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antra

Yoga & Ayurveda in Neurosciences
Therapeutic & Research Approaches **2023**

International Conference on Integrative Medicine

Theme: Models of Integration in Health Care

23-25 November 2023

NIMHANS Convention Centre, Bengaluru, Bharat

23 November 2023 Pre – Conference Workshop

24 & 25 November 2023 International Conference



Namaste,

JIGNASA is a pan India platform of AYUSH fraternity led by the student community of Bharata. The motto is, “**Learn AYUSH to Practice AYUSH**”. Since its inception in 1998, JIGNASA with its innovative programmes on education reforms and academic initiatives particularly that of Ayurveda, has become every AYUSH students’ inspiration to realize the dream of reinforcing AYUSH once again as the mainstream health care system in the country. The pioneering movement that began in Karnataka has now captured the attention of policy makers and has become a major stakeholder of AYUSH both nationally and internationally.

In 2018, JIGNASA international conference at Bengaluru was a prodigious success with representatives from many parts over the world, especially from Southeast Asian countries unanimously acknowledging Bharata as the leader for Traditional Systems of Medicine and Ayurveda as the oldest and primary source of medical systems in the world.

Realizing the potential of Ayurveda and other Traditional Systems of Medicine as the savior of mankind’s and environmental health in the background of ever increasing non-communicable diseases and climate change issues globally, JIGNASA is now determined to revitalize Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa and Homoeopathy (AYUSH) systems of medicine to take the lead and take the centre stage with a special focus to make AYUSH systems as mainstream in Public health and Primary health care to fulfill the Universal health coverage (UHC) goal set by the World Health organization 2014-23 T&CM strategy.

JIGNASA 2021 was hosted by Tarunya Shikshana Seva Trust (TSST), a Karnataka based Non-Governmental Organization. JIGNASA 2021 - International Conference on “Public Health and Primary Health Care through AYUSH Systems” on 09 to 11 December 2021 at Yuvaka Sangha, Jayanagar in the Educational and Technological hub of India, Bengaluru via Hybrid Mode. More than 4000 delegates across the world, mainly students along with other stakeholders like AYUSH industry, academicians, institutions, teachers, policy makers, researchers, traditional practitioners, doctors, medicinal plant boards and AYUSH well-wishers participated in JIGNASA 2021. The conference had plenary and parallel sessions on AYUSH topics. JIGNASA 2021 was our humble effort to enlighten and encourage the students of AYUSH to look into our great heritage of Bharateeya Sastras and make younger generations of Ayurveda competent to face today’s health challenges and offer suitable solutions.

Building on NIMHANS' decades-long expertise in Yoga and Ayurveda integration into mental health and neuroscience, the newly established Department of Integrative Medicine leads the way towards a holistic 'One Nation, One Healthcare System' model. Our inaugural conference, YANTRA 2020, emphasized Yoga's role in mainstream healthcare amidst the COVID-19 pandemic.

We're thrilled to unveil YANTRA 2023, expanding our dialogue to encompass Yoga and Ayurveda within modern medicine conversations. This year, we focus on integrating models in clinical care, research, and academic training. Join us in shaping a comprehensive healthcare system that merges tradition and innovation for a healthier future together.

INTEGRATIVE MEDICINE

NIMHANS has spearheaded the transformation from a cafeteria approach to a truly integrative model, uniting diverse medical professionals to tailor personalized treatments. The Department of Integrative Medicine (IMD), initiated in 2019, extended its scope with a 30-bed inpatient facility in 2021. We prioritize inclusive care, enabling Psychiatrists, Ayurveda, and Yoga Experts to jointly devise comprehensive, patient-centric plans. With a unique integrated approach, IMD seamlessly merges different medical systems into a holistic, enriched platform.

At IMD, patient participation is the cornerstone of our clinical care philosophy. Our dedication to interdisciplinary research drives us to explore the biological underpinnings of integrative therapies and their potential to enhance patient outcomes.

