



# IHW 2022

Integrative Approach to Health & Wellbeing



INSPIRE  
INNOVATE  
INTEGRATE

## Program Book

December 16 – 18, 2022



[www.heartfulnessconference.org](http://www.heartfulnessconference.org)



[conference@heartfulnessinstitute.org](mailto:conference@heartfulnessinstitute.org)

heartfulness  
advancing with compassion



Dear ones,

I am happy to announce our first "Integrative Health and Wellbeing" conference hosted by the Heartfulness Institute in Kanha from Dec 16-18, 2022.

This conference will be an exploration of integrative health and medicine. Integrative practices include both conventional and traditional approaches. A progressive lifestyle is fundamental to well-being. Mind-Body medicine has begun to gather momentum and we at Heartfulness focus on the role of the "Heart" from a practical and research perspective. Heartfulness practice results in a tremendous shift of consciousness. With every meditation infused with Pranahuti, we soar into expanding inner states of awareness.

Mind over Matter is no longer a mystery as science has begun to unravel evidence through research in fields such as epigenetics, neuroscience, and contemplative practices. The extraordinary potency of contemplative practices has created a revolution in research. The idea that transcending states of consciousness can improve human performance is coming into the mainstream especially related to integrated health care solutions.

There is growing osmosis of Science and Spirituality. Let Science infect Spirituality and let Spirituality integrate itself into the base of science so that we can improve ourselves at all levels of existence.

The conference will include keynote speeches, meditation sessions, wellness workshops, plenary sessions, research presentations and other events. Most importantly, the participants will be able to experience the serene environment of Kanha and profound meditation sessions.

I heartily invite all doctors, allopathic, ayurvedic and various traditional medicine practitioners, medical students, research scientists, faculty of medical and AYUSH colleges, hospital staff, wellness and yoga practitioners, therapists, pharmacists, and all of you who are interested in spirituality, health and wellbeing to join this conference, which will bring some very unique perspectives to the forefront.

I hope this conference inspires us to become a better and a healthier version of ourselves.

I look forward to seeing you all!

With Love and Regards,

A handwritten signature in black ink that reads "Kamlesh Patel".

Kamlesh Patel, Heartfulness Guide

## THE INTERNATIONAL CONFERENCE ON INTEGRATIVE APPROACH TO HEALTH & WELLBEING IS HOSTED BY THE HEARTFULNESS INSTITUTE

### ABOUT HEARTFULNESS INSTITUTE

Heartfulness Institute is a global non-profit organization with thousands of volunteer trainers who serve more than a million meditators in over 130 countries. Heartfulness relaxation and meditation techniques are studied and proven to be effective in reducing stress and anxiety, improving sleep, enhancing emotional intelligence, and exploring the heights and depths of human consciousness.

### ABOUT HEARTFULNESS RESEARCH INSTITUTE

Heartfulness Research Institute is an integral part of Heartfulness, a global non-profit organization. Our mission is to inspire, enable, support, and collaborate with researchers and integrate science and meditative practices. We strive to follow the highest ethical, scientific standards and research compliance studying the effect of Heartfulness. Understanding the effects of these practices on the evolution of human consciousness may help answer profound questions regarding humanity and our role in the universe.

