tel Fax: 91 7152 284038
E-mail: arogyadham.seva@gmail.com, info@jbtidrc.org Web: www.arogyadham-seva.com, www.jbtidrc.org



Yoga Hut

Pyramid

Arogyadham

Aonla Garden 22000 trees in 220 acres

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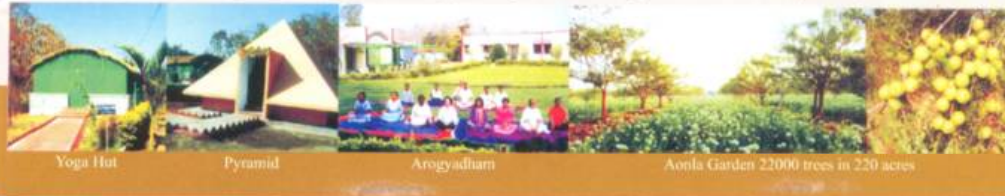
Chief Patron Shri. Dhiru S. Mehta President, Kasturba Health Society		
Dr. B. S. Garg Secretary, Kasturba Health Society	Patrons Dr. K.R. Patond Dean, MGIMS	Dr. S. P. Kalantri MS, Kasturba Hospital
Chairman Dr. B. C. Harinath Director, JBTDRC & Coordinator, Arogyadham, MGIMS		
Dr. M.V. R. Reddy Professor & Head Dept. of Biochemistry, MGIMS	Vice Chairmen Dr. K. K. Mishra Professor & Head Dept. of Psychiatry, MGIMS	Smt. Varsha Deshpande Hon. Jt. Secretary, Aadhar Samaj Seva Sanstha, Malkapur
Organizing Secretary Dr. Praveen Khairkar Professor of Psychiatry & Dy Coordinator, Arogyadham	Joint Organizing Secretaries Dr. Pranita Waghmare Asst. Professor of Biochemistry, MGIMS Dr. Dharav Shah Asst. Professor of Psychiatry, MGIMS	

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Organising Secretary

National Symposium on Healthy Yoga Lifestyle
J B Tropical Disease Research Centre, Mahatma Gandhi Institute of Medical Sciences
Sevagram (Wardha) - 442 102, Maharashtra, India

Tel: 91 7152 284341 - 284355 Ext: 338, 262, Tel: Arogyadham: 91 7152 284137 Tel Fax: 91 7152 284038
E-mail: arogyadham.seva@gmail.com, info@jbtidrc.org Web: www.arogyadham-seva.com, www.jbtidrc.org



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REGISTRATION FORM

(May be Xeroxed for extra copies)

Name: (Prof./Dr./Mr./Ms.) _____

Age: _____ Sex: _____

Qualification: _____ Designation: _____

Mailing Address (with PIN): _____

Telephone No. (Office) _____ Mobile No.: _____ Fax: _____

E-mail: _____

Registration Fee is enclosed: Yes / No Delegate

Accommodation required: Yes / No Student

Accompanying Person

No. of Accompanying Person: _____ Adult: _____ Children: _____

Name(s) of Accompanying Person (if any) _____

Details of Payment

Registration fee : Rs / US\$ _____

Accommodation charges : Rs / US\$ _____

Total : Rs / US\$ _____

Demand Draft No. _____ Dated _____

For Electronic Transfer the details are:

A/c No. : 34890311247
MICR Code : 442002516

IFSC Code: SBIN0012756
State Bank of India, Sevagram - 442102

OR

Demand Draft in favour of "Symposium on Healthy Yoga Lifestyle", payable at Sevagram / Wardha, of any Nationalized bank may be sent to the Organising Secretary of the Symposium.

Candidate's Signature

Completed registration form along with DD or (payment receipt if transfer electronically) may please be sent to the Organizing Secretary.
email: arogyadham.seva@gmail.com, info@jbtidrc.org Web: www.arogyadham-seva.com; www.jbtidrc.org