21st INCOFYRA
International Conference on Frontiers in Yoga Research and Its Applications

Theme: Integrating Best of East with Best of West in Medical Practice

Jan 3-7, 2016 | Prashanti Kutiram, Bengaluru - 560 105

On Jan 3, 2016
Inauguration by
Shri Narendra Modi Ji
Hon’ble Prime Minister

Organised by: VYASA, Bengaluru
Technical Support by: S-VYASA Yoga University, Bengaluru

PARTNERS
Ministry of AYUSH, Ministry of Health & Family Welfare,
Ministry of Tourism, Ministry of Culture

COLLABORATORS
European Association for the Study of Diabetes
International Society of Hypertension
British Heart Foundation

ASSOCIATES: Medical Colleges, Universities & National Institutes
HOST: Government of Karnataka
My dear brothers and sisters...

In modern times, management of non-communicable 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.

The 21st INCOFYRA will make an effort to integrate Ayurveda, Naturopathy, Yoga, Unani, Siddha, Homeopathy and Modern Medicine by bringing prominent researchers and doctors from all these fields on one platform. The focus of 21st INCOFYRA will be on the major non-communicable diseases – Diabetes, Hypertension, Cardiovascular diseases, Psychiatric diseases and Oncological problems. We welcome you all to our Prashanti Kutiram campus.

With Love
Dr H R Nagendra
President, 21st INCOFYRA
President, VYASA and Chancellor, S-VYASA University

CONFERENCE OBJECTIVES

1. To disseminate the research findings in the field of integrative medicine and give directions to future research
2. To translate the available research findings of integrative medicine 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 mass health care means to address common ailments at urban and rural the primary health care level
5. To have discussions on reforms in policies related to integrated health care system
**MAIN CONFERENCE: 21st INCOFYRA**

Jan 3 - 7, 2016

**Theme - Integrating Best of East with Best of West in Medical Practice**

The theme addresses the urgent need for collaborative actions involving health professionals from conventional medicine and traditional medicine, policymakers, government organizations and Industries to deliver the best health care to public. Particular focus is placed on highlighting the importance of integrative medicine as preventive health care strategy, for the management of NCD’s and Promotion of Positive Health. This meet would be the basis for Policy reformation with respect to health care system in India and developing countries. Also as a cost effective solution to health care in developed countries of the world.

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### DATE & PROGRAM

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 27, 2015 - Jan 2, 2016</td>
<td>Pre – Conference workshop</td>
</tr>
<tr>
<td>Jan 1 &amp; 2, 2016</td>
<td>Himalaya Yoga Olympiad Finals</td>
</tr>
<tr>
<td>Jan 3 - 7, 2016</td>
<td>Main Conference</td>
</tr>
</tbody>
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### MAIN CONFERENCE PROGRAM HIGHLIGHTS

**Inaugural Ceremony:** Jan 3, 2016 *by* Prime Minister Shri Narendra Modi Ji

**Valedictory Ceremony:** Jan 7, 2016

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### CHOICE OF MORNING SESSIONS

<table>
<thead>
<tr>
<th>Date</th>
<th>Session</th>
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<tbody>
<tr>
<td>Jan 4 - 7, 2016</td>
<td>General Yoga Classes, Advanced Ásanas; Yoga therapy <em>(8 Tracks including diabetes)</em>; Advanced Techniques <em>(5 Tracks: ÁVARTAN, PET, MSRT, VISÁK and AÁNAMS)</em>, Naturopathy treatments, AYurveda for rejuvenation</td>
</tr>
</tbody>
</table>

### COMMON MORNING MAITRI MILAN

**Jan 4 - 7, 2016; 8:00 am - 8:45 am** *in the Main Hall*

#### Scientific Sessions

**Jan 4, 2016, Monday**

- **9:00 am - 1:00 pm** Plenary Sessions
- **2:00 pm – 5:00 pm** Parallel Symposia
  - Recent advances in T2DM – by European Association for the study of Diabetes (EASD);
  - Oncology;
  - Mental Health

**Poster Presentation**

**Jan 5, 2016, Tuesday**

- **9:00 am – 1:00 pm** Plenary Sessions
- **2:00 pm – 5:00 pm** Parallel Symposia
  - Recent advances in hypertension – by International Society of Hypertension and British Heart foundation;
  - Oncology;
  - Mental Health

**Oral Presentation**

**Jan 6, 2016, Wednesday**

- **9:00 am – 1:00 pm** Plenary Sessions
- **2:00 pm – 5:00 pm** Parallel Symposia
  - Diabetes;
  - Oncology;
  - Cardiology;
  - Mental Health

### COMMON EVENING SESSIONS

**Jan 3 - 6, 2016; 5.15 pm - 6.00 pm** Satsangas/ Cultural program and Exhibitions

**Jan 3 - 6, 2016; 6.30 pm - 8.00 pm** Yoga for Holistic Health

### SPECIAL MEETINGS

**8.30 pm – 10.00 pm** On Policy Matters and Research Collaborations; Translation to Clinical Practices; National Movements

### REFRESHMENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Refreshment</th>
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<tbody>
<tr>
<td>6.30 am</td>
<td>Breakfast</td>
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<tr>
<td>10.30 am</td>
<td>Tea</td>
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<tr>
<td>1.00 pm</td>
<td>Lunch</td>
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<tr>
<td>3.30 pm</td>
<td>Tea</td>
</tr>
<tr>
<td>8.00 pm</td>
<td>Dinner</td>
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www.vyasa.org | www.svyasa.edu.in | www.incofyra.com
Bengaluru, the capital of the Karnataka, is fifth largest city in India. It is also known as the ‘Garden City of India’. The beautiful parks and gardens and tree-lined streets of Bengaluru make travel to the city a pure pleasure. The year 2000 saw the introduction of Information Technology in Bengaluru and since then, the city has not looked back. It has reaped the most out of the IT Boom in India and boasts of the highest concentration of IT companies in the country. Today, Bengaluru is known as ‘The IT Capital of India’ and ‘The Silicon Valley of India’. There are a number of places in Bengaluru that are worth visiting, including gardens, museums, palaces, temples, etc. One of the major attractions of the city is the Vidhana Soudha, the State Secretariat, adorned with delicate Dravidian architecture. For the nature lovers, there is the famous Cubbon Park, stretching over an area of 250 acres. Not to be missed are the amazing museums in the city, especially the Visvesvaraya Technological and Industrial Museum. The Ulsoor Lake of Bengaluru is also quite known for its beautiful locales and boating facilities. Even from education point of view, Bengaluru is very popular. A large number of students come to Bengaluru every year to enroll in the various undergraduate as well as postgraduate programs. The city also boasts of two excellent institutions, namely Indian Institute of Management and Indian Institute of Science.

Welcome home to experience Bengaluru!

**PRASHANTI KUTIRAM**

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:

- **a. 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.

- **b. 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, Govt. of India

- **c. Arogyadhama** - A 250 bedded holistic health home and research center

- **d. Aneesana** – 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.

- **e. 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)™ with trade names (VH)™ & (VY)™

- **f. SVYP** - An exclusive yoga publication house

- **g. Sushruta Ayurvedic Medical College and Hospital** – With emphasis on high quality practice of Ayurvedic medicine and research. And a naturopathy college, the school of yoga and naturopathic medicine.

- **h. The School of Yoga and Naturopathic Medicine** – It offers Bachelor in Naturopaty and Yogic Sciences (BNYS), a 5½ year medical graduation program
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 PROGRAMS

HIMALAYA YOGA OLYMPIAD Finals

**Starts on** Nov 1, 2015

**Finals** - Jan 1 & 2, 2016 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/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.
PRE CONFERENCE PROGRAMS

PRE-CONFERENCE WORKSHOPS
Dec 27, 2015 - Jan 2, 2016 at Prashanti Kutiram

Workshops on holistic healing will be conducted on 7 different diseases (Oncology, Cardiology, Psychiatry, Rheumatology, Spinal disorders, Metabolic disorders, Endocrinology).