LIST OF GUESTS AND SPEAKERS – YANTRA 2023

DR. D VEERENDRA HEGGADE

Dharmadhikari, Shri Kshetra Dharmasthala, Member of Parliament (Rajya Sabha).

DR. N. S. CHATTERJEE

Scientist G and Head, Division of Basic Medical sciences, ICMR - NIIH, Mumbai.

VAIDYA JAYANT DEOPUJARI

Chairperson, National Commission for Indian System of Medicine (NCISM).

DR. S.R. NARAHARI


Senior Consultant Dermatologist & Head, Institute Of Applied Dermatology, Kasaragod.

VAIDYA RAJESH KOTECHEA

National Member, NAHEP External Advisory Panel Secretary, Ministry of AYUSH, Government of India, New Delhi.

DR. B.N. GANGADHAR

President, MARB, Chairman, National Medical Commission and Professor Emeritus, Integrative Medicine Department, NIMHANS.





DR. BALACHUNDHAR.S

Professor Of Anesthesia, Harvard Medical School, Director of Sadhguru Center for A Conscious Planet, USA.

DR. B. SHREENIVASA PRASAD

President, Board of Ayurveda, National Commission of Indian Systems of Medicine.

Dr. RAGHAVENDRA .RAO.M

Director, Central Council for Research in Yoga & Naturopathy (CCRYN).

VAIDYA RABINARAYAN ACHARYA

Director General, Central Council of Research in Ayurvedic Sciences.

DR. H. R. NAGENDRA

The Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana University (S-VYASA University).

DR. L. MAHADEVAN

Consultant, Dr. Y. Mahadeva Iyer's Sri Sarada Ayurvedic Hospital, Kanyakumari.

DR. ANTONIO ISHWAR MORANDI

Chairman and Director - "Ayurvedic Point", Milan, Italy and President- Italian Scientific Society for Ayurvedic Medicine (S.S.I.M.A.).

DR. AKSHAY ANAND

Professor (Non-Medical), Neurology, PGIMER, Chandigarh.

Dr. GIRISH TILLU

Assistant Professor- Department of Health Sciences Executive Editor- Journal of Ayurveda and Integrative Medicine, Savitribai Phule Pune University.

DR. SANJAY PHADKE

Senior Consultant Neuropsychiatrist Jehangir Hospital & Deenanath Mangeshkar Hospital, Chair, Centre for Behavioural Medicine, Pune.

DR. REINHARD BOGLE

Yoga forum, Munich.

DR. SHIVARAMA VARAMBALLY

Professor of Psychiatry, NIMHANS.

DR. MARIAMMA PHILIP

Professor of Biostatistics, NIMHANS.

DR. BHARATH HOLLA

Associate Professor of Psychiatry, NIMHANS.

DR. KAVIRAJ UDUPA

Professor of Neurophysiology, NIMHANS.

LIST OF CHAIRPERSONS



DR. SUVARNA ALLADI

HOD and Professor, Department of Neurology, NIMHANS.

DR. JAGADISHA THEERTHAHALLI

Professor of Psychiatry, NIMHANS.

DR. A. B. TELLY

Formerly Senior Professor of Neurology (NIMHANS) and Emeritus Medical Scientist (ICMR).

DR. G.G. GANGADHARAN

The Director, Ramaiah Indic Specialty Ayurveda – Restoration Hospital, (RISA), Bengaluru, India.

DR. D. NAGARAJA

Former Director, NIMHANS.

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Vice chancellor, S-VYASA University, Prashanthi Kuteeram, Bangalore.

DR. B.S. SHANKARANARAYANA RAO

Professor, Department of Neurophysiology, NIMHANS and Registrar, NIMHANS.

DR. SHRINIVAS BHARATH

Professor and HOD, Department of Clinical Psychopharmacology and Neurotoxicology, NIMHANS.

DR. BINDU KUTTY

Professor, Department of Neurophysiology, NIMHANS.

