



RASHTREEYA SIKSHANA SAMITHI TRUST  
**RV INSTITUTE OF MANAGEMENT**  
CA 17, 26 Main, 36th Cross, 4th T Block, Jayanagar  
Bengaluru, Karnataka 560 041



**1<sup>ST</sup> Yoga Therapy Research Conference**  
**Organized by RVIM, Bengaluru**  
**In Collaboration**  
**with**  
**Indian Yoga Association**  
**Bengaluru**

Date: 31 <sup>st</sup> October 2023	Venue: Seminar Hall (RV Institute of Management)
Time: 09:00 am to 06:00 pm	Event : <b>Yoga Therapy Research Conference</b>
No. of Participants: 44	Event Coordinator: Asst. Professor Ankita Shrivastava

**Objectives**

- The 1st Yoga Therapy Research Conference, held on October 31, 2023, highlighted yoga's growing role in holistic health.
- Dr. Ananda Balayogi Bhavanani and experts discussed yoga's therapeutic applications for back pain, anxiety, depression, and diabetes.
- Sessions also focused on pranayama's impact on respiratory health and yoga's potential as a complementary therapy.
- A panel discussion explored the integration of traditional yoga therapy with modern medical practices for holistic healthcare.

**The flow of the Event**

- The event began with a keynote address by Dr. Ananda Balayogi Bhavanani, followed by sessions from experts on yoga therapy for back pain, anxiety, depression, diabetes, and respiratory health.
- The conference concluded with research paper presentations and a panel discussion on the integration of traditional yoga therapy and modern medical practices.

**Outcome Achieved:**

The 1st Yoga Therapy Research Conference successfully showcased the growing recognition of yoga as a powerful tool for holistic health. By bringing together experts from various fields, the event demonstrated the therapeutic potential of yoga in addressing both physical and mental health challenges. The conference highlighted yoga's role in complementing modern medicine, providing a platform for scientific research on its efficacy.

The discussions and sessions provided valuable insights into how yoga can manage common health issues such as back pain, anxiety, depression, and diabetes. Experts presented ancient yogic practices adapted to modern-



day ailments, emphasizing the importance of integrating traditional knowledge with contemporary medical approaches. Attendees gained practical tools to incorporate yoga into daily wellness routines.

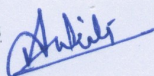
Another significant outcome was the exploration of pranayama's impact on respiratory health, underscoring the benefits of breathing exercises for improving lung function and managing respiratory conditions. