23rd INCOFYRA
International Conference on Frontiers in Yoga Research and Its Applications
Theme: Yoga as Lifestyle Medicine
Jan 3-6, 2020 | Prashanti Kutiram, Bengaluru - 560 105

Pre Conference Workshops
Date: Dec 27-31, 2019
Venue: Prashanti Kutiram

Organised by: VYASA, Bengaluru
Technical Support by:
S-VYASA (Deemed to be University), Bengaluru

www.incofyra.com | www.vyasa.org | www.svyasa.edu.in
My Dear Brothers and Sisters,

In modern times, management of noncommunicable diseases has become an enormous challenge to the medical fraternity worldwide. It is increasingly being recognized that non-communicable diseases are multifactorial problems and therefore the solutions to these have to be multi-faceted. Evidence based approach is of utmost importance to provide the best possible care for the patients.

Equally important is to develop cost-effective treatments. Modern Medicine, Yoga and other AYUSH systems of medicine approach patient care in their own unique ways. Each system has got its own advantages. Hence it is necessary to explore how these systems of medicine can complement each other in order to provide best solutions for the management of non-communicable diseases.

Hence, we have selected a theme “Yoga as Lifestyle Medicine” for 23rd INCOFYRA. This will make an effort to integrate Indian medicine and Modern Medicine with Yoga as basis for integrative medicine by bringing prominent researchers and doctors from all these fields under on one platform. The focus of 23rd INCOFYRA will be on reversal of Diabetes and Heart disease with Yoga as lifestyle intervention.

We welcome you all to our Prashanti Kutiram campus.

With Love
Dr. H R Nagendra
President, 23rd INCOFYRA
President, VYASA and Chancellor, S-VYASA University

Conference Objectives

1. To disseminate the research findings in the field yoga and give directions to future research
2. To translate the available research findings of Yoga therapy for NCDs into clinical practice
3. To establish working groups comprising universities, health care providers and policy makers to initiate collaborative research programs
4. To deliver cost effective health care
Main Conference: Yoga as Lifestyle Medicine

Jan 3 - 6, 2020: The 23rd INCOFYRA will present the evidence summary on Yoga for Physical, Mental and Emotional well-being. The therapeutic potential of Yoga in the prevention and management of non-communicable disease will be highlighted in the conference. The main focus of 23rd INCOFYRA will be on reversal of Diabetes and Heart disease with Yoga as lifestyle intervention.

### Conference Programs at a Glance

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
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<tbody>
<tr>
<td>Dec 27 - 31, 2019</td>
<td>Pre - Conference Workshop</td>
</tr>
<tr>
<td>Dec 30 &amp; 31, 2019</td>
<td>Himalaya Yoga Olympiad Finals</td>
</tr>
<tr>
<td>Jan 3 - 6, 2020</td>
<td>Main Conference</td>
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</table>

### Parallel Symposia
- Consciousness based approach to healthcare
- Reversing NCDs through Yoga
- Yoga: The basis for Integrative Medicine

### Main Conference Program Highlights

**January 3, 2020: Inaugural Ceremony**

**January 6, 2020: Valedictory Ceremony**

**Jan 4 - 6, 2020: Morning Yoga Session**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>5:30 – 6:30 am</td>
<td>General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques</td>
</tr>
</tbody>
</table>

**Common Morning Maitri Milan Session**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7 – 8 am</td>
<td>Bhagavag Gita Chanting</td>
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**January 4, 2020: Scientific Sessions**

- Plenary Talk: Keynote Address 1 & 2
- Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
- Poster Presentations
- Panel Discussion

**January 5, 2020: Scientific Sessions**

- Plenary Talk: Keynote Address 1 & 2
- Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
- Oral Prize Paper Session
- Oral Prize Paper Session / Poster Presentation

**January 6, 2020: Scientific Sessions**

- Plenary Talk: Keynote Address 1 & 2
- Panel Discussion

**Common Evening Sessions**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>5 - 6 pm</td>
<td>Satsang</td>
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<tr>
<td>6 - 7:30 pm</td>
<td>Cultural Program</td>
</tr>
</tbody>
</table>

