



National Conference on

Yoga for Healthy Aging:

Evidence -Based Research on Yoga in Health

18th June, 2026

12th International Day of Yoga
Theme: Yoga for Healthy Aging

Organized by

**Department of AYUSH
&
Integrative Medicine**

**All India Institute of Medical Sciences
Rishikesh**



Welcome message

AIIMS Rishikesh warmly welcomes all delegates, researchers, and yoga practitioners to one day Conference on “Yoga for Healthy Aging: Evidence-Based Research on Cardiometabolic Health”, to be held on 18 June 2026 in observance of the International Day of Yoga.

This gathering unites science and tradition to explore Yoga’s role in promoting longevity and cardiometabolic wellness.

The Hands on Workshop offers practical training on Yoga modules for Faculty, Nurses, PhD scholars and Yog-therapists — fostering integrative clinical practice.

We look forward to your active participation in advancing evidence-based Yoga research and holistic health for all.

Warm Regards,



Prof. Meenu Singh

Executive Director & CEO
AIIMS, Rishikesh

National Conference on
“Yoga for healthy ageing”
Evidence Based Research on Yoga in Health

June 18, 2026

Venue: Mini Auditorium, AIIMS Rishikesh

08:00-09:00 am	Registration
09:00- 10:00 am	<p style="text-align: center;">Hands on workshop:Yoga for Cardio-metabolic Health” for Yoga Therapists and Healthcare professionals.</p> <p style="text-align: center;">Dr. Monika Pathania, Dr. Sriloy- S.M.O. AYUSH; Dr. Shweta-M.O. AYUSH Ms Satrupa Roy,Dr Ravi Prakash-Staff ,AYUSH-ICMRAdvanced center of Integrative health research {AI-IHR}-Geriatric health ,AIIMSR</p>
10:00-10:15 am	Inaugural Ceremony – Lamp Lighting, Welcome Address, Felicitation & Release of "Yoga modules for older adults" for Healthy Aging"
10:15 -10:30 am	Key note Address : “Role of Yoga in modern medicine” Prof. Meenu Singh E.D & C.E.O , AIIMS, Rishikesh
10:30-11:10 am	Dr. Chhaya Kharya , Senior Scientist, SSIAR, Bengaluru, Ex- Research Officer, AIIMS, New Delhi & IIT Delhi
11:10- 11:30 am	High tea
11:30-12:10 pm	Dr. Apar Avinash Saoji , Principal of S-VYASA School of Yoga & Naturopathic Medicine,Bengaluru
12:10-01:00 pm	Panel Discussion “Yoga for Healthy Aging” - Panelists : Dr. Ganesh N.S., Dean FNYS, University of Patanjali, Dr. Asim Kulshreshtha, HoD Dept. of Yogic Science & Human Consciousness, DSVV. Dr. Subodh Singh, Prof.School of Yogic Sciences , Swami Rama Himalayan University
01:00-02:00 pm	Lunch
02 :00-05:00 pm	Scientific sessions - Oral & Poster presentations
05:00 pm onwards	Valedictory: Awards & Certificate distribution, Vote of thanks, Group photograph

Organizing Committee



Patron

Prof. Meenu Singh

E.D & C.E.O

AIIMS , Rishikesh



Co-Patron

Prof. Saurabh Varshney

Dean Academics



Co-Patron

Prof. Satya Sree Balija

Medical Superintendent



Co-Patron

Prof. Shailendra Shankar Handu

Dean Research



Chairperson

Dr. Monika Pathania

Addtl Prof. Deptt. of Geriatric Medicine

HoD, AYUSH & Integrative Medicine



Organizing Secretary

Dr. Sriloy Mohanty

S.M.O. AYUSH

Dept. of AYUSH



Organizing Secretary

Dr. Shweta Mishra

M.O. Yoga

Dept. of AYUSH



Treasurer

Dr. P. Mirunaleni

M.O. Siddha

Dept. of AYUSH

Scientific Comitteee

Dr. Monika Pathania

Dr. Sriloy Mohanty

Dr. Shweta Mishra

Dr. P. Mirunaleni

Scientific session coordinators :(Ph.D Scholars,
Yoga)

Mr Sumit Sharna

Ms. Aditi Saha

Mr. Dheeraj Dabas

Mr. Nemichand Verma

Mr. Yashwant Mishra

Ms. Ganga Mishra

Evidence Based Research on Yoga in Health

Yoga, rooted in India's ancient tradition, offers holistic pathways to health and wellness. In today's era, cardiometabolic disorders such as hypertension, diabetes, obesity and dyslipidemia have emerged as global health challenges. Evidence-based research is essential to validate Yoga's role in addressing these conditions and to integrate it into mainstream healthcare.

Scientific Rationale

Yoga practices — including asanas, pranayama and meditation — have demonstrated measurable effects on reducing stress, improving autonomic balance and regulating metabolic processes. These mechanisms directly influence cardiovascular and metabolic health, making Yoga a scientifically relevant intervention for lifestyle-related disorders.

Dept. of AYUSH - Integrative Medicine , AIIMS Rishikesh's Contribution

Through dedicated workshops, clinical outreach and academic initiatives, AIIMS Rishikesh is setting benchmarks in evidence-based AYUSH. By applying modern research methodologies to traditional practices, the institution is advancing Yoga as a credible, safe and effective partner in healthcare, with a focus on cardiometabolic health.



International Day of Yoga (IDY) 2026

The International Day of Yoga (IDY), celebrated globally on 21 June, stands as a symbol of India's gift of holistic health to the world. Since its inception by the Government of India and recognition by the United Nations, IDY has inspired millions to embrace Yoga as a way of life for physical, mental and spiritual well-being.

In 2026, the theme "Yoga for Healthy Ageing" highlights Yoga's profound role in promoting longevity, resilience and vitality across all stages of life. It emphasizes evidence-based practices that support cardiometabolic health, musculoskeletal strength, cognitive balance, and emotional stability, the essential pillars of graceful ageing.

At AIIMS Rishikesh, IDY 2026 will be marked by a series of academic and community initiatives, including the Conference on Yoga for Healthy Ageing, hands-on workshops and mass Yoga sessions. These events aim to advance scientific understanding and practical application of Yoga as a cornerstone of integrative health care.



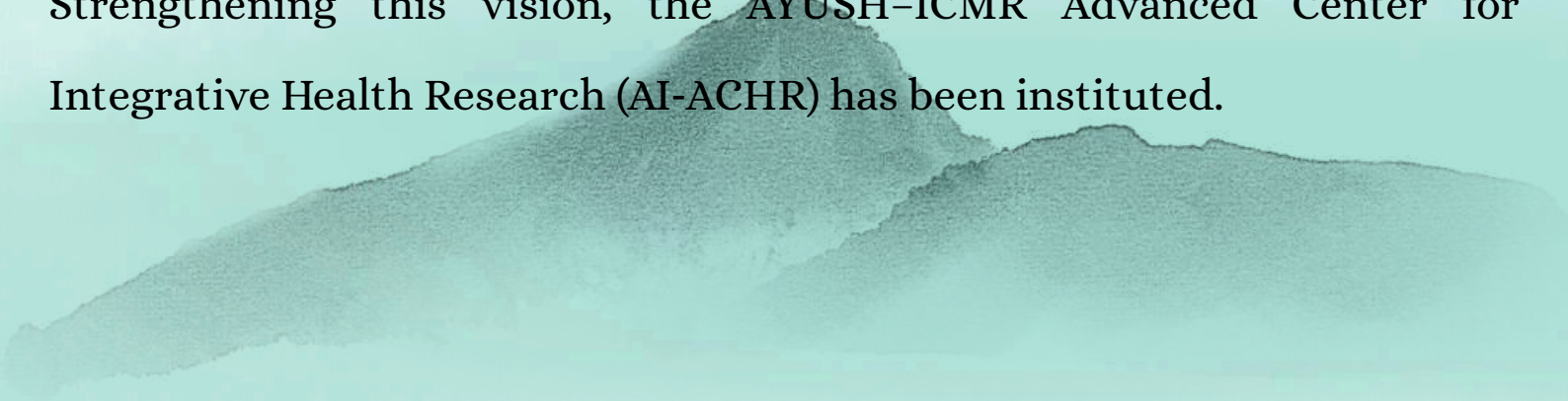
About AIIMS Rishikesh & Department of AYUSH -Integrative Medicine

Nestled in the Himalayas near the sacred Ganges, **AIIMS Rishikesh** was established under the Pradhan Mantri Swasthya Suraksha Yojna to bridge regional healthcare gaps and became autonomous in 2012. It offers diverse medical, nursing and allied courses while prioritizing evidence-based and patient-centered care.

The **Department of AYUSH**, founded in 2017, integrates Ayurveda, Yoga, Naturopathy and Siddha with modern medicine, delivering holistic OPD and bedside services. Through clinical care, education and research, it has emerged as a pioneering hub for patient care and research, setting benchmarks in innovation and standardization.

The **Department of Integrative Medicine**, inaugurated on 15 April 2025, further strengthens this vision, setting benchmarks in clinical care, education and high-quality research for integrative health.

Strengthening this vision, the AYUSH-ICMR Advanced Center for Integrative Health Research (AI-ACHR) has been instituted.





Who should attend ?

Who Should Attend?

Faculty Members:

Medical, nursing and allied health educators seeking to integrate Yog into teaching and clinical practice.

Nurses:

Professionals interested in applying Yog-based interventions for patient care and wellness.

PhD Scholars:

Researchers exploring evidence-based applications of Yog in cardiometabolic health and ageing.

