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, ICMB, CSIR, DST, DBT, MCI & MUHS

September 10-11, 2015

AROGYADHAM
Mahatma Gandhi Institute of Medical Sciences
Sevagram (Wardha) - 442 105 M.S., India
www.arogyadham-seva.com
Hearty Welcome awaits you at Sevagram

Sevagram was the de facto capital of India during the struggle for Independence. In 1936 Gandhiji identified himself with prowess of the poor, settled in the remote village of Segam 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 on rural setting within 5 km. walking distance from Gandhi Ashram, is the First Rural Medical Institute in India established in 1969 by Gandhi Centenary Project under the dynamic leadership of late Dr. Surendra 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 grooms and moulds conscientious doctors every year. MGIMS is a pioneering medical institute 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 Sri Dilir S. Mehta, a man with dynamism coupled with Gandhian ideals and passion.

Jammalal Bajaj Tropical Disease Research Centre (JBTDRC) 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/DR, Indo-US STE, DST & KHS. JBTDRC 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.

Aruyudhram 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. Aruyudhram has Kasturba Yoga & Nature Care Centre, Herbal (auro) garden (250 acres), Pyramid Meditation hall, separate treatment sections for male and female, Nature park with acrylic rock and Yoga Hut, canter with vegetarian food, cottages for stay, spiritual library and recreation facilities for the benefit of residents (www.aruyudhram-sevga.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 excessive 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 various lifestyle diseases with life threatening morbidity and mortality. 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 excessive use of pesticides, 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 ruled by commerce, making healthcare costly and not affordable to common masses. According to WHO, United States spends more on healthcare per capita ($5600) and as percentage of GDP (17.2%). However about 30% 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, Prasarnam & 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 to 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 Prasarnam & Meditation /Nutritions (Yogic) 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) Conventional management of chronic lifestyle diseases.
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 AYUSH 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, osten and rheumatoid arthritis etc.
3. Yoga and cancer – 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, Yog nidra, Guided relaxation, Vipassana, Rajyoga, Mindfulness etc.) for stress management.
8. Lifestyle changes (Diet & Yoga) – Better option for prevention and treatment of metabolic syndrome, obesity etc.
9. Integrative cardiology: Integrative Diabetology; Integrative Neurology; Integrative Psychiatry: Integrative Child and Women’s Health, with Yoga and Meditation.

Testimonial of participating Eminent Speakers and Panel Discussants:

International:
- Dr. Deepali V. Bhyrondhy, Pratirtha NE, Alligator, New Mexico, USA
- Dr. Barton D. Buiechert, Adjunct Professor, Military Psychology, Adler University, Chicago, Illinois, USA
- Dr. Shilpa P. Saxena, President, Seval Med Institute, P.A., Lutz, FL, USA

India:
- Dr. Ishwaran N. Acharya, PDYT; Morarji Desai National Institute of Yoga, New Delhi
- Dr. Mukand Raito, Consultant Neurologist, Babati Hospital, Bhombi, Nagpur
- Dr. Rahul Rana, Professor & Head, Dept of Community Medicine, Shriji Medical College, Shriji Medical College, Surat, Gujarat
- Dr. Vivek Chaubhan, Vice Chancellor, BHU University, Dehradun
- Dr. Sara C. Bhattacharya, Dr. Sara’s Vision, Holistic Health Care Centre, Nagpur
- Dr. R. S. Tiwari, Professor & Head, Department of Community Medicine, Govt. Medical College, Agra, Uttar Pradesh.
- Dr. Ramdev Gautam, General Secretary, AYUSH, Amethi, M.T.P., National Capital, Nagpur
- Dr. P. C. Varshney, Director, HPRHC & Coordinator, Ayurveda, MGIMS, Sevagram
- Yogendra Bajpai, Yoga Bhawan, Eklavdaawar Road, OF&W.O, Thane Dist.
- Dr. Babu Joseph, Former Director, National Institute of Naturopathy, Pune
- Dr. Savita Mathur, Professor and Head, Department of Psychology, S.M.R. Chhindwara
- Dr. Praveen Khare, Professor, Department of Psychology, MGIMS, Sevagram
- Dr. Kamlesh B. Kumar, Chief Coordinator, Center of Complementary & Alternative Medicine, Associate Professor, Dept. of Yoga and Health, Dev sare Jeevan Vaidyadhayya, Hubli
- Prof. P.G. Pradhan, Senior Consultant, S.N. Medical College, Saif, Nagpur, Maharashtra, New Delhi
- Dr. B.R. Nee, Member, Advisory Board Naturopathy & Director, Baba Naturopathy Hospital, Delhi
- Dr. Sangeeta Sekhar, Director, AYUSH, Haryana, Parshuram, Haryana
- Dr. R. V. Nidish, Chief Medical Co-ordinator, N.M.S. Ghat, Kankra, Trust, Udaipur, Rajasthan
- Dr. Suresh Twardi, Jr. Director, Administration, Kaivalyadhama Yoga Institute, Swami Kaivalyamurti Marg, Lonavala, 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 Kms from MGIMS is located on the Delhi-Chennai trunk route. It has daily train connections with Delhi, Bhuban, Hyderabad, and Chennai. Trains from Lucknow and Patna also halt here. Wardha Jn. which is about 9 Kms from MGIMS, on the Mumbai-Howrah line. Trains from Mumbai, Ahmadabad, 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 Angoyadham, 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 mosquitoes 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 - Raja Kutli: Sevagram was Gandhi’s headquarters from April 1936 during struggle for independence. From Sevagram he guided the nation for attaining freedom of India.

