



**100**  
YEARS

# 11<sup>th</sup> International Conference

**04-07** Dec, 2024  
Kaivalyadhama, Lonavala

**YOGA IN CANCER CARE**  
Scope, Evidence and Evolution

**कर्क रोग में योग**  
व्याप्ति, प्रमाण एवं विकास



**YOGA IN  
CANCER CARE**


INTERNATIONAL CONFERENCE 2024  
KAIVALYADHAMA • DEC 04-07



Managing cancer has become a significant public health challenge with the rising global cancer burden (19.3 million new cancer cases in 2020 estimated to rise to nearly 30 million by 2040). Due to recent advancements in cancer treatments, 68% are estimated to survive the disease, which is certainly a good news. However, this means that healthcare systems need to be prepared to handle this ever-growing cancer survivorship, which is unfortunately not the case presently, especially when it comes to providing supportive care for patients during and after cancer treatment. It is well-known

**19.3 million new cancer cases in 2020,  
estimated to rise to nearly 30 million by 2040.**

that standard cancer treatments cause several short- and long-term adverse side-effects that makes managing one's lifestyle a key factor in improving health and quality of life while surviving the disease. Lifestyle transformation is essential even for preventing cancer recurrence. However, this lifestyle transformation during survivorship is more likely if a mechanism is created to support and empower cancer patients and survivors to effectively manage their overall health and wellbeing during and after cancer treatments.



## **Yoga is useful in cancer recovery as it helps patients and survivors to let go of their stress, relax, and tune in with their inner healing powers.**

Yoga therapy in cancer usually involves a combination of relaxation practices, regulated breathing, slow and rhythmic body movements, soothing self-sounds, and mind-calming meditative techniques. **This sort of a holistic combination of self-care tools addressing the physical, physiological, emotional, mental, psychological and spiritual aspects of a human being brings greater connectedness and integration within the person of their body, breath, mind and spirit.** As yoga is a reasonably safe, low-impact activity, it is generally preferred by cancer patients and survivors. Having yoga in their life makes them feel good and endows them with a sense of overall empowerment in a vulnerable situation.

### **Yoga has shown its highest impact in cancer-related care in the psychological domain.**

The state-of-the-art evidence reveals that yoga interventions produce beneficial effects on health-related quality of life, cancer-related fatigue, sleep, psychological health in terms of improvement in anxiety, depression, perceived stress, and psychological distress, as well as overall wellbeing covering functional, emotional, social and spiritual aspects. Considering the patient-reported long-term benefits of yoga and the accumulating research evidence, oncologists and cancer organizations have now started recommending yoga practices both for speedy recovery and as protection against cancer occurrence and recurrence.

Research also reveals that when a yoga-based support mechanism is put in place either through the healthcare system or by self/social motivation in the life of cancer patients and survivors, yoga can be a game-changer. Yoga can act as a means to unflinching positivity, psychological empowerment and self-healing in cancer. It is, thus, imperative to introduce the path of yoga during cancer treatment and survivorship, enabling discovery of the healing power within, manifesting in turn, as greater coping abilities, positivity, and self-empowerment of cancer patients and survivors.

Kaivalyadhama's unwavering commitment to supporting individuals affected by cancer is reflected in its various past and ongoing initiatives. Through collaborations with institutions like Tata ACTREC (Advanced Centre for Treatment, Research and Education in Cancer), Mumbai, MDTC (Malignant Diseases Treatment Centre), Command Hospital Pune, and Vishranti CIMS (Care India Medical Society), Pune, in offering yoga-based interventions to diverse populations grappling with cancer, we have extended yoga's reach and facilitated supportive community engagement.

