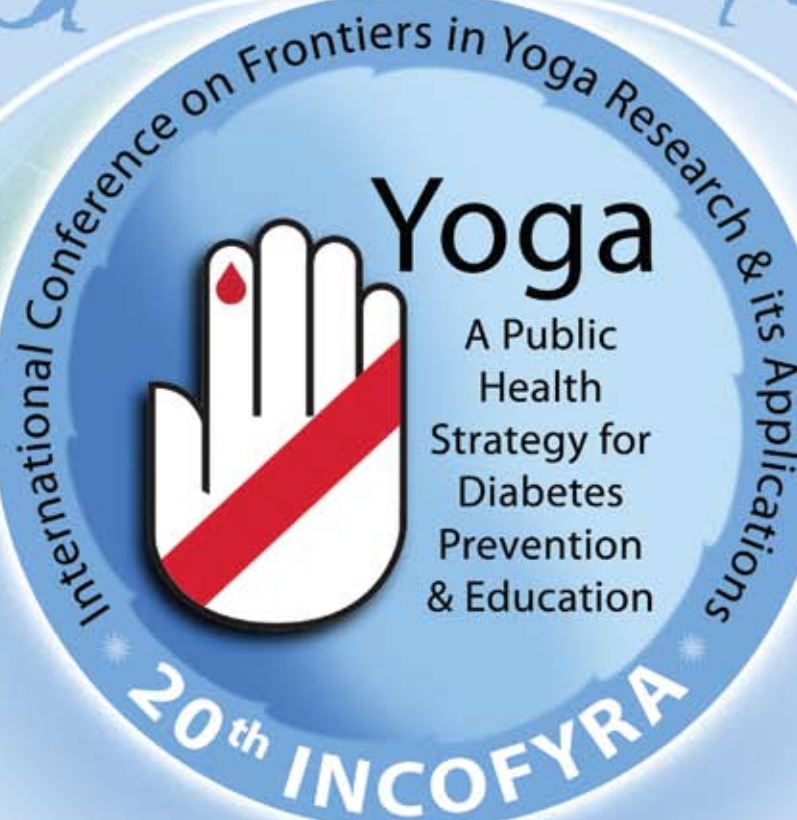


In Commemoration of 150th Birth Anniversary of Swami Vivekananda



International Conference on Frontiers in Yoga Research & its Applications

Yoga

A Public Health Strategy for Diabetes Prevention & Education

20th INCOFYRA

20th International Conference on Frontiers in Yoga Research and Its Applications

SOUVENIR

Jan 2 - 5, 2014

Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

In technical collaboration with



S-VYASA Yoga University
Swami Vivekananda Yoga Anusandhana Samsthana
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
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Sri T Mohan, Sri Venkat Ram

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Conference Song

ॐ

॥ स्वास्थ्यसप्तकम् ॥

॥ Svāsthyasaptakam ॥

१ चिकित्सा योगतः साध्या प्रयोगेण परीक्षितम् ।
देशे सर्वत्र व्यासीयाः चिकित्साकार्यतत्पराः ॥

1 *Cikitsā yogataḥ sādhyā prayogeṇa parīkṣitam ।*
Deśe sarvatra vyāsīyāḥ cikitsākāryatatparāḥ ॥

It is experimented and proved that Yoga is the only remedy for all ailments caused by anti-nature tendencies. Knowing it fully well health workers and doctors of our University are taking the message of Yoga to nook and corner of the nation.

२ स्वास्थ्यसिद्धिः पराकाष्ठा जगत्तप्तं मनोमलैः ।
निषेधात्मकचिन्ताभिः चितारोहः सुनिश्चितः ॥

2 *Svāsthyasiddhiḥ parākāṣṭhā jagattaptam manomalaiḥ ।*
Niṣedhātmacintābhiḥ citārohaḥ suniścitaḥ ॥

It is a universal phenomena that health is paramount for a smooth conduction of human journey. Unfortunately, modern man is very much victim for mental impurities and negative thought waves which leads to tragic end of the mankind.

३ योगतन्त्रात् स्वास्थ्यसिद्धिः मन्त्रोऽयं योगसम्पदः ।
विवेकानन्दयोगीयविश्वविद्यालयस्य नः ॥

3 *Yogatantrāt svāsthyasiddhiḥ mantrō'yaṁ yogasampadaḥ ।*
Vivekānandayogīyaviśvavidyālayasya naḥ ॥

The main Mantra for modern man is "Yoga for health". S-VYASA University is marching a head with this mission around the world.

४ स्वास्थ्यं शिक्षा शमः शान्तिः जगद्रक्षाकरं नृणाम् ।
विवेकानन्दयोगस्य सूत्रं कालोचितं सदा ॥

4 *Svāsthyam śikṣā śamaḥ śāntiḥ jagadrakṣākaram nṛṇām ।*
Vivekānandayogasya sūtram kālocitam sadā ॥

Health, Education, Solace, Tranquility - these are needs of ours. VYASA mission with a vision of relevance and need-base protects the world from ill will.

५ आरोग्यं भास्करादिच्छेत् योगमिच्छेत् जनार्दनात् ।
ईशानात् त्यागमिच्छेद्यो रागरोगविवर्जितः ॥

5 *Ārogyani bhāskarādicchet yogamicchet janārdanāt ।
Īśānāt tyāgamicchedyo rāgarogavivarjitah ॥*

The Sun God bestows health upon us. Lord Vishnu bless us with the Yogic life. Lord Shiva motivates to dedicate everything. A pois man with this insites will be free from traumas and syndromes.

६ विवेकानन्दयोगीन्द्रं नत्वा व्यासमुनीश्वरम् ।
मधुमेहस्य शान्त्यर्थं योगमार्गरता वयम् ॥

6 *Vivekānandayogīndraṁ natvā vyāsamunīśvaraṁ ।
Madhumehasya śāntyarthaṁ yogamārgaratā vayam ॥*

We, all indwellers of Prashanti Kutiram take up Yoga as life mission in order to eradicate Diabetes having dedicated for our life in the divine memory of Swami Vivekananda and Vyasa Maharshi.

७ सन्तप्ता बहुधा जनाः बहुविधैः मेहैर्मनोव्याधिभिः
सत्यं भारतदेशवासिजनता दुश्शर्करापीडिता ।
नानासहृद्वटनस्य नूनमधुना साह्यं परं प्रेषितं
एस् डि एम् (SDM) भविताधुना भरतभूगप्रशान्त्यै वरः ॥

7 *Santaptā bahudhā janāḥ bahuvīdhaiḥ mehairmanovyādhibhiḥ
Satyaṁ bhāratadeśavāsijanatā duśśarkarāpīḍitā ।
Nānāsaṅghaṭanasya nūnamadhunā sāhyaṁ paraṁ prepsitaṁ
Es ḍi em (SDM) bhavitādhunā bharatabhūgaprasāntyai varaḥ ॥*

Anti-eco-friendly food habbits, mind sets and unhealthy daily routines cause highly alarming upheavels among the health of common men. Rapid spread of Diabetes reveals this fact where the proper attention is urgently needed. Eradication of this menace finally depends upon all Govt agencies, NGOs and voluntary organisations. Our University and brand of our dedicated workers are ready to make the whole Bharath free from deadly dragon, Diabetes.

Dr. Ramachandra G Bhat

Vice-Chancellor

S-VYASA Yoga University, Bengaluru



Conference Schedule

CONFERENCE SCHEDULE

January 2- 5, 2014

Evening Session: January 02, 2014		
TIME	PROGRAM	VENUE
3:00-6:00pm	Registration	Reception
6:00-7:30pm	Inauguration	Mangal Mandir
7:30-8:15pm	Dinner	Annapoorna/Sadapoorna
8:15-10:30pm	Cultural Programs: Laser show on 'Swami Vivekananda' by Monick Sorcar	Mangal Mandir

Inaugural Session: January 02, 2014	
TIME	PROGRAM
6:00- 6.10 pm	Invocation & Conference Song: Sushrutha & Team
6:10-6.20 pm	Welcome & Conference Overview: Dr Naveen Visweswaraiiah
6:20-6.35 pm	Felicitating Guest of Honor(s) by Prof. Ramachandra Bhat, Vice Chancellor, SVYASA Yoga University
6:35-6.40 pm	Release of Conf. Handbook & Books from SVYP by Sri UT Khaddar, Minister for Health, GoK
6:40-6.55 pm	Address by Chief Guest - by Sri Khaddar, Health Minister, GoK Address by Guest of Honor- Sri Vijay Kumar Gogi, Director AYUSH, Govt. of Karnataka Address by Guest of Honor: Swami Divyanandaji, BSS, Kolkatta
6:55-7.10 pm	Address by the President – Dr HR Nagendra, Chancellor, SVYASA Yoga University
7:10-7.15 pm	Vote of Thanks – Dr NK Manjunath Joint Director (R&D), SVYASA Yoga University

Morning Sessions: January 03, 2014		
TIME	PROGRAM	VENUE
5:00 -7:00am	Track1: Gayatri Hawanam	Ganesha Temple
	Track 2: Gou Pooja	Gou Shala
	Track3: IAYT for Diabetes: Dr R Nagarathna	Arogyadhama: Prarthana Mandir
7:00 -8:00am	Breakfast	Annapoorna/Sadapoorna
8:00 -8:45am	Bhgowad Gita Chanting	Mangal Mandir

Scientific Sessions: January 03, 2014			
TIME	PROGRAM		
9:05 – 10:25 am	KEYNOTE ADDRESS AT MANGAL MANDIR: BASIS FOR YOGA AS A PUBLIC HEALTH STRATEGY FOR DIABETES Dr. H R Nagendra Chancellor, S-VYASA University, Bengaluru Dr Naveen Visweswaraiiah Joint Director of Research, SVYASA Yoga University & Director, VYASA International, Bengaluru		
10:25 – 10:55 am	Tea Break		
11:00 – 1:00 pm	PARALLEL SYMPOSIA: 3 TRACKS		
	Track A: Mangal Mandir AYUSH SYSTEMS IN DIABETES RESEARCH	Track B: Prarthana Hall PROFESSIONAL PARTNERSHIP CONCLAVE	Track C: Ahimsa Hall ACADEMIA- INDUSTRY PARTNERSHIP MEET
	Symposium 1A: Evidence summary of yoga research on Diabetes	Symposium 1B: Role of Yoga institutions & Organizations in Diabetes Prevention & Education	Symposium 1C: Print, Digital & Electronic media in Diabetes Prevention & Education

11:00 – 1:00 pm	PARALLEL SYMPOSIA: 3 TRACKS		
	Track A: Mangal Mandir AYUSH SYSTEMS IN DIABETES RESEARCH	Track B: Prarthana Hall PROFESSIONAL PARTNERSHIP CONCLAVE	Track C: Ahimsa Hall ACADEMIA- INDUSTRY PARTNERSHIP MEET
	Chair persons: Dr BN Gangadhar Dean, Division of Yoga & Life Sciences, SVYASA Yoga University, Bengaluru	Chair persons: Prof. Alex hankey Distinguished Professor of Yoga and Physical Science, SVYASA Yoga University, Bengaluru Prof. MK Sridhar Dean, Division of Yoga & Spirituality, SVYASA Yoga University	Chair persons: Prof. KB Akhilesh Dean, Division of Yoga & Management Studies, SVYASA Yoga University Dr Manjunath NK Joint Director [Research & Development], SVYASA Yoga University, Bengaluru
	Invited speakers	Invited speakers	Invited speakers
	Dr Christoph Garner Director, KWA Klinik Stift Rottal, Bad Griesbach, Germany	Dr Hans-Jtrg Weber Vice President, BDY-Professional Association of Yoga Teachers, Munich, Germany	Sri Deepak Thimaya TV anchor & Journalist, Bengaluru
	Dr Viveka P Jyotsna Department of Endocrinology and Metabolism, All India Institute of Medical Sciences, New Delhi	Dr Shantharam Shetty Research Officer, The Yoga Institute, Mumbai	Sri KN Vasudev Adiga Hotelier & Entrepreneur, Chain of Vasudev Adiga Hotels, Bengaluru
	Shri G S Kelkar Research Director and Trustee Manashakti Trusts, Lonavla, Pune	Prof. Predrag Nikic, PhD President, The International Society for Scientific Interdisciplinary Yoga Research, Serbia	Dr. Chinmaya P Chigateri, Founder & Principal Consultant, HealthMinds, Bengaluru

