



100
YEARS

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YOGA IN CANCER CARE

INTERNATIONAL CONFERENCE 2024
KAIVALYADHAMA • DEC 04-07

CONFERENCE SCHEDULE

05 DECEMBER, 2024

THURSDAY

8.00 am - 9.00 am **MAHARSHI PATAÑJALI POOJA**

📍 Patanjali Circle

9.00 am onwards **REGISTRATION**

9.00 am - 10.00 am **BREAKFAST**

10.00 am - 11.30 am **INAUGURATION CEREMONY**

📍 Kudilal Main Hall 1

Live streaming

Chief Guest: Dr Pankaj Chaturvedi, Director of the Advanced Centre for Treatment, Research and Education in Cancer, Tata Memorial Centre

11.30 am - 11.45 am **TEA BREAK**

11.45 am - 12.45 pm **KEYNOTE ADDRESS**

📍 Kudilal Main Hall 1

Live streaming

Yoga in cancer care: The state-of-the-art in integrative medicine

Keynote Speaker (online): Dr Lorenzo Cohen, Director, Integrative Medicine Programme, The University of Texas MD Anderson Cancer Centre, USA

Chair: Dr Pankaj Chaturvedi, Director of the Advanced Centre for Treatment, Research and Education in Cancer (ACTREC), Tata Memorial Centre

12.45 pm - 1.45 pm LUNCH

2.00 pm - 3.00 pm **PLENARY SESSION #1**

Live streaming

📍 Kudilal Main Hall 1

The scope of yoga in cancer care: Challenges and prospects of bridging ancient knowledge with modern medicine

Speaker #1: Dr Sunil Saini, Director, Cancer Research Institute, Himalayan Institute of Medical Sciences, Professor & Head, Dept. of Surgical Oncology, Swami Rama Himalayan University, Dehradun

Speaker #2: Dr K.S. Gopinath, Founder consultant of HCG, Director of the RL Jalappa Institute of Oncology, Bengaluru

Chair: Dr Shubhada Chiplunkar, Former-Director, ACTREC, & Head Tumour Immunology Immunotherapy, ACTREC, Tata Memorial Centre, Kharghar

3.00 pm - 3.15 pm TEA BREAK

3.15 pm - 4.45 pm **PANEL DISCUSSION #1**

Live streaming

📍 Kudilal Main Hall 1

The potential of yoga in cancer prevention, long-term recovery and relapse prevention

1. The role of yoga in addressing the risk factors for non-communicable diseases and cancer

Speaker: Dr Sat Bir Singh Khalsa, Director of Research, Kundalini Research Institute; Research Associate, Benson Henry Institute for Mind Body Medicine; Research Affiliate, Osher Centre for Integrative Medicine; & Associate Professor of Medicine, Brigham and Women's Hospital, Harvard Medical School, USA

2. Building long-term psychological coping capacities and resilience through yoga during cancer survivorship

Speaker: Dr Praseeda Menon, Research Officer, Scientific Research Department; & Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

3. Yoga as a public health strategy in reducing the global cancer burden

Speaker: Dr Rima Dada, Professor, Department of Anatomy, All India Institute of Medical Science (AIIMS), Delhi

Moderator: Dr (Major) Mukurdipi Ray, Professor of Surgical Oncology, AIIMS, Delhi

5.00 pm - 6.15 pm
(5 parallel sessions)

PRACTICAL WORKSHOPS #1

Session 1: Kriya Yoga for self-care

 Kudilal Main Hall 1

Facilitator - Dr Ranjeet Singh Bhogal, Joint Director of Research, Kaivalyadhama Yoga Institute, Lonavala

Session 2: Yogic management of psycho-socio-spiritual health in cancer

 Kudilal First Floor Hall 2

Facilitator - Dr Kashinath Metri, Assistant Professor, Department of Yoga, Central University of Rajasthan, Ajmer

Session 3: Simple yoga practices to boost immunity during cancer survivorship

 Vasishtha Hall 3

Facilitator - Yogacharya Sandhya Dixit, Senior Yoga Teacher, Kaivalyadhama Yoga Institute, Lonavala

