In Commemoration of 150th Birth Anniversary of Swami Vivekananda

International Conference on Frontiers in Yoga Research & Its Applications

20th INCOFYRA

20th International Conference on Frontiers in Yoga Research and Its Applications

THEME

**YOGA: A Public Health Strategy for Diabetes - Prevention and Education**

Jan 2 - 5, 2014

Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

In technical collaboration with

S-VYASA Yoga University
Swami Vivekananda Yoga Anusandhana Samsthana
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
Bengaluru

www.vyasa.org www.svyasa.org
My dear brothers and sisters...

We are heading for our 20\textsuperscript{th} INFOFYRA programs this year with the main conference from January 2 to 5\textsuperscript{th}, 2014. The theme of the conference is “Yoga: A Public Health Strategy for Diabetes – Prevention and Education”.

For a nation like ours with its vast cultural heritage to have the distinction of being named the Diabetic Capital of the world, is an alarming predicament. It is high time for us to resort to our own treasure house, Yoga, and utilize its extensive resources to fulfill the mass health care needs that have manifested along with our changing life-style. Yoga’s benefits, time tested over millennia, have now been scientifically studied. Evaluation over the past four decades has vindicated their ancient status. Now is the time to advocate their systematic use in Public Health programs throughout India.

VYASA from 1986 and S-VYASA University from 2002, with its worldwide reputation for scientific research on Yoga, has committed itself to elucidating the basis for Yoga’s benefits for Diabetes. Possible mechanisms ranging from psycho-physiological to molecular are being extensively explored. Findings from over 70 published studies suggest that Yoga practices provide health benefits improving quality of life, wellbeing, and memory, and may even prevent premature cellular aging. Diabetes has been shown to be benefitted even in individual having other additional diseases.

Most diabetes is a lifestyle illness. The diabetic population of India is projected to reach 70 million by 2050. Refining our scientific understanding of Yoga’s benefits for diabetes is the need of the hour. Its clinical safety is established. We now need to understand the underlying mechanisms which make its practice so effective. Once this is achieved, Yoga can be widely used to prevent, manage, and in some cases even reverse, the pathology.

At this time our aim is to engage the collective wisdom of researchers from all areas: physicians, professionals, policy makers, industry partners, and form a partnership, which will integrate Yoga into mainstream health care delivery systems to address the problem of diabetes.

The Nation-wide “Stop Diabetes Movement” (SDM) originated at S-VYASA University. It aims to prevent the spread of diabetes, improve diabetes health care, and reduce the demands (and thus costs), which it places on India’s health care resources. Yoga adds not just life to years, but ‘health’ to years of life for the diabetic population. SDM has been implemented in over 50 cities treating 15,000 or more people. It presents a successful model of health care delivery for the whole population. The 20\textsuperscript{th} INCOFYRA will establish a national platform for us all to fight the diabetes epidemic.