Parasnath Ashram: Parasnath ashram just 4.5 km from Sevagram was established by Acharya Vinoba Bhave in 1938 on the banks of river Bharn.

Vidisha Shanti Stupa: In 1935, Fuji Garuji from Japan came to Wardha and met Mahatma Gandhi. He put the wish to setup the Stupa (Prayer place for all Buddhas Community) in India.

Gaital Mandir (Temple): This is the mandir where Vinoba’s Gita became perpetual. Vinoba Bhave translated the Baguvat Gita in the book Gita. For this purpose number of polished stones are brought from different places and arranged vertically in shape of conic and trapezoidal 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 Sehol Taluka, village Bor is 32 km away from Wardha.

Mahakali Dam: This is holy place of goddesses Mahakali in Arvichhaini 35 km from Wardha city.

About Nagpur: there is something very soothing and welcoming about this city, it could be the tranquil streets of Orange orchards from which it derives the numeralature of Orange City or it could also be that it is the second cleanest and greenest city of India or it could be the broad roads and green 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: Deckchhobisni, Seminary Hills, The Ramtek Complex: Ramtek is 83 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 Aging & Healthy Living' 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 or before 20th August. A space of 3’X4’ 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 practicing clinicians of allopathic and complementary medicine. Interested may contact the Secretariat, Argyadham, seva@gmail.com.

Scientific Programme
Thursday, September 10, 2015:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.30 PM</td>
<td>Registration</td>
</tr>
<tr>
<td>2.30 PM</td>
<td>CME on Role of Yoga, Nature, Nutrition &amp; Meditation in Promotion of Holistic Health</td>
</tr>
<tr>
<td>5.30 PM</td>
<td>Inaugural Function</td>
</tr>
<tr>
<td>7.00 PM</td>
<td>Cultural Programme &amp; Dinner</td>
</tr>
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</table>

Friday, September 11, 2015:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 AM</td>
<td>Scientific Sessions</td>
</tr>
<tr>
<td>1.00</td>
<td>Lunch &amp; Poster Session</td>
</tr>
<tr>
<td>2.30 PM</td>
<td>Scientific Sessions</td>
</tr>
<tr>
<td>4.30</td>
<td>Panel Discussion on 'Yoga as Science of Holistic Living' followed by Concluding Session</td>
</tr>
<tr>
<td>5.30 PM</td>
<td>Field Trip (Gandhi Ashram, Pavna Ashram etc.)</td>
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<tr>
<td>8.00 PM</td>
<td>Dinner</td>
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</tbody>
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The registration fee is payable according to the following schedule:

<table>
<thead>
<tr>
<th></th>
<th>For Indian Delegates</th>
<th>For International Delegates</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>On or Before 31st July 2015</td>
<td>After 31st July</td>
</tr>
<tr>
<td>Delegates</td>
<td>Rs. 1500/-</td>
<td>Rs. 2000/-</td>
</tr>
<tr>
<td>Students</td>
<td>Rs. 1000/-</td>
<td>Rs. 1500/-</td>
</tr>
<tr>
<td>Accompanying Person</td>
<td>Rs. 1000/-</td>
<td>Rs. 1500/-</td>
</tr>
</tbody>
</table>