## SPEAKERS & MODERATORS



**Dr. Kamlesh Patel (Daaji)**  
Heartfulness Global Guide



**Dr. M. R. Jayaram**  
Chancellor, MS Ramaiah University of Applied Sciences



**Dr. Sat Bir Khalsa**  
Associate Professor of Medicine, Brigham and Women's Hospital



**Dr. Sara Lazar**  
Assistant Professor, Psychology  
Harvard Medical School



**Prof Kuldeep Kumar Raina**  
Vice Chancellor, MS Ramaiah University of Applied Sciences



**Dr. Randeep Guleria**  
Pulmonologist, Ex-Director, AIIMS



**Dr. Shirley Telles**  
Director, Patanjali Research Foundation



**Shashi Bala Singh, PhD**  
Director, NIPER



**Sadhi Bhagawati Saraswati, PhD**  
Author, Secretary-General of the Global Interfaith WASH



**Dr. Bindu Kutty**  
Professor at NIMHANS



**Dr. Akshay Anand**  
Professor, Neuroscience Research Lab,  
Department of Neurology, PGIMER



**Dr. Rollin McCraty**  
Director of research,  
HeartMath Institute

### SUPPORTED BY







**Dr. Anthony Cullen**  
Senior Lecturer in Law  
Middlesex University



**Dr. GG Gangadharan**  
Medical doctor Ayurveda  
RISA



**Dr. Anshul Gupta**  
Author, Speaker, Researcher,  
Hashimoto's Expert, Functional  
Medicine MD



**Dr. Hester O'Connor**  
Clinical Psychologist  
Health Service Executive



**Dr. Kunal Desai**  
Infectious Diseases Specialist, Ohio



**Dr. Sachin Ranade**  
Senior Editor, Nature Neurosciences



**Eddie Stern**  
Author and Yoga Instructor



**Raghavendra Rao, PhD**  
Director, CCRYN



**Dr. Margaret Schenkman**  
Professor Emerita  
Physical Therapy (SOM)



**Dr. Natwar Sharma**  
Associate Professor, Pediatrics



**Dr. Murthy Gokula**  
Concierge Connected Care, Ohio



**Dr. Neeta Singh**  
Professor of Reproductive Medicine  
Department of Obstetrics &  
Gynecology, AIIMS Delhi



**Dr. Chinmay Pandya**  
Pro-Vice-Chancellor,  
Dev Sanskriti Vishwavidyalaya



**Dr. Rahul Mehrotra**  
Director and Head of Noninvasive  
Cardiology, Max Superspeciality  
Hospital



**Dr. Shree Varma**  
Head of Several Ayurveda Hospital,  
Joint Secretary (T.N) of the Indian Yoga  
Association



**Dr. Anaita Hegde**  
Director of Neurosciences SRCC  
Narayana Children's Hospital



**Dr. Swanand Kulkarni**  
Consultant, Cardiac Rehabilitation  
Dr L H Hiranandani Hospital



**Dr. Jay Thimmapuram**  
Academic hospitalist  
Wellspring York hospital



**Dr. Krishnamurthy Jayanna**  
Professor and Dean, Faculty of Life and  
Allied Health Sciences, MS Ramaiah  
University of applied sciences