\textit{With Love}

Dr H R Nagendra
President, VYASA and Chancellor, S-VYASA University

‘Yoga: A Public Health Strategy for Diabetes – Prevention and Education’
<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>PRE CONFERENCE</strong></td>
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<tr>
<td>June 21, 2013</td>
<td>World Yoga Day: Conference Curtain Raiser</td>
<td>9:00am - 5:00pm</td>
<td>VYASA Affiliates, Associates and Branches all over India and Abroad</td>
</tr>
<tr>
<td>Sept 11, 2013</td>
<td>150th birth year of Swami Vivekananda &amp; Universal Brotherhood Day: Diabetes Screening Camps</td>
<td>9:00am - 5:00pm</td>
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<tr>
<td>Nov 14, 2013</td>
<td>World Diabetes Day: Diabetes Education Workshops</td>
<td>9:00am - 5:00pm</td>
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<tr>
<td>Dec 26-30, 2013</td>
<td>Spiritual Retreat by Swami Dayananda Saraswati ji</td>
<td>7:00am - 9:00pm</td>
<td>Prashanti Kutiram</td>
</tr>
<tr>
<td>Dec 27-29, 2013</td>
<td>Himalaya Yoga Olympiad</td>
<td>5:00am - 5:00pm</td>
<td>Prashanti Kutiram</td>
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<tr>
<td>Dec 27-31, 2013</td>
<td>Pre Conference Workshop</td>
<td>9:00am - 5:00pm</td>
<td>Prashanti Kutiram</td>
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<tr>
<td><strong>MAIN CONFERENCE</strong></td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Arogya-Expo: Health Exhibition</td>
<td></td>
<td>Prashanti Kutiram</td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Inauguration</td>
<td>Jan 2 @ 4.00pm</td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Morning Sessions</td>
<td>Jan 3, 4, 5 @ 5.00am - 6.30am</td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Pre breakfast Common Sessions</td>
<td>Jan 3, 4, 5 @ 7.00am - 8.00am</td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Pre-lunch Common Sessions</td>
<td>Jan 3, 4, 5 @ 9.00am - 10.30am</td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Post-lunch Common Sessions</td>
<td>Jan 3, 4 @ 1.30pm - 2.50pm Jan 5 @ 1.30pm</td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Multi Track Special Sessions</td>
<td>Jan 3, 4 @ 11.00am - 1:00pm Jan 5 @ 11.00am - 1:00pm &amp; 2.30pm - 3.30pm</td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Paranormal Phenomena and Special Yajnas for DM</td>
<td>Jan 3, 4 @ 6.00pm - 7.30pm</td>
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<tr>
<td>Jan 2-5, 2014</td>
<td>Yoga Nights</td>
<td>Jan 3, 4 @ 8.30pm - 10.00pm</td>
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<tr>
<td>Jan 5, 2014</td>
<td>Valedictory Function</td>
<td>3:30pm - 5:30pm</td>
<td>Kanteerava Indoor Stadium, Bengaluru</td>
</tr>
<tr>
<td>Jan 5, 2014</td>
<td>Special Yoga based Cultural Evening</td>
<td>6:30pm - 8:30pm</td>
<td></td>
</tr>
</tbody>
</table>
POST CONFERENCE WORKSHOPS

| Jan 6–10, 2014 | CME for Yoga Therapists | CME for AYUSH Researchers |
|               | 5.00 am - 7.20 am; 10.30 am - 1.00 pm; 3.00 pm - 5.30 pm & 8.30 pm - 10.00 pm |
|               | Professional Meetings: IYA Meetings, S-VYASA Alumni meet, CYA Meet, Meetings of VYASA India & VYASA International |
|               | Prashanti Kutiram |

**CONFERENCE VENUE**

**Prashanti Kutiram (Abode of tranquility)** The international headquarters of VYASA is the spacious, 100 acre, campus of S-VYASA (the Yoga University), with its serene atmosphere and natural beauty in a rural setting some thirty kilometers south of the city of Bengaluru. Under VYASA there are six major activities:

a. **Arogyadhama** - a 250 bed holistic health home and research center
b. **Anvesana** - a world class yoga research facility
c. **S-VYASA** - Yoga University
d. **SVYP** - an exclusive yoga publication house
e. **VYASA India** - the national network of VYASA centers &
f. **VYASA International** - the growing network of VYASA centers around the world

In addition, VYASA campus houses an ayurvedic medical college (Sushruta Ayurvedic Medical College and Hospital) with emphasis on high quality practice of Ayurvedic medicine and research.

**In MAIN CONFERENCE**

**CHOICE OF MORNING SESSIONS:** January 3, 4, 5; 2014 (5.00 am - 6.30 am)

1. General Yoga Classes
2. Advanced Ásanas
3. Yoga therapy (8 Tracks including diabetes)
4. Advanced Techniques (5 Tracks: ÁVARTAN, PET, MSRT, VISÁK and AÁNAMS) for Diabetes
5. Naturopathy treatments
6. Ayurveda for rejuvenation
7. Gopuja and Agnihotra in Goshala
8. Special Yajnas tailor made for DM control in Yoga Vinayaka temple

**COMMON MORNING SESSION:** 7.15 am - 8.00 am
Jan 3, 4, 5; 2014 - Maitri Milan in Mangal Mandir Auditorium

**COMMON EVENING SESSIONS:** 6.00 pm - 10.00 pm
1. Jan 2, 3, 4; 2014 - Satsangs: 6.30 pm - 7.30 pm
2. Jan 3, 4; 2014 - Paranormal/Magic Shows: 6.00 pm - 7.30 pm
3. Jan 3, 4; 2014 - Yajnas (Resonating with Cosmic Forces): 6.00 pm - 7.30 pm
4. Jan 2, 4; 2014 - Yoga Nights: 8.00 pm - 10.00 pm