Evening Sessions: January 03, 2014		
TIME	PROGRAM	VENUE
1:00 - 2:30pm	Lunch	Annapoorna/ Sadapoorna
2:30 – 4:30 pm	Poster Presentations	Tapas Hall
4:30 - 5:30 pm	Tea Break	@ respective Venues
5:00 – 6:00pm	Tuning with Nature: Evening walk in Prashanti	University Campus
6:00 – 7:30pm	Dance Drama: <i>Lalitodaya vilaasa</i> and <i>Sri Cakra maadhuryam</i> by Jayashree Devi & Team	Mangal Mandir
7:30 – 8:15pm	Dinner	Annapoorna/ Sadapoorna
8:15 – 10:15pm	Cultural Programs: Film Show on History & Origin of Yoga by Deepika Kothari	Mangal Mandir

Morning Sessions: January 04, 2014		
TIME	PROGRAM	VENUE
5:00 -7:00am	Track1: Gayatri Hawanam	Ganesha Temple
	Track 2: Gou Pooja	Gou Shala
	Track3: IAYT for Diabetes: Dr R Nagarathna	Arogyadhama: Prarthana Mandir
7:00 -8:00am	Breakfast	Annapoorna/Sadapoorna
8:00 -8:45am	Bhgawad Gita Chanting	Mangal Mandir

Scientific Sessions – January 04, 2014	
TIME	PROGRAM
9:05 – 10:25 am	KEYNOTE ADDRESS AT MANGAL MANDIR: YOGA AND DIABETES - DIMENSIONS OF RESEARCH Dr Shirley Telles Director, Patanjali Research Foundation, Haridwar Dr KR Narasimha Shetty Director, Karnataka Institute of Diabetes, Bengaluru
10:25 – 10:55 am	Tea Break

11:00 – 1:00 pm	PARALLEL SYMPOSIA: 3 TRACKS		
	Track A: Mangal Mandir AYUSH SYSTEMS IN DIABETES RESEARCH	Track B: Prarthana Hall PROFESSIONAL PARTNERSHIP CONCLAVE	Track C: Ahimsa hall ACADEMIA- INDUSTRY PARTNERSHIP MEET
	Symposium 2A: Relevance of AYUSH Systems as lifestyle intervention in the management of Diabetes Mellitus	Symposium 2B: Professional Associations & organizations in Integrative Diabetology	Symposium 2C: NO Symposium in this track
	Chair persons: Dr Babu Joseph Director, NIN, Pune Prof. K. Subramanyam Pro-VC & Dean, Division of Yoga & Humanities, SVYASA Yoga University	Chair persons: Prof. Ramachandra Bhat VC, SVYASA Yoga University Sri NV Raghuram Chairman, Yoga Bharati, Cupertino, CA, USA	
	Invited speakers	Invited speakers	
	Dr Ram Manohar Director of Research, AVP Coimbatore	Dr Sat Bir Khalsa Associate Scientist, Sleep Medicine, Brigham Womens Hospital, Harvard Medical School, Boston, MA, USA	
	Dr M Saha, Scientist-E & Domain Expert Defence Instt. of Physiology and Allied Sciences (DIPAS), DRDO, Delhi	Dr Rajan Naryanan Secretary, Council for Yoga Accreditation Intl., [CYAI], Washington DC, USA	
	Prof. Dilip Kumar KV Athreya Ayurveda, Moscow, Kottakkal Ayurveda	Dr. Ulrich Randoll Matrix-Center-München, Lortzingstrasse, Munich, Germany	

Evening Sessions: January 04, 2014		
TIME	PROGRAM	VENUE
1:00 -2:30pm	Lunch	Annapoorna/ Sadapoorna
2:30 – 4:30pm	Oral Presentations	Mangal Mandir
4:30 - 5:00pm	Tea Break	@ respective venues
5:00 – 6:00pm	Village Folk Dance Performance	Football Ground
6:15 – 7:00pm	Padmaja Dance Performance	Mangal Mandir
7:00 – 8:00pm	Dinner	Annapoorna/ Sadapoorna
8:00 -9:15pm	Drama on Life of Sri Ramakrishna Paramhansa by S-VYASA Students	Mangal Mandir
9:15 - 10:00pm	Drama on Swami Vivekananda: Rajendra& Team	Mangal Mandir

Morning Sessions: January 05, 2014		
TIME	PROGRAM	VENUE
5:00 -7:00am	Track1: Gayatri Hawanam	Ganesha Temple
	Track 2: Gou Pooja	Gou Shala
	Track 3: IAYT for Diabetes: Dr R Nagarathna	Arogyadhama: Prarthana Mandir
7:00 -8:00am	Breakfast	Annapoorna/Sadapoorna
8:00 -8:45am	Bhgawad Gita Chanting	Mangal Mandir

Scientific Sessions – January 05, 2014	
TIME	PROGRAM
9:15 - 10:25 am	KEYNOTE ADDRESS AT MANGAL MANDIR YOGA: DIABETES – PREVENTION AND EDUCATION; A NATIONAL PRIORITY Prof. V. Mohan Medical Director, Dr. V. Mohan’s Diabetes Research Institute, Chennai Dr R Nagarathna Medical Director, Arogyadhama Research Health Home, S-VYASA University, Bengaluru
10:25 - 10:55 am	Tea Break

11:00 - 1:00 pm	PARALLEL SYMPOSIA: 3 TRACKS		
	Track A: Mangal Mandir AYUSH SYSTEMS IN DIABETES RESEARCH	Track B: Prarthana Hall PROFESSIONAL PARTNERSHIP CONCLAVE	Track C: Ahimsa Hall ACADEMIA- INDUSTRY PARTNERSHIP MEET
	Symposium 3A: Integrative Diabetology: Future directions	Symposium 3B: Integrative Diabetology: Future directions	Symposium 3C: Advertising & Cinema in Diabetes Prevention & Education
	Chair persons: Dr Ishwar Basavaraddi Director, Morarji Desai National Institute of Yoga, New Delhi Dr Prashanth Shetty Principal & CMO, SDM College of Naturopathy & Yogic Sciences, Ujire	Chair persons: Sri Dharshan Shankar Vice chairman, I-AIM & FRLHT, Bengaluru Prof. TM Srinivasan Dean, Division of Yoga & Management Studies,SVYASA Yoga University	Chair persons: Sri Subodh Tiwari Joint Director- Administration, Kaivalyadhama, Lonavala, Pune Prof. R. Venkatram Hon. Professor & Former Registrar, SVYASA Yoga University
	Invited speakers	Invited speakers	Invited speakers
	Dr Bal Subramaniam Dean of Research & Head, Cell and Molecular Biology, Madras Diabetes Research Foundation, Chennai	Dr Lata Venkatraman Co-ordinator, Rangadoore Memorial Hospital, Bengaluru	Sri JSD Pani President, KIMMA & AyurPark, Bengaluru
	Dr Sundaravadivel Balasubramanian Professor,Gazes Cardiac Research Institute, Medical University of South Carolina, Charleston, SC USA	Dr Sathyanarayana Institute for Global Health- University College London, United Kingdom & Indian Institute of PublicHealth-Bengaluru	Sri Srinivas Kesiraju, Head, The digital and strategic iniative, Innovative Advanced Media Management Pvt. Ltd., Bengaluru
	Dr Thuppil Venkatesh Principal Advisor, Quality Council of India (QCI) & Professor-Emeritus Department of Biochemistry & Biophysics, St. John's Medical College, Bengaluru	Dr BR Ramakrishna, Dean, Sushrutha Ayurvedic Medical college, SVYASA Yoga University, Bengaluru	Sri Shashidhara Bhat Senior Journalist & Chief of News, Suvarna News Channel, Bengaluru

Evening Sessions: January 05, 2014

TIME	PROGRAM	VENUE
1:00 -2:30pm	Lunch	Annapoorna/ Sadapoorna
1:30 -3:00pm	Departure to Bangalore City	Santhosha Hall
4:00 -6:00pm	Valedictory Function	Malleswaram Grounds
6:30 -8:30pm	Laser Show by Sri Monick Sorcar	Malleswaram Grounds
8:30pm onwards	Back to Prashanti from Malleswaram Grounds	

Vision Statement from the President



My dear brothers and sisters...

We are heading for our 20th INFOFYRA programs this year with the main conference from January 2 to 5th, 2014. The theme of the conference is “Yoga: A Public Health Strategy for Diabetes – Prevention and Education”.

For a nation like ours with its vast cultural heritage to have the distinction of being named the Diabetic Capital of the world, is an alarming predicament. It is high time for us to resort to our own treasure house, Yoga, and utilize its extensive resources to fulfill the mass health care needs that have manifested along with our changing life-style. Yoga’s benefits, time tested over millennia, have now been scientifically studied. Evaluation over the past four decades has vindicated their ancient status. Now is the time to advocate their systematic use in Public Health programs throughout India

VYASA from 1986 and S-VYASA University from 2002, with its worldwide reputation for scientific research on Yoga, has committed itself to elucidating the basis for Yoga’s benefits for Diabetes. Possible mechanisms ranging from psycho-physiological to molecular are being extensively explored. Findings from over 70 published studies suggest that Yoga practices provide health benefits improving quality of life, well-being, and memory, and may even prevent premature cellular aging. Diabetes has been shown to be benefitted even in individual having other additional diseases.

Most diabetes is a lifestyle illness. The diabetic population of India is projected to reach 70



million by 2050. Refining our scientific understanding of Yoga's benefits for diabetes is the need of the hour. Its clinical safety is established. We now need to understand the underlying mechanisms which make its practice so effective. Once this is achieved, Yoga can be widely used to prevent, manage, and in some cases even reverse, the pathology.

At this time our aim is to engage the collective wisdom of researchers from all areas: physicians, professionals, policy makers, industry partners, and form a partnership, which will integrate Yoga into mainstream health care delivery systems to address the problem of diabetes.

The Nation-wide "Stop Diabetes Movement" (SDM) originated at S-VYASA University. It aims to prevent the spread of diabetes, improve diabetes health care, and reduce the demands (and thus costs), which it places on India's health care resources. Yoga adds not just life to years, but 'health' to years of life for the diabetic population. SDM has been implemented in over 50 cities treating 15,000 or more people. It presents a successful model of health care delivery for the whole population. The 20th INCOFYRA will establish a national platform for us all to fight the diabetes epidemic.

With Love

Dr. H R Nagendra

President, VYASA and
Chancellor, S-VYASA University



MESSAGE FROM THE VICE CHANCELLOR

For health the appropriate word in Sanskrit is SWASTHYAM; स्वस्मिन् तिष्ठति इति स्वस्थः, a person one who is totally integrated with his core culture and core nature is called SWASTHA. Here, you have to understand the meaning of "SWAM" this word essentially means the innermost core nature of one's personality, according to the upanishads this is nothing but consciousness, otherwise called आनन्दमय कोशः. At this level मोदो दक्षिणः पक्षः। प्रमोद उत्तरः पक्षः। आनन्द आत्मा ब्रह्म। पुच्छं प्रतिष्ठा। (तै. उप). A person one who is spiritually routed he will be aware of consciousness eventually, totally integrated with his core nature, this process is called अभय प्रतिष्ठा; Fearless firmness.



In order to attain tis ultimate state we must cultivate our विज्ञानमय कोशः according to shashtra at this level devotion becomes the head region of the sheath. Eco- awareness and truthfulness play the role of two wings of the sheath. Yoga becomes core nature of this sheath. Integration with nature becomes foundation.

Without विज्ञान we cannot attain bliss (आनन्द) bliss is the cream part of our whole life journey human life must be bliss- suffused. Without proper enlightenment there will be no **Attainment**.

With this insight we must be well established commuters on the yogic path. Here, by Eco-friendly health is guranteed to us. Our international conference in S-VYASA carries this message to every knuk and corner of the globe we want every concerned man to come forward, to extend his helping hand in this vedant based yoga mission.

Prof. Ramachandra G Bhat

Vice-Chancellor
S-VYASA Yoga University, Bengaluru



MESSAGE FROM THE PRO-VICE CHANCELLOR

Sickening sweetness and slow-poisoning calories are now a threat to many an Indian. They are fatal and frightful, a veritable menace to society. They deserve to be killed immediately. Calories are to be burnt and the sweets are to be slain. But how? Will it not be a frontal attack to be dieting and exercising? How to resist the temptation of the tongue and the inviting comfort of the lethargic chair? Having been accustomed to sedentary life, will it be possible to be up and doing briskly? Therefore the devil diabetes is at our door-step ready to devour us all. Either we should kill it or should be prepared to be killed by it. How to kill it, is an age-old problem.



