

24th International Conference on Frontiers
in Yoga Research and Its Applications



**Integrative Medicine
and Optimal Immunity**

26th - 29th May 2022

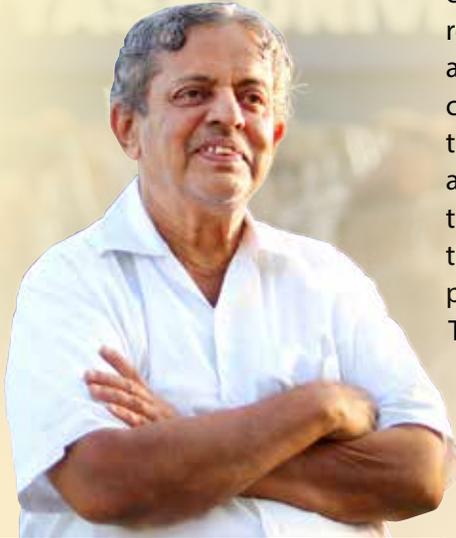
Hybrid
Conference

Conference Venue
Prashanti Kutiram, Bengaluru, India



Organised by
S-VYASA, Deemed to be University
Bengaluru, India

www.incofyra.com | www.svyasa.edu.in



With Love

Dr. H R Nagendra
President, 24th INCOFYRA
Chancellor, S-VYASA
President, VYASA
and Chairman, VAYU

My Dear Brothers and Sisters,

The growth of Medical Science is a never-ending and learning journey towards meeting the demands of human health care. The recent outbreak of COVID-19 has further imposed a tough challenge on the healthcare professionals demanding their utmost commitment and sacrifice to save humanity. On the contrary, the exciting outcome of this pandemic is the global recognition of our ancient healthcare systems and interventions against the combat and prevention of the disease. The same could also fulfill the necessity of the development of affordable treatment regimes. Allopathy, Yoga, and other systems of AYUSH approach patient care in their unique ways. Though each of these methods has its advantages, none of them could meet the challenges in isolation. Hence, it is necessary to explore the possibilities of their amalgamation to bring out the best solutions. Towards the same, we have selected the theme “Integrative Medicine and Optimal Immunity” for 24th INCOFYRA to make an effort to integrate Indian medical systems with Allopathy. Yoga is the basis for integration and provides insights by its Adhi-Vyadhi concepts. The evidence-based approach and the role of Integrative Medicine on immune health will be presented at this conference by world-renowned scientists and clinicians.

With this focus of 24th INCOFYRA on Integrative Medicine and Optimal Immunity with Yoga as a lifestyle intervention, we welcome you all to our Prashanti Kutiram campus. Given the influence of the ongoing pandemic, we also give full consideration to the online participation of delegates and speakers at the conference.

Objectives

- To bring researchers, physicians, scientists, academicians, and therapists from various disciplines of medicine under one platform
- To disseminate experiences and research evidence on aspects of Integrative Medicine that could aid in sustaining optimal function of the immune system.
- To create awareness on integrated medical policies in a global perspective.
- To identify strategic actions towards an effective and efficient inclusion of Yoga and Allied Systems of Traditional Medicine in Integrative Health care Delivery System.



Main Conference: **Integrative Medicine and Optimal Immunity**

26th - 29th May 2022: The 24th INCOFYRA will address the linkages between Immunity and Integrative Medicine, including perspectives, and research-based evidence. It will include interactive sessions by the key clinicians and scientists, who have contributed substantially to the success of "Integrative Medicine".

Conference Programs at a Glance	
20 th - 24 th May 2022	Pre – Conference Workshops
22 nd - 24 th May 2022	Himalaya Yoga Olympiad Finals
26 th - 29 th May 2022	Main Conference

Parallel Symposia

- Understanding stress and immunity
- Immune resilience through holistic nutrition
- Optimal immunity through mind-body interventions
- Pain management in autoimmune diseases
- Reversing inflammatory responses in autoimmune diseases
- Use of AYUSH in infectious diseases
- Role of Lifestyle in preventing infectious diseases
- Post-Covid Rehabilitation

Main Conference Program Highlights

26th May: Inaugural Ceremony	
29th May: Valedictory Ceremony	
27th - 29th May: Morning Yoga Session	
5:30 – 6:30 am	General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques
Common Morning Session: Maitri Milan	
7:00 – 8:00 am	Bhagavad Gita Chanting
27th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster/ Oral Presentation Sessions
4:00 – 5:00 pm	Panel Discussion
28th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster Presentations
29th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
Common Evening Sessions	
5:00 – 6:00 pm	Satsang
6:00 – 7:30 pm	Cultural Program
Refreshments	
8:00 am - Breakfast 10:30 am - Tea Break 1:00 pm - Lunch 3:30 pm - Tea Break 7:30 pm - Dinner	



24th International Conference on Frontiers in Yoga Research and Its Applications

Eminent Speakers of the Conference



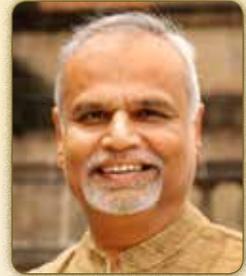
Dr. Ferid Murad
The Nobel Prize in Physiology or
Medicine in 1998, University of Texas
Medical School at Houston, TX, USA



Dr. Lorenzo G Cohen
Professor, Department of General
Oncology and the Integrative Medicine
Department, The University of Texas



Dr. H R Nagendra
Chancellor,
S-VYASA Deemed to be University,
Bangalore, India



Dr. Bhushan Patwardhan
Interdisciplinary School of Health
Sciences, Savitribai Phule Pune
University, Pune, India



Dr. Deanna Minich
Human Nutrition and Functional
Medicine Graduate Program, University
of Western States, Portland, Oregon, USA



Dr. Darshan Mehta
Medical Director, Benson-Henry Institute
for Mind Body Medicine, Massachusetts
General Hospital, Boston, USA



Dr. B R Ramakrishna
Vice Chancellor,
S-VYASA Deemed to be University,
Bangalore, India



Dr. Manjunath N K
Pro Vice Chancellor & Director Research,
S-VYASA Deemed to be University,
Bangalore, India



Dr. Sat Bir S Khalsa
Assistant Professor of Medicine, Harvard
Medical School, Dept. of Medicine,
Brigham and Women's Hospital



Dr. Amit Sood
Executive Director, Global Center for
Resiliency and Wellbeing, Rochester,
Minnesota, USA



Dr. V Ravi
Nodal Officer, State COVID Cell for
Genetic Confirmation of SARS-CoV2,
Bangalore, India



Dr. Chenchen Wang
Director, Center for Complementary
and Integrative Medicine, Tufts Medical
Center, Boston, MA, USA



Dr. Roshini Yapa
Director at nodMD,
Phoenix, Arizona, USA



Dr. Manjunatha M V
Associate Professor at NIMHANS,
Bangalore, India



Dr. Ashwini Godbole
Associate Professor, Centre for Ayurveda
Biology and Holistic Nutrition,
Bangalore, India



Dr. Sayed Ahmed
Associate Professor, Pharmacognosy and
Phytochemistry, Jamia Hamdard,
New Delhi, India



Dr. Akshay Anand
Professor, Neuroscience Research Lab,
PGIMER, Chandigarh, India



Dr. Sanjeev Rastogi
State Ayurvedic College and Hospital,
Lucknow University, Lucknow, India

Conference Venue: **Prashanti Kutiram, Jigani, Bengaluru**

Prashanti Kutiram is the residential headquarters of Swami Vivekananda Yoga Anusandhana Samsthana. It is located 32 kms away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, top notch research facilities are the unique features of this campus. In the serene campus it houses the following:

- **S-VYASA** is a Deemed to be University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate and Doctoral programs in Yoga. 
- **The School of Yoga and Naturopathic Medicine** - It offers Bachelor in Naturopathy and Yogic Sciences (BNYS), a 5¹/₂ year medical graduation program
- **Vyasa Business School** - Under the Division of Yoga & Management Studies of S-VYASA University, Vyasa Business School has been built and developed which focuses on the Indian System of Management.
- **Arogyadhama** - A 600 bedded Integrative Medicine Hospital
- **Anvesana** – State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, Psychology and Subtle energy labs.
- **VYASA** is a registered charitable institution (1986) working for making Yoga a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, Gol.
- **VYASA Health Care Pvt Ltd** - VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)TM and Vivekananda Yoga Global (VYG)TM with trade names (VH)TM & (VY)TM
- **Sushruta Ayurvedic Medical College and Hospital** - It offers Bachelor in Ayurveda, Medicine, and Surgery (BAMS), a 5¹/₂ year medical graduation program.





Himalaya Yoga Olympiad

Started on - Oct 1, 2021 | **Finals** - 22nd - 24th May 2022 **at** Prashanti Kutiram

The objectives of Himalaya (A Yoga Olympiad) is to promote the awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope to spread the message of yoga as a science of Holistic living to be achieved through Jnána Yoga, Rája Yoga, Bhakti Yoga and Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with physical demonstration of yogasanas only. It also assesses knowledge and grasp of concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMÁLAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut throat competition and selfishness and engage in co-operative, harmonious pro-active living.

Pre Conference Workshops

20th - 24th May 2022 **at** Prashanti Kutiram

Pre-Conference Workshops have been an integral part of INCOFYRA, and are conducted as three independent tracks, namely **Continuing Medical Education (CME)**, **Continuing Research Education (CRE)** and **Continuing Yoga Education (CYE)**. These are small focused meetings that take place the day before the main conference. They are intended to provoke intellectual discussion, among a diverse range of participants, on a specific topic. PCWs may also consist of workshops discussing critical issues, methods, theories emerging in the field. Participants can attend any one of the tracks, as all these sessions will be happening parallelly.

Continuing Medical Education (CME)

Our current knowledge-based society and the many actualizations within the yoga profession require a great responsibility of physicians and yoga teachers to continuously develop and refine their skills.

Professionalism is a key component to this end. A prerequisite for this aim is lifelong learning so that own practice performance will improve.

Indeed, it turns out that it is not enough to solely rely on experience. Although it is generally assumed that an increase of professional experience, knowledge and skills through the years of practical exercise leads to a higher quality of care, research demonstrated inverse relationship.

CME on Integrative Medicine based on holistic health includes the following;

Different diseases including (COVID-19, Cardiac Health, Respiratory Health, Diabetes Mellitus, and Mental Health). The basic principles of integrative medicine along with Integrated Approach of Yoga Therapy (IAYT) and latest updates on clinical, academic and research approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.



Continuing Medical Education (CME)

Who can participate?

Yoga students, Yoga therapists, Yoga teachers and Doctors

Coordinators: Dr. Amit Singh, Dr. Umashankar, Dr. Champa Panth, Mr. Sumit

Contact: Dr. Amit Singh - 93418 54502, Dr. Umashankar – 98808 25203

Email: argd.sft@svyasa.edu.in

SNo	Topics	Tentative Dates
1	Integrative Medicine for Respiratory System	20 th - 24 th May 2022
2	Integrative Medicine for COVID – 19	
3	Integrative Medicine for Mental Health	
4	Integrative Medicine for Diabetes Mellitus	
5	Integrative Medicine for Cardiac Health	

Continuing Research Education (CRE)

In order to promote more researchers in the field of AYUSH, this pre-conference workshop focusing on research is being offered. The content of the course will enable research enthusiasts to grasp basic to intermediate levels of research methodology and statistics concepts. Clinicians who would like to incorporate research in their practice; Masters and PhD level students who wish to learn basics of research; teachers who desire to learn various techniques and tools used in research will find this workshop useful. It is a five-days workshop, 5 hours per day with theory and practical sessions.