## **Kaivalyadhama's collaborations**

Tata ACTREC (Advanced  
Centre for Treatment,  
Research and Education in  
Cancer), Mumbai

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MDTC (Malignant Diseases  
Treatment Centre),  
Command Hospital, Pune

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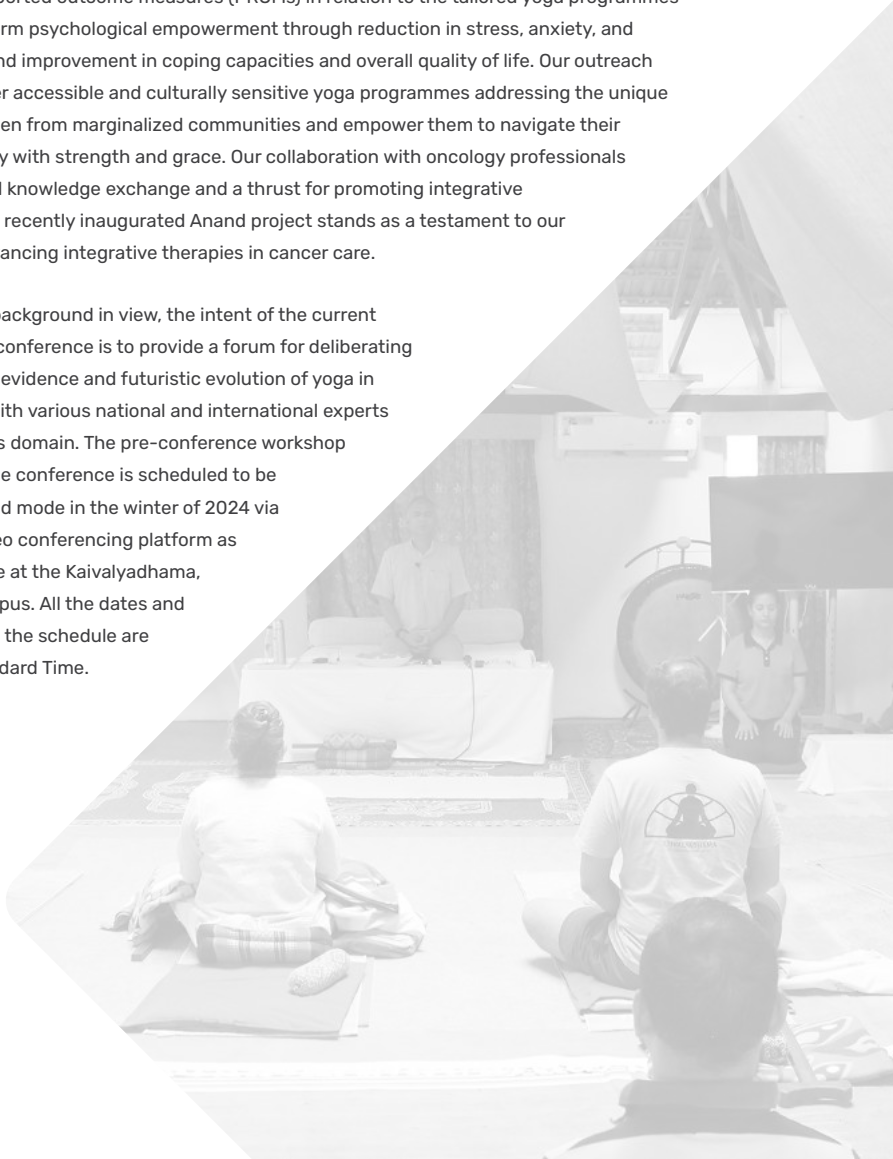
Vishrant CIMS (Care India  
Medical Society), Pune



## Kaivalyadhama's SOHAM programme

Our multi-faceted SOHAM programme for chronic conditions has transformed the lives of individuals coping with the challenges of cancer treatment and survivorship. Our research on patient-reported outcome measures (PROMs) in relation to the tailored yoga programmes reveal long-term psychological empowerment through reduction in stress, anxiety, and depression, and improvement in coping capacities and overall quality of life. Our outreach initiatives offer accessible and culturally sensitive yoga programmes addressing the unique needs of women from marginalized communities and empower them to navigate their cancer journey with strength and grace. Our collaboration with oncology professionals has facilitated knowledge exchange and a thrust for promoting integrative medicine. The recently inaugurated Anand project stands as a testament to our resolve to advancing integrative therapies in cancer care.