Vali is to be slain. But how? Any frontal attack may fail and misfire. So, Sri Ram killed him strategically, staying behind a tree. Similarly, S-VYASA has come up with a strategy to do away with the demon Diabetes once and for all. Not only do they have a plan to deal with it effectively, but have a strategy to prevent its re-birth.

Traditional methods and scientific techniques are blended beautifully in simple yogic postures to burn and bury Diabetes. Yoga is a time-tested remedy for all ailments. It never knows any failure, it is ever successful. Thanks to S-VYASA, they have found out the right way to demolish the demon's empire of diabetes.

Congratulations! S-VYASA, thou art the future saviour of our Indians. May your strategy succeed in preventing and eradicating diabetes from our Mother land.

May the deliberations in the conference be fruitful!

Dr. K Subrahmanyam

Pro. Vice-Chancellor
S-VYASA Yoga University



MESSAGE FROM THE CHAIR SCIENTIFIC COMMITTEE

The 20th International conference on Frontiers in Yoga Research and Applications with the focussed theme “Yoga a Public Health Strategy for Diabetes Prevention and Education” aims at integrating health care professionals, Industry and policy makers to create a Diabetes free India.



SVYASA University would be proud to present the leading Yoga researchers in the world and authorities in the field of Diabetes as Keynote speakers during this conference.

Apart from the Keynote address the scientific sessions will run in three parallel tracks i.e., (i) Yoga and Diabetes Research, (ii) Academia - Industry partnership meet and (iii) Collaborative channel between Professional bodies and Policy makers.

Since, the structure of the conference is based on invited talks from experts only, two separate sessions have been added i.e., (i) oral paper presentation and (ii) poster presentation to encourage promising researchers in the field of Yoga and Diabetes to present their work. The best papers presented in these sessions will be awarded as well.

Do not miss the cultural extravaganza in the evenings as these have been specially designed programs for this conference.

Dr. N K Manjunath

Joint Director of Research, S-VYASA University
Bengaluru

S-VYASA Yoga University



The institution was formally registered as a research based charitable organization called Vivekananda Kendra Cikitsa Tatha Anusandhana Samiti [YOCTAS] in the year 1981 with the objective of scientifically evaluating the therapeutic benefits of yoga and its' applications. Following the path breaking work in evaluating the therapeutic use of yoga in the management of bronchial asthma in 1985, the Swami Vivekananda Yoga Research Foundation was recognized as a Scientific & Industrial Research Organization [SIRO] from the Department of Scientific & Industrial Research, Ministry of Science & Technology, Government of India in the year 1988. The scientific accomplishments thereafter and the disciplined education based on the science and philosophy of yoga resulted in receiving University affiliations leading to a doctoral level program in yoga & allied sciences under the Faculty of Science, Bangalore University, and subsequently getting the recognition as a Deemed-to-be University by the Ministry of Human Resource Development, Government of India, through the University Grants Commission in the year 2002. Currently, the parent organization, Vivekananda Yoga Anusandhana Samsthana (Research Foundation) [VYASA] sponsors the University, Swami Vivekananda Yoga Anusandhana Samsthana (Research Foundation) [S-VYASA]. S-VYASA has published 263 research papers in national and international journals. Also S-VYASA is equipped with a 250 bedded yoga therapy hospital. Recently Naturopathy and Ayurveda hospital was added to the holistic health home.

The Govt. of India, Ministry of Health & Family Welfare, Department of AYUSH has accorded the status of Center of Excellence in Yoga for S-VYASA. S-VYASA has been designated as Center of Excellence in yoga and the Research Department is designated at the ICMR Center for Advanced Research in Yoga and Neurophysiology (ICMR CAR Y & N). Recently S-VYASA has got ISO 9001 -2008 certification & NAAC accreditation.



Messages
from Dignitaries

WITH BEST COMPLIMENTS

*The greatest truths
are the simplest
things in the world,
simple as your own
existence*



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ओम्

पतंजलि योगपीठ (ट्रस्ट) Patanjali Yogpeeth (Trust)

क्रमांक :
S.No. :

दिनांक :
Date :

MESSAGE FROM P.P. SWAMI RAMDEVJI

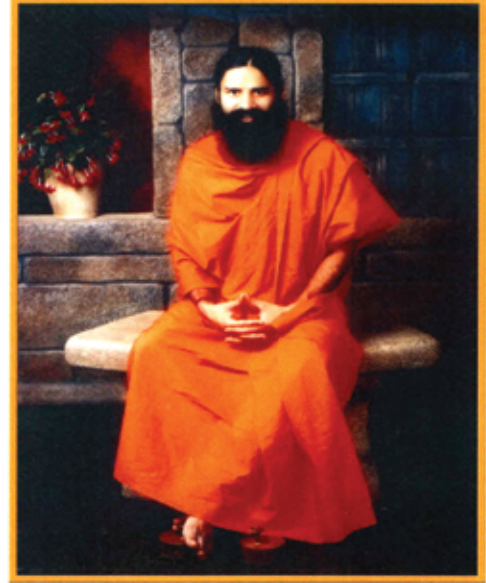
President, DYM Trust, PYP TRUST and Chancellor of the University of Patanjali

Man was meant to be healthy; indeed health is our birthright.

Gradually bad living habits have changed this. There is a world-wide epidemic of metabolic syndrome and as a consequence, of diabetes. This is particularly high in incidence in India.

Fortunately there is a solution in the ancient systems of Indian medicine, Yoga and Ayurveda. These offer clear directions about how to live healthily. Both of them can help in the prevention and successful management of diabetes. From our institution several hundred thousand people throughout India and in other countries as well, have successfully controlled diabetes through yoga and ayurveda.

I am very pleased that this topic was chosen as the special theme for the conference to be organized by Swami Vivekananda Yoga Research Foundation, Bangalore, India. I wish the conference every success and hope that it will help to spread the message to as many people as possible.



Swami Ramdev

सम्पर्क कार्यालय : महर्षि दयानन्द ग्राम, दिल्ली-हरिद्वार राष्ट्रीय राजमार्ग, निकट बहादुराबाद, हरिद्वार-249402, उत्तराखण्ड (भारत)
Contact Office : Maharishi Dayanand Gram, Delhi-Haridwar National Highway, Near Bahadrabad, Haridwar-249402, Uttarakhand, India
Tel. : 01334-240008, 246737, 244107, 248888, 248999 Fax : 01334-244805, 240664 E-mail : divyayoga@rediffmail.com, info@divyayoga.com Web : www.divyayoga.com

D. Veerendra Heggade
DHARMASTHALA - 574 216
KARNATAKA STATE



☎ : (08256) : 277121
E-Mail : dvheggade@hotmail.com

Date: 1-1-2014

MESSAGE

It gives me immense pleasure to know that SVYASA is organizing its 20th International Conference on Yoga Research and its Applications. The theme 'Yoga: A Public Health Strategy for Diabetes - Prevention and Education ' is one of the most needed area for Research and Community Health.

Our Naturopathy & Ayurveda Institutions are already engaged in the treatment of diabetes mellites. In this connection, our Institutions can work closely with SVYASA Yoga University to make the erstwhile program on diabetes 'STOP DIABETES MOVEMENT' efficiently and successfully.

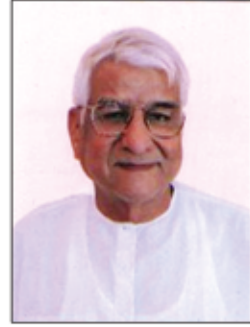
I pray Lord Manjunatha Swamy to bless all your efforts with great success.

I wish the conference all success.



Heggade
(D. VEERENDRA HEGGADE)

KaivalyaDham



MESSAGE

I am happy to hear that SVYASA is organizing a conference on yoga research known as the “International Conference on Frontiers in Yoga Research and its Applications.” This topic makes me think back to 1924 when Swami Kuvalyananda pioneered the very idea of yogic research. Since the inception of Volume 1 of the Yoga Mimamsa Research Journal in 1924, yoga research has drastically improved. This same tradition of research, training and treatment has been carried on by SVYASA, which has been doing remarkable work in this field. Their specialty in therapeutic research is especially commendable. Additionally, we have seen a growth in the number of PhDs in the field of physical education and the philosophy of yoga. Vivekananda once said “yoga is a culture of the future, as it was in the past and in the present.” As such, it is necessary that we organize many more conferences so that views and ideas are exchanged. This will lead to the revival of yoga in all areas, with a special emphasis on scientific growth in the same way that was expressed by Swami Kuvalyananda. Yoga is an art of life and a science of expression. I am sure that the momentum yoga is having today will ultimately manifest itself in Swami Kuvalyanada’s vision that “yoga has a complete message for humanity.”

I wish the conference a great success.



ओम्

पतंजलि योगपीठ (ट्रस्ट) Patanjali Yogpeeth (Trust)

क्रमांक :
S.No. :

दिनांक :
Date :

MESSAGE FROM P.P. ACHARYA BALKRISHNAJI

General Secretary, DYM Trust, PYP TRUST and Vice-Chancellor of the University of Patanjali

The ancient sages of India have given wonderful solutions to live a happy and healthy life with physical, mental, emotional and spiritual wellbeing. These are holistic and comprehensive solutions. In the ancient science of Ayurveda there are suggestions about the appropriate food habits for different seasons and physical constitutions. Ayurveda and yoga are synergistic and together can help in bringing diabetes under control.

Our institution has helped several hundred thousand people with diabetes through our combination of herbal products and yoga.

The theme of the conference chosen by Swami Vivekananda Yoga Research Foundation, Bangalore, India is very timely.

I wish the conference every success and am sure as more people learn to adopt Ayurveda and yoga as part of their lifestyle the 'diabetes epidemic' will be soon under control.



Photo by Kishore Nathoo

आचार्य बालकृष्ण

Acharya Balkrishna

सम्पर्क कार्यालय : महर्षि दयानन्द ग्राम, दिल्ली-हरिद्वार राष्ट्रीय राजमार्ग, निकट बहादुराबाद, हरिद्वार-249402, उत्तराखण्ड (भारत)
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Ref. No.....

Dated.....30-12-.....2013

To,
Dr. H.R. Nagendra,
Chancellor,
S-VYASA YOGA UNIVERSITY
BENGALURU



Dear
Dr. Nagendra,

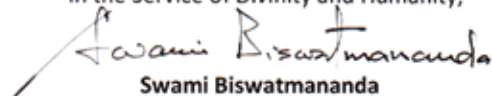
It gives me immense pleasure to know that under your able guidance S-VYASA YOGA UNIVERSITY is going to organize the 20th International Conference on Frontiers in Yoga Research and its Applications from January 2-5, 2014 at 'Prashanti Kutiram' in Bangaluru in commemoration of 150th Birth Anniversary of **SWAMI VIVEKANANDA**, the Heroic Monk. We are excited to note about the theme of the Conference is "YOGA: A Public Health Strategy for Diabetes – Prevention and Education". We all are aware that your University is doing yeoman service for Scientific Research on Yoga.

I firmly believe that this Conference will enlighten the participants on YOGA VIDHI indicated in the Kathopanishad which takes us to the Realistic Understanding of Yoga in our modern age along with the guidance of PATANJALI. According to PATANJALI one can attain these union by controlling and eliminating the ever –arising VRITTIS or modification of the mind. It also suggests that the mind, in turn, can be controlled through the right kind of discipline and training.

Yugacharya Swami Pranavanandajee Maharaj, Founder of **BHARAT SEVASHRAM SANGHA**, said "Self-Sacrifice, Self-Discipline, Adherence to Truth and Continence is the Essence of Religion.

I would like to congratulate all the participants of the Conference and inspire all of them, so that they serve all the masses with Utmost Humility, Nobility and Devotion. I also extend my best compliments to all the Functionaries of S-VYASA YOGA UNIVERSITY and Gala Success of the Conference.

In the Service of Divinity and Humanity,



Swami Biswatmananda

General Secretary,

BHARAT SEVASHRAM SANGHA.