Course Syllabus (25 hours): Introduction of research in AYUSH – Need & Scope, Research process, Visit of research facility, Developing good research question, Literature review, Softwares for organizing literature – Mendeley, Key concepts of research methodology (NHST, Sampling, Controlling bias, research design, validity & reliability), Introduction to R for statistical analysis – Installation, descriptive stats, assumption tests, Choice of assessment tools and data collection methods, Statistical analysis using R – Correlation, t-tests, One way ANOVA, interpretation of results and reporting, Statistical analysis using R – chi square test, non-parametric tests, interpretation of results and reporting, Documentation of clinical information for research purpose, applying for grants.

Who can participate? *Clinical practitioners, academicians, MSc, MD & PhD scholars*

Coordinator: Dr. Judu Ilavarasu | **Email:** judu@svyasa.edu.in | **Contact:** 90357 30812

Continuing Yoga Education (CYE)

S-VYASA has developed several advanced yoga techniques based on traditional yoga texts. These advanced yoga techniques are very much useful in the management of NCDs and also promote positive health. Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique, Mind Imagery Technique, Mastering the Emotion Technique, Vijnana Sadhana Kaushal Technique, Ananda Amruta Sincana, these Advanced Yoga Techniques with theory and practice will be conducted.

Who can participate? *Yoga therapists and Yoga teachers*

Coordinator: Ms. Padmasri G | **Email:** padmasri@svyasa.edu.in | **Contact:** 95916 43807



• **Pre-Conference Workshops - 20th - 24th May 2022**

- **Himalaya Yoga Olympiad Finals - 22nd - 24th May 2022**
- **Main Conference - 26th - 29th May 2022**
- **Last Date for Abstract Submission - Apr 20, 2022**
- The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **May 5, 2022**

Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Medicine are invited for oral and poster presentations.

Submit your abstract on conference webpage. Please visit conference webpage for details.

For any queries please write to **incofyra@svyasa.org**

Conference Organizing Committee

President: Dr. H R Nagendra

Vice Presidents: Dr. B R Ramakrishna
Dr. K. Subrahmanyam, Prof. Prahalad Ramarao
Dr. Nagarathna R, Dr. Manjunath N K

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Dr Sangamitra Patnaik

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Dr. Deepeshwar Singh, Dr. Raghavendra Bhat, Dr. Judu Ilavarusu
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Dr. Nimisha B Raj, Dr. Shrijin Raj, Sri Narendra Shetty

Exhibition and Stalls: Dr. Nethravathi, Dr. Santosh
Dr. Sreenidhi G S, Sri Anish J

Cultural Program: Dr. Karuna Nagarajan, Ms. Padmasri G
Dr. Champa Pant, Dr. Vanishree, Dr. Swathi P S, Dr. Dhriti B Reddy
Sri Krishna Dwivedi

Spirituality Events & Discourses: Dr. R C Panda
Dr. Divya B R, Sri Surendra Kumar

Himalaya Yoga Olympiad: Dr. Rabindra Mohan Acharya
Dr. Balaram Pradhan, Sri Kiran Kumar N S, Dr. Vikas Rawat

International Co-ordinators: Dr. Vasudha Sharma
Dr. Deepeshwar Singh, Sri Raghu Bengaluru, Mrs. Manasa Pawan

Pre-Conference Workshops: Dr. Judu Ilavarusu
Dr. Champa Panth, Dr. Amit Singh, Dr. Remitha
Ms. Padmasri G

Hospitality: Mrs. Sharada Shankar, Dr. Bharathi Dhevi
Dr. Reshma J, Dr. Malini Gowda