Keeping this background in view, the intent of the current international conference is to provide a forum for deliberating on the scope, evidence and futuristic evolution of yoga in cancer care with various national and international experts working in this domain. The pre-conference workshop followed by the conference is scheduled to be held in a hybrid mode in the winter of 2024 via the Zoom video conferencing platform as well as on-site at the Kaivalyadhama, Lonavala campus. All the dates and times given in the schedule are in Indian Standard Time.



## SCHEDULE OF THE CONFERENCE

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**04** DECEMBER, 2024

**WEDNESDAY**

*Half-day pre-conference workshops*

10.00 am onwards	<b>REGISTRATION</b>
12.00 pm - 1.00 pm	LUNCH
1.30 pm - 3.00 pm	<b>WORKSHOP</b> Out-of-the-box designs: Using qualitative approaches in yoga research
3.00 pm - 3.30 pm	TEA BREAK
3.30 pm - 5.00 pm	<b>WORKSHOP</b> Yoga research: The proper choice of quantitative methods
7.00 pm - 8.00 pm.	DINNER

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**05** DECEMBER, 2024

**THURSDAY**

8.00 am - 9.00 am	<b>MAHARSHI PATAÑJALI POOJA</b>
9.00 am onwards	<b>REGISTRATION</b>
9.00 am - 10.00 am	BREAKFAST
10.00 am - 11.30 am	<b>INAUGURATION CEREMONY</b>
11.30 am - 11.45 am	TEA BREAK

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11.45 am - 12.45 pm	<b>KEYNOTE ADDRESS</b> Yoga in cancer care: The state-of-the-art in integrative medicine
12.45 pm - 1.45 pm	LUNCH
2.00 pm - 3.00 pm	<b>PLENARY SESSION #1</b> The scope of yoga in cancer care: Challenges and prospects of bridging ancient knowledge with modern medicine 1 Speaker + 1 Chair
3.00 pm - 3.15 pm	TEA BREAK
3.15 pm - 4.45 pm	<b>PANEL DISCUSSION #1</b> The potential of yoga in cancer prevention, long-term recovery and relapse prevention 3 Speakers + 1 Moderator  1. The role of yoga in addressing the risk factors for non-communicable diseases and cancer  2. Building long-term psychological coping capacities and resilience through yoga during cancer survivorship  3. Yoga as a public health strategy in reducing the global cancer burden
5.15 pm - 6.30 pm (5 parallel sessions)	<b>PRACTICAL WORKSHOPS #1</b> Session 1 - Yoga practices for improvement of cognitive function of a chemo-brain  Session 2 - <i>Kriyā Yoga</i> for self-care  Session 3 - Yoga practices for stress management of healthcare professionals in cancer  Session 4 - Yogic management of psycho-socio-spiritual health in cancer  Session 5 - Lifestyle management during long-term recovery from cancer

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**7.00 pm - 8.00 pm**      **CULTURAL PROGRAMME #1**  
"Kahat Kabir Suno Bhai Sādhō" – Concert of Kabir and other folk songs  
*by Padma Shri Dr Kaluram Bamaniya and team*

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**8.30 pm - 9.30 pm**      DINNER

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**06 DECEMBER, 2024**

**FRIDAY**

**7.00 am - 8.15 am**      **PRACTICAL WORKSHOPS #2**  
(5 parallel sessions)

Session 1 - Yoga practices for optimal health in Stage 1 cancer

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Session 2 - Mindful *Āsana* practice in cancer survivorship

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Session 3 - *Chakra* meditation for wellbeing

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Session 4 - Yoga practices for stress management of cancer caregivers

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Session 5 - Psycho-spiritual palliative care in cancer

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**8.30 am - 9.30 am**      BREAKFAST

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**09.45 am - 10.45 am**      **PLENARY SESSION #2**  
The integration of evidence-based yogic methods into cancer care delivery in mainstream healthcare: Current status and realistic road-maps  
1 Speaker + 1 Chair

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**10.45 am - 11.00 am**      TEA BREAK

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11.00 am - 12.30 pm	<p><b>PANEL DISCUSSION #2</b></p> <p>Evidence-based yogic interventions for meeting unmet psycho-socio-spiritual needs in the cancer care continuum</p> <p>3 Speakers + 1 Moderator</p> <ol style="list-style-type: none"> <li>1. Evidence-based yoga therapy for holistic care management of cancer patients and survivors</li> <li>2. Evidence-based yogic interventions for psycho-socio-spiritual well-being of caregivers and healthcare professionals in cancer care</li> <li>3. The evidence for psycho-socio-spiritual dimensions of yoga in end-of-life cancer care</li> </ol>
12.45 pm - 1.45 pm	LUNCH
2.00 pm - 3.00 pm (Parallel sessions)	<p><b>ORAL PAPER PRESENTATIONS #1 (SCIENTIFIC)</b></p> <p><b>ORAL PAPER PRESENTATIONS #2 (PHILOSOPHICO-LITERARY AND INTERDISCIPLINARY)</b></p> <p><b>CANCER DIARIES / SHORT-FILM CONTEST ABOUT CANCER STORIES</b></p>
3.00 pm - 3.15 pm	TEA BREAK
3.15 pm - 4.45 pm (Parallel sessions)	<p><b>POSTER PRESENTATIONS</b></p> <p><b>CASE BASED DISCUSSIONS</b></p> <p>Yoga therapy and integrative medicine in cancer care</p>
5.15 pm - 6.30 pm (5 parallel sessions)	<p><b>PRACTICAL WORKSHOPS #3</b></p> <p>Session 1 - Yoga practices for optimal health in Stage 2 cancer</p> <p>Session 2 - Simple yoga practices to boost immunity in chronic conditions</p> <p>Session 3 - Evidence-based yoga therapy in cancer care</p> <p>Session 4 - Guided deep relaxation for wellbeing</p> <p>Session 5 - Trataka as a form of mental catharsis in cancer care</p>

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**7.00 pm - 8.00 pm**      **CULTURAL PROGRAMME #2**  
Theme based Nritya Yoga  
*by Ms Rama Kuknur*

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**8.30 pm - 9.30 pm**      DINNER

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**07 DECEMBER, 2024**

**SATURDAY**

**6.30 am - 7.45 am**      **PRACTICAL WORKSHOPS #4**  
(5 parallel sessions)

Session 1 - Yoga practices for optimal health in Stage 3 cancer

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Session 2 - *Prānāyāma* practices for cancer patients and survivors

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Session 3 - The importance of diet and nutrition in cancer care

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Session 4 - Yoga as a lifestyle to promote resilience during cancer survivorship

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Session 5 - Simple yoga practices for preserving and promoting overall health

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**8.00 am - 9.00 am**      BREAKFAST

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**09.00 am - 10.00 am**      **PLENARY SESSION #3**  
The evolution of integrative medicine: Yoga therapy as a game-changer in cancer care  
1 Speaker + 1 Chair

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**10.00 am - 10.15 am**      TEA SERVED OUTSIDE THE HALL

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10.00 am - 11.30 pm	<b>PANEL DISCUSSION #3</b> Yogic methods and self-care management in cancer: The evolution of digital medicine 3 Speakers + 1 Moderator  1. Digital yoga interventions for reducing cancer-related fatigue and improving energy levels  2. The evolution of digital health technology in India for affordable and accessible cancer care  3. Leveraging and bridging emerging technologies and yogic methods for self-care management in cancer
11.45 am - 1.00 pm	<b>VALEDICTORY</b>  <b>BEST PAPER/POSTER AWARD CEREMONY</b>  <b>CONFERENCE RESOLUTION</b>
1.00 pm - 2.00 pm	LUNCH

## PROSPECTIVE RESOURCE PEOPLE

### INTERNATIONAL

#### 1. Dr Lorenzo Cohen

Professor and Director, Integrative Medicine Programme, Department of Palliative Care, Rehabilitation, & Integrative Medicine, MD Anderson Cancer Centre, USA