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

 Vyasa Hall 4

Facilitators - Mr Yogesh Vaidya & Mr Rajesh Bhalerao, Yoga Therapists, Kaivalyadhama Pune

Session 5: Yoga practices for stress management of healthcare professionals in cancer

 Saraswati Hall 5

Facilitator - Dr Ananda B. Bhavanani, Director, Institute of Salutogenesis and Complementary Medicine (ISCM) & Professor of Yoga Therapy, Sri Balaji Vidyapeeth University, Puducherry

7.15 pm - 8.15 pm

Live streaming

CULTURAL PROGRAMME #1

Kahat Kabir Suno Bhai Sadho – Concert of Kabir folk songs

 Kudilal Main Hall 1

Artist: Padmashree Dr Kaluram Bamniya, Kabir folk singer

8.30 pm - 9.30 pm

DINNER

7.00 am - 8.15 am
(5 parallel sessions)

PRACTICAL WORKSHOPS #2

Session 1: Yoga practices for improvement of cognitive function of a chemo-brain

 Kudilal Main Hall 1

Facilitator: Dr Sharadchandra Bhalekar, Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

Session 2: Mindful Asana practice in cancer survivorship

 Kudilal First Floor Hall 2

Facilitator: Dr Mrityunjay Rathore, Professor, Department of Anatomy, AIIMS, Raipur

Session 3: Yoga practices for optimal health in Stage 1 cancer: Reconnecting with Your Body

 Vasishtha Hall 3

Facilitator: Ms Maxine Levy, Yoga Therapist & Founder, Maxine Yoga, UK

Session 4: Yoga practices for stress management of cancer caregivers

 Vyasa Hall 4

Facilitator: Dr Meena Ramanathan, Vice Principal & Professor, School of Yoga Therapy, ISCM, Balaji Vidyapeeth, Puducherry

Session 5: Yoga practices for mastering emotions

 Saraswati Hall 5

Facilitator: Shri Ramdash, Research Assistant, Philosophico-Literary Research Department, Kaivalyadhama Yoga Institute, Lonavala

8.30 am - 9.30 am

BREAKFAST

09.45 am - 10.45 am

PLENARY SESSION #2

Live streaming

📍 Kudilal Main Hall 1

The integration of evidence-based yogic methods into cancer care delivery in mainstream healthcare: Current status and realistic roadmaps

Speaker #1: Dr Nita Nair, Lead Breast Surgeon, Apollo Hospital, Mumbai

Speaker #2: Dr Po-Ju Lin, Assistant Professor in Supportive Care in Cancer at the University of Rochester Medical Centre, USA

Chair: Maj Gen (Dr) Amul Kapoor, Deputy Commandant Army Hospital (R&R), Delhi

10.45 am - 11.00 am

TEA BREAK

11.00 am - 12.30 pm

PANEL DISCUSSION #2

Live streaming

📍 Kudilal Main Hall 1

Evidence-based yogic interventions for meeting unmet psycho-socio-spiritual needs in the cancer care continuum

1. Evidence-based yoga therapy for holistic care management of cancer patients and survivors

Speaker: Dr Amritanshu Ram, Head of the Department, Complementary and Integrative Oncology, Health Care Global Cancer Centre, Bengaluru

2. Evidence-based yogic interventions for psycho-socio-spiritual well-being of caregivers and healthcare professionals in cancer

Speaker: Dr Ananda B. Bhavanani, Director & Professor of Yoga Therapy, ISCM, Sri Balaji Vidyapeeth University, Puducherry

3. The evidence for psycho-socio-spiritual dimensions of yoga in end-of-life cancer care

Speaker: Dr Shripad D. Banavali, Director Academics & Professor, Department of Medical & Paediatric Oncology, Tata Memorial Centre, Mumbai

Moderator: Dr Alpa Dalal, Head of Pulmonology, Jupiter Hospital, Thane

12.45 am - 1.45 pm

LUNCH

2.00 pm - 3.00 pm

(Parallel sessions)

Live streaming

ORAL PAPER PRESENTATIONS

📍 Kudilal Main Hall 1

POSTER PRESENTATIONS

📍 Adinath Hall 6 – Near Buddha Statue

3.00 pm - 3.15 pm

TEA BREAK

3.15 pm - 4.45 pm

Live streaming

CASE BASED DISCUSSION

📍 Kudilal Main Hall 1

Evidence-based yogic interventions for meeting unmet psycho-socio-spiritual needs in the cancer care continuum