**Refreshments**

- 8 am Breakfast | 10:30 am Tea Break | 1 pm Lunch | 3:30 Tea Break | 7:30 Dinner
Prashanti Kutiram is the headquarters of Vivekananda Yoga Anusandhana Samsthana. It is located 32 kmts away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, topnotch research facilities are the unique features of this campus. In its 100 acre spacious campus it houses following:

- **S-VYASA University** – S-VAYSA is Deemed University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate programs in Yoga.
- **VYASA** – VYASA is a registered charitable institution (1986) working for making Yoga as a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, GoI.
- **Arogyadhama** - A 250 bedded holistic health home and research center
- **Anvesana** – State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, and Psychology and Subtle energy labs.
- **VYASA Health Care Pvt Ltd** - VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)™ and Vivekananda Yoga Global (VYG)™.
- **SVYP** - An exclusive yoga publication house
- **Sushruta Ayurvedic Medical College and Hospital** - It offers Bachelor in Ayurveda, Medicine, and Surgery (BAMS), a 5½ year medical graduation program.
- **The School of Yoga and Naturopathic Medicine** - It offers Bachelor in Naturopaty and Yogic Sciences (BNYS), a 5½ year medical graduation program
- **Vyasa Business School** - Under the Division of Yoga & Management Studies of S-VYASA University, Vyasa Business School has been built and developed which focuses on the Indian System of Management.

**Pre Conference Programs**

**Himalaya Yoga Olympiad**

**Starts on** - Oct 1, 2019 | **Finals** - Dec 30 & 31, 2019 at Prashanti Kutiram

The objectives of Himalaya (A Yoga Olympiad) is to promote the awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope to spread the message of yoga as a science of Holistic living to be achieved through Jnána Yoga, Rája Yoga, Bhakti Yoga and Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with physical demonstration of yogasanas only. It also assesses knowledge and grasp of concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMÁLAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut-throat competition and selfishness and engage in co-operative, harmonious pro-active living.
Who Should Participate?

1. Medical professionals
2. Practitioners of Indian medicine (AYUSH)
3. Yoga researchers and yoga therapists
4. Wellness and health industry persons
5. Policy makers

Pre Conference Workshops

Dec 27 - 31, 2019 at Prashanti Kutiram

During the pre-conference workshop, three independent workshop tracks are offered, CME, CRE, and CYE. Participants can attend any one of the track, as all these sessions will be happening in parallel.

Continuing Medical Education (CME)

CME on holistic healing includes 6 different diseases (Oncology, Cardiology, Pulmonology, Diabetes, Mental Health, Musculoskeletal disorders). The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.

Who can participate? Yoga therapists, Yoga teachers and doctors
Coordinator: Dr. Amith Singh, Dr. Ashween S Bilagi, Dr. Champa Panth & Dr. Remitha
Contact No: 93418 54502

Continuing Research Education (CRE)

In order to promote more researchers in the field of AYUSH, this pre-conference workshop focusing on research is being offered. The content of the course will enable research enthusiasts to grasp basic to intermediary level of research methodology and statistics concepts. Clinicians who would like to incorporate research in their practice; masters and PhD level students who wish to learn basics of research; teachers who desire to learn various techniques and tools used in research will find this workshop useful. It is a five-days workshop, 5 hours per day with theory and practical sessions.

Course Syllabus (25 hours):
- Introduction of research in AYUSH – Need & Scope, Research process, Visit of research facility, Developing good research question, Literature review, Softwares for organizing literature – Mendeley, Docear, Key concepts of research methodology (NHST, Sampling, Controlling bias, research design, validity & reliability), Introduction to R for statistical analysis – Installation, descriptive stats, assumption tests, Choice of assessment tools and data collection methods, Statistical analysis using R (JASP) – Correlation, t-tests, One way ANOVA, interpretation of results and reporting, Statistical analysis using R (JASP) – chi square test, non-parametric tests, interpretation of results and reporting, Documentation of clinical information for research purpose, applying for grants.