मोरारजी देसाई राष्ट्रीय योग संस्थान

(भारत सरकार के स्वास्थ्य एवं परिवार कल्याण मंत्रालय, आयुष विभाग के अन्तर्गत स्वायत्ततापे संस्थान)

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(An autonomous organization under Deptt. of AYUSH, Ministry of Health & F.W., Govt. of India)

No.94-01/2012-13/MDNIY/PAD

Dated: 30th December, 2013

MESSAGE

It gives me immense pleasure that SVYASA Yoga University is organizing 20th International Conference on Frontiers in Yogha Research and its Applications from 2-5 January, 2014 at Prashanti Kutiram, International Headquarters of VYASA, Bangalore. The theme of the Conference is **Yoga: A Public Health Strategy for Diabetes - Prevention and Education.**

Yoga is essentially spiritual, its efficacy in the management and prevention of diseases and the promotional aspects have been very well established since time immemorial. Recent researches have shown effectiveness of Yoga in the management of many psychosomatic disorders which have increased tremendously during the past few decades. Thus the myth that Yoga is for sadhus and rishis for spiritual attainment only needs to be dispensed by promoting Yoga for everyone in all walks of life.

In the modern times, especially due to faulty lifestyle, chronic diseases like hypertension, diabetes, depression etc. are on the rise and further a large number of young population is facing stress, which is emerging as a major public health problem. Appropriate Yogic therapeutical practices and changes in the lifestyle can lead to ameliorate such diseases. Further, Yoga therapy is cost effective and drugless and thus has become popular not only in India but all over the globe.

The initiatives of SVYASA Yoga University towards organizing the Conference are highly commendable for propagation of Yoga through teaching, therapy and research in all its aspects.

I wish the Conference a great success.

(Dr. Ishwar V. Basavaraddi)

Director

To

Dr. Naveen Visweswaraiiah,
Organizing Chairman,
20th INCOFYRA, SVYASA Yoga University,
Prashanti Kutiram,
Bangalore.



Message

India is rich with traditional health practices. Life Natural, Nature Cure and Yoga are part of Indian culture which makes a complete mind body medicine to keep one fit and to overcome any health challenges.

We need to realize, where we lost the path. Physical, mental and moral planes of the individual are not cared basing on the traditions of the motherland. Wrong lifestyle, wrong principles and loss of morality are the reasons for the suffering. Here the relevant and sustainable solution is, return to traditional health practices. Role of yoga, life natural and nature cure comes to importance here. A regular observance of these principles and practices opens the safe and sure path for “Moksha” (Salvation). It is there, the INCOFYRA 20 becomes important.

The conference on yoga with deliberations on natural medicines is definitely be the need of the time. The international conference will be a candle light for the re-awakening of the entire world on the path of yoga. No doubt S-VYASA, the leading force will make it successful and useful for the society.

I wish all success to the conference and congratulate the participants and the organizers.

Naturally yours
Dr. Babu Joseph
Director, National Institute of Naturopathy, Pune

Message



I am pleased to know that, Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru is organizing the 20th International Conference on Frontiers in Yoga Research and its Applications at Prashanthi Kuteeram, Bengaluru on 2-5 January, 2014 on the theme “Yoga: A Public Health Strategy for Diabetes – Prevention and Education” and is also bringing out a souvenir to commemorate this occasion.

Diabetes is a major global health problem. It is estimated that at least 150 million people worldwide have diabetes, of which two-thirds live in developing countries. The total number of people with diabetes is predicted to rise to about 300 million by 2025, with one-third of affected individuals living in India and China alone. Important risk factors identified for the development of Diabetes mellitus are mainly increased elderly population >65 years of age, sedentary lifestyle, obesity and stress. Stress has long been shown to have major effects on metabolic activity. Studies also indicate associations between depression and poor metabolic control which also decreases compliance to therapy in diabetics. Stress stimulates the release of various hormones, which can result in elevated blood glucose levels. Anxiety and depression are commonly associated with obesity and are often associated with abnormalities of the HPA axis, leading to secretion of cortisol the end product is positively related to metabolic syndrome, particularly insulin resistance and altered lipid profiles which play a central role in the pathogenesis of both abdominal obesity and insulin resistance leading to development of Type 2 diabetes.

The main goals of Diabetes management are to provide relief from diabetic symptoms, to improve quality of life and to prevent complications. Therefore, the complete management requires a healthy life style focused on increased physical activity, proper balanced diet, weight management, medication and stress reduction. Lifestyle changes have been shown to be nearly twice as effective as metformin therapy (31% reduction in incidence of diabetes) in preventing type 2 diabetes (Tuomilehto et al 2001). Moderate weight loss (5% of body weight) can improve insulin action, decrease fasting blood glucose concentrations, and reduce the need for diabetes medications. Yoga is one of the many different techniques for achieving relaxation. Yoga, being a science

of consciousness can play a major role in the prevention, management and rehabilitation of diseases. Yoga has its origin in ancient India and in its original form consisted of a system of spiritual, moral and physical practices. The system of Yoga therapy is not symptom based, it believes in treating the person as a whole. This holistic approach is aimed at restoring the abnormalities of body and mind physiology to normal, thereby restoring the health. Yoga chikitsa (Yoga as a therapy) has become extremely popular with numerous studies worldwide giving scientific evidence of its therapeutic potentials. Comprehensive reviews on yoga by Innes et al found beneficial changes in several risk indices, including glucose tolerance, insulin sensitivity, lipid profile, anthropometric characteristics, blood pressure, oxidative stress, coagulation profiles and pulmonary function as well as improvement in specific clinical outcomes. These studies provide some preliminary evidence of the beneficial effects of yoga on glucose tolerance and long-term glycemic control.

I am sure this Conference will provide an ideal opportunity to the students, practitioners, academicians and researchers and provide a new horizon in the prevention, management and rehabilitation of Diabetes mellitus. In this perspective, the theme of the Conference is indeed timely and crucial and I wish the Conference all success.

Dr. M.M. Padhi
Director I/C
Central Council for Research in Yoga & Naturopathy
New Delhi



Presenters' Profile



Dr. H R Nagendra ME, PhD
Vice-Chancellor, S-VYASA University
Bengaluru, India

Dr. Nagendra, a former space scientist at NASA, returned to his native India, changing, as he says, from engineering to human engineering “in search of truth.” Dr. Nagendra is at present the President of VYASA, Bangalore, and Vice Chancellor of S-VYASA University. He has authored and co-authored about 35 books on yoga, nearly 35 research papers in engineering and 85 in yoga. He has awards from the Ministry of Health, a Yoga Sri award from BKS Iyengar and a senior Citizens award from New Delhi. He is consultant in Yoga to many Universities in Australia and USA, member of several bodies in the Government of India. His aim is to combine the Best of East with the Best of West by combining modern scientific research to examine the efficacy of yoga to solve the challenges of the modern era.



Dr. Naveen Kalkuni Visweswaraiah BNYS, PhD
Joint Director of Research, S-VYASA Yoga University
& Director, VYASA International, Bengaluru
anvesana@gmail.com

Dr. Naveen Visweswaraiah, a Fulbright Fellow, is a consulting Integrative Medicine physician and a yoga researcher. He is India’s first qualified Yoga & Naturopathy physician and leads the field with 20 years of research; academic and clinical experience. Dr. Visweswaraiah has co-authored 38 research publications in indexed peer reviewed journals. Dr. Visweswaraiah has lectured at institutes of repute viz., Harvard Medical School; Mayo Clinic; Center for Brain & Mind, University of California, Davis; MD Anderson Cancer Center, University of Houston; Center for Brain Research, University of Florida; Center for Mental Health, University of Melbourne; and National University of Singapore. Dr. Visweswaraiah’s doctoral work on Psycho-physiology of higher states of consciousness induced by meditation has led to prestigious ICMR Center for Advanced Research in Yoga & Neuro-physiology and cognitive science initiative project by the Department of Science & Technology, Government of India, which he co-heads with Dr Shirley Telles. Dr. Telles & Dr. Visweswaraiah’s research labs are rated as world’s most publishing lab by

medical publishing company based on published work on Yoga & Allied Sciences.

Considering the fact that the Integrative medicine is emerging as a future-medicine Dr. Telles & Dr. Visweswaraiah founded a research NGO called 'Foundation for Assessment & Integration of Traditional Health Systems [FAITHS]. FAITHS as part of its' clinical initiative has established India's first clinic for Integrative Medicine called *Yogaksema*– Stress & Lifestyle Clinic, where the best of the evidence based conventional and Indian medicine is offered. To offer unique meditation retreat and lifestyle training he has established a retreat center in collaboration with Mahabodhi International Meditation Center in the Himalayas at Leh-Ladakh.

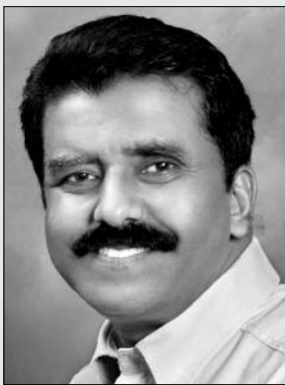


Dr. Shirley Telles MBBS, PhD

Director of Research, Patanjali Yoga Peeth, Haridwar

Shirley Telles completed M.B.B.S. from Goa Medical College (Goa) and subsequently M.Phil. in Neurophysiology and Ph.D. in Neurophysiology from the National Institute of Mental Health & Neurosciences [NIMHANS], Bangalore, India. She is the Director of research of Patanjali Research Foundation, Haridwar, India. Dr. Telles has received awards from the Indian Council of Medical Research, New Delhi, India, Fulbright Foundation, U.S.A., and Templeton Foundation, U.S.A.

She has 158 research publications related to yoga and ayurveda research in journals indexed in international bibliographic databases [e.g., Medline & PsychInfo], 20 chapters in books and 3 published books. Dr. Telles is on editorial board of 12 peer reviewed indexed journals. Dr. Shirley Telles founded anvesana-research laboratories at S-VYASA Yoga University; guided 9 doctoral scholars and headed the 'ICMR Center for Advanced Research on Yoga & Neurophysiology [2007-2012] and 'a project under DST Cognitive Science Initiative (CSI) [2010-2013]. Dr. Telles is an ardent believer and practitioner of yoga herself.



Dr. K R Narsimhan Shetty

Chairman, KRSSDI and Director,
Karnataka Institute of Diabetology

Mr Narsimhan Shetty did his MBBS from Bangalore university followed by MD in Internal Medicine from AIIMS. Then he went overseas to get specialized training in endocrinology from Southern Illinois University, USA, New Castle Diabetes Centre, UK etc. He has worked as Professor of Medicine at Bangalore Medical College and Physician & Endocrinologist at Victoria Hospital, Bangalore. He is a member of several professional bodies including Endocrinology society of India. He has won several prestigious fellowships and awards such as WHO Fellowship in 1999, Best Civilian Award – Kempegowda Award – 2006 by Bangalore City Corporation and Life time achievement award by RSSDI – Karnataka Chapter. He has attended several international conferences including the International Diabetes Federation in 2003 and 2006. He has been the organizing secretary for many conferences and Organized Single handedly the Unique & Biggest Congregation of more than 4000 Diabetologists ever assembled in the Whole of of the Country to participate at the 33rd Annual Conference of RSSDII – Bangalore – during Sept'2005.



Dr. V Mohan M.D, FRCP, Ph.D, D.Sc, D.Sc(Hon.Causa), FNASc, FASc, FNA, FACP, FACE

Chairman & Chief of Diabetologist, Dr. Mohan's Diabetes Specialities Centre, WHO Collaborating Centre for Non Communicable Diseases Prevention & Control & an IDF Centre of Education

Director & President,

Madras Diabetes Research Foundation, Chennai, India

Email : drmohans@diabetes.ind.in

website : www.drmohansdiabetes.com

Padma Shri Dr. V. Mohan is an eminent Indian Diabetologist who has been working in the field of diabetes for over 30 years in Chennai in southern India. Dr. Mohan is the Chairman and Chief of Diabetology at Dr. Mohan's Diabetes Specialities Centre, a WHO Collaborating Centre for Noncommunicable Diseases Prevention and Control and an IDF Centre of Education. He is also President and Director of the Madras Diabetes Research Foundation.



Dr. Mohan completed his undergraduate (MBBS) and postgraduate medical education (MD, General Medicine) from Madras Medical College, Chennai, India. He then worked for a year as a Wellcome Trust Research Fellow at the Royal Postgraduate Medical School and Hammersmith Hospital, London, U.K and later for a year as an Alexander Von Humboldt Fellow at the University of Ulm, West Germany. He was awarded a Ph.D. and later a Doctor of Science (D.Sc.) for his research on diabetes.

Prof. Mohan's activities cover a wide range of clinical services, training and education, rural diabetes services and charity, research and public education and other activities on diabetes which are outlined below.