Speakers:

- 1. Dr (Major) Mukurdipi Ray**, Professor of Surgical Oncology, AIIMS, Delhi
 - 2. Prof. (Dr) K. Satya Lakshmi**, Director, National Institute of Naturopathy (NIN), Pune
 - 3. Dr Manohar Gundeti**, Research Officer (Ayurveda), Central Ayurveda Research Institute (CARI), Mumbai
 - 4. Dr Kashinath Metri**, Assistant Professor, Department of Yoga, Central University of Rajasthan
 - 5. Dr Sharadchandra Bhalekar**, Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute
 - 6. Ms Ruby Ahluwalia**, Senior Ex-bureaucrat from Indian Civil Services, & Founder, Sanjeevani - Life Beyond Cancer, Goa
- Moderator: Dr Ananda B. Bhavanani**, Director of the Institute of Salutogenesis and Complementary Medicine (ISCM) and Professor of Yoga Therapy at Sri Balaji Vidyapeeth University, Puducherry

5.00 pm - 6.15 pm

(5 parallel sessions)

PRACTICAL WORKSHOPS #3

Session 1: The importance of diet and nutrition in cancer care

📍 Kudilal Main Hall 1

Facilitator: Dr Ritu Prasad, Resident Doctor, Kaivalyadhama Yoga Institute, Lonavala

Session 2: Dhyana for Inner Harmony

📍 Kudilal First Floor Hall 2


Facilitator: Shri Shrikrishna Mhaskar, Head of Yoga Department, Ghantali Mitra Mandal, & Secretary, Indian Yoga Association, Maharashtra Chapter

Session 3: Yoga practices for optimal health in Stage 2 cancer:
Navigating the healing journey

 Vasishtha Hall 3

Facilitator: Ms Maxine Levy, Yoga Therapist & Founder, Maxine Yoga, UK

Session 4: Pranayama practices for cancer patients and survivors

 Vyasa Hall 4

Facilitator: Shri Neeraj Singh, Senior Yoga Therapist, Kaivalyadhama Yoga Institute, Lonavala

Session 5: Guided deep relaxation for wellbeing

 Saraswati Hall 5

Facilitator: Ms Renu Jain, Yogic Lifestyle Coach, Kaivalyadhama, Lonavala

7.15 pm - 8.15 pm

CULTURAL PROGRAMME #2

Live streaming

Nritya Yoga - "Kalaayan Presents: Dwait - Adwait"

 Kudilal Main Hall 1

Artist: Ms Rama Kuknur, Bharatnatyam dancer

8.30 pm - 9.30 pm

DINNER

07 DECEMBER, 2024

SATURDAY

6.30 am - 7.45 am

PRACTICAL WORKSHOPS #4

(5 parallel sessions)

Session 1: Chakra meditation for wellbeing

 Kudilal Main Hall 1

Facilitator: Dr Santosh Pandey, Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

Session 2: Psycho-spiritual palliative care in cancer

 Kudilal First Floor Hall 2

Facilitator: Mrs Saraswathi Vasudevan, Yoga Therapist & Co-founder YogaVahini, Chennai

Session 3: Yoga practices for optimal health in Stages 3 & 4 cancer

 Vasishtha Hall 3

Facilitator: Ms Maxine Levy, Yoga Therapist & Founder, Maxine Yoga, UK

Session 4: Integrative cancer therapy through Yoga, Ayurveda, and Naturopathy

 Vyasa Hall 4

Facilitator: Dr Gayatri Gohil, In-charge Medical and Therapy Team, Ishwardas Chunilal Yogic Health Centre, Kaivalyadhama, Mumbai

Session 5: Trataka as a form of mental catharsis in cancer care

 Saraswati Hall 5

Facilitator: Ms Mamta Bisht, Faculty and Senior Yoga Teacher, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