‘Yoga: A Public Health Strategy for Diabetes – Prevention and Education’
CONFERENCE OBJECTIVES

1. Disseminate research findings in the field of Yoga for Diabetes Mellitus and give directions to future research
2. Provide the evidence required to integrate Yoga therapy with conventional care for Diabetes Mellitus
3. Establish national and international working groups comprising Universities, healthcare providers and policy makers to initiate collaborative research programs
4. Enhance healthcare provider–industry partnerships to develop programs integrating diabetes care products with yoga-based lifestyle
5. Thus, evolve and engage in a nation-wide Stop Diabetes Movement (SDM) for diabetes prevention and education to unseat India from its deplorable position as the ‘Global Capital of Diabetes’

WHO SHOULD PARTICIPATE?

a. Yoga researchers, Yoga & Naturopathy physicians, Yoga & Rehabilitation consultants, Diabetologists, Endocrinologists, Yoga therapists, Health psychologists, Public health professionals, Health educationists and Nutritionists
b. Professional Associations; Centers of Excellences; Specialty Diabetes Centers; Government Institutes; Policy Makers; Representatives of Industry; and Diagnostic laboratories
c. Vendors of lifestyle products; Herbs and organic foods and diabetic food & supplements and such other professionals
d. Patients with diabetes and people at large

BENGALURU

Bangalore, renamed Bengaluru, the tech Capital of India, has been the Capital City of Karnataka State since 1830. A fast growing metropolitan area of over 8 million people on southern India’s Deccan Plateau, the city is the 3rd largest in India and 27th in the world. It is home to large numbers of IT industries from round the globe. As the ‘Silicon Valley of India’; it contributes one third of India’s IT exports. In 2009, the Globalization and World Cities Study Group and Network ranked Bengaluru “Beta World City”. It is also a ‘Garden City’, noted for its green beauty, and for having beautifully maintained its rich cultural heritage alongside its new technical and industrial status.

Situated about 1000 meters above sea level, Bengaluru enjoys moderate weather throughout the year: summer temperatures up to 36°C and winter temperatures only down to 7°C. It enjoys a mix of cultures including both Carnatic and Hindustani traditions - 62% of the city’s population are from other parts of India, with different religions and diverse cuisine.

Welcome home to experience Bengaluru!
**DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Registration to avail early bird offer</td>
<td>before &amp; up to Sept 10, 2013</td>
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<tr>
<td>Last date for Abstract submission</td>
<td>Sept 30, 2013</td>
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<tr>
<td>The Papers will be peer reviewed and</td>
<td>Oct 15, 2013</td>
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<td>acceptance or otherwise will be intimated by</td>
<td>Dec 1, 2013</td>
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**PRE CONFERENCE**

**PRE-CONFERENCE WORKSHOPS**

Dec 27-31, 2013 at Prashanti Kutiram, The International headquarters of VYASA

Theme - *Diabetes Prevention and Education*

The workshop calls on all those responsible for diabetes care to understand diabetes and take control. For people with diabetes, this workshop aims at empowerment through education. For healthcare professionals, it is meant to improve knowledge so that evidence-based recommendations are put into practice. For the general public, it is a call to understand the serious impact of diabetes and know, where possible, how to avoid or delay diabetes and its’ complications.

**Learning objectives:**

- To understand the importance of education and an evidence-base for the prevention and management of diabetes and its complications
- To recognize warning signs of diabetes and promote action to encourage early diagnosis
- To understand dimensions of primary prevention for pre-diabetes, secondary prevention for mild and moderate diabetes and tertiary prevention for severe diabetes with complications respectively
- To raise awareness of and promote action to reduce the main modifiable risk factors of type 2 diabetes, and to prevent or delay its complications
- To use evidence-based yoga therapy to prevent, manage, and reverse type 2 diabetes mellitus

**SPIRITUAL RETREAT** by Swami Dayananda Saraswati ji

Dec 26-30, 2013

Swami Dayananda Saraswati is a contemporary teacher of Vedanta and a scholar in Sanskrit in the tradition of Sankara. Swamiji has been teaching Vedanta in India for more than five decades and around the world since 1976. His deep scholarship and assimilation of Vedanta combined with a subtle appreciation of contemporary problems make him that rare teacher who can reach both traditional and modern students. Swami Dayananda Saraswati is *peethadhipati* for *jnyanayoga peetham* at S-VYASA University. Swamiji will be conducting a five day comprehensive spiritual retreat from 26th to 30th Dec, 2013, which involves lectures and meditation sessions by Swamiji. Delegates registering for the pre-conference will get a free entry to cherish the retreat.

