

<p>07.00 – 08.30 Workshop II Conference Hall</p>	<p>Prof RS Bhogal, Kaivalyadham, Lonavla, Pune</p>	<p>Techniques of meditation : practical tips</p>	
<p>08.30 – 09.30 <i>High Tea</i></p>			
<p>9.30 – 11.00 Session VII</p> <p>Medicine & Meditation : <i>Evidence based</i> <i>psychoneuroimmunological</i> <i>approach (2)</i></p>	<p>Dr Nand Kumar</p> <p>Dr Viveka P Jyotsana</p> <p>Dr RK Chadda</p> <p>Dr Sathyaprabha</p> <p>Dr Jaseja H</p>	<p><i>Effects of the breathing technique (SKY) on depressive disorder in comparison to psycho-education</i></p> <p><i>Effect of Comprehensive Yogic Breathing program on type 2 diabetes : A randomized controlled trial</i></p> <p><i>Mind, Body and Medicine</i></p> <p><i>Meditation as a medicine: Empirical evidences from neurophysiological studies</i></p> <p><i>Epileptogenic Potential of Meditation: An Insight</i></p>	<p><i>Chairpersons:</i> Prof Balram Bhargava Prof Manjari Tripathi, Prof AK Jain,</p>
<p>11.15 – 12.15 Session VIII</p> <p>Meditation</p>	<p>Dr Bhogal RS</p> <p>Dr Padhi MM</p> <p>Dr Manoj Naik</p> <p>Dr Rajvi H Mehta</p>	<p><i>Yogic Perspective of Stress Management</i></p> <p><i>Role of Yoga and Naturopathy treatment modalities in the Management of Diabetes</i></p> <p><i>Anatomical and Physiological principles in the practice of Yogasanas</i></p> <p><i>Scientific evidence on the efficacy of Iyengar Yoga</i></p>	<p><i>Chairpersons:</i> Prof KK Deepak Prof SC Mahapatra Prof Ratna Sharma</p>

<p>12.15-13.00 Session IX Keynote Address (2)</p>	<p>Dr Nagarathna R</p>	<p>Integrative Yoga for Holistic Health</p>	<p><i>Chairpersons:</i> Prof Basavareddi IV Prof SK Khandelwal</p>
<p>13.00 – 14.00 <i>Lunch Break</i></p>			
<p>14.00 – 15.00 Parallel sessions Session X Session XI</p> <p>1) Poster Presentations (First Floor Foyer, JLNA) 2) Open forum for discussion on preparing guidelines for yoga based lifestyle intervention (Conference hall): Moderator : Prof KK Deepak, Dr Kumar Sarvottam</p>			
<p>15.00 – 16.00 Session XII Panel Discussion</p>	<p>Past, Present & Future of Yoga-Meditation Research : Challenges, Acceptability & Criticism</p>		<p><i>Panelists</i> Prof SC Manchanda Dr R Nagrathna Prof Anand Kumar Prof Anurag Srivastava Prof KK Deepak Prof SC Mahapatra Dr Bhogal RS Dr Raj Kumar Yadav</p>
<p>16.00 – 16.30 Session XIII Valedictory Session</p>	<p>Recommendations for Future Award distribution</p>		<p><i>Chairpersons:</i> Prof PK Julka, Dean (Acad) Prof NK Mehra, Dean (Research) Prof Rashmi Mathur</p>
<p>16.30 onwards <i>Tea Break: Till we meet again</i></p>			