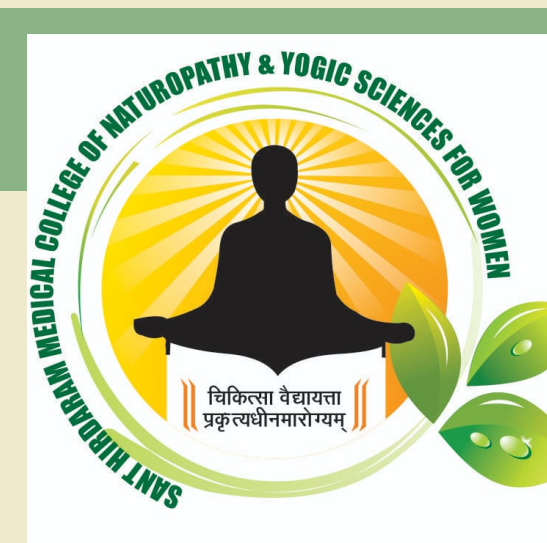




2nd International Conference HOLISTIC WELLNESS THROUGH YOGA & NATUROPATHY



**From: 14th June 2021-19th June 2021
(Digital Platform)**

ORGANISERS

**Sant Hirdaram Yoga and Nature
Cure Hospital (Arogya Kendra)**

**Sant Hirdaram Medical College of
Naturopathy and Yogic Sciences for
Women**

CO-ORGANISER



**Indian Naturopathy and
Yoga Graduates' Medical
Association**

ASSOCIATE PARTNERS



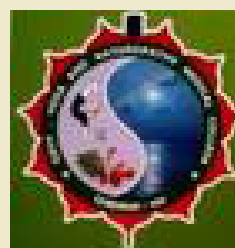
**Central Council for
Research in Yoga and
Naturopathy**



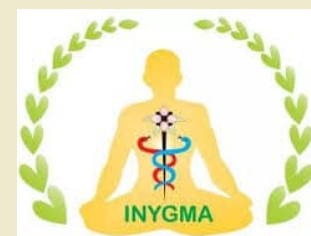
**National Institute of
Naturopathy**



**Morarji Desai National
Institute of Yoga**



**Government Yoga
and Naturopathy
Medical College,
Chennai**



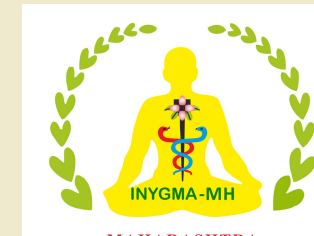
INYGMA, Kerala Chapter



**INYGMA, Karnataka
Chapter**



**INYGMA, Madhya
Pradesh**



INYGMA, Maharashtra



INYGMA, Tiruvannamur

ASSOCIATE PARTNERS



**SDM College of
Naturopathy and
Yogic Sciences**



**JSS Institute of
Naturopathy
and Yogic Sciences**



**Care Yoga Naturopathy
Medical College**



**Kongu Naturopathy
and Yoga Medical
College and
Hospital**



**Nandha Naturopathy
and Yoga Medical College**



**S.Thangapazham
Medical College of
Naturopathy and Yogic
Science Research Center**



**Excel College for
Naturopathy and Yoga**



**Faculty of
Naturopathy and Yogic
Sciences, SGT
University**



**Swamy Vivekanandha
Naturopathy
and Yoga Medical
College**



**Sharada Yoga &
Naturopathy
Medical College, Hospital
and Research Centre**



**Sree Rama Krishna
Medical College
and Naturopathy
and Yogic Sciences**



**Alvas College of
Naturopathy
& Yogic Sciences
Karnataka**



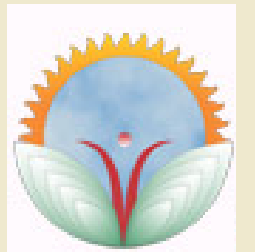
**Swasthya Kalyan
Institute of
Naturopathy and
Yogic Sciences**



**Indian Academy for
Scientific Writing and
Research**



Spark Health Home



Nisargopchar Ashram



**Sr Issac Newton
Naturopathy and
Yoga Medical
College**



**Yenepoya
Naturopathy
and Yogic Sciences
College and Hospital**



**Sona Medical
College of
Naturopathy and
Yogic Sciences**



**Maharishi Aurobindo
Subharti College &
Hospital of
Naturopathy & Yogic
Sciences**



Ozone Forum of India



Arogya Health Products

ABOUT THE CONFERENCE

Sant Hirdaram Medical College of Naturopathy and Yogic Sciences for Women & Sant Hirdaram Yoga & Nature cure hospital, Bhopal, first NABH and CGHS accredited Yoga & Naturopathy hospital in Madhya Pradesh, with the blessings of Paramhans Sant Hirdaram Sahibji and the able guidance of Rev. Siddh Bhauji with the objective to generate technically excellent professionals for the health care sector of nation, We are organising 2nd International conference on “Holistic Wellness through Naturopathy & Yoga” (ICHW 2021) from 14th – 19th June 2021 which is a continuum ICHW 2019 we organized at Bhopal. This year due to the pandemic restrictions we are organizing this as a digital conference.