The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed. Eight tracks of Holistic Healing which includes Yoga Therapy, Naturopathy and Ayurveda will be given under the expert guidance. This is meant for yoga therapists and doctors.

For details contact: ph: 080-2263 9963 | e-mail: arogyadhama@gmail.com

SMET (Self Management of Excessive Tension)

2 days – SMET – Dec 27 & 28, 2015
5 days – SMET Rejuvenation – Dec 27 – 31, 2015

NEW YEAR PROGRAM

Jan 1, 2016

‘Maha Mrutyanjaya Homa for Total Health & Peace’
Invitation to the willing persons for dedicated life of Holistic Health Promotion
Special Satsang for World Health, Harmony, Bliss and Peace

YIDM (Yoga Instructors for Diabetes Training)

A week long training for YIDM
Certificates will be given for successful persons
PHARMA WORLD & AROGYA EXPO: Health Exhibition

Dec 27, 2015 - Jan 7, 2016 at Prashanti Kutiram

Pharma World & Arogya Expo will bring consumers into close contact with Physicians and Industry & knowledge resources offering best options for health care for Holistic living. While pharma world is well known in all modern medical conferences world over supporting the conferences, 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 are organised in different cities of India.

CONFERENCE ORGANIZING COMMITTEE

PRESIDENT: Dr H R Nagendra
VICE-PRESIDENTS: Padma Vibhushan Dr. D Veerendra Heggade, Dr K Subrahmanyam, Dr Ramachandra G Bhat, Sri T Mohan, Prof N V Raghuram, Prof R Venkatram, Sri Ramkumar Rathi, Sri Mahendra Jhabak
SCIENTIFIC COMMITTEE CHAIRS: Dr R Nagrathna, Dr D Nagaraja, Dr B N Gangadhar, Dr Manjunath N K, Dr Ramesh M N, Prof Siva Umapathy, Dr Kashinath Dixit, Dr Satish Babu, Dr Narasimha Shetty
ORGANISING SECRETARY: Dr Sudheer Deshpande
JOINT SECRETARIES: Dr Naveen K V, Dr K B Akhilesh, Prof. T G Sitharam, Dr Prahlada, Dr Prashanth Shetty,
COORDINATORS – REGISTRATION: Dr Balaram Pradhan, Dr Pranav Sharma, Dr Swati Singh
COORDINATORS - EXHIBITION: Sri Mahadevappa, Sri Laksme Narayana V S
TREASURER: Sri H R Dayananda Swamy
CO-ORDINATORS FOR HIMALAYA YOGA OLYMPIAD: Dr Rabindra M Acharya, Sri Dilawar Singh, Dr Vikas Rawat, Dr Jaideep Arya
CHAIR FOR NATIONAL AROGYA EXPO: Sri J S D Pani, Sri Jaykumar, Dr Geetha Krishnan
CHAIR FOR MEDIA: Nadoja Dr Mahesh Joshi, Sri Suresh Chavhanke
CULTURAL PROGRAMS: Dr Ramakrishna, Dr Sanjib Patra, Dr Kavita V
HOSPITALITY: Smt. Sharada Shankar, Dr Dhvani Sharma, Smt. Manjula
PUBLICATIONS: Sri M S Surendra, Sri Lokesh H
PUBLICITY & MARKETING: Mrs Priyanka Jhabak Loonker, Sri Chirag Hakked, Ms Priy Rao
TRANSPORT: Sri Mohan Kishore, Sri Umapathy
PRE CONFERENCE WORKSHOPS: Dr Amit Singh, Dr Padmini Tekur, Dr Hemanth Bhargav
WEBSITE MANAGEMENT: Sri Bharatheeasha P, Smt. Krishna Taware
VIDEO: Sri Murulidhara H D, Sri Elumalai, Sri Manoj
CAMPUS ARRANGEMENTS & LOGISTICS: Sri Veerendra Nath, Sri Arun Jain
LAISON: Sri Raghu Bengaluru, Dr Naresh Sharma, Sri Prasad S, Sri Vishwanath