Dr. Mohan started working on diabetes as an undergraduate medical student when he joined his father late Prof. M. Viswanathan a pioneer in diabetes in India. Together with his father, Dr. Mohan set up the first private diabetes centre in India in 1971 and continued to work at this centre till 1991. Dr. Mohan and his late wife Dr. Rema Mohan subsequently established their own diabetes centers under the name of "Dr. Mohan's Diabetes Specialities Centre". Dr. Mohan and his colleagues currently oversee 13 diabetes centers and clinics in southern India and over 300,000 diabetic patients have been registered at these centers.

Dr. Mohan has received numerous awards and Fellowships. These include the Padma Shri National Award by the Govt. of India for his accomplishments in the field of diabetology, Dr. BC Roy Award from the Medical Council of India and the Basanti Devi Amir Chand Prize from the Indian Council of Medical Research. Dr. Mohan was also awarded the Fellowships of the Wellcome Trust, UK and the Alexander Von Humboldt Foundation, Germany. He also received the Wockhardt Award for Medical Excellence from the Harvard Medical International, Boston. Dr. Mohan has been conferred Fellowships by all the four Royal Colleges of Physicians of London, Edinburgh, Glasgow and Ireland. He has also been elected Fellow of the National Academy of Sciences (FNASc).

Dr. Mohan's work has been recognized by the World Health Organization (WHO) which has nominated his centre as a "WHO Collaborating Centre for Prevention and Control of Non-Communicable Diseases" as well as by the International Diabetes Federation (IDF) which nominated his centre as an "IDF Centre of Education". He also serves on the Steering Committee of the



Govt. of India's National Program for Prevention and Control of Diabetes, Cardiovascular Diseases and Stroke (NPDCS) and on several other national scientific organizations. He is also a WHO Consultant on Diabetes and serves on several committees of the International Diabetes Federation.



Dr. R Nagarathna MBBS, MD, FRCP

Dean, Division of Yoga & Life Sciences, S-VYASA University
Bengaluru, India

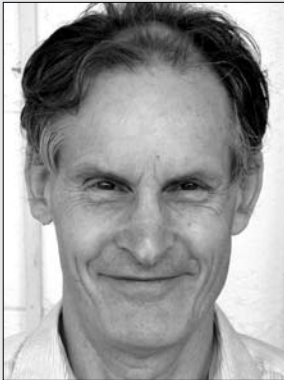
Dr. R. Nagarathna is one of the pioneers in the field of Yoga therapy. She is the Dean, Division of yoga and life sciences and chief consultant at Arogyadhama, SVYASA. Dr Nagarathna did her MBBS from Bangalore medical college, MD in internal medicine from Mysore medical college, Her MRCP and FRCP from Edinburg, UK. She has over 80 publications in national and international journals and has 11 books on series of yoga for different ailments published. She been felicitated with numerous awards such as the: Patanjali Award" (2000) for contributions in the field of yoga by Indian Systems of Medicine and homoeopathy (ISM & H), Ministry of health and family welfare, Government of India, arranged through Director, ISM & H in Bangalore. "Dr P S Shankar Vaidya Shree" award (2001) by Dr P S Shankar Pratistana, Gulbarga. "Woman of Excellence" award (2003) by the Badaganadu Sangha Association, Bangalore, for service to humanity through Yoga Therapy. "Karnataka Kalpavalli" award (1995) for 'Service to women through Yoga' awarded by 'Shaswathi' a women's organization, NMKRV College, Bangalore. "Doctor's Day" award (July 1992) by IMA, Bangalore branch.



Dr. B N Gangadhar MBBS, MD

Professor, Dept. of Psychiatry, Program Director,
Advanced Centre for Yoga, NIMHANS, Bengaluru, India

Dr. B.N. Gangadhar obtained MD in 1981 from national Institute of Mental health and Neurosciences (NIMHANS), premier Psychiatry Institute in India. He has been a faculty in the same Institute since then. Currently, he is a professor of Psychiatry. He was also the Medical Superintendent of NIMHANS hospital till, Jan 2010. He has published over 240 scientific articles in



peer-reviewed national and International journals. His research areas include ECT, rTMS& Yoga, Schizophrenia and Community Psychiatry. He heads an advanced center for Yoga therapy at NIMHANS. He has coordinated the development and design of a patented indigenous ECT machine. He has received the prestigious Sir CV Raman award in 1999 and the BC Roy award in 2010 by the Karnataka Government. He is also the Fellow of National Academy of Medical Sciences. He has guided four PhDs and nearly 20 MD dissertations. He is the associate editor of Acta Psychiatrica Scandinavica and a coeditor for the Asian Journal of Psychiatry. He has traveled widely on scientific agenda and has served on organizations like WHO.

Prof. Alex Hankey PhD

Professor, Division of Yoga & Physical Sciences,
S-VYASA University, Bengaluru, India

Dr. Hankey was a Scholar of Trinity College, Cambridge, where he gained a Masters in Natural Sciences, specializing in Theoretical Physics. He completed his PhD in the study of critical instabilities and scaling phenomena at the Massachusetts Institute of Technology (M.I.T.) in Boston, Massachusetts, where his advisers included Professor Steven Weinberg and Professor H. Eugene Stanley, and then spent a year at SLAC, the Stanford Linear Accelerator Center. During that postdoctoral year Dr. Hankey became a Teacher of the Transcendental Meditation technique of Maharishi Mahesh Yogi, following which he helped establish educational and research institutions in the U.S., Europe and the U.K.

He has been working with the Vedic Sciences since 1973, when he joined the faculty of the newly established Maharishi International University in Santa Barbara, California. He first came to India to help organize the World Congress on Maharishi's approach to the Vedic sciences (Maharishi's Vedic Science) and modern science held in New Delhi in 1980-81. He has worked with Ayurveda, in particular, since 1985. His interest in Yoga and consciousness is longstanding, and has led to many interesting breakthroughs.



Prof. M K Sridhar

Dean, Division of Yoga - Spirituality,
S-VYASA Yoga University, Bengaluru

Dean, Division of Yoga – Spirituality was a Fulbright Scholar (2000) with South Carolina University, USA(selected by the Indian and US Governments). He has presented papers in 37 International conferences (USA, UK, Europe and South – East Asia), 33 National conferences and has participated in panel discussions on ancient and modern contemporary issues. He has given invited lectures at Harvard University, Universities at Berkeley, Stony brook, USA, Oxford University, UK and several universities in India. His publication comprises of twenty books and two monographs, and twelve articles in international peer reviewed volumes. He has edited/ co-edited several journals and was the Chief- Editor of Kannada-English Concise Dictionary (2004). He is a nominated Theological Advisor in Child and Adolescent Spirituality wing of Search Institute, Minneapolis, USA. He is the Hon. Director of the Indological Research Foundation, Bangalore.

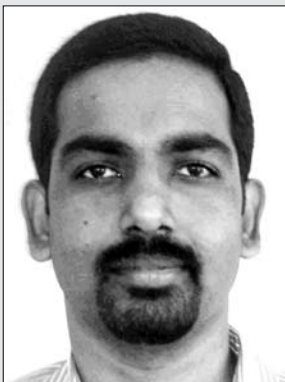
Prof. M.K.Sridhar is a recipient of Ramkrishna International Sanskrit Award (2000) from The Canadian World Education Foundation – Saraswati Vikas, Canada, CTNS Berkeley Global Award for Baccalaureate course development (2001) USA, a Global Indian Awardee (2006) from Chanakya Foundation, Ideal Teacher award from Kashi Sheshasastri Trust, Bangalore (2007), Kapali Shastri Veda Puraskar (2009) and recipient of three state awards (Karnataka Tilaka, Karnataka Kesari 2006, Kempegowda award 2011, BBMP, Karnataka Govt) and National Award for Exemplary Teaching (2011). He was on the Organizing Committee (Core group) of the Tenth World Sanskrit Conference, Bangalore (Jan. 1997), and World Samskrit Book Fair (Jan. 2011), Bangalore. He is a high altitude trekker, Events manager and nominated member and office bearer of several State, national and International academic bodies such as GOPIO – New York, Fulbright Alumni Association – Bangalore Chapter, All Karnataka Sanskrit Association, The Mythic Society and The Bangalore Science Forum, Bangalore.



Prof. K B Akhilesh

Dean, Division of Yoga and Management Studies,
S-VYASA Yoga University, Bengaluru

Prof. K. B. Akhilesh, from Department of Management Studies, Indian Institute of Science, Bangalore, has taught HRM, OB and Technology Management. His research and academic interests lie in the development of HR skills, IT and manufacturing. As a student he has been a top ranker and was awarded gold medal for the best Ph.D. thesis in the Faculty of Engineering, IISc. He has lectured at many universities and organizations in USA, Germany, France, Japan, Canada, Belgium and Sweden; and offers a Knowledge Management course annually in Germany. As a consultant and trainer Prof Akhilesh has guided global giants like Daimler-Chrysler, Airbus Industries, World Bank, BSNL, DRDO, Siemens, ABB, HMT, BEL, HAL, WIPRO. He has helped senior managers hone their managerial skills through more than 1,000 management development programs. He has authored many books and published over 100 papers in refereed journals internationally.



Dr. Nandi Krishnamurthy Manjunath

BNYS, PhD

Joint Director of Research, S-VYASA University,
Bengaluru, India

Dr. Manjunath N.K., is the Joint Director (Research and Development), and former Registrar of SVYASA University, Bangalore. He is a Medical professional and a Yoga researcher working at the Clinical Neurophysiology Laboratory of SVYASA since 1995. He has published 22 research articles in national and international indexed medical journals. He has been the founder executive editor of the International Journal of Yoga. He has travelled across USA, Australia, Middle-east and countries across Asian Sub-continent to propagate the science of Yoga and the use of evidence based yoga therapy in the management of range of non-communicable diseases. Exploring the science of Healthy Aging is his special area of interest.



Dr. Babu Joseph BNYS

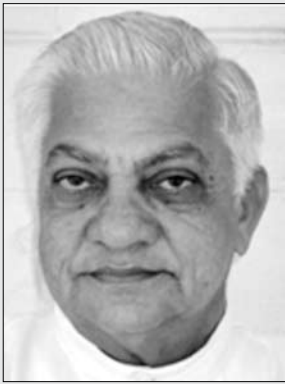
National Institute of Naturopathy,
Bapu Bhavan, Tadiwala Road, Pune - 411 001

Dr. Babu Joseph was graduated in Naturopathy & Yoga from the Gandhi Nature Cure College, Hyderabad, India, in 1976. It was with him, the Bethany Nature Cure & Yoga Hospital, Nalanchira, Trivandrum, Kerala was started in 1976 and he continued there for 3 ½ years. Thereafter started his own Hospital "Nethaji Institute of Nature Cure and Yoga", Kakkannad, Kochi in 1979 and served there for only 1 year. Then it was with him the 1st Govt. Nature Cure Hospital of India, started in 1981 at Varkala, Trivandrum, Kerala and he continued there for 24 ½ years.

In 2005 he has joined and continues as the Director, National Institute of Naturopathy, Pune. He is also the Chief Editor of the monthly bilingual magazine 'Nisargopachar Varta' in Hindi and English.

He also holds the following positions:

- Member, Governing Body of Central Council for Research in Yoga and Naturopathy and Programme Evaluation Committee member of Morarji Desai National Institute of Yoga, New Delhi.
- Member, Governing Council, Andhra Pradesh Yogadhyayana Parishad.
- Member, State Advisory Board of Naturopathy and Yoga, Govt. Of Himachal Pradesh.
- Member Yoga & Naturopathy academic committee, Maharashtra University for health Sciences.
- Special invitee, Board of Naturopathy, Govt. of Rajasthan, Govt. of Delhi and Govt. of Odisha.
- He was member, Board of Yoga & Naturopathy PG studies, Rajiv Gandhi University of Health Sciences, Bengaluru.



Prof. K Subramanyam

Dean, Division of Yoga & Humanities,
S-VYASA Yoga University, Bengaluru

He has a specialization in English Literature (American and Indo-
Anglian as optionals) and Philosophy (Gandhian Philosophy –
optional). He is presently the Honorary Adviser, Vivekananda
College, Tiruvekadam, Madurai District. He has been a Member,
NAAC peer team. He has authored 14 books on various topics
including books on Education. He has presented and published a
large number of papers on socially relevant and spiritual topics.
He is a prolific speaker with an ability to weave magic with his
words, with a capacity to talk to people at all levels.



