



DEPARTMENT OF INTEGRATIVE MEDICINE  
NIMHANS

PRESENTS



# YANTRA 2023

Yoga & Ayurveda in Neurosciences: Therapeutics & Research Approaches  
An International Conference

**THEME**  
MODELS OF  
INTEGRATION  
IN HEALTHCARE

23<sup>rd</sup> November: Pre-Conference Workshop  
24<sup>th</sup> & 25<sup>th</sup> November: International Conference

NIMHANS  
BENGALURU, KARNATAKA, INDIA

**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.

**Dr. Kishore Kumar**  
Organising Secretary  
Yantra 2023

**Dr. Sachin Singh Basera**  
National Convenor  
Jignasa

## NIMHANS

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.

## TOPICS

1. THE ROLE OF YOGA, AYURVEDA, AND INTEGRATIVE APPROACHES IN HEALTHCARE SYSTEMS.
2. RESEARCH METHODOLOGIES IN YOGA, AYURVEDA, AND INTEGRATIVE APPROACHES.
3. YOGA, AYURVEDA AND INTEGRATIVE TREATMENT APPROACHES.

## POINTS OF INTEREST

- - Pre-conference workshop.
- - Showcase your research in Integrative Medicine.
- - Undergraduate and Postgraduate Quiz-with preliminaries and finale.
- - Invited symposiums, keynote and plenary sessions.
- - Experiential learning through interactive sessions.
- - Demonstrations of Yoga and Ayurvedic interventions.

## SPEAKERS

- Dr. D. Veerendra Heggade
- Vaidya Rajesh Kotecha
- Vaidya Jayant Deopujari
- Dr. L. Mahadevan
- Dr. N. S. Chatterjee
- Dr. B.N. Gangadhar
- Dr. Balachundhar S
- Dr. S.R. Narahari
- Dr. B Shreenivasa Prasad
- Dr. Raghavendra Rao M
- Vaidya Rabinarayan Acharya
- Dr. H. R. Nagendra
- Dr. Antonio Ishwar Morandi
- Dr. Akshay Anand
- Dr. Girish Tillu
- Dr. Sanjay Phadke
- Dr. Reinhard Bogle

## COMPETITIONS

- Research Paper & Poster Presentation
- Quiz
- Research Competitions

**Contact for any queries: -  
Dr. Daiveek P G + 91 94808 29307.**

CATEGORY	CONFERENCE FEE	CONFERENCE & PRE-CONFERENCE WORKSHOP FEE
UG Student/ Intern	Rs. 1500	Rs. 2000
PG Student/ Researcher	Rs. 2000	Rs. 2500
Consultant/ Faculty	Rs. 3000	Rs. 3500
Overseas Delegates	\$ 50	\$ 75

**Last Date of Registration: 05th November 2023.**

### FOR REGISTRATION CONTACT

1. Dr. Sachin Singh Basera - +91 81518 47984
2. Dr. Alekhya - +91 88806 67343
3. Dr. Trishal Rao - +91 99015 02017
4. Shri. Basre Rohith - +91 84660 26134

### SPOT REGISTRATION - FOR CONFERENCE ONLY

- UG Student/ Intern - Rs. 2000
- PG Student/ Researcher - Rs. 2500
- Consultant/ Faculty - Rs. 3500
- Overseas Delegates - \$ 100

### FOR BULK REGISTRATION

1. Dr. Rohith K R - +91 94005 70851
2. Shri Sheshu Kumar - +91 91823 94231

#### 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.

**Mode of payment:** Online through: [www.jignasa.in](http://www.jignasa.in) website and

**Tarunya Shikshana Seva Trust**

Thane Janata Sahakari Bank Ltd

Account Number: 115110100000079, IFSC: TJSB0000115

## CONTACT DETAILS

1. Dr. Trishal:	+91 99015 02017	- Karnataka
2. Vd. Rohan Mukke:	+91 91305 51009	- Maharashtra
3. Vd. Arjun N V:	+91 99957 03633	- Kerala
4. Shri. Nithish Reddy:	+91 83320 25769	- Telangana
5. Kum. MSG Priya:	+91 63011 07665	- Andhra Pradesh
6. Shri. Akshay Shet:	+91 70836 43727	- Goa
7. Vd. Vairamuthu:	+91 97864 82809	- Tamilnadu
8. Shri. Rohith Pandey:	+91 94074 68411	- Madhya Pradesh
9. Dr. Utsav Anokhia:	+91 74870 50195	- Gujarat
10. Dr. Simran Devgan:	+91 90346 35708	- Haryana
11. Shri. Prashant Rai:	+91 88588 49458	- East Uttar Pradesh
12. Dr. Kuldeep Soni:	+91 63876 45521	- West Uttar Pradesh
13. Dr. Varun Bharadwaj:	+91 7001402990	- West Bengal
14. Shri. Litun Das:	+91 99382 85476	- Odisha
15. Shri. Adarsh Rawat:	+91 9770984940	- Rest of India
16. Vd. Rajesh Kalyan:	+91 8500549859	- Rest of India

-  [Jignasaayush@gmail.com](mailto:Jignasaayush@gmail.com)
-  [www.yantranimhans.com](http://www.yantranimhans.com), [www.jignasa.in](http://www.jignasa.in)
-  [jignasaAyush](https://www.facebook.com/jignasaAyush)
-  [@Jignasaayush](https://www.whatsapp.com/channel/jignasa)
-  [Jignasaayush](https://www.instagram.com/jignasaayush)
-  [Jignasa Ayush](https://www.youtube.com/jignasaayush)
-  +91 93806 22100

### For Communication:

Office secretary – Yantra 2023

**YUVA PATHA**

No. 4, 31st cross road, 11th main road, 4th block,  
Jayanagar, Bengaluru - 560011, Karnataka, BHARAT.