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CONFERENCE REGISTRATION

Register before Nov 15th to gain maximum concession

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<tbody>
<tr>
<td>Pre-Conference</td>
<td>Dec 27, 2015 - Jan 2, 2016</td>
<td>7,000</td>
<td>9,000</td>
<td>350</td>
<td>450</td>
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<tr>
<td>Main Conference</td>
<td>Jan 3 - 7, 2016</td>
<td>3,500</td>
<td>4,500</td>
<td>250</td>
<td>350</td>
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<tr>
<td>Both Programs</td>
<td>Dec 27, 2015 - Jan 7, 2016</td>
<td>10,000</td>
<td>13,000</td>
<td>600</td>
<td>700</td>
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<tr>
<td>Day Rate for Conference</td>
<td></td>
<td>1,100</td>
<td>1,500</td>
<td>90</td>
<td>115</td>
</tr>
</tbody>
</table>

- This includes Transportation from Bangalore Rly Station or Bus Stand to Prashanti Kutiram & back on Jan 2nd/3rd & 7th/8th, Vegetarian Food and Attendance of all Conference Programs
- Please Note: Choose your own Accommodation (Optional)

Accommodation in Prashanti Kutiram campus (limited) from Jan 3rd - 7th (4 nights)
- Dormitories: ₹ 4,000 | Single Rooms: ₹ 8,000
- Double Rooms: ₹ 10,000 / 2 persons | Deluxe Rooms: ₹ 16,000 / 2 persons
- Villas: ₹ 10,000/day | Special Dorms set up for Conference ₹ 2,000 for 5 days

Outside Accommodation facility

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<tr>
<td>Hotel R V International</td>
<td>080-2782 6099 / 6100</td>
<td>90352 02384</td>
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<tr>
<td>Hotel V Inn</td>
<td>080-2782 5000 / 1</td>
<td>99722 05912 99006 49448 97406 03111</td>
</tr>
<tr>
<td>Hotel Sai Vishram</td>
<td>080-4040 0400</td>
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- Students 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, Demand Draft, NEFT online 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: 0405101028355; Bank & Branch Name: Canara Bank, Chamarajpet; IFS Code: CNRB0000405; MICR Code: 560015010
- After online payment, please mail a copy of payment receipt to incofyra21@svyasa.edu.in / incofyra21@gmail.com
- For more details please visit conference website www.svyasa.edu.in
SPEAKERS IN THE CONFERENCE