Yog Therapists:

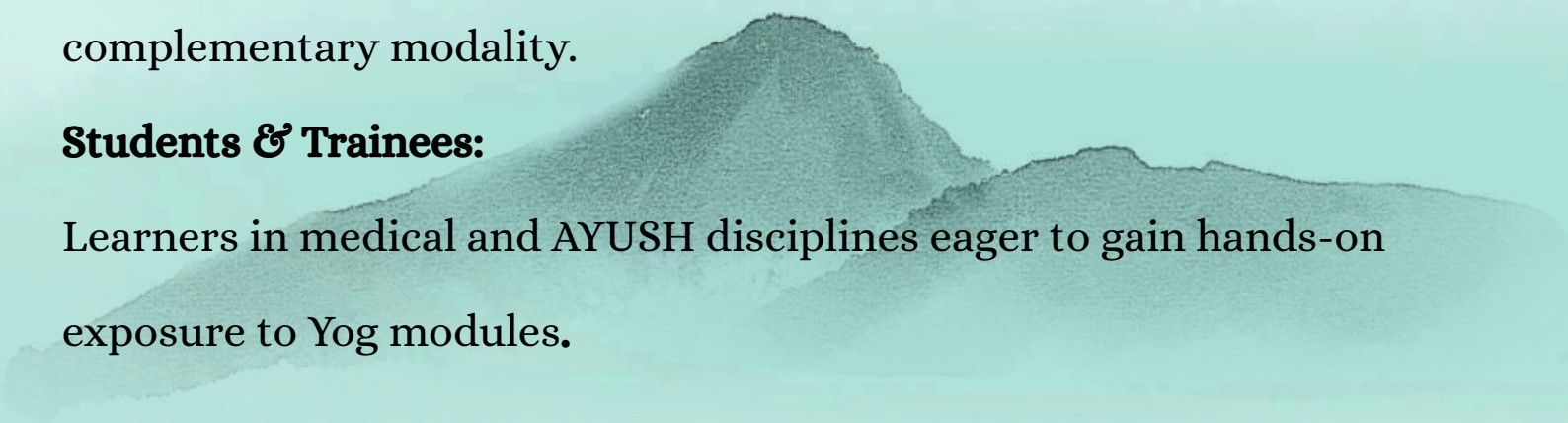
Practitioners aiming to standardize modules and strengthen clinical outcomes.

Healthcare Providers:

Physicians and integrative medicine specialists adopting Yog as a complementary modality.

Students & Trainees:

Learners in medical and AYUSH disciplines eager to gain hands-on exposure to Yog modules.





Objectives of the Workshop

Skill Development:

Train Faculty, Nurses, PhD scholars, and Yog therapists in standardized Yog modules for cardiometabolic health.

Evidence-Based Practice:

Demonstrate the scientific rationale and clinical application of Yog interventions in lifestyle-related disorders.

Integration into Healthcare:

Equip participants to incorporate Yog modules into routine patient care and institutional wellness programs.

Interactive Learning:

Provide hands-on experience through guided practice and module customization.

Capacity Building:

Strengthen institutional and community outreach by empowering healthcare professionals with practical tools for healthy ageing.





Call for abstract

National Conference on “Evidence Based Research on Yoga in Health”

Conference Dates:  **18 June 2026**

Submission Deadline:  **15 June 2026**

Conference and workshop Registration form link:

<https://forms.gle/cZ2PrrTr81D9rLzJ6>

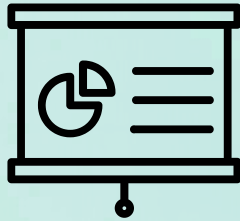
Abstract submission form link:

<https://forms.gle/oALPXnz9HoEyg4Zu9>

Presentation categories:



**Oral
presentation**



**Poster
presentation**

E-MAIL : ayushyogaday.aiimsrishikesh@gmail.com

Co# +91-8965983008, +91- 22978302

**Note : Original articles and innovative research will be given preference for oral presentation.
Decision of scientific committee will be final**

Presentation Guidelines

Guidelines for oral presentations

1. Oral Presentation will be of 10 min (8 minutes for presentation +2 min for discussion)
2. maximum no. of slides must be 10-12 with the following subheadings:
 - Title (1 slide)
 - Introduction (1 slide)
 - Aim/objective (1 slide)
 - Methodology (2-3 slides)
 - Result & Discussion (4-5 slides)
 - Summary/ Conclusion (1 slide)
 - Reference (1 slide)
3. Use a font size of 26-32 for content slides, which should have no more than eight lines of text.
4. The facilities for power point and overhead projections will be available at the conference.

Presentation Guidelines

Guidelines for Poster Presentations:

1. Poster is to be printed in 4 feet (h) x 3 feet (standard format flex in portrait format).
2. The poster must be well organized in two columns. Keep the text brief. Avoid long blocks of text. Use bullets points if possible.
3. Present numerical data in form of graphs, charts or simple tables. Maximum 5 Tables/diagrams/graphic representation are allowed.
4. Poster must be white in background, fonts and letters must be legible and readable from atleast 2 feet distance.
5. Poster must be displayed 2-3 hours prior to scheduled presentation.
6. Last minute submission of poster will not be entertained.
7. The presenting author is expected to be present with their posters for discussion.

Note: One author per poster-presenting author must be present during display
- Best Poster Award to be announced during Valedictory

Awards & Certificates

- Best Oral Presentation
- Best Poster Presentation
- Certificates of Participation for all attendees

Note: -

- Lunch and tea will be provided for all participants.