**Dr. Ranjani Iyer**  
Director, Heartfulness Program for  
Schools (HPS), NA



**Dr. Snehal Deshpande**  
Developmental Therapist, Director  
Sneh...RERC



**Dr. Anagha Matapurkar**  
PhD in Molecular and Cellular Biology



**Bhavna Sonkamble**  
Principal, The Heartfulness Learning  
Center, Kanha Shanti Vanam



**Prakash Chalagulla**  
High School Student,  
Oakridge International School





**Aruvi Kaniamuthan**  
Psychology graduate, International  
Medical University, Malaysia



**Ghazal Yadav**  
Premed Neuroscience Student  
TAMU



**Dr. Jaideep Arya**  
Board Member, Yoga Certification  
Board, Ministry of AYUSH



**Dr. Manish Kulkarni**  
Orthopedic Surgeon & Assistant  
Director, Heartfulness CME



**Dr. Surekha Kishore**  
Executive Director, AIIMS Gorakhpur



**Dr. Pari Plavi Mokkalapati**  
Professor & HOD Anatomy (Retd.)  
Osmania Medical College



**Dr. Sisir Roy**  
Professor at NIAS,  
Senior Homi Bhabha Fellow



**Dr. Haresh Mehta**  
Interventional Cardiologist



**Dr. I. Unnikrishnan  
Namboothiri**  
Medical Director & Addl Chief  
Physician



**Dr. Sairam Reddy**  
Co-Founder, Chief Scientific Officer  
UrbanKisaan



**Prasanna B G Krishna**  
Managing Director  
MeOH Tech LLP



**Dr. Pooja Sahani**  
Hematology/Oncology (Cancer)



**Dr. Naveen Kumar**  
Professor and Head of Psychiatry,  
NIMHANS



**Dr. Sangeetha Sampath**  
Professor and Head Biochemistry  
AIIMS Hyderabad



**Dr. Sharath Reddy**  
Sr. Consultant Interventional  
Cardiologist



**Dr. Ravi Kolli**  
President, AAPI



**Dr. Padmini Rangaswami**  
Retired Clinical Neurologist



**Dr. Kishore Sabbu**  
Internal Medicine Physician



**Ekta Boudierlique**  
Director of University & Youth  
Programs, Heartfulness Institute



**Dr. Tanuja Nesari**  
Director, All India Institute of Ayurveda  
(AIIA)



**Raji Borathakur**  
CEO and Founder  
TerraBlue XT



**Dr. Swati Thoda**  
Head of Pregnancy and Lactation  
Wellness, Fitterfly



**Divya Thota**  
Health, Wellness & Fitness Professional



**Dr. Pavan Kumar Koolla**  
Professor of Pediatrics,  
MNR Medical College

# CONFERENCE SCHEDULE

FRIDAY, DECEMBER 16- DAY 1		
7 - 8 am	REGISTRATION & BREAKFAST	
8 - 8.30 am	WELCOME & INAUGURATION	Daaji, Dr. M.R Jayaram, Dr. Randeep Guleria, Dr. Shashi Bala Singh, Prof. Anup Thakar
8.30 - 8.45 am	Inaugural address – A Shared Vision	Dr. M. R. Jayaram
8.45 - 9 am	Practice of Medicine: An Art and a Science	Dr. Randeep Guleria
9 - 10 am	Host Keynote and Experiential Session	Daaji
10 - 10.30 am	Break: Refreshments and Exhibitor visits	
10.30 - 11 am	Role of Heart in Contemplative Practices: A Research Perspective	Dr. Rollin McCraty (Virtual)
11 - 11.45 am	Contemplative Practices to combat Stress & Burnout	Dr. Shashi Bala Singh, Dr. Kunal Desai, Dr. Akshay Anand, Sadhvi Bhagawati Saraswati
11.45 am - 12.45 pm	BREAKOUT SESSIONS	
ROOM 1	Principles of Research: Ethics committee approval to Manuscript submission in Research	Dr. P Divakar, Dr. Margaret Schenkman
ROOM 2	Gut & Thyroid Health as a key to wellbeing	Dr. Jaideep Arya, Dr. Anshul Gupta
ROOM 3	Health benefits of contemplative practices	Dr. Rahul Mehrotra, Dr. Vivek Sharma
ROOM 4	Oral Abstract Presentations	
ROOM 5	Tips for a good night's sleep	Dr. Jay Thimmapuram, Dr. Kunal Desai, Dr. Kishore Sabbu
ROOM 6	Workshop: Introduction to Heartfulness Polarity	Ariel & Claire Mercurio, Ekta Boudierlique
12.45 - 3 pm	LUNCH, POSTER VIEWING AND EXHIBITOR VISITS	
3 - 3.45 pm	Panel Discussion: Future of research on Contemplative practices and Consciousness	Dr. Shirley Telles, Dr. Sisir Roy, Dr. Sachin Ranade
3.45 - 4.45 pm	Effect of Heartfulness Practices on Burnout, Sleep, Stress, Loneliness, Heart health, and Brain wave changes	Dr. Jay Thimmapuram, Dr. Ranjani Iyer, Dr. Krishna Jayanna, Dr. Kunal Desai, Dr. Rahul Mehrotra, Prasanna Krishna
4.45 - 5 pm	TEA	
5 - 5.30 pm	Neuroscience of Contemplative practices	Dr. Sara Lazar (Virtual)
5.30 - 6.15 pm	Closing remarks and Meditation	