We had an overwhelming response to our conference in 2019 where we had a grand participation of nearly 1200 participants. We are happy to inform that our goal of ICHW 2021, is to bring Yoga & Naturopathy as an integrated platform to know the new findings, trends, scientific advancements in the field of Yoga & Naturopathy around the world with the theme of Holistic Wellness.

The conference is co-organized by Indian Naturopathy & Yoga Graduates' Medical Association and its state chapters along with associate partners from Ministry of AYUSH organizations National Institute of Naturopathy, Central Council for Research in Yoga & Naturopathy, Morarji Desai National Institute of Yoga and Government Yoga and Naturopathy Medical College, Chennai.

Organising Committee

Motivating & Guiding Source

Shri Hotchand Dhanwani
(Rev. Siddh Bhauji)
Chairman, SHKES, Bhopal

Patron

Shri Mahesh Dayaramani
Secretary, Jeev Sewa
Sansthan

Shri Hero Gyanchandani
Vice President, SHKES and
Director, SHMCNYS, Bhopal

Shri A.C. Sadhwani
Secretary, SHKES, Bhopal

Shri K.L. Ramnani
Joint Secretary, SHKES,
Bhopal

Co Patron Convener

Dr Hemanshu Sharma
Principal, SHMNCYS, Bhopal

Dr Gulab Rai Tewani
CMO, Sant Hirdaram Yoga and
Nature Cure Hospital, Bhopal

Co Convener

Prof.(Dr.) Pradeep M K Nair
SHMNCYS, Bhopal

Contact us:

ichw2019@gmail.com

Phone number: 9329865527

CALL FOR PAPERS

ABSTRACT SUBMISSION PROCESS

While you're thinking of ICHW 2021, we want to facilitate you with the smooth processes along with professional accurate information. The comprehensive Call for Papers are specially designed for you by the Conference Chair together with the Conference Committee. If you think you're a researcher, academician, BNYS student or an enthusiastic individual it's time for you to prepare yourself for the conference and your presentation.

To facilitate the submission process and the subsequent follow-up process, please consider the following guidelines, information, tips, terms, and deadlines mentioned.

ABSTRACT GUIDELINES STRUCTURE

- The maximum acceptable word range for the abstract is 300 words. The abstracts which do not meet this word limit will not be accepted.
- Your submission should be in English.
- We encourage you to send an informative abstract (complete abstract) which is a summary of a paper's substance including its introduction, methods, results, and discussion/ conclusion.
- Please send in a brief biography together with the Abstract.

THEME FOR ABSTRACTS

Abstracts are welcomed on any area pertaining to Yoga & Naturopathy system of Medicine.

ABSTRACT SUBMISSION

- Once you have prepared your abstract according to the above guidelines,
- Submit your abstract to ichw2019@gmail.com
- Last date for submission: 8th June 2021
- After successful submission, receipt acknowledging the abstract will be sent via an email.
- Selected abstracts will be called for oral presentations.

CASH PRIZES

1st Prize - Rs 15,000

2nd Prize - Rs 10,000

3rd Prize - Rs 5,000

REGISTRATION FEE : RS 100/-

You should register as a delegate/student to participate/present at the 2nd ICHW 2021. Please use the following link for registering yourself.

<https://forms.gle/xWxMdNUWazhhiuQE8>

BANK ACCOUNT DETAILS FOR REGISTRATION

Account name- Sant Hirdaram Yoga and Nature Cure Hospital

Account number- 38763018271

IFSC Code- SBIN0008241

Bank name- State Bank of India

Branch- Bairagarh main market

REGISTRATION BENEFITS

- E certificates will be provided to all the participants.
- Access to recorded sessions to all the participants.
- E Souvenir for all the participants post the conference.
- Scientific sessions from eminent experts in Medicine
- Opportunity to enhance your networking

Mode of session: zoom



10:00 AM - 12:15 PM

04:00 PM - 06:15 PM



ICHW 2021

2nd International Conference

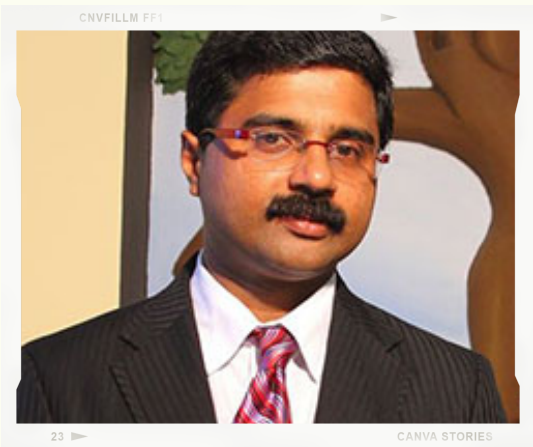
HOLISTIC WELLNESS THROUGH YOGA & NATUROPATHY

INVITED SPEAKERS



**Dr Renu
Mehtani,**

MBBS, MD , FMNM, FINEM
Founder of Param Health
Clinic and an expert
physician in
Autoimmunology



**Dr Praveen
Jacob**
BNYS ,
Adjunct Professor
Research Department,
KS Hegde Medical
Academy,



**Dr Cijith
Sreedhar**
BNYS, CMO
Prakriti Shakti,
Clinic of Natural
Medicine, Kerala



Dr P Saranyan
BNYS,
Medical
Superintendent,
RK Nature Cure,
Coimbatore



**Dr Ishwar
Basavreddy**
PhD ,
Director of
Morarji Desai
National Institute
of Yoga,

**Vitamin D and
immunity**

**Changes in Food habits
across evolution and its
implication on health:
An evidence mapping**

**Establishing and
running a
Naturopathy Setting
with minimalistic
treatments**

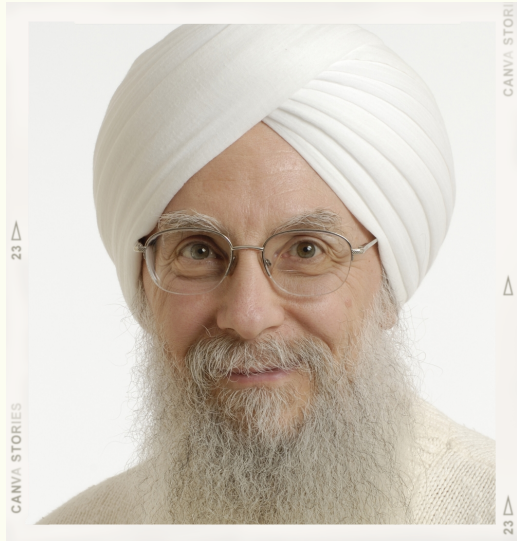
**The role of
Environment in
Health and
Wellness**

**Concept of
Vyadhi in Yoga**

2nd International Conference

HOLISTIC WELLNESS THROUGH YOGA & NATUROPATHY

INVITED SPEAKERS



**Dr Sat bir
Singh Khalsa**
Ph.D.
Assistant Professor of
Medicine, Harvard
Medical School,
Editor in Chief,
International Journal of
Yoga Therapy



**Prof.(Dr.) Pradeep
M K Nair**
BNYS, MSc. (Clinical
Research) (PhD)
Professor and Head
Research, Sant Hirdaram
Medical Collge, Bhopal



**Dr Gulab Rai
Tewani**
BNYS,
Chief Medical Officer
Sant Hirdaram Yoga
and Nature Cure
Hospital, Bhopal



**Dr Amal
Roshan**
BNYS,
Medical Officer,
National Institute of
Naturopathy, Pune



Dr Harini
BNYS,
Founder,
Blooming Belly,
Tamil Nadu

**Yoga for COVID-19
and its
Consequences:
Science and
Research”**

**Unity of disease
and Unity of
Cure: An
evidence based
approach**

**Metrics of Quality in
Yoga & Naturopathy
settings: Opportunities
and Challenges**

**Self Hypnosis:
A new avenue in
Naturopathic
Medicine**

**Establishing
Maternal Care
practice in Yoga &
Naturopathic
Medicine**

2nd International Conference

HOLISTIC WELLNESS THROUGH YOGA & NATUROPATHY

INVITED SPEAKERS



**Dr P Naresh
Kumar**

BNYS, MPH,
Research Officer,
JSSINYS,
Coimbatore



**Dr Abhay
Shankaregowda**

BNYS, MD (Yoga)
Principal, MASCHNYS,
Dean, Faculty of AYUSH,
Swami Vivekanand
Subharti University