Note: Advance registration is advised. Registered delegates are entitled for Participation at Inaugural and all the Scientific Sessions, Programme abstract and lot, 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, Argyadham, Yatri Nivas, Atmi Gosh and Gandhi Vichar Parishad near the Institute on payment of Rs. 500/- for 2 days ($30 for International delegates) for limited number of participants. The tariffs for Hostels available in Wardha (8 km from MGIMS) range from Rs. 700/- to Rs. 2500/- per 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 / Argyadham / Gandhi Vichar Parishad or Rs. 1000/- for 3 days advance in hotel) should be enclosed along with Registration Fee.
Dates to Remember:
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 21st August.
The ID 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: 34800311247
IFSC Code: SBIN0012756
MICR Code: 442002516
State Bank of India, Sevagram - 442102

Organising Committee

Chief Patron:
Shri. Bhairu S. Mehta
President, Kasturba Health Society

Patrons:
Dr. B. S. Garg
Secretary, Kasturba Health Society
Dr. K.P. Patondi
Dean, MGIMS
Dr. S. P. Kakantri
MS, Kasturba Hospital

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Director, JTDRC & Coordinator, Argyadham, MGIMS

Vice Chairman:
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Professor & Head, Dept. of Biochemistry, MGIMS

Dr. K. K. Mishra
Professor & Head, Dept. of Psychiatry, MGIMS

Smt. Varsha Deshpande
Hon. Jr. Secretary, Anshar Samaj Seva Sarathi, Malkapur

Organising Secretary:
Dr. Praveen Kharikar
Professor of Psychiatry &
Dy Coordinator, Argyadham

Joint Organising Secretary:
Dr. Prasanta Waghmare
Asst. Professor of Biochemistry, MGIMS

Dr. Dharaa Shah
Asst. Professor of Psychiatry, MGIMS

Completed Registration Form along with draft may be sent to:
Organising Secretary
National Symposium on Healthy Yoga Lifestyle
JBTropical Disease Research Centre, Mahatma Gandhi Institute of Medical Sciences
Sevagram (Wardha) - 442 102, Maharashtra, India
Tel: 07152 294444 - 294455; Ext: 338, 262, 246; Fax: Argyadham, 91 7152 294444 338 262 246 Tel Fax: 91 7152 294444 Ext.
E-mail: argyadham.seva@gmail.com, info@jtdrc.org Web: www.argyadham-seva.com, www.jtdrc.org

Yoga Hut  Pyramid  Argyadham  Acroba Garden 22000 trees in 250 acres
Date to Remember:
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- Please send abstract of the paper for poster on or before 20th August.
The D.D 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: 34803113247
MICR Code: 442002516
IFSC Code: SBIN00012756
State Bank of India, Sevagram - 442102

Organising Committee

Chief Patron
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President, Kasturba Health Society

Patrons
Dr. B. S. Garg
Secretary, Kasturba Health Society
Dr. K. R. Patond
Dean, MGIMS
Dr. S. P. Kalantri
MD, Kasturba Hospital

Chairman
Dr. B. C. Harinath
Director, JBTDRC & Coordinator, Argyadhar, MGIMS

Vice Chairman
Dr. M. V. R. Reddy
Professor & Head
Dept. of Biochemistry, MGIMS

Dr. K. K. Mishra
Professor & Head
Dept. of Psychiatry, MGIMS

Smt. Varsha Deshpande
Hon. Secretary
Anathar Sarna Seva Samiti, Malkapur

Organising Secretary
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Professor of Psychiatry &
Dy Coordinator, Argyadhar

Joint Organising Secretary
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: 09457 744331 - 744355 Eco: 339, 242, Tab: Argyadhar, 91 7152 244337 Tel Fax: 91 7152 240038
E-mail: argyadhar.seva@gmail.com, info@jbtdrc.org Web: www.argyadhar.seva.com, www.jbtder.org

Yoga Hut  Pyramid  Argyadhar  Ayus Garden 2000 trees in 220 acres
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"Supported by AYUSH, ICMR, CSIR, DST, DST, MCI & MUHS in communication

REGISTRATION FORM
(May be faxed 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

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:

Acc. No: 34593011327 IFSC Code: SBIN0012756

MICR Code: 442002516 State Bank of India, Sevagram - 442102

Demand Draft in favour of "Symposium on Healthy Yoga Lifestyle", payable at Sevagram / Wardha, of any Nationalized bank may be sent to the Organizing 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: arngyadhams.seva@gmail.com, info@jbdoc.org

Web: www.arngyadhams-seva.com; www.jbdoc.org