NATIONAL

1. Dr. Ajay Kumar, Founder & Chairman, HCG, Bengaluru
2. Dr. B K Sahay, Diabetologist, Sahay Clinics, Hyderabad
3. Dr. B N Gangadhar, Professor of Psychiatry, NIMHANS, Bengaluru
4. Dr. B T Rudresh, Classical Homeopathic Practitioner, Bengaluru
5. Dr. Bhushan Patwardhan, Vice-Chancellor, Symbiosis International University (SIU), Pune
6. Dr. C L Khetrapal, Distinguished Professor & Vice Chairman, CBMR, Lucknow
7. Dr. C N Manjunath, Director and Professor of Cardiology, Sri Jayadeva Institute of Cardiology, Bengaluru
8. Dr. D Nagaraja, Director, School of Integrative medicine, S-VYASA, Bengaluru
9. Dr. D Prabhakaran, Vice President, Public Health Foundation of India
10. Dr. Devi Prasad Shetty, Chairman and Founder, Narayana Health, Bengaluru
11. Dr. Dharshan Shankar, Vice Chancellor, Institute for Trans-Disciplinary Health Sciences, Bengaluru
12. Dr. G G Gangadharan, Director, M S Ramaiah Indic Centre for Ayurveda and Integrative Medicine, Bangalore
13. Dr. Geetha Krishnan, Medanta Department of Integrative Medicine & Holistic Therapies, New Delhi
14. Dr. H R Nagendra, Chancellor, S-VYASA, Bengaluru
15. Dr. Ishwar V Basavaraddi, Director, MDNIY, New Delhi
16. Dr. Issac Mathai, Medical Director, Saukya, Bengaluru
17. Dr. K S Gopinath, Chairman, HCG Bangalore
18. Dr. Kotecha R, Vice-Chancellor, Gujarat Ayurved University, Jamnagar, Gujarat
19. Dr. M Balasubramanyam, Dean of Research Studies & Senior Scientist, Madras Diabetes Research Foundation
20. Dr. Manjunath N K, Joint Director – R & D, S-VYASA, Bengaluru
21. Dr. Narsingh Verma, Vice President, Association of Physiologists of India
22. Dr. Naveen K V, Associate Professor, S-VYASA, Bengaluru
23. Dr. Parameshwaran, Head of Central Siddha Research Institute, Chennai
24. Dr. Prashanth Shetty, Principal, SDMCNYS, Ujire
25. Dr. R Nagarathna, Medical Director, Arogyadhama, S-VYASA, Bengaluru
26. Dr. Raghavendra Rao, Senior Scientist & Head, CAM Program, HCG, Bangalore
27. Dr. Rajeev Gupta, Preventive Cardiology, Internal Medicine and Research Centre at Eternal Heart Care Centre and Research Institute, Mount Sinai Hospital New York Affiliate, Jaipur, India.
28. Dr. Rajesh K Grover, Director, Delhi State Cancer Institute, New Delhi
29. Dr. Rajesh Sagar, Associate Professor of Psychiatry, All India Institute of Medical Sciences, New Delhi
30. Dr. Ram Manohar, Director, AVP Research Foundation, Coimbatore
31. Dr. Rama Jayasundar, Associate Professor, Department of NMR, AIIMS, New Delhi
32. Dr. S C Manchanda, Senior Consultant Cardiologist, Sir Ganga Ram Hospital, New Delhi
33. Dr. Sailesh Mohan, Senior Research Scientist and Associate Professor, PHFI
34. Dr. Shirley Telles, Director, Patanjali Research Foundation, Haridwar
35. Dr. Shivaram Varambally, Associate Professor, Dept. of Psychiatry, NIMHANS, Bengaluru
36. Dr. Thimmappa Hegde, Director - Narayana Institute of Neurosciences, Bengaluru
37. Dr. V Mohan, Chairman & Chief Diabetologist, Madras Diabetes Research Foundation, Chennai
38. Mr. D R Karthikeyan, Former CBI Director & Board of Directors, Star Health Insurance
39. Prof. M A Siddiqui, Director, National Institute of Unani Medicine (NIUM)
40. Prof. R S Ramaswamy. Director General. CCRS
41. Prof. S K Chaturvedi, Department of Psychiatry, National Institute of Mental Health and Neurosciences, Bangalore
SPEAKERS IN THE CONFERENCE

INTERNATIONAL

1. **Amrita Suryananda Maharaj**, President of the Yoga Portuguese Confederation, and the Founder of Yoga Sámkhya Institute, Portugal.
2. **Dr. Anja Schröder**, Clinic for Holistic Medicine and Traditional Chinese Medicine, Germany
3. **Dr. Bodekar**, Malaysia
4. **Dr. Christoph Garner**, Director, KWA-Klinik Stift Rottal Germany
5. **Dr. Guruprasad V**, Consultant in Physical Medicine and Rehabilitation, Central Manchester University Hospitals NHS Trust, UK
6. **Dr. Kashinath Dixit**, Consultant Diabetologist and Clinical Andrologist, Central Manchester University Hospitals NHS Trust, UK
7. **Dr. Lorenzo Cohen**, Professor and Director of the Integrative Medicine Program, University of Texas, MD Anderson Cancer Center, USA
8. **Dr. Prasanna Rao Balakrishna**, Diabetologist, Central Manchester University Hospitals NHS Trust, UK
9. **Dr. Manohar Shindhe**, Psychiatrist, Los Angeles
10. **Dr. Michael Dixon**, LVO, OBE; Chair of the College of Medicine, Medical Advisor to HRH The Prince of Wales
11. **Dr. Sara Lazar**, Massachusetts General Hospital, Harvard Medical School, USA
12. **Dr. Sat Bir Khalsa**, Brigham and Women’s Hospital, Harvard Medical School, Boston, USA
13. **Mr. Anand Paranjape**, Consultant Psychiatrist, Canada
14. **Mr. Avinash Mishocling**
15. **Mr. Georgio**, Italy
16. **Mr. Keisen Kimura**, Japan
17. **Mr. Madam Tayardu**, Cambridge, UK
18. **Mr. Manoj Thakur**, Managing Director & Yoga Consultant, VYASA Yoga Singapore
19. **Mr. Peeyush Patel**, USA
20. **Mr. Rajendra Damodara Yenkannamoole**, Melbourne, Australia
21. **Prof. Alex Hankey**, Theoretical Physicist, UK
22. **Prof. Ananda Pandurangi**, Director of Brain Stimulation Therapies, Division of Inpatient Psychiatry, VCU Health System
23. **Prof. Andrew Boulton**, Professor of Medicine, University of Manchester, UK
24. **Prof. Anthony Heagarty**, Professor of Medicine, Cardiac Centre lead in the Institute of Cardiovascular Sciences, Manchester University
25. **Prof. John Mendelson**, The University of Texas, MD Anderson Cancer Center, USA
26. **Prof. Rhian Touyz**, President, International Society of Hypertension, UK
27. **Prof. Sen Pathak**, Cellular Genetics Laboratory, The University of Texas, MD Anderson Cancer Center, USA
28. **Ram Bhardwaj**, New Zealand
29. **Swami Maheshwarananda**, Yogi Guru, Austria
FASCINATING ATTRACTIONS OF 21st INCOFYRA