DR. T. N. SATHYAPRABHA

Professor, Department of Neurophysiology, NIMHANS.

23rd NOVEMBER Pre-conference workshops

09:30 - 11:30

Research Methods

Dr. Bharath Holla, Dr. Mariamma Phillip, Dr. Kaviraj Udupa
NBRC

Workshop on "Mind-Body Medicine"

Dr. Sanjay Phadke, Dr. Reinhard Bogle
(Charaka Hall)

11:30-11:45

Tea Time

11:45-13:15

Projects and Publications in Integrative Medicine

Dr. Akshay Anand, Dr. Girish Tillu, Dr. Raghavendra Rao





Workshop on “Yoga and Marma”

Dr. Reinhard Bogle, Dr. Sanjay Phadke

(Charaka Hall)



13:15–14:00

LUNCH (Charaka Hall)

14:00-14:45

Quiz Screening

IMD

15:15-17:00

Quiz

(Charaka Hall)

17:00-17:15

High TEA

08:00–09:00 - 24th November, Friday

Registration and breakfast

08:00–09:00

Inauguration

Dr. D. Veerendra Heggade, Dr. Kotecha, Dr. BNG, Dr. D. Nagaraja,

Dr. M.K. Ramesh

9:45 – 10.15

Keynote address - Integrative Medicine in Healthcare

Dr. Rajesh Kotecha

10.15–11.45

Symposium on Integrated Models of Healthcare

Dr. SSV (Moderator)

NIMHANS, AIIMS, BHU

11:45–12:00

Symposium on Integrated Models of Healthcare

TEA TIME

12:00–13:00

Panel discussion

ROAD MAP FOR INTEGRATIVE HEALTH CARE IN INDIA

Dr. BNG (moderator), Dr. N S Chatterjee, Vd. Jayant deo pujari,

Dr. MK Ramesh, Dr. Kausthubh Upadhyaya, Dr. HRN

13:00–14:00

LUNCH

14:00 - 14:45

Integrative Medicine in Clinical Care – Plenary 1

Dr. L. Mahadevan, Dr. ABT, Dr. D. Nagaraja (Chairperson)



14:45 - 15:30

Integrative Medicine in Clinical Care – Plenary 2

Dr. Narahari, Dr. G.G. Gangadharan (Chairperson)

15:30 - 16:00

TEA TIME

16:00 - 17:00

Integrative Medicine in Clinical Care – Plenary 3

Dr. Antonio Ishwar Morandi, Dr. Suvarna, Dr. ABT (Chairperson)

17:00 - 18:00

Oral presentation

Grant writing competition

Poster Presentation

18:00 - 20:00

Cultural Programme and Dinner

08:00 - 09:15, 25TH November, Saturday

Yoga for stress

Ayurveda demonstration

Psychosocial interventions

09:15 - 09:45

TEA TIME

09:45 - 10.45

Panel discussion

ROAD MAP FOR INTEGRATIVE RESEARCH IN INDIA

Dr. BNG (Moderator)

AYUSH Distinguished Scientist Chairs

10.45 - 11:30

Plenary 3 – Integrative Medicine in Research

Dr. Balachunder (USA)

Dr. Jagadisha Thirthalli

11:30 - 11:45

TEA TIME





11:45–12:30

Invited Symposia 1a

SVYASA

BRR (Chairperson)

Invited Symposia 1b

Dr. Ravishankar , Dr. Mithali Mukherji, Dr. Bhavana P

Dr. BSS Rao (Chairperson)

12.30–13:00

JIGNASA plenary

13:00–14:00

LUNCH

14:00 - 15:00

Oral presentation

Grant writing competition

Poster presentation

15:00 - 15:45

Plenary 4 – Integrative Medicine in Training and Academics

Dr. BS Prasad, Board of Ayurveda, NCISM

Dr. Prabha Chandra (Chairperson)