#### 2. Dr Sat Bir Singh Khalsa

Associate Professor of Medicine, Harvard Medical School, USA

#### 3. Prof Raghunath Raghavan

Professor, De Montford University, UK

#### 4. Ms Maxine Levy

Yoga Therapist, & Founder, MaxineYoga, London, UK

#### 5. Mr Rajiv Rainier

CEO, Sapient Inc, USA

## NATIONAL

**1. Dr B.N. Gangadhar**

Chairman, National Medical Commission, New Delhi, & Ex-Director, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru

**2. Padma Shri Dr Rajendra A. Badwe**

Professor Emeritus, Tata Memorial Centre, Mumbai

**3. Dr C.S. Pramesh**

Director, Tata Memorial Hospital, Mumbai

**4. Dr Sunil Saini**

Professor, Cancer Research Institute, Himalayan Institute of Medical Sciences, Swami Rama Himalayan University, Dehradun

**5. Dr Raghavendra Rao**

Director at Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Govt of India

**6. Dr Rima Dada**

Professor, All India Institute of Medical Sciences (AIIMS), New Delhi

**7. Dr Joyita Banerjee**

Consultant, Venu Geriatric Institute, & Ex-Senior Clinical Research Scientist, Geriatric Oncology, Department of Geriatric Medicine, AIIMS, New Delhi.

**8. Dr Amritanshu Ram**

Senior Manager, HealthCare Global Enterprises, Bengaluru

**9. Dr R. Venkataramanan**

Founder and Chief Executive Officer, Karkinos Healthcare

**10. Dr Sunil Dhaliwal**

Founder & CEO, Cancer Home Health & Consultant Pain & Palliative Medicine

**11. Brig. Dr Amul Kapoor**

Professor & HOD, Medical Oncology, Army Hospital R&R, Delhi.

**12. Dr Hemant Bhargav**

Associate Professor, Integrative Medicine Department, NIMHANS, Bengaluru

**13. Dr Shivarama Varambally**

Professor of Psychiatry, NIMHANS, Bengaluru.

**14. Dr Ananda B. Bhavanani**

Director and Professor of Yoga Therapy, Institute of Salutogenesis & Complementary Medicine (ISCM), Sri Balaji Vidyapeeth, Puducherry, & Chairman International Centre for Yoga Education and Research, Puducherry

**15. Dr Meena Ramanathan**

Vice Principal, School of Yoga Therapy, ISCM, Sri Balaji Vidyapeeth, Puducherry

**16. Prof. (Dr) Mritunjay Rathore**

Department of Anatomy, AIIMS, Raipur

**17. Dr Chinmay Pandya**

Psychiatrist & Pro Vice-Chancellor, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

**18. Dr Satya Lakshmi**

Director, National Institute of Naturopathy, Pune

**19. Dr (Major) Mukurdipi Ray**

Surgical Oncologist, AIIMS, New Delhi

**20. Dr Padmini Tekur**

Assistant Professor, Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru

**21. Padmashri Dr Kaluram Bamaniya**

Renowned singer of Kabir bhajans, Dewas, Madhya Pradesh

**22. Ms Rama Kuknur**

Renowned Bharatnatyam dancer, Pune, India

**23. Dr Praseeda Menon**

Assistant Professor, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

**24. Mrs Anjali Deshmukh**

Yoga teacher and In-charge, Kaivalyadhama Pune branch

**25. Dr Ranjeet S. Bhogal**

Joint Director of Research, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

**26. Dr Satish Pathak**

Assistant Director of Research, Kaivalyadhama Yoga Institute & Research Centre, Lonavala, & Ex-civil surgeon

**27. Dr Bandita Satapathy**

Principal I/C, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama, Lonavala

**28. Prof Ravindranath Bodhe**

Assistant Professor, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

**29. Dr Ganesh N. Rao**

Founder, ACT Yoga, & Yoga consultant, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