Who can participate? Clinical practitioners, academicians, MSc, MD & PhD scholars
Coordinator: Dr Judu Ilavarasu | Email: judu@svyasa.edu.in | Contact No: 90357 30812

Continuing Yoga Education (CYE)

S-VYASA has developed several advanced yoga techniques based on traditional yoga texts. These advanced yoga techniques are very much useful in the management of NCDs and also promote positive health. Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique, Mind Imagery Technique, Mastering the Emotion Technique, Vijnana Sadhana Kausal Technique, Ananda Amruta Sincana these advanced yoga techniques theory and practice will be conducted.

Who can participate? Yoga therapists and Yoga teachers
Coordinator: Ms. Padmashree Gudapti | Email: padmasri@svyasa.edu.in | Contact No: 95916 43807
Conference Organizing Committee

President
Dr. H R Nagendra

Vice Presidents
Dr. B R Ramakrishna, Sri T Mohan, Sri N V Raghuram
Dr. K Subrahmanym, Prof. Prahlada Ramarao

Organizing Secretary: Dr. Srinidhi K Parthasarathi

Joint Secretaries: Dr. R Chandrasekhar, Dr. Raghuram Bhat

Scientific Committee Chairs
Dr. R Nagarathna, Dr. Manjunath N K, Dr. Ramesh M N, Dr. Alok Roy

Technical Sessions: Dr. Vijaya Majumdar, Dr Judu Ilavarasu

Souvenir: Dr. M K Sridhar, Dr. Raghuram Bhat, Dr. Deepeshwar Singh

Treasurer: Sri H R Dayananda Swamy

Delegate Registrations: Dr. Shree Varaprasad N S, Ms. Kavitha

Accommodation: Dr. Puneeth Raghavendra, Sri Sham Sundar, Sri Narendra Shetty

Campus Logistics: Sri Vasantha Kumar, Sri Mohan Kishore

Exhibition and Stalls: Dr. Apar Saoji, Dr. Harish Babu

Cultural Program: Dr. M K Sridhar, Dr. Vasudev Vaidya, Dr. Karuna Nagarajan

Himalaya Yoga Olympiad
Dr. Rabindra M Acharya, Dr. Balaram Pradhan, Dr. Vikas Rawat, Sri Kiran Kumar

International Co-ordinators: Dr. Manjunath N K, Sri Raghu Bengaluru, Dr. Vasudha Sharma

Pre-conference Workshops
Dr. Amith Singh, Dr. Ashween S Bilagi, Dr. Champa Panth, Dr. Remitha

Hospitality: Dr. Bharathi Dhevi, Dr. Vikas Rawat, Smt. Sharada Shankar

Strategy and Communication: Dr. Sham Sundar, Dr. Shveta Bhalothia, Dr. Vinayak Chauhan

Maitri Milan, Satsang and Yajna: Sri Rajesh H K, Dr. Sanjeev Hegde

Publications: Sri M S Surendra, Sri Bharatheesha P

Media and Govt Laison: Sri Raghu Bengaluru, Sri Dhananjaya C, Sri Shivakumar

Transport: Sri Mahadevappa B, Dr. Suresh Babu, Sri Devaraj U N

Food Committee
Dr. Swati P S, Dr. Kshamashree, Dr. Sowmya, Dr. Soubhagyalaxmi, Sri Basappa

Website Management: Sri Pradeep Kumar, Sri Bharatheesha P

Video & Photography
Sri Murulidhara H D, Sri Elumalai, Sri Siddharth Rai, Sri Arijit Ghosh
Conference Registration