Prof. Ramachandra G Bhat PhD

Vice Chancellor, S-VYASA Yoga University, Bengaluru

Dr. RamachandraBhat has done PhD in Sanskrit, vidwan in the
Vedanta and Nyaya Philosophies. He is working in unearthing
the Vedic science, Vedic Ecology and Cultural history of
Bharath through modern research, has carried Indian wisdom of
Vedas to the west through his innumerable lectures in Ireland,
USA and Australia. Few of his major research works are Mind
reading technique and mind transformation technique, Yajna for
human health, Upanishadic Learning Methodology, and the one
including his presentation, 'A new revelation of vedic hymns'
held at the Texas University and is also the author of 7 books in
Samaskritam.

Well known for his dexterity, he has been awarded with
'BhavabhutiPuraskarah' by the Government of Madhya Pradesh,
India, 'Veda Varidhi' by Veda Dharma ParipalanaSabha
Bangalore, India and many more adding his credits.

At Present he is the Dean of Academics, S-VYASA
University Bengaluru. He is also the Director of Veda
VijnanaShodhaSamsthanam, Chennenahalli, Bengaluru,
Convener of Gurukulasof Karnataka and also a Research Guide
in Tumkur University. He is also the visiting resource person to
MaitreyiGurukulam, PrabhodhiniGurukulam and Vidyabharati
Schools.



Sri Raghuram N V ME, PhD

International Yoga Professor, S-VYASA University,
Bengaluru, India

Born in Khammam in Andhra Pradesh Raghuram completed his engineering from NIT Bhopal worked for some years in various capacities. Raghuram underwent training in yoga and philosophy teachings under several saints for early childhood. Swami Prabhuddhananda and Prof Satyanarayana had profound role to play in his spiritual development.

From the beginning Raghuram and his wife Dr. Nagarathna yoga therapy specialist have been associated with Swami Vivekananda Yoga research foundation the Yoga University and helped thousands of patients with psychosomatic problems to come out of their sufferings. Raghuramis actively associated with several medical research projects all over the world which includes a cancer research project in Houston Texas Funded by NIH. He initiated yoga therapy activity in a neurological hospital in Germany, Heart hospital in Turkey etc. He also conducted thousands of spiritual retreats and workshops on stress reduction and trained thousands of yoga teachers all round the globe. For the cause of yoga he travelled more than forty countries.



Dr. Ishwar V Basavareddy

Director, MDNIY, New Delhi

He is the Director of MDNIY since 2005. Earlier he has worked as lecture and head of the department of yoga studies, Karnataka University, Dharwad for 16 years. He has more than 25 years of professional experience in yoga education, therapy and research. Dr Basavareddy basically a physicist, having done MSc in physics. Later, turned to yoga philosophy and did his MA and PhD in yoga philosophy. He has participated in many national and international conferences and seminars and presented research papers. He has edited many books on yoga and he is a member of several committees of the Govt, UGC and NGOs.



Dr. Prashanth Shetty

Principal, SDM College of Naturopathy & Yogic Sciences, Ujire and Chief Medical Officer, Sri Dharmasthala Manjunatheshwara Yoga and Nature cure Hospital, Shanthivana, Dharmasthala

Dr Shetty is a Yoga & Naturopathy physician with masters in Yoga science and currently a doctoral scholar from S-VYASA Yoga University.

Dr Shetty serves as an advisor to Advisory Board Member for Naturopathy and Yoga, Government of Karnataka and is a member of academic council of RGUHS, Bengaluru. Dr Shetty has served as Secretary General and Executive Member International Conference of Yoga and Naturopathy Arogya Expo 2012 and has organized several conferences.

His awards include: "Vasishta Award" by Swami Vivekananda Yoga Anusandhana Samsthana, a Yoga University-2006; "Best Performing Youth" of the district awarded by Hon' ble Minister for Medical Education, Govt. of Karnataka, sponsored by Sri Mahaganapathi Temple Trust, Someshwara, Karkala-2006; Best paper award in the National Conference held at Jindal Nature Cure Institute, Bangalore; Felicitation by Bunts Bahrain at Kingdom of Bahrain for contribution towards Naturopathy and Yoga; B.C.ROY AWARD BY GOVT.OF KARNATAKA FOR EXCELLENT SERVICE IN THE FIELD OF NATUROPATHY AND YOGA FOR THE YEAR 2010-2011; Resource person represented by Indian delegation sponsored by Dept. of AYUSH, Govt. of India for International Conference on Traditional/ Alternative Medicine to Bangkok, Thailand.



Sri Darshan Shankar

Chairman, Indian Institute of Ayurveda
and Integrative Medicine, c/o FRLHT, Bangalore
Email id: darshan.shankar@frlht.org

Started his professional career as Coordinator, Inter-disciplinary Centre for Research and Training in Development, University of Bombay, India in 1973. By 1980, he was serving as Consultant to UNICEF, Regional Planning Office, New Delhi, India. He served as Director, Academy of Development Science, Karjat tribal blocks, Raigad Dist., Maharashtra, India from 1980-1986. After that for next eight years he was a Consultant at the Office of

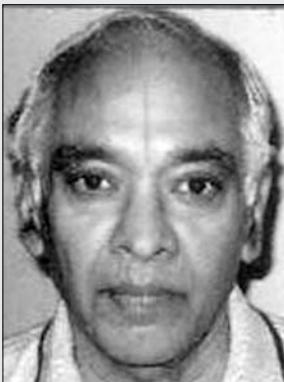


Advisor to Prime Minister on Technology Missions, New Delhi.

Darshn Shankarji has won several prestigious awards which include: Commonwealth Youth Service Award in 1976, given for designing and implementing the best educational project in the Common wealth for linking University education to community needs; 'Norman Borlaug' Award for contributions to promoting conservation of wild populations of medicinal plants in 1998; In 2003, the Columbia University's Centre for Complementary & Alternative Medicines.

International Award to Darshan Shankar & FRLHT, in recognition of FRLHT's outstanding contributions to revitalization of traditional systems of health-care in India. In Nov. 2007, "Better Interiors Excellence" award for Green Person of the Year Honorary Positions (Current).

He has published chapters in several books and reports published nationally and internationally. Published several articles in journals. Edited and written in a book titled "Challenging the Indian Medical Heritage" Published by Foundation Books, subsidiary of Cambridge University Press.



Prof. T M Srinivasan

Dean, Division of Yoga & Physical Sciences,
S-VYASA Yoga University, Bengaluru

He graduated in Electronics Engineering from University of Madras and Masters in Microwave Engineering from IISc, Bangalore. He completed his Ph.D. from Chalmers University in Sweden in 1971. He was Professor of Biomedical Engineering at IIT, Chennai between 1972 and 1989. He served as the Director of Yoga Research Institute in Tirupathi during 1977-1978. He later went to Research on Acupuncture and Yoga at the Fetzer Institute, Kalamazoo, Michigan. He was also a professor and later Associate Dean at ITT Technical College, Phoenix, Arizona. He is the founder member and past president and editor for the International Society for the Study of Subtle Energies and Energy Medicine. He has edited two books: 'Sense Perception in Sciences and Sastras' and Energy Medicine around the World'. He has authored a book titled 'Gita Sagara Saram'. Another book titled 'Yoga Sagara Saram' is under publication



Sri Subodh Tiwari B.Com, LLB, DN

Lonavala, Pune

Subodh was born in the yogic atmosphere at Kaivalya Dhama Lonavla and spent his years of schooling in this town. Since young age he was initiated in to the spiritual aspect by Swami Digambarji, the Director & Spiritual head of Kaivalya Dhama. He initiated the Yogic practices at the age of 6 under guidance of his father Shri.O.P. Tiwari. Subtle practices like asana, nauliruddiyan and pranayama together with mantra chanting is what he learnt at a very young age.

1987-1997 - He pursued his higher education in Bombay, wherein he completed his degree in Law. He pursued Diploma in Human Resource Management and presently is pursuing Masters in Human Resource Management, which he has finished first year. He completed his Certification Course in Yoga in the year 1992.

In the year 1997 he decided to devote his life to the institute and decided to serve it. He joined in as the Administrator of the S.A.D.T. Gupta Yogic Hospital and Health Care Centre and also shouldered the responsibility of Administration of the institute. In administration he dealt with issues legal and procedural matters. Over the period is laid out systems and processes for better functioning of the institute. He drafted policies of the institute, new service rules and initiated steps in Human Resource Management in the institute.

Being a nature lover at heart, he strove to make the institute environment friendly by getting a hybrid system installed to generate power and also heating all the water used in the public facilities by Solar Heaters. A garbage management system was initiated in the institute which entails segregation of garbage.

To promote new ideas he laid emphasis on training the school teachers in Yoga, as resource persons. It was under his coordination that special training programs were started for Navodaya Schools, Kendriya Vidyalayas and for schools in the state of Maharashtra. He was the coordinator on behalf of the institute for the scheme of Promotion of Yoga in School by Ministry of HRD. He was also the Coordinator of scheme Yoga in School Health under the Department of AYUSH, Ministry of Health and Family Welfare.



He has been Organiser and Convener of various international conferences organized by Kaivalya Dhama Lonavla. He has been spoken on various National & International conferences, has visited US, Canada , Macau, Mauritius , Germany , France , Italy to conduct Yoga workshops.

He took the initiative to get all the institutes in the state together and formulate the Module of Yoga for Higher Education. He served as the editor for the same. He has been the editor of the Newsletter of the institute since 1997.

Apart from the institute he is also the Secretary of the Lonavla Khandala Citizen forum, a Non Governmental Organisation working for betterment of the twin town. Various positive measures have been initiated by this NGO for enhancing the infrastructure and making it more environment friendly.

His goal is to qualitatively enhance the life of an individual through practice of Yoga and enhance the quality of environment through human efforts.



Prof. R Venkatram

Hon. Professor & Former Registrar,
S-VYASA Yoga University, Bengaluru

Prof. Venkatram did his PhD from Indian Institute of Technology (IIT), Madras. Presently he is honorary professor at S-VYASA Yoga University and was formerly serving as the registrar for the same Institute. He is also a member of the Board of Management, VYASA (Vivekananda Yoga AnusndhanaSamsthana), Bengaluru. Prof R Ventram is also working as Consultant to Visvesvaraya Technological University, Belgaum and as an advisor to East Point College of Engineering and Technology, Bengaluru.



Dr. Christoph Garner LLB, MBBS

Medical Director, KWA-KlinikStiftRottal,
Bad Griesbach Germany

Dr. Christoph Garner was born in 1949 born in Munich Germany. He studied law in University of Munich from 1969 to 1976 and became an attorney. Then, he developed interest in medicine and from 1976 to 1982 he studies Medicine from University of Munich.



He graduated as Neurologist from University Hospital Grosshadern in Munich between 1983-1991. Since 1992, he is the Medical director of KWA-KlinikStiftRottal for Neurologic and Geriatric Rehabilitation in Bad Griesbach. Since 1996, he is in close association with SVASA in Bangalore and has been instrumental installing Yoga-Therapy in KWA Klinik. He is a Member of various medical associations such as German Society of Neurologists, German Society of Neurologic Rehabilitation, and Treasurer of Bavarian Society for Geriatric Medicine (AFGIB).

Dr. Viveka P Jyotsna MBBS, MD, DM,
Associate Professor,
Department of Endocrinology and Metabolism,
All India Institute of Medical Sciences, Delhi

Dr. Viveka P. Jyotsna did her MBBS, MD (Medicine), DM (Endocrinology and Metabolism) from Institute of Medical Sciences, Benaras Hindu University, Varanasi. Present Position: Associate Professor, Department of Endocrinology and Metabolism, All India Institute of Medical Sciences, Delhi. She has published more than 40 publications in national and International journals. In research area she has worked on Intramural and extramural projects on thyroid, diabetes, Multiple endocrine neoplasia, growth hormone deficiency.

She finds interest in Lifestyle disease prevention, Neuroendocrinology, Insulinoma and neuroendocrine tumors.



Sri Gajanan Shridhar Kelkar

B.E., M.Tech. (IIT, Mumbai)
Trustee & Research Director (Manashakti REST New Way),
Lonavla, Pune, Maharashtra

Shri GS Kelkar is Life-devotee of Manashakti REST New Way, Lonavla from 1984. He is actively involved in research work since 1999. Has attended International Conference of APPPAH (Association For Prenatal & Perinatal Psychology and Health) in 1999, 2001, 2003, 2007, 2009 & 2013. He has presented research paper on 'Prenatal Education' in APPPAH Conference in 2001, 2009 and 2013. He is also a Member of 'Out-Reach Committee' of APPPAH.