15:45 - 16:30

Invited Symposia 2a

Kaivalya Dhama

Dr. T. N. Sathyaprabha/Dr. Bindu (Chairperson)

15:45 - 16:30

Invited Symposia 2b

TDU

Dr. Srinivas Bharath (Chairperson)

16:30–16:45

TEA TIME

16:45–18:00

Oral presentation

Poster presentation

Oral presentation

18:00–19:00

Valedictory

Points Of Interest

- Pre-conference workshop – on best practices in research methods and publishing in the field of Integrative Medicine.
- Showcase your research in Integrative Medicine – awards for the best poster, oral presentations, and original research proposals.
- Undergraduate and Postgraduate “Quiz competition for graduates”.
- Invited symposiums, keynote and plenary sessions on the role of Integrative Medicine in clinical care, research, and academic training.
- Experiential learning through interactive sessions and demonstrations of Yoga and Ayurvedic interventions.
- Networking opportunities with established researchers and representatives from funding agencies.

Abstract Categories and Keywords:

We are inviting Research papers from Students/ PG scholars/ Vaidyas/ Doctors/ Practitioners for paper/ poster presentation. For more details regarding abstract submission, specifications, topics for presentations, etc. please Log on to www.jignasa.in and also check the ‘call for paper and poster presentation’ brochure.

Authors are required to categorize their submissions under one of the following topics, available as dropdown options for single selection:

Topic 1 –The Role of Yoga, Ayurveda, and Integrative Approaches in Healthcare Systems

Topic 2 –Research Methodologies in Yoga, Ayurveda, and Integrative

Topic 3 –Yoga, Ayurveda and integrative treatment approaches.

Last date of abstract – 31st OCT 2023.

For Queries kindly contact Dr. Daiveek P G – + 91 94808 29307

Best Paper Presentation

First Prize

11000

Second Prize

7500

Third Prize

5000

Best Poster Presentation

First Prize

11000

Second Prize

7500

Third Prize

5000



Research competition		
First Prize	Second Prize	Third Prize
11000	7500	5000

Quiz		
First Prize	Second Prize	Third Prize
11000	7500	5000

Event Pricing:

1.Conference Only

General Delegate – Rs. 1500

UG Students / Interns – Rs. 1500

PG students / Researchers –Rs. 2000

Consultants / Faculty – Rs. 3000

Overseas Delegates – \$ 50

2.Conference +

Pre-conference Workshop

UG Student – Rs. 2000

PG Student – Rs. 2500

Consultant – Rs. 3500

Overseas Delegates – \$ 75

3.Spot Registration

General Delegate – Rs. 2000

UG Students / Interns –Rs. 2000

PG students / Researchers –Rs. 2500

Consultants / Faculty –Rs. 3500

Overseas Delegates – \$100

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For Bulk Registration

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Last Date of Registration: 05/November/2023.

Accommodation: All delegates are requested to arrange their Accommodation by themselves. Assistance will be provided by Team Jignasa to find out good accommodation on voluntary basis.

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Mode of payment

Online through www.jignasa.in website and
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For registration

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Medical Director, Arogyagram Ayurveda Panchakarma Centre

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Former National Convenor, Jignasa.

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Dr. Varun Bharadwaj

Shri Sheshu kumar

Dr. Srija

Dr. Simran Devgan

Vd Akhil kumar

Vd Sharathchandra

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Chairman

Dr. Allama Prabhu

Principal, Sri Hingulambika Ayurvedic Medical College,
Hospital and Research Centre, Gulbarga.

Secretary

Dr. Ramachandra Shetty

Professor Govt. Pharmacy College, Bengaluru.

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Dr. Bhusanoortmath

Principal, Hillside Ayurveda Medical college, Bengaluru.

Glimpses of Jignasa - 2022





Reach to Yantra venue

Kempagowda bus terminal - 9 kms

Yashwanthpur Railway station - 14kms

Kempagowda International Airport - 41kms

South end Metro station - 3.2kms

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