



**WORKSHOP**  
***MIND BODY MEDICINE:  
PATH AHEAD IN MANAGING LIFESTYLE DISORDERS  
ADD MEDITATION TO YOUR MEDICATION***

**Date**  
**17th March 2023**  
**Time**  
**8:00 AM - 5:30 PM**  
**Venue**  
**Mini-Auditorium**  
**AIIMS, Rishikesh**

**REGISTRATION FREE | NO. OF SEATS: 100**

\*Participant will receive an email with confirmation of registration

\*TA/DA will NOT be provided to delegates

Registration form link:

<https://forms.gle/RWgzX5yMP4fCSnQd9>

**Who can participate:**

**Faculties and Undergraduate & Postgraduate students of AYUSH & Modern System of Medicine**

**QUIZ  
COMPETITION**

**“MBM approaches in  
Lifestyle related  
disorders”**

**Eligibility criteria for quiz:**

**UG & PG students**

**Prize for TOP 2 teams**

**Organized by: Collaborative Centre for Mind Body Interventions through Yoga  
AIIMS, Rishikesh & CCRYN, New Delhi**

# PROGRAM SCHEDULE



## ORGANIZING COMMITTEE

### Chief Patron

**Prof. Dr. Meenu Singh**

Executive Director & CEO  
AIIMS Rishikesh

### Patron

**Prof. Dr. Jaya Chaturvedi**

Dean Academics  
AIIMS Rishikesh

### Organizing Chairperson

**Prof. Dr. Vartika Saxena**

HOD AYUSH & CFM  
AIIMS Rishikesh

### Organizing Secretary

**Dr. Monika Pathania**

Additional Professor  
Dept. of Medicine  
AIIMS Rishikesh

### Dr. Ranjeeta Kumari

Additional Professor  
Dept. of CFM  
AIIMS Rishikesh

### Coordinators

**Dr. Amity Das**

**Dr. Vama Jain**

Research Officer  
CCRYN-CCMBIY  
AIIMS Rishikesh

### Members

**Mrs. Anita Verma**

**Mr. Praag Bharadwaj**

**Mr. Vikas Upadhyay**

Ph.D (Yoga) Scholar  
AIIMS Rishikesh

**Mr. Amit Bharadwaj**

**Ms. Beena Singh**

Yoga Therapist  
CCRYN-CCMBIY  
AIIMS Rishikesh

TIME	TOPICS	SPEAKERS
9:00-10:30 AM	<b>INAUGURATION CEREMONY</b>	
	Research avenues in managing Lifestyle disorders through Mind Body Medicine interventions.	<b>Dr. Raghavendra Rao</b> CCRYN, New Delhi
	Opening Remarks by Patron & Chief Patron	
10:30-11:00 AM	<b>HI-TEA</b>	
11:00-11:30 AM	Research experiences in managing lifestyle disorders through MBM interventions Grant avenues : Way forward in MBM research	<b>Dr. Akshay Anand</b> (PGIMER, Chandigarh)
11:30-11:50 AM	<b>Yoga Demonstration</b> Module on Occupational therapy	
11:50-12:05 PM	Holistic management of Obesity	<b>Dr. Vartika Saxena</b> (AIIMS, Rishikesh)
12:05-12:25 PM	Integrating Yoga and modern medicine in mental health	<b>Dr. Hemant Bhargav</b> (NIMHANS, Bengaluru)
12:25-12:40 PM	Integrating yoga in management of lifestyle disorders: AIIMS Rishikesh Experience	<b>Dr. Monika Pathania</b> (AIIMS, Rishikesh)
12:40-01:00 PM	Q/A session on Integrative management of lifestyle disorders	
1:00-2:00 PM	LUNCH	
2:00-3:00 PM	Quiz competition of MBM approaches in managing lifestyle related disorders	<b>Dr. Ranjeeta Kumari</b> (AIIMS, Rishikesh)
3:00-3:20 PM	Mind Body intervention in Respiratory Disorders	<b>Dr. Nidheesh Yadav</b> (University of Patanjali, Haridwar)
3:20-4:30 PM	<b>Yoga Demonstration</b> Module on diabetes yoga Module on hypertension yoga	
4:30-4:45 PM	<b>Prize Distribution</b>	
4:45-5:00 PM	<b>Closing Remarks &amp; Vote of Thanks</b>	
5:00-5:30 PM	Tea	

Contact us : 8851959076, 8882727378 | E: cmbmworkshopaiimsr@gmail.com