SECOND ANNOUNCEMENT

CONFERENCE ON STRESS REDUCTION SKILLS: SCIENTIFIC UPDATE

ORGANIZED BY
Sir Sri Global Meditating Doctors Association (SSGMDA), and Department of Psychiatry, All India Institute of Medical Sciences.

DATES: 30th and 31st August 2014
Venue: Ugraha Auditorium, IIHF, Delhi

CHAIR/GUEST SPEAKER
Atul Nagraj, Sri Sri Ravi Shankar

OBJECTIVES OF THE CONFERENCE
- Reviewing scientific evidence related to stress reduction including studies on Yoga/Meditation, Sahaj Kriya, and Psychological methods.
- Create awareness about this research among medical community so that a large number of people can benefit from these methods.
- Encourage further research in this area.

THEMES
Overview of research on stress reduction through meditation.
- Symposium on Stress among medical students and professionals including research on psychological methods and meditation to reduce stress.
- Research on Sahaj Kriya Yoga, Bhagwan Yajnavalkya, and Meditation at Sivananda, Mental health based meditation.
- Symposium on biological research on meditation (SKYM) including studies on EEG, physiological parameters among others.
- Symposium on yogameditation and mental Health including research on Meditation, Stress Disorder, PTSD etc.
- Research on yoga meditation as a viable intervention and in different groups such as students, diabetics, cancer patients (for pain management), in HIV positive individuals, and drug dependent individuals (as an adjunct intervention), in prisoners.

SPECIAL FEATURES
- Mental Health working group;
- Sahaj Meditation workshop over 2 days (30th to 31st August) in the evening. An advance fee of Rs. 2000/- has to be paid as deposit for registration for the Sahaj meditation workshop those who are interested in this module.

SPEAKERS
- Dr. Vinod Nagraj, PhD, Dr. S.K. Khandelwal, Dr. Manoj Mehra, Dr. Ganganbar, Dr. Viktor Tovar, Dr. Prasad Mudan, Dr. L.K. Khandelwal, Dr. Pragati Verma, Dr. D.K. Verma, Dr. Kiran Mehra, Dr. Pramod Singh, Dr. R.K. Yadav, Dr. N.S. Mehta, Dr. Nirmal Kumar, Dr. Anil Chauhan, Dr. N. Srinivas, Dr. Seema (Bhargavi), Dr. Vinky P. Jemna, Mr. Arvind Chopra, Dr. Akashdeep Khandelwal, Dr. Muneeb Bhatia, Dr. Kishore Chaudhary.

The conference will also include free papers and poster presentations.

INVITATION
We are pleased to announce the 3rd Scientific Conference to be held in New Delhi on 30th and 31st August, 2014. The theme will be “Stress Reduction Skills: Scientific Update.” It is our pleasure to invite you to participate. We look forward to welcoming you to New Delhi.

REGISTRATION DETAILS
Please log on to the websites: www.nairginmeds.org or www.aiimsmedical.edu/instituteenrollment.

Date of Registration: Registration fee for GMC/GMC members/Department of Psychiatry: Rs. 2500/
Date of Non-GMC members:
30th June, 2014: Rs. 2500
30th July, 2014: Rs. 3000
Till 15th August, 2014: Rs. 3000
After 15th August & on spot registration: Rs. 4000

Registration fee includes attendance at all symposia/sessions, conference kit as well as access to hospitality (breakfast/lunch) on 31st-31st August, 14, dinner on 30th August 14.

PAYMENT MODE
1) Online payment
   Log on to the conference link on the website: www.nairginmeds.org or www.aiimsmedical.edu/instituteenrollment and follow it for online registration and making online payment.
2) Electronic transfer
   Account Name: Stress Reduction Skills: Scientific Update
   Account Number: 3310142400114434
   Branch: Bank of India, AIIMS, New Delhi 110 029
   Bank IFSC Code: BOI00031434
   Branch Code: 31434
3) Demand Draft
   In the name of Stress Reduction Skills: Scientific Update (payable at New Delhi).
4) Cash
   If you make payment by cash/demand draft, please send it along with a registration form (printable pdf version available on the website to the following address: Dr. Anjali Bhadoria, Room no. 4096, Department of Psychiatry, AIIMS, New Delhi 110 029.

ACCOMMODATION
We will facilitate your accommodation. All efforts will be made to keep you comfortable and fully justified good accommodation at reasonable rates. The payment will be made directly by you at your place of stay. In order to get the best possible accommodation, it is imperative to register well in advance.

For any queries, write to: conference@aiimsm.org or SMS your name and phone: on 09817117817.

GUIDELINES FOR SUBMISSION OF ABSTRACTS
Abstracts should be submitted at the e-mail: nairginmedsconference@gmail.com by 15th July, 2014. Abstracts will be accepted with results already concluded for the discussion and should not exceed 500 words. A paper should be submitted by 15th August 2014 for each abstract approved and for invited presentations to nairginmedsconference@gmail.com.

INSTRUCTIONS FOR FREE PAPERS
- The content of a free paper abstract should be described under the headings of Title, Authors, Aim and Objectives, Methodology, Results, and Conclusions.
- Time allotted for the presentation will be 7 mins and 3 mins allotted for the discussion.

INSTRUCTIONS FOR POSTER PRESENTATIONS
- The content of a poster abstract should be described under the headings of Title, Authors, Aim and Objectives, Methodology, Results, and Conclusions.
- A board of 100cm height and 80cm width shall be provided for each poster.
- Poster should be in English and should be headed with title, name of author(s), institution, and city.
- Charts, drawings, and illustrations must have all explanatory notes.

OF THE FREE PAPERS, TWO BEST PAPERS (ORAL POSTER) WILL BE AWARDED.

ORGANIZING COMMITTEE

Chairperson
Dr. Vinod Khandelwal
Sri Sri Global Meditating Doctors Association (SSGMDA)

Vice-Chairperson
Dr. K.K. Khurana
To be announced shortly

Organizing Secretary
Dr. Arshdeep Singh

Co-Organizing Secretary
Mr. Pratap Singh

Coordinator Sri Sri GMDA
Mr. Arvind Chopra

Co-Organizer Coordinator of Sri Sri GMDA
Mr. Arvind Chopra

Contact Details
For any queries related to registration, please email: conference@aiimsm.org or contact phone no. +91 (011) 2656818.