SATURDAY, DECEMBER 17- DAY 2		
6 - 6.45 am	Simple Pranayama and gentle Asanas	Eddie Stern
7.30 - 8.30 am	BREAKFAST	
8.30 - 8.45 am	Welcome & Overview	
8.45 - 9 am	Speech by Dignitaries	Dr. Vaidya Rajesh Kotecha Hon. Secretary, Ministry of AYUSH, Prof. Kuldeep Kumar Raina, Dr. Shashi Bala Singh
9 - 9.30 am	Yogic Lifestyle and its Scientific Effects on Wellbeing	Eddie Stern
9.30 - 10.30 am	Meditation Session	Daaji
10.30 - 11 am	Break: Refreshments and Exhibitor visits	
11 - 11.45 am	Lifestyle Diseases - Causes, consequences, and Remedies	Dr. Raghavendra Rao, Dr. GG Gangadharan, Dr. Chinmay Pandya
11.45 am - 12.45 pm	BREAKOUT SESSIONS	
ROOM 1	How to Conduct Research? Methodologies and Common Pitfalls of Research	Dr. Ranjani Iyer, Dr. Anthony Cullen, Dr. Hester O'Connor
ROOM 2	Tips to have a healthy Heart	Dr. Sharath Reddy, Dr. Swanand Kulkarni
ROOM 3	Lifestyle Medicine and reversal of disease conditions	Dr. Anshul Gupta, Dr. Meenakshi Pandit, Dr. Murthy Gokula
ROOM 4	Oral Abstract Presentations	
ROOM 5	Science of Parenting	Dr. Anaita Hegde, Dr. Bhavna Sonkamble, Dr. Pooja Sahani
ROOM 6	Workshop: Heartfulness Polarity	Ariel & Claire Mercurio, Ekta Boudierlique
12.45 - 3 pm	LUNCH, POSTER VIEWING AND EXHIBITOR VISITS	
3 - 3.45 pm	Sleep, Activity and Nutrition - Effects on Mental Health	Dr Arpan Bhatt, Dr. Jaideep Arya, Dr. Unnikrishnan
3.45 - 4.15 pm	Overview of Heartfulness Wellness Programs	Dr. Snehal Deshpande, Dr. Veronique Nicolai, Dr. Kashyap Bhatt, Dr. Manish Kulkarni
4.15 - 4.30 pm	TEA	
4.30 - 5.15 pm	Science of Yoga and Wellbeing	Dr. Sat Bir Khalsa (Virtual)
5.15 - 6 pm	Closing remarks and Meditation	

## SUNDAY, DECEMBER 18- DAY 3

6 - 6.45 am	Health & Wellness Activity	
7.30 - 8.30 am	BREAKFAST	
8.30 - 8.45 am	Welcome & Overview	
8.45 - 9.15 am	Recognizing young Global researchers & Speech by Dignitaries	Dr. Dharmendra Singh Gangwar, Daaji
9.15 - 10 am	Holistic Development and Mental Health	Dr. Ravi Kolli
10 - 11 am	Meditation Session	Daaji
11 - 11.30 am	Break: Refreshments and Exhibitor visits	
11.30 am - 12.15 pm	Mental Wellbeing – Can we talk?	Heather Mason, Rajlakshmi Borathakur, Dr. Naveen Kumar
12.15 - 1.15 pm	BREAKOUT SESSIONS	
ROOM 1	Experiences and Findings of Heartfulness Young Researchers	Aruvi Kaniamuthan, Ghazal Yadav, Prakash Chalagulla
ROOM 2	Journey towards Parenthood	Dr. Neeta Singh, Dr. Purnima Madhusudhan
ROOM 3	Effect of Heartfulness on Holistic development	Dr. Hareesh Mehta, Dr. Bhavna Sonkamble
ROOM 4	Nutritional tips for healthy heart and brain	Divya Thota, Dr. Swati Thoda, Bhavani Shankar/Krishna Jayanna
ROOM 5	Workshop: Energy Medicine - The Future	Dr. Natwar Sharma, Ekta Boudelique
1.15 -2.15 pm	LUNCH AND EXHIBITOR VISITS	
2.15 - 3 pm	Nurturing Youth towards holistic development	Dr. Surekha Kishore, Dr Ranjani Iyer, Dr Snehal Deshpande, Dr Namgyal Qusal
3 - 3.30 pm	Research strategies to improve community wellbeing	Dr. GG Gangadharan, Dr. Kamal Raj, Dr. Bindu Kutty
3.30 - 4 pm	TEA	
4 - 4.15 pm	Valedictory address	Prof. Kuldeep Kumar Raina and Dignitaries
4.15 - 5 pm	Closing remarks and Meditation	