Publicity: Sri Mahadevappa, Sri Mohan Kishore D
Sri Anish J

Publication and Souvenir: Dr. Raghvendra Bhat
Dr. Deepeshwar Singh, Dr. Natesh Babu, Dr. Ramya Biswas
Dr. Divya B R, Dr. Renuka, Dr. Swathi P S

Media and Govt. Liaison: Sri Raghu Bengaluru
Sri Mahadevappa, Dr. Rabindra Mohan Acharya
Sri Shivakumar, Sri Narasimhan G, Dr. Arundhati Goley
Dr. Ranjitha R, Ms. Jintu Kurian

Transport: Sri Umapati, Sri Mahadevappa B

Web: Mrs. Sumathi V M, Sri Bharatheesha P

Audio, Video & Photo: Sri Shankar B V
Sri Murulidhara H D, Sri Elumalai, Sri Arijit Ghosh
Sri Yogesh, Sri David

Volunteers & Coordinators: Dr. Vasudeva Vaidya
Ms. Padmasri G, Dr. Soubhagyalaxmi Mohanty
Dr. Suresh Babu, Dr. Vikas Rawat

Food Committee: Sri Krishnamurthy K S
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Sri Madhu, Sri Umesh

Venue Maintenance Committee
Sri Kiran Kumar N S, Sri Narendra Shetty

Felicitation & Stage Committee: Dr. Swathi P S
Dr. Ganga K V, Dr. Ritesh C, Sri Sumanth Gowda
Sri Narendra Shetty



Conference Registration

Individual Programs	Dates	SAARC Countries	Non-SAARC Countries
		in ₹	in US\$
Pre-Conference	20 th - 24 th May 2022	3500	300
Main Conference	26 th - 29 th May 2022	3500	250
Both Programs	20 th - 24 th & 26 th - 29 th May 2022	7,000	550
Rate/ Day	---	1,500	100

- **Registration Fee includes only Food and Attendance of Conference Programs**
- **Accommodation Charges are separate**
- **Please Note:** Choose your own Accommodation (Optional)
Accommodation in Prashanti Kutiram (*limited*) from **26th - 29th May 2022 (4 nights)**
Non A/C Standard Room for SAARC Nationals (*2 persons in 1 room*): ₹ **950**/head/day
Non A/C Standard Room for Non-SAARC Nationals (*2 persons in 1 room*): **US\$ 60**/head/day
Dormitory for SAARC Nationals: ₹ **500**/head/day
- **Students & S-VYASA Alumni** are entitled for **50% concession**
(Student ID card/letter from Principal should be submitted during registration process)
- Registration at S-VYASA campus office is also available
- Mode of Payment: by Cash, Cheque, Bank Draft, Debit/ Credit Card,
Online Bank Transfer, payable to **S-VYASA 'Swami Vivekananda Yoga Anusandhana Samsthana'**
- **Online Transfer Details for Indian Nationals:**
A/C Name: Swami Vivekananda Yoga Anusandhana Samsthana; A/C No: 31527257460;
Bank & Branch: SBI, Jigani; IFS Code: SBIN0011355
- **Online Transfer Details for Internationals:**
A/C Name: Swami Vivekananda Yoga Anusandhana Samsthana; A/C No: 31527257460;
Swift Code: SBININBB230; Branch Code: 09044; Foreign Transfer Bank Address: SBI,
No. 26/A, Electronic City, Hosur Road, Bangalore, Karnataka, India, Ph: 94489 93322
A/C Managed in: CA 4/1, APC Circle, Jigani Indl Area, Phase 1, Jigani,
Bangalore - 562 106, Karnataka, India; MICR Code: 56002123; IFS Code: SBIN0011355
- After Online Payment, please Mail a Copy of Payment Receipt to
accounts@svyasa.org & copy to incofyra@svyasa.org
- For more details please visit conference website **www.incofyra.com**

Contact

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