‘Yoga: A Public Health Strategy for Diabetes – Prevention and Education’
AROGYA EXPO: HEALTH EXHIBITION

Jan 2-10, 2014 at Prashanti Kutiram

AROGYA Expo will bring consumers into close contact with Physicians, Industry and knowledge resources concerning best options for health care through Yoga and Holistic living. Arogya Expo is an initiative promoted actively by the Department of AYUSH, Government of India. It aims to support professionals, institutes and industry in Indian Medicine (AYUSH) to showcase their products and services and thereby make people aware that AYUSH systems form safe, effective modes of health care which constitute first choice for large sections of India. For several years, Arogya Expo is being organized by Karnataka Indian Medicine Manufacturers Association (KIMMA), this time in collaboration with the Department of AYUSH, Government of Karnataka and S-VYASA University.

HIMALAYA YOGA OLYMPIAD

Dec 27-29, 2013 at Prashanti Kutiram

[ Himalaya will be held at the Conference venue from December 27-31, 2013. For more details see our website: www.svyasa.org ]

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/or 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. HIMALAYA 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.

www.svyasa.org
Jan 2-5, 2014

Theme - ‘Yoga: A Public Health Strategy for Diabetes – Prevention and Education’

The theme addresses the urgent need for collaborative actions involving health professionals from physicians of conventional medicine and traditional medicine, policy makers, government organizations and Industries to the protection of the health of our future generations. Particular focus is placed on highlighting the importance of education - for health professionals and diabetes patients alike as well as those at risk for diabetes. Thus aim at reducing the impact of diabetes throughout the world and to articulate the role of yoga as a safe and effective public health strategy in the prevention and management of diabetes and its complications.

**ABOUT THE THREE TRACKS AT THE MAIN CONFERENCE**

<table>
<thead>
<tr>
<th>Track</th>
<th>Track Name</th>
<th>About the track</th>
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</table>
| 1     | YOGA AND DIABETES RESEARCH | **Therapeutic Applications of Yoga:**  
- Evolution of disease specific yoga therapy modules for diabetes  
- Research evidences for the safety and clinical efficacy of yoga for diabetes  
- Application of yoga in the management & prevention of diabetes  
**Mechanism of Action:**  
- Evidences unraveling mechanisms for reported clinical benefits for yoga therapy in diabetes from psycho-physiological to molecular level  
**Future Trends in Research:**  
- Leads fro future research in the field of yoga for diabetes mellitus in view of emergence of Integrative Diabetology |
| 2     | COLLABORATIVE CHANNEL-OF PROFESSIONAL BODIES AND POLICY MAKERS |  
- Formulating a National and International Working Group comprising Universities, Health care providers and policy makers to initiate Collaborative Research activities, to improve patient care in diabetes and applicability of yoga therapy  
- Professional bodies and centers of excellences include: MV Mohan Diabetes Center, Karnataka Diabetes Institute, Diabetes Technology Society, Nutrition Society of India and professional bodies for Endocrinologists, Diabetologists, YOGA & Naturopathic physicians, physicians from AYUSH systems and Nutritionists  
- The policy makers to be involved are - Regional Center - World Health Organization (WHO), NCCAM of National Institutes of Health (NIH), U.S.A.; International Diabetes Federation; Indian Council of Medical Research (ICMR), Govt. of India; Department of Science and Technology (DST), Govt. of India; Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India |
| 3     | PARTNERSHIP MEET WITH - INDUSTRY AND BUSINESS HOUSES |  
- Focuses on enhancement of Industry partnership and development programs that integrates products and services with yoga based lifestyle  
- Industry partners may include Karnataka Indian Medicine Manufacturers Association (KIMMA); Quality control for organic food; Vendors of Self-monitoring tools, Nutritional supplements, Medicinal herbs and Diabetes specific lifestyle products; Diagnostics Laboratories |
**Programs in Bengaluru City: Jan 5, 2014**