Register before Dec 15, 2019 to gain Maximum Concession

<table>
<thead>
<tr>
<th>Individual Programs</th>
<th>Dates</th>
<th>SAARC Countries</th>
<th>International</th>
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<tbody>
<tr>
<td>Pre-Conference</td>
<td>Dec 27 - 31, 2019</td>
<td>₹4,500</td>
<td>₹5,000</td>
</tr>
<tr>
<td>Main Conference</td>
<td>Jan 3 - 6, 2020</td>
<td>₹4,500</td>
<td>₹5,000</td>
</tr>
<tr>
<td>Both Programs</td>
<td>Dec 27, 2019 - Jan 6, 2020</td>
<td>₹9,000</td>
<td>₹10,000</td>
</tr>
<tr>
<td>Day Rate for Conference</td>
<td>-----</td>
<td>₹1,500</td>
<td>₹1,750</td>
</tr>
</tbody>
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- Registration Fee includes only Food and Attendance of Conference Programs
- Accommodation Charges are separate
- **Please Note:** Choose your own Accommodation (Optional)
  - Accommodation in Prashanti Kutiram *(limited)* from Jan 3rd - 6th, 2020 (4 nights)
  - Non A/C Standard Room for SAARC Nationals *(2 persons in 1 room)*: ₹950/head/day
  - Non A/C Standard Room for Foreigners *(2 persons in 1 room)*: US$60/head/day
  - Dormitory for SAARC Nationals: ₹500/head/day
- **Students & S-VYASA Alumni** are entitled for 50% concession
  (Student ID card/letter from Principal should be submitted during registration process)
- Registration at S-VYASA campus office is also available
- Mode of Payment: by Cash, Cheque, Bank Draft, Debit/Credit Card, Online Bank Transfer, payable to *VYASA ‘Vivekananda Yoga Anusandhana Samsthana’*
- **Online Transfer Details for Indian Nationals:**
  - A/C Name: Vivekananda Yoga Anusandhana Samsthana; A/C No: 31004780111;
  - Bank & Branch: SBI, Jigani; IFS Code: SBIN0011355
- **Online Transfer Details for Internationals:**
  - A/C Name: Vivekananda Yoga Anusandhana Samsthana; A/C No: 31527234022;
  - Swift Code: SBININBB421; Branch Code: 06866
  - Foreign Transfer Bank Address: SBI Specialised Banking Branch, St. Marks Road, Bangalore, Karnataka, India
- After Online Payment, please Mail a Copy of Payment Receipt to accounts@svyasa.org & copy to incofyra@svyasa.org
- For more details please visit conference website [www.incofyra.com](http://www.incofyra.com)

Hotels in the vicinity of Prashanti Kutiram

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Contact Number</th>
<th>Mobile Number</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Hotel R V International</td>
<td>080-2782 6099 / 6100</td>
<td>100352 02384</td>
<td></td>
</tr>
<tr>
<td>Hotel V Inn</td>
<td>080-2782 5000 / 1</td>
<td>99722 05912</td>
<td>99006 49448</td>
</tr>
<tr>
<td>Hotel Sai Vishram</td>
<td>080-4040 0400</td>
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Dates to Remember

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Pre Conference programs</td>
<td>Dec 27 - 31, 2019</td>
</tr>
<tr>
<td>Main Conference</td>
<td>Jan 3 - 6, 2020</td>
</tr>
<tr>
<td>Registration to avail early bird offer</td>
<td>Sept 15, 2019</td>
</tr>
<tr>
<td>Last date for Abstract submission</td>
<td>Nov 30, 2019</td>
</tr>
<tr>
<td>The abstracts will be peer reviewed and acceptance or otherwise will be intimated by</td>
<td>Dec 10, 2019</td>
</tr>
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</table>

- Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Medicine are invited for oral and poster presentations.
- Researchers can also submit abstracts related to the following areas: Modern medicine, AYUSH and other traditional Indian healing systems, Yoga and its application in wellness, education, spirituality, management, sports, technology, music, and fine arts.
- Submit your abstract on conference webpage. Please visit conference webpage for details.
- For any queries please write to incofyra@svyasa.org

Contact

City Office:
‘Eknath Bhavan’, #19, Gavipuram Circle, K G Nagar, Bengaluru – 560 019
ph: 080-2661 2669

Prashanti Kutiram Campus:
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cell: +91-70220 24777 | ph: +91-80-2263 9968 | e-mail: incofyra@svyasa.org
web: www.incofyra.com ; www.vyasa.org ; www.svyasa.edu.in
facebook: svyasayoga | YouTube: svyasablr

Route Map to Prashanti Kutiram, Jigani, Bengaluru