Apart from publications in prestigious journals he has conducted Workshops on diverse topics such as: Prenatal Education/ Stimulation, Stress Management & Meditation, Bio feedback & Psycho-Feedback Therapy etc.

His Current area of Research is Neuro-Feedback and its Applications, he has also worked extensively on basic and applied aspects of Heart Rate Variability. He has published several books to his credit in multiple languages. Some of them are: The Emotional World of the Fetus, Children's Behavioural Problem and Neuro-Therapy, A New Way to Test Mind through Machines, Mind Tendency Graphs and Super Procreation etc.



Dr. P Ram Manohar

Director and CSO, AVP Research Foundation,
Coimbatore, Tamil Nadu

Ram Manohar is an Ayurvedic Physician by training with a post graduate degree in Clinical Pharmacology in Ayurveda. He is presently the Director and Chief Scientific Officer of the AVP Research Foundation, an initiative of the Arya Vaidya Pharmacy Group of Institutions. The AVP Group offers services in Ayurvedic education, research, pharmaceuticals and clinical practice. It is recognised as a Scientific and Industrial Research Organisation by the Government of India

His primary focus is clinical research and he has initiated a Practice Based Research Network of leading institutions in the field of Ayurveda known as RUDRA, which promotes clinical practice outcomes research. He was the Principal Investigator on the Indian side of the first ever National Institutes of Health, USA funded research project to scientifically evaluate Ayurvedic clinical interventions as practised in India. This study compared Ayurvedic treatment and Allopathic treatment for rheumatoid arthritis employing a randomised double blind placebo controlled study design. The results of this study has been published in high impact journals like Annals of Rheumatic Diseases and the Journal of Clinical Rheumatology and won the prestigious European Society of Integrative Medicine award for best clinical research paper, a first of its kind recognition for Ayurveda in Europe.

Ram Manohar is also engaged in ethnographic and epigraphic studies that investigates into the traditional practitioners of

Ayurveda and the rich collection of palm leaf manuscripts. The goal of these studies is to identify the optimized and best practices of Ayurveda that can be subjected to scientific evaluation.

He has spearheaded the first online indexing service for research articles published in the field of Ayurveda called DHARA, which is the most comprehensive database of published research in the field of Ayurveda.

He has made research visits and presented papers in United States, Canada, United Kingdom, Germany, Austria, France, Belgium, Italy and Denmark. He is Managing Editor of the oldest and largest PubMed indexed research journal in the field of Ayurveda called Ancient Science of Life. He is also teaching faculty at European Academy of Ayurveda, Germany as well as University of Essen in Germany.

He has served as Member of Central Council of Indian Medicine, Research Advisor to Indian National Science Academy, New Delhi and several other committees of the Department of AYUSH, Govt. of India.



Dr. Mantu Saha M.Sc, Ph.D

Head: Exercise Physiology & Yoga Laboratory

(Ex. Project Director: Centre for Advanced Research and Training in Yoga), Defence Institute of Physiology and Allied Sciences
Defence Research and Development Organization (DRDO)
Ministry of Defence, Delhi-54

Dr. M. Saha has 20 years of research experience in DRDO projects in the area of Human Performance Improvement. He has published more than 50 research papers in Journals & Proceedings. Apart from being external examiner for prestigious universities such as Amity University, Manav Rachna International University, he is also an expert member in various committee of DRDO Labs & Sports Authority of India.



Prof. K V Dilip Kumar BAMS, MD,
Vice president, Ayurveda Russian Indian Association,
Moscow, Russia

Prof. Dilip Kumar had his graduation in Ayurveda from Vaidyaratnam .P.S. Varier Ayurveda College, Kottakkal, Kerala in 1983 and his post-graduation from Govt. Ayurveda College, Bangalore in 1987. He received advanced training in Yoga from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore and Morarji Desai National Institute of Yoga, New Delhi. He joined in V.P.S.V. Ayurveda College, Kottakkal as a tutor in the Dept. of Swasthavritta in 1991. He is one of the founder members of Clinical Research Institute for Yoga and Ayurveda (CRIYA) at V.P.S.V. Ayurveda College, Kottakkal and served the same as Project Officer from 1998-2008. In 2009 he became the Professor and Head of the Post-Graduate Dept. of Swasthavritta and the Director of the CRIYA, V.P.S.V. Ayurveda College, Kottakkal. He held the post of Dean, Faculty of Ayurveda, University of Calicut from 2010 to 2013. He was a member, faculty of Ayurveda, University of Kannur and was also a member of Board of Studies, University of Kannur and University of Kerala.

Currently he is working as Ayurveda and Yoga therapy consultant, Atreya Ayurveda, Moscow, Russia. He is holding the post of Vice president, Ayurveda Russian Indian Association, Moscow.

Being interested in integrating the benefits of Yoga in Ayurvedic clinical practice, he has published books Clinical Yoga and Ayurveda in English, 'Mehayoga' and 'Naam Nammude Doctor' in Malayalam and served as Chief Editor of 'Ayurvedic Perspective of Communicable Diseases'.



Dr. M Balasubramanyam

MSc., M.Phil., PhD., MNASc.

Dean of Research Studies & Senior Scientist, Madras Diabetes Research Foundation, Chennai-600086, India

Dr. M. Balasubramanyam, PhD is at present Dean of Research Studies & Senior Scientist at the Madras Diabetes Research Foundation, Chennai. He obtained his PhD degree in 1987 from

Sri Venkateswara University, Tirupati. During 1991 to 1995, he worked as a Post-Doctoral Scientist at the Hypertension Research Center of the University of Medicine and Dentistry of New Jersey (UMDNJ), Newark, USA. During 1996-99, he served as a faculty at the Center for Biotechnology, Anna University. He joined the Madras Diabetes Research Foundation in 1999 and instrumental in many of its academic developments including infrastructure for basic science and translational studies. He has over 70 original research publications and many awards to his credit. He is also an elected Member of the Asia-Pacific International Molecular Biology Network (A-IMBN), Member of the National Academy of Sciences (MNASc), Fellow of the Indian Association of Biomedical Scientists (IABMS) and Secretary of the Madras Science Foundation (MSF). He has served as an Expert Committee member in many funding agencies including Expert Committee member –Southern Region for DST-INSPIRE Fellows. His current research interests include: Cell signaling and molecular medicine with special reference to diabetes and its vascular complications, stem cell research, molecular mechanisms of redox signaling and identification of ‘biomarkers’ of oxidative stress, calcium signaling, proteomics/epigenetics/miRNA profiling in fat and skeletal muscle with special reference to insulin signaling and drug discovery, bio-prospecting molecular targets of herbal action and development of cell-based, high-throughput assays. Dr Balu’s team is one of the very strong groups working on Metabolic Diseases in the country.



Dr. Sundar Balsubramanian MSc (Biochem.), PhD
Research Assistant Professor, Cardiology/Yoga Researcher,
Department of Medicine, Cardiology Division
114 Doughty Street, Room 213, MSC 773
Medical University of South Carolina, Charleston, SC 29425
E mail: sub@musc.edu, sundara@gmail.com

Dr. Sundar Balasubramanian did his MSc in Biochemistry from University of Madras, India, in 1992 and then from the same university he did his PhD in Immunoassay Development in the year 1998. He has held various prestigious positions including the post of Director –Confocal Microscopy Core at Gazes Cardiac Research Institute; Director – Cardiovascular Journal Clubs. He has trained several graduate students, post-doctoral fellows and other research staff in molecular biology. Dr. Sundar is skilled



in standard biochemistry/cell biology research lab instruments and has expertise in the techniques of Cell Signaling, Toxicology, Protein Chemistry. Dr. Sundar Balasubramanian has published several research papers in high impact peer reviewed International Journals such as Cell signal, Plos One, Gene etc.

Apart from it, he has done Yoga Certifications from Vivekananda Gurukula College, Madurai, India; JSK Gurukulam, Puducherry, India and Mastery of Yoga Teachers Program at Mastery of Meditation and Yoga, NJ, USA. He teaches Yoga at local non-profit cultural and community organizations. Thus, Dr. Sundar is a unique bridge between cellular science and ancient yogic philosophy. Since 2011, he is working as Research Assistant Professor at Gazes Cardiac Research Institute, Medical University of South Carolina.



Dr. Thuppil Venkatesh

Principal Advisor Quality Council of India (QCI) &
National Referral Centre for Lead Projects in India (NRCLPI)
Professor-Emeritus Department of Biochemistry & Biophysics
1st Floor Bank of Baroda Building, St. John's Medical College

Dr. Thuppil Venkatesh is the First Asian to receive "international Award for Science Truth and Honor" for the year 2010 in South America and is the twelfth Scientists to receive in past twenty five years since its installation.

He had been Professor and head of the department of biochemistry and biophysics till 2009, presently continuing as the Professor Emeritus in the same department. He has been the Director of Project Lead Free of the George Foundation since 1996. Currently, he is the Director of the National Reference for Lead poisoning in India, which was established by Dr. Venkatesh in the year 2000. Instrumental in introducing Unleaded Gasoline in March 2003, Dr. Venkatesh is called more popularly as The Lead Man of India. He is also a visiting Professor of Zubeita University in Bolivia and a Visiting Scholar at the University of Cincinnati, USA.

Has been guiding PhD and MD students in the area of lead poison in and high altitude biomedical sciences has guided students obtained the doctorate and masters degree under the guidance of Dr. Venkatesh. Has guided PhD and MD students. Till now he has published over 300 scientific papers in both National and International Journals. He has travelled all over the world. For

past 12 years, he is an assessor and trainer for the ISO 17025 and ISO 15189 quality management requirement. He was selected as finalist of the UNEP SEED award in the sustainable development in Bangkok in 2004 for the contribution in developing BEST lead acid Battery certification program Received large number of both National and International awards. Is a past president of the Association of Clinical Biochemists of India. He has organized large number of National and International Scientific meetings. He is technical consultant to the accreditation body in the Republic of Philippines. He has been working as the Principal Advisor to the Quality Council of India and Lead assessor of NABL and Principal Assessor for the NABH NABCB. NEBT of QCI. Has been guiding large number of short term scientific research to the undergraduate students currently involved in developing country specific standards for the abatement of lead.



Dr. Hans-Jörg Weber MA, PhD

Vice President

BDY. Professional association of yoga teachers in Germany

Dr Hans did his Master of Arts in 2007 in Geography, Philosophy and Political Science, University of Heidelberg (Germany) and Rom (Italy). Then, he worked at the Amrita University, Kerala as the Guest lecturer in 2008. From 2009 to 2012, he worked as Research Associate at Albert-Ludwigs-University of Freiburg (Germany), Christian-Albrechts-University of Kiel (Germany) where he did his PhD project (Dr. phil.), Cultural Geography, University of Heidelberg, Kiel and Freiburg. 02/2013 – At present, he is the Vice President, Professional Association of Yoga Teacher in Germany (BDY).

And Consulting the BDY (Honorary), strategic and policy advice. He has several papers published in international journals to his credit, he received Best Paper Award in 2011 from German Society of Tourism Research.



Dr. Shantharam S Shetty MBBS, MCPS, FCGP

Secretary at International board of yoga (IBY), Yoga institute, Santacruz, Mumbai 55

Dr. Shantharam S. Shetty completed his MBBS in 1972, then he pursued the area of Family Medicine and has experience of 34 years in this field. He also did teachers training course at Yoga institute Santacruz Mumbai in 1991 and then got trained on different areas of yoga at the same institute. At present he is a teaching faculty at same institute. He is also the Secretary at International board of yoga (IBY), Yoga institute, Santacruz Mumbai 55. He has published papers in national and international journals and attended many international and national conferences. He is also a co-author of the book: How to reverse heart disease -The yogic way - Research, Facts and programme.



Prof. Predrag Nikic MSc, PhD

International Society for Scientific Interdisciplinary Yoga Research, International Yoga Academy
E mail: nikic.predrag@gmail.com

Prof. Predrag Nikic, practices yoga and educates young yoga Teachers for decades. He obtained his Master Degree at Department for Psychology and Anthropology of Religion, as well as at Department of Management with the theme Manager's Personality Influence on Organizational Culture and he obtained his PhD in the Influence of Emotional Intelligence. He is author of several books and many scientific papers.

He is founder and President of the International Society for Scientific Interdisciplinary Yoga Research, founder of the Yoga Federation of Serbia, Professor at the International Academy for Yoga Teachers Education (International Yoga Academic Center), University Professor (University Alfa, Belgrade) and International Advisor of the European Yoga Council, International Yoga Federation. He is also member of the Advisory Board of Asian Association of Applied Psychology and member of the Editorial Board of Indian Journal of Psychology and Education.