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<tr>
<th>Date</th>
<th>Program</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jan 5, 2014</td>
<td>Suryathon</td>
<td>6:00am - 9:00am</td>
<td>Bengaluru city venue: Kanteerava Indoor Stadium</td>
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<td></td>
<td>Breakfast</td>
<td>9:00am - 10:00am</td>
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<td></td>
<td>Cultural Programs: 5 events; ½ hour each</td>
<td>10:00am - 1:30pm</td>
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<td></td>
<td>Bhajans</td>
<td>2:30pm - 3:30pm</td>
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<td></td>
<td>Valedictory Function</td>
<td>3:30pm - 5:30pm</td>
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<td></td>
<td>Music and Dance Ballet on Swami Vivekananda</td>
<td>6:00pm - 7:30pm</td>
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**Post Conference Workshops: Jan 6-10, 2014**

1. **Evidence Based Yoga Therapy for Type 2 Diabetes Mellitus**
   - **For Patients with Diabetes Mellitus**: To offer integrated therapy including Integrated Approach of Yoga Therapy (IAYT); Naturopathy & Ayurveda under the expert guidance of Dr R Nagarathna MD, FRCP. (5.00am to 7.20am; 10.30am to 1.00pm; 3.00pm to 5.30pm and 8.30pm - 10.00pm). Specific yoga modules for primary prevention of pre-diabetes, secondary prevention of mild and moderate diabetes and tertiary prevention of severe diabetes with complications respectively will be advised.
   - **Venue**: Árogyadháma complex. The session will focus on address the following three issues concerning diabetes:
     - **Diabetes Prevention**: On the role of lifestyle modification in preventing diabetes, by reducing risk factors.
     - **Management of Diabetes**: Diabetes with its multifactorial causation is comprehensively addressed by a multi-faceted approach of integrated yoga therapy at physical, mental, social and spiritual levels along with conventional approaches.
     - **Rehabilitation for Diabetic Complications**: Retarding the progression of illness through integrating yogic lifestyle modification strategies with conventional approaches and technological tools to prevent development of diabetes related complications such as neuropathy, nephropathy, retinopathy, coronary atherosclerosis, stroke etc.

2. **CME for Yoga Therapists**: This is a Continued Education for Yoga Therapists with evidence based yoga therapy training for diabetes mellitus.

3. **CME for AYUSH Researchers**: This is specially intended for researchers to explore the safety; efficacy and cost effectiveness of AYUSH systems in the prevention & management of diabetes mellitus.

4. **Indian Yoga Association [IYA] meetings**: India’s first umbrella organization of the entire yoga community established to evolve standards for education; teaching; practice and therapy.

5. **Special Meetings**: Council for Yoga Accreditation (CYA) Meetings; Meetings for VYASA India, VYASA International and S-VYASA Information Centers
CONFERENCE REGISTRATION

Register earlier before Sept 10th to gain maximum concession

<table>
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<tr>
<th>Individual Programs</th>
<th>Dates</th>
<th>SAARC Centers</th>
<th>International</th>
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<tbody>
<tr>
<td></td>
<td>Before Sept 10 in ₹</td>
<td>After Sept 10 in ₹</td>
<td>Before Sept 10 in $</td>
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<tr>
<td>Pre-Conference</td>
<td>Dec 27-31, 2013</td>
<td>7,000</td>
<td>350</td>
</tr>
<tr>
<td>Main Conference</td>
<td>Jan 2-5, 2014</td>
<td>3,500</td>
<td>250</td>
</tr>
<tr>
<td>Post Conference</td>
<td>Jan 6-10, 2014</td>
<td>7,000</td>
<td>350</td>
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<tr>
<td>All 3 Programs</td>
<td>Dec 27, 2013 &amp; Jan 10, 2014</td>
<td>12,500</td>
<td>800</td>
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<tr>
<td>Day Rate for Conference</td>
<td></td>
<td>1,100</td>
<td>90</td>
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<tr>
<td>Special Event</td>
<td>Jan 5, 2014</td>
<td>500</td>
<td>50</td>
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</tbody>
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- Includes Board and Lodging in shared accommodation and entry for special events
- Students can get 50% Reduction
- **Organising Secretary:** Dr Hemant Bhargav
  cell: +91-87620 19348 | e-mail: incofyra20@gmail.com ; incofyra@svyasa.org
- Payment by Cash or DD 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: 0405101028355; Bank & Branch Name: Canara Bank, Chamarajpet; IFS Code: CNRB0000405; MICR Code: 560015010