8.00 am - 9.00 am

BREAKFAST

09.15 am - 10.15 am

PLENARY SESSION #3

 Kudilal Main Hall 1

Live streaming

The evolution of integrative medicine: Yoga therapy as a game-changer in cancer

Speaker #1: Dr Raghavendra Rao, Director of the Central Council for Research in Yoga and Naturopathy, New Delhi

Speaker #2: Dr Vinod Kochupillai, Advisory Director, Sri Sri Institute of Advanced Research (SSIAR), Bengaluru

Chair: Dr Shripad D Banavali, Director Academics & Professor, Department of Medical & Paediatric Oncology, Tata Memorial Centre, Mumbai

10.15 am - 11.45 am

PANEL DISCUSSION #3

 Kudilal Main Hall 1

Live streaming

Yogic methods and self-care management in cancer: The evolution of digital medicine

1. The evolution of digital health technology in India for affordable and personalized cancer care

Speaker: Ms Nanditha Janki, Sr. Operations Manager, Carer - Personalized Cancer Care, Bengaluru

2. The “Untire” story: Digital yogic interventions for cancer-related fatigue and mental health

Speaker (online): Dr Simon S. Spahrkäs, Head of Research, Tired of Cancer BV, The Netherlands

3. Unlocking the potential of digital tools for self-help in cancer care

Speaker (online): Dr Nikesh Shah, CEO, Koita Centre for Digital Oncology, Tata Memorial Hospital, Mumbai

4. Leveraging and bridging emerging technologies and yogic methods for self-care management in cancer

Speaker (online): Mr Rajiv Rainier, Managing Director, Sapien Inc., USA (online)

Moderator: Dr Praseeda Menon, Research Officer, Scientific Research Department & Assistant Professor, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama Yoga Institute, Lonavala

11.45 am - 12.00 pm TEA BREAK

12.00 pm - 1.15 pm

Live streaming

VALEDICTORY CEREMONY

 Kudilal Main Hall 1

Chief Guest: Shri Dinesh Waghmare, Principal Secretary, Department of Medical Education, Government of Maharashtra

Guest of Honour: Maj Gen (Dr) Amul Kapoor, Deputy Commandant Army Hospital (R&R), New Delhi

Guest of Honour: Dr Shripad D. Banavali, Director Academics & Professor, Department of Medical & Paediatric Oncology, Tata Memorial Centre, Mumbai)

BEST PAPER AND POSTER AWARD CEREMONY

BEST SHORT-FILM AWARDS

CONFERENCE RESOLUTION

1.00 pm - 2.00 pm LUNCH

OUR SPEAKERS, FACILITATORS, GUESTS AND ARTISTS



Dr Sat Bir Singh Khalsa



Prof. Raghu Raghavan



Dr Pankaj Chaturvedi



Dr Lorenzo Cohen



Dr Sunil Saini



Dr K.S. Gopinath



Dr Shubhada
Chiplunkar



Dr Praseeda Menon



Dr Rima Dada



Dr (Major) Mukurdipi
Ray



Dr Ranjeet Singh
Bhogal



Dr Kashinath Metri



Yogacharya Sandhya
Dixit



Mr Yogesh Vaidya



Mr Rajesh Bhalerao



Dr Ananda B.
Bhavanani



Padmashree Dr
Kaluram Bamniya



Dr Sharadchandra
Bhalekar



Dr Mrityunjay Rathore



Ms Maxine Levy



Dr Meena Ramanathan



Shri Ramdash



Dr Nita Nair



Dr Po-Ju Lin



Maj Gen (Dr) Amul
Kapoor



Dr Amritanshu Ram



Dr Shripad D. Banavali



Dr Alpa Dalal



Prof. (Dr) K. Satya
Lakshmi



Dr Manohar Gundeti



Ms Ruby Ahluwalia



Dr Ritu Prasad



Shri Shrikrishna
Mhaskar



Shri Neeraj Singh



Ms Renu Jain



Ms Rama Kuknur



Dr Santosh Pandey



Mrs Saraswathi
Vasudevan



Dr Gayatri Gohil



Ms Mamta Bisht



Dr Raghavendra Rao



Dr Vinod Kochupillai



Dr Simon S. Spahrkäs



Ms Nanditha Janki



Dr Nikesh Shah



Mr Rajiv Rainier



Shri Dinesh Waghmare



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