**Dr Raghuraj
Puthige**

BNYS, PhD,
Senior Scientific
Writing Lead,
Enago LifeSciences



Dr Vijay Nema
PhD

Scientist E,
National Aids
Research Institute,
ICMR, Pune



**Prof. (Dr). S.T.
Venkateswaran**

ND (Osm), MSc (Y& N),
PGDOM,
PGDDY, DNHE
Professor and Head
Yoga,
GYNMC, Chennai

**Integrating Yoga &
Naturopathy in to
Public Health:
Opportunities and
challenges**

**Faculty exchange
programs in Yoga &
Naturopathy system
of Medicine: A road
Map**

**Introducing research
aptitude during
studentship: A step
towards empowering
Yoga & Naturopathic
Research**

**Gut Flora and
Naturopathy
Therapies**

**Yoga and
immunity:
Practice
perspectives**

2nd International Conference

HOLISTIC WELLNESS THROUGH YOGA & NATUROPATHY

INVITED SPEAKERS



Dr Sunil Paudel ,
BNYS ,PG Diploma,
Fellowship: Pain
Management
Director,
Spark Health Home



Dr Babu Joseph,
ND (Osm),
Former Director,
NIN, Pune



Dr. Amitav Banerjee,
MBBS, MD
Professor and Head,
Community Medicine,
Dr D.Y. Patil Medical College,
Editor in Chief,
Medical Journal of D Y Patil University



Dr N Kathiresan,
BNYS, PGDFM ,
MS (Neuroscience)
AMO/Lecturer, Govt.
Yoga and Naturopathy
College



**Dr Nagalakshmi
Reddy**
ND (Osm)
Administrative &
Finance Officer
Indian Institute of
Health and Family
Welfare

**Surgical vs Integrative
Naturopathy
Management for
Lumbar Spinal
Stenosis: Case Series**

**Orthopathy : The
right Suffering**

**COVID 19 and
Immunity: An
epidemiologic
perspective**

**Yoga &
Naturopathy in
COVID care:
Experience from a
real time setting**

**Principles Of
Health and
Wellness In
Patanjali's Yoga
Sutras**

2nd International Conference

HOLISTIC WELLNESS THROUGH YOGA & NATUROPATHY

INVITED SPEAKERS



Dr Mili Shah
BHMS, MS,
President, Ozone
forum of India



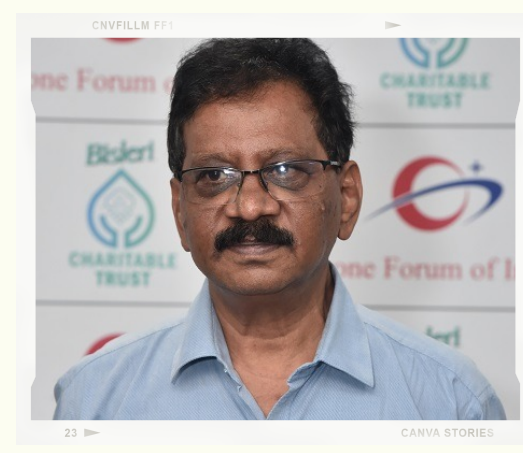
**Dr Naveen
Halappa**
BNYS, PhD (NIMHANS)
Principal & MS,
YNYSCH, Yenepoya
Deemed to be University



**Dr Puneeth
Raghavendra**
BNYS, MD (Yoga)
Deputy Director,
TSYNM, SVYASA,
Bangalore



**Prof. (Dr.). K.
Satya Lakshmi,**
ND (Osm), M.Phil,
Director,
National Institute of
Naturopathy, Pune



**Dr Lalit Kumar
Anande**
MBBS
Medical
Superintendent
(Retd),
Sewri TB Hospital,

**Ozone Therapy in
COVID-19:
Immunity,
Treatment & Post
COVID Management**

**Yoga & Naturopathy
nutrition in
psychiatric disorders**

**Dhouti & Gut Brain
Psychology**

**The role of fear of
disease and fear of
death in health care**

**Anti-oxidant
Therapies in Lung
health**

2nd International Conference

HOLISTIC WELLNESS THROUGH YOGA & NATUROPATHY

INVITED SPEAKERS



Dr Shivraj Patil
BNYS, MD(Yoga)
Chief Medical Officer,
SDM Yoga and Nature
Cure Hosptial
Pareeka, Udupi



Dr Raghavendra Rao
BNYS, PhD,
Director,
Central Council for
Research in Yoga &
Naturopathy, New Delhi



Dr. D. Sathyanath
BNYS, MD (Naturopathy)
Senior Medical Officer,
National Institute of
Naturopathy, Pune



Dr Dhananjay Arankale
BNYS, MPH
Vice President,
INYGMA, Maharashtra



Dr K Mahesh Kumar
BNYS, PhD (Physiology)
Department of Physiology
Govt. Yoga & Naturopathy
Medical College &
Hospital, Chennai

**Holistic Approach
of Naturopathy for
healthy life**

**Role of Yoga in
COVID-19
Management**

**Immunity by virtue
of Purification :
Yoga perspective**

**Alternative careers
in Yoga &
Naturopathy**

**Yoga &
Naturopathy based
lifestyle clinics: A
trend analysis from
Government of
Tamil Nadu**