**note:** After online payment, please mail a copy of payment receipt to incofyra20@gmail.com for registration procedure

CALL FOR PAPERS

Scientific research papers and review papers on the theme and related topics in yoga are invited for oral and poster presentations

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<tbody>
<tr>
<td>Last date for submission of Abstracts</td>
<td>Sept 30, 2013</td>
</tr>
<tr>
<td>The Papers will be peer reviewed and acceptance or otherwise will be intimated by</td>
<td>Oct 15, 2013</td>
</tr>
<tr>
<td>Last date of submission of Full Papers</td>
<td>Dec 1, 2013</td>
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</tbody>
</table>

- Send your abstracts to...
incofyra20@gmail.com

‘Yoga: A Public Health Strategy for Diabetes – Prevention and Education’
Plan: The Stop Diabetes Movement

- Urgent need of the hour is for a collective effort, to unseat India from the position of the World Capital for Diabetes
- Develop teams of volunteers for early detection
- To form a net-work through associations
  1. **Diabetics & Pre-diabetics**: SDFA - S-VYASA Diabetes Friends Association
  2. **SDM Organizers**: SDYO - S-VYASA Diabetes Yoga Organizers Wing
  3. **Lifestyle Therapists**: SDYT - S-VYASA Diabetes Yoga Therapists Team
  4. **Researchers**: SDYR - S-VYASA Diabetes Yoga Researchers Group
  5. **Medical Professionals**: SDMC - S-VYASA Diabetes Medical Council

How to go about it?

1. Announce Diabetes Camps for two weeks
2. VYASA Team to conduct the camps initially
3. VYASA Team will train the Yoga Therapists in the area
4. Regular Classes for Pre Diabetics and Diabetics by the trained Yoga Therapists
5. Mega Awareness programs can be organized in towns and cities
6. The Organizers will contact the local doctors, researchers

www.svyasa.org
CONFERECE ORGANIZING COMMITTEE

PRESIDENT:
Dr H R Nagendra

VICE-PRESIDENTS:
Dr Ramachandra G Bhat, Dr K Subrahmanyam, Sri T Mohan, Sri Venkat Ram

ORGANIZING CHAIRMAN:
Dr Naveen K Visweswaraiah

ORGANISING SECRETARIES:
Dr Sudheer Deshpande, Dr Hemant Bhargav, Dr Raghavendra Bhatt, Sri Shatrughan Singh

TREASURER: Sri H R Dayananda Swamy

INTERNATIONAL CO-ORDINATORS: Prof Alex Hankey, Dr Anjali Ghanekar

SCIENTIFIC COMMITTEE:
Chairs - Dr Manjunath N K, Dr R Nagarathna

INTERNATIONAL ORGANISERS:
Dr Bhaskar Balakrishnan, Sri J Asok Kumar, Sri Arun Buddhiraja, Ku Anupama Rajagopalan

HIMALAYA YOGA OLYMPIAD: Sri Rabindra M Acharya

AROGYA EXPO: Sri J S D Pani

HOSPITALITY:
Smt Sharada Shankar, Smt Smita Dayananda, Smt Manjula, Smt Mahalaxmi

PUBLICITY:
Sri Lokesh H, Sri Krishnamurthy

PUBLICATIONS: Sri M S Surendra, Sri Shanmukhappa

CULTURAL: Sri Umamaheshwar, Sri R Vittal

TRANSPORT: Sri Puttaswamy, Sri Kumara, Sri Kishore

PRE & POST CONFERENCE WORKSHOPS:
Dr Sanjeeb Patra, Dr Padmini Tekur, Dr Balaram Pradhan, Dr Amit Singh

CITY OFFICE: Sri Mahadeva

WEBSITE MANAGEMENT:
Sri Bharatheesha P

VIDEO: Sri Murulidhara H D, Sri Elumalai

FOR MORE DETAILS CONTACT

Organising Secretary: Dr Hemant Bhargav
cell: +91-87620 19348
e-mail: incofyra20@gmail.com ; incofyra@svyasa.org

Address: The Manager, ‘Ek Nath Bhavan’, #19 Gavipuram Circle, Kempegowda Nagar Bengaluru – 560 019, INDIA
ph: +91-80-2661 2669 | telefax: +91-80-2660 8645
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