**30. Dr Sharadchandra Bhalekar**

Assistant Professor, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

### 31. Dr Santosh Pandey

Assistant Professor, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

### 32. Mrs Sandhya Dixit

Senior yoga therapist, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

### 33. Shri Neeraj Singh

Senior yoga therapist, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

### 34. Mrs Renu Jain

Yoga lifestyle coach, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

### 35. Mrs Mamta Bisht

Yoga therapist, Kaivalyadhama Yoga Institute & Research Centre, Lonavala

## ABSTRACT SUBMISSION

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We invite abstract submissions in two tracks – one, Scientific Papers and two, Philosophical Papers. Please submit abstracts of your original unpublished research on the broad topic of **Yoga and Cancer Care: Scope, Evidence and Evolution** having a maximum of 300 words by August 20, 2024.

Email for correspondence:

[conference@kdham.com](mailto:conference@kdham.com)

Last date for submission:

**August 20, 2024**

[Click here to register, submit abstract, and pay for the conference](#)

### GUIDELINES FOR THE ABSTRACT STRUCTURE

1. Abstracts should represent original research work.
2. Abstracts representing scientific, philosophico-literary and interdisciplinary studies will be accepted.
3. Indicate very clearly in the subject of the email: Abstract submission – Scientific paper OR Abstract submission – Philosophical paper.
4. The abstract should be written uniformly either in British or American English.
5. Please download the **abstract template** and follow the format very carefully.

6. Abstracts that do not conform to the guidelines as well as the abstract template will either be rejected or asked to revise, if feasible.
7. Abstracts received after the given deadline will not be accepted.
8. Abstracts which do not fall within the scope of the broad topic of the conference will not be accepted.
9. Abstracts should be submitted in the format of MS Word (.doc or .docx) document.

## **REVIEW PROCESS**

1. Abstracts will undergo peer review by the Conference Academic Committee.
2. The results of the abstract review will be sent to the authors within two months of submission.
3. The decision on the abstracts will be based on a merit list and will be final. No correspondence will be entertained in this regard.
4. The first five authors in the merit list of each of the Scientific and Philosophical tracks will be invited to make oral presentations. The remaining abstracts, if eligible and accepted, will be invited to make poster presentations.
5. Acceptance or rejection of the abstracts will be shared with the authors along with the points-based review and merit list.
6. If your abstract is accepted, you will be invited to register for the conference.

## **IMPORTANT INFORMATION FOR CO-AUTHORS**

1. Please note a single registration permits only one person to attend the conference.
2. If the co-authors would like to attend the conference, their registration and payment are required to be made independently.
3. The certificate will be issued for the co-authors only upon their registration/payment for the conference.

## Conference Venue

### KAIVALYADHAMA YOGA INSTITUTE, LONAVALA

Kaivalyadhama is located in the serene and spectacular Sahayadri mountain ranges of Lonavala, in Western India. In the midst of a scenic lush-green landscape and pristine flora, Kaivalyadhama enjoys a soothing climate and pleasant weather all year. Experience the beauty of nature as a plethora of birds and butterflies grace the serene setting.



### ADDRESS

Kaivalyadhama Yoga Institute & Research Center,  
Swami Kuvalayananda Marg, Lonavala, Maharashtra 410403, India

## Registration Fees\*

Pre-conference workshop: **Rs 1,500 (onsite only)**

Onsite participation without accommodation: **Rs 4,000**

Onsite participation with dormitory accommodation: **Rs 5,000**

Onsite participation with multiple-sharing accommodation: **Rs 6,000**

Onsite participation for Alumni only with dormitory accommodation: **Rs 3,500 (limited seats)**

**Register now!**

\*Registration fee, once paid, is strictly non-refundable and non-transferable.

\*\* Note: If you prefer single accommodation and wish to arrange our own, you will find a list of recommended hotels on the [conference webpage](#) in the "Guidelines for Onsite" section.



# YOGA IN CANCER CARE

INTERNATIONAL CONFERENCE 2024  
KAIVALYADHAMA • DEC 04-07

### ORGANISING COMMITTEE

**Chairman:** *Shri Subodh Tiwari*

**Convener:** *Mrs Anjali Deshmukh*

**Co-convener:** *Dr Praseeda Menon*