He initiated foundation of the International Academy for Yoga Teachers Education and started International Interdisciplinary Scientific Yoga Conference and International Yoga Festival



in Serbia. Every year, he holds International Yoga Camps for Yoga Teachers interested in their professional improvement through yoga methods, in Serbia and abroad. Under his guidance, Yoga Federation of Serbia accredited the following Programs for Continual Education of Medical Professionals: The Training Course for Yoga Teachers, Yoga techniques as help to increase the readiness to stress, Yoga techniques as help to overcome hypertension, Yoga techniques as help to increase the readiness to stress in managers, Yoga in Implementation – International Symposium of the 1st category.

Dr. Sat Bir Singh Khalsa

Associate Neuroscientist, Division of Sleep Medicine,
Brigham and Women's Hospital, 221 Longwood Avenue,
Boston, MA

For the past 12 years Dr. Sat Bir Singh Khalsa, Ph.D. has been fully engaged in basic and clinical research on the effectiveness of yoga and meditation practices in improving physical and psychological health. He has also practiced a yoga lifestyle for over 40 years and is a certified Kundalini Yoga instructor. He is the Director of Research for the Kundalini Research Institute and an Assistant Professor of Medicine at Harvard Medical School at Brigham and Women's Hospital.

He has conducted clinical research trials evaluating yoga treatments for insomnia, addiction, back pain, anxiety disorders, post-traumatic stress disorder, and chronic stress and a yoga program in public schools to determine benefits in mental health in adolescents. Dr. Khalsa actively works with the International Association of Yoga Therapists to promote research on yoga therapy and collaborates with yoga researchers internationally. For the past 8 years he has also been teaching an elective course at Harvard Medical School in Mind-Body Medicine and is the author of the Harvard Medical School ebook *Your Brain on Yoga*.



Sri C Rajan Narayanan

Executive Director, Life in Yoga Institute
University Blvd W., #1306 Silver Spring

Dr. Narayanan is a founder and inspiration behind Life in Yoga Foundation and Institutes, non-profits formed and active in the Washington metro area. He has developed the 5 by 3 by 1 approach of the Life in Yoga Foundation based on the principles of Asthanga Yoga and the teachings of the Yoga Sutras of Patanjali. Based on these principles he has developed Gentle Yoga as a powerful practice accessible to all and Dance Yoga that would appeal more to younger and more energetic people. He has actively researched different aspects of yoga and has developed many more techniques over the last many years. He has also done a complete translation and commentary on the Yoga Sutras of Patanjali and the Bhagavad Gita. His current area of research is techniques of instant measurability of yoga practices. Specifically he is focused on EAV (Electro Acupuncture according to Voll) to measure meridian flows (of Chinese Medicine) and pulse reading mechanism (of Ayurveda).

He began teaching Raaja Yoga in Washington area temples since January 1998, after Swami Bua of New York City completed a two week course in Hatha Yoga and Praanayaama. He has been a practitioner of Raaja Yoga since 1981 when he learned TM from Maharishi Mahesh Yogi's Institute. Thereafter between 1993 and 1995 he completed coursework on Hatha Yoga, Praanaayaama, and other Raaja Yoga practices at the Satchidananda Ashram in Yogaville, Virginia. While including a regimen of Hatha Yoga practices since then in his Raja Yoga routine, he has also been a student of Vedas and other Hindu scriptures. After a two week rigorous course in Sri Siva Vishnu Temple that was led by Swami Bua in 1998, starting initially as a weekly continuation of the Yoga practices, he started teaching new participants as well. Periodically various Yoga teachers and exponents from India and other parts of the US have visited these sessions.



Dr. Randall, Ulrich G

Matrix-Center-München, Lortzingstrasse 26,
D-81241 Munich, Germany
u.randoll@matrix-center.de

Ulrich Georg Randoll is born 1955 in Bad Säckingen, Germany. After schooling he became dental technician with special interest for Articulation of mandibular joint and Gnathology. He passed at the military academy for health of the air-force in Munich. He studied general medicine at the Johann-Wolfgang-Goethe-University in Frankfurt/Main in 1981 and in 1985 additionally studied dental medicine. After having finished his studies he worked as Medical doctor at the University of Erlangen/Nuremberg. From 1989 – 1995 in the Dep. of Maxillofacial surgery (Prof. Dr.Dr.E.Steinhäuser) and from 1997 in the Dept of traumatology (Prof. Dr. F.F. Hennig. Clinical observations on patients problems turned him towards bio-physical basic research.

Dr. Randoll's studies in the field of bio-physical research - most notably on the function and interaction of cells and the intercellular matrix - gave rise to his principal of "biological cell quality management", which is the basis of the techniques used in the Matrix Center-Concept. www.matrix-center.de Since 1998 he is in privat office (Matrix-Center Munich. He has several scholarships and awards to his credit. Dr. Randoll is the author/co-author of nine books and has been published in over 30 national and international publications. In addition, Dr. Randoll is a frequent guest-speaker at scientific meetings in Germany and abroad.



Dr. Latha Venkataram FRCOG (UK), MRCPI(Dublin)

Consultant OBGYN, Rangadore Hospital,
Sri Shringeri Sharada Peetham Trust

- Fellow representative from South India to AICC RCOG
- Past president Bangalore society of O&G
- Post graduate teacher for MRCOG
- National expert on Diabetes and Pregnancy, Public Health Foundation of India
- Faculty and Guide at SVYASA (Deemed university for Yoga)



- Published papers in National and international journals, authored chapters
- Coordinator, BSOG – RCOG Skill Training Programme in EMOC
- Coordinator, Medico Legal Committee, BSOG

Special Interests:

- Medical Disorders in Pregnancy
- Yoga and Pregnancy
- Vaginal Surgeries
- Emergency Obstetric Care



Dr. T N Satyanarayana, MBBS, MBA, MPH
Assistant Professor, Public Health foundation of India

Dr. Sathyanarayana is a medical doctor; he has done MBBS from Karnataka, MBA in health management and MPH from University College London. He served for 6 years in World Health Organization as surveillance medical officer for polio eradication program in Uttar Pradesh, Bihar, and Andhra Pradesh and in Karnataka states of India. Prior to this he served as district leprosy medical officer for two years. As surveillance medical officer, he made special innovative efforts to strengthen routine immunization in Karnataka state and actively participated to begin measles surveillance program in Karnataka state. Currently he is teaching health policy-planning and health care quality modules at Indian Institute of Public Health-Hyderabad. His, research interests are on evidence for health care quality and patient safety (health care policy and systems research) and health policy transfer between national and international jurisdictions, especially in relation to local, regional and global health care quality and patient safety issue, vaccine preventable diseases and child health care policiesto create sustainable, integrated, patient focused health care system.

Areas of interest:

Policy analysis methods; health care quality and patient safety; vaccine preventable diseases, health care systems research, hospital care quality.



Dr. B R Ramakrishna BSAM, BAMS,
MSc (Yoga), MD (Ayurveda)
Principal, Sushrutha Ayurveda Medical College,
Bengaluru, India

Dr. B.R Ramakrishna known for his excellent knowledge in Ayurveda, presently serving as the Professor, Head of the Department, Principal and Advisor to the board of management, Sushrutha Ayurvedic Medical College, Bengaluru. He is also the Director, Chief Physician and Consultant of Ayurveda, Panchakarma and Yoga Therapy at Athreya Health Paradise, Bengaluru, India. He has presented several scientific papers on Ayurveda and Yoga at various National and International symposium. He has developed over 35 ayurvedic products. He is also the director of Vedic Bio Farm and Pradhan herbal company. At present he is also a honorary visiting faculty at Swami Vivekananda Yoga Anusandhana Samasthana, Bengaluru, India simultaneously pursuing his Ph.D. under the guidance of Dr. H.R. Nagendra and Dr. R. Nagarathna.



Sri Deepak Thimaya
TV Achor and Journalist, Bengaluru

From acting, being presenter, anchor, host, quizmaster and a much admired interviewer on television to setting up health portals, schools of innovative education, making films and documentaries and bringing theatre to children to establishing the biggest organization for Debating and Leadership - Verbattle, Presenting Deepak Thimaya-a Television Personality, Journalist, Educationist, Trainer, Entrepreneur, Painter, Motivational Speaker, Counselor and Political Analyst, Advisor and Aspirant.

His 'JedaraBali', the only political interview on Udaya TV, is a very popular program and his English talk show Time to Talk on Udaya News Channel is recognized as the only mainstream English interview across bands on TV in South India running for 5 years. He is the concept creator and director of Sanjeevini, the longest running and the only health show on Udaya TV. His interest in issues related to health care has motivated him to get involved in producing many educational programs and initiating many awareness activities related to health. He has interviewed



many prominent doctors, written articles about health issues and taking it further now has established a portal about health – www.masterinhealth.com of which he is the Editor-in-chief.

Sri K N Vasudeva Adiga

Hotelier & Enterprineur,
Chairman, Chain of VasudevAdiga Hotels, Bengaluru

K N Vasudeva Adiga, was educated to be an engineer but destined to be a restaurateur. Born and brought up in a family of eminent hoteliers, VasudevaAdiga pursued a bachelor's degree in electronic engineering but his entrepreneurial spirit led to the creation of Bangalore's finest QSR chain.

VasudevaAdiga's exposure to the restaurant industry began with the Brahmin's Coffee Bar, the vegetarian restaurant started by his late father in Basavangudi in 1965.

While Brahmin's Coffee Bar is already a legend and a landmark, VasudevaAdiga's venture which began as a 'Darshini' in Gandhi Bazaar in 1993 is also steadily moving up the achievement curve. The endeavor to serve the best vegetarian fare at affordable prices to customers across economic classes has been rewarded by an expanding franchise of more than a million customers every month.

VasudevaAdiga also professionalized the catering business. VasudevAdiga's is the preferred catering partner for several multinational organizations across Bangalore. The capability of the catering team was demonstrated at the Kannada SahityaSammelana in Bangalore in 2011, where VasudevAdiga's catered to an audience of 400,000 participants.

His domain expertise and capabilities have led to him to being elected twice, unanimously, as President of the Bruhat Bangalore Hotels Association. Under his leadership, the Association has organized several functions of which the 2010 Platinum Jubilee Celebrations was noteworthy.

For his outstanding services, he was awarded the Global Man Award by the Bahrain Kannada Association in 2007. He was also awarded the prestigious Namma Bengaluru Award for entrepreneurs in 2010. A Rotarian himself, VasudevaAdiga has been honoured, several times, by the Rotary.

VasudevaAdiga's dream is to make VasudevAdiga's India's most preferred vegetarian restaurant chain.

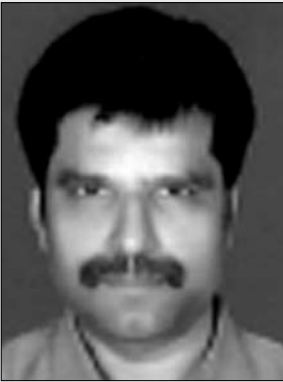


Sri J S D Pani

President, KIMMA & Ayurpark, Bengaluru

Sri Pani is a social activist and currently is the President of the Karnataka Indian Medicine Manufacturers Association [KIMMA] and AyurPark Health Pvt Ltd., Bengaluru. Sri Pani's other association and activities include:

Convener & Organizer, Arogya Expo, sponsored by Govt. of Karnataka in the state of Karnataka. President at Karnataka RTI Federation. Executive President at Shree Matha Charitable Trust, Bengaluru. Associate, Namma Bengaluru Foundation.



Sri Srinivas Kesiraju, MA

Head, The digital and strategic initiative,
Innovative Advanced Media Management Pvt. Ltd., Bengaluru

Master in extension education, started career with All india radio. The marketing career spans over Eid parry i, Birla group Zuari industries. Had a stint with Ministry of chemicals before joining ETV network. Headed the brands etv kannada and oriya for last twelve years and presently leading the digital and strategic initiative of Innovative group.



Sri Shashidhara Bhat

Channel Head, Samaya NEWS, Bengaluru

Shashidhar Bhat is a famous name in Kannada Journalism. In 2010, Shashidhar Bhat joined Samaya Channel as the Channel head. Earlier he was heading another popular news channel called Suvarna News Channel. Shashidhar Bhat, got first G category site from Govt among journalists.