1. Inauguration by Prime Minister Sri Narendra Modi Ji in the serene high tech Prashanti Kutiram campus
2. Research Symposia on Recent Advances in Endocrinology, Hypertension, Oncology and Mental Health
3. CME for Doctors
4. Oral and Poster Presentations
5. Multi Track Morning Practice Sessions
6. Music and Light with Water Fountain in front of the tallest Swami Vivekananda statue
7. Opportunity to hear, top Researchers, Ministers, Policy Makers and Yoga Masters
8. Pharma Pavilions, Exhibitions, Arogya Expo Stalls & Pavilions, Diagnostic Equipment Exhibitions & Sales
9. Publications Corner
10. Santsangs by renowned personalities
11. Special Awards
12. Stop Diabetes Movement exhibition
13. Updating your Yoga Practices and Demonstrations
14. Visits to High-Tech Anvesana Research Lab for Holistic Measurements
15. YIDM training for Yoga Teachers
16. Yoga Exhibition

for details visit our web
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### DATES TO REMEMBER

<table>
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<th>Event</th>
<th>Dates</th>
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<tr>
<td>Pre Conference programs</td>
<td>Dec 27, 2015 - Jan 2, 2016</td>
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<tr>
<td>Main Conference</td>
<td>Jan 3 - 7, 2016</td>
</tr>
<tr>
<td>Registration to avail early bird offer</td>
<td>Nov 15, 2015</td>
</tr>
<tr>
<td>Last date for Abstract submission</td>
<td>Nov 30, 2015</td>
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<tr>
<td>The abstracts will be peer reviewed and acceptance or otherwise will be intimated by</td>
<td>Dec 10, 2015</td>
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- Scientific research papers and review papers on the theme and related topics in yoga and integrative medicine are invited for oral and poster presentations.
- Submit your abstract on conference webpage. Please visit conference webpage for details. For any queries please write to incofyra21@svyasa.edu.in

### ROUTE MAP TO PRASHANTI KUTIRAM, Jigani, Bengaluru

![Location Map](image)

### CONTACT...

**Conference Secretariat:**  
Chief - Sri Mahadevappa  
Manager - Sri Laksmi Narayana V S  
‘Eknath Bhavan’, #19, Gavipuram Circle, K G Nagar, Bengaluru - 560 019  
**ph:** 080-2661 2669

**Prashanti Kutiram campus:**  
Sri Deepak / Dr. Gayathri Melnad  
**cell:** +91-70220 24777  
**ph:** +91-80-2263 9963 / 55  
**e-mail:** incofyra21@svyasa.edu.in

**web:**  
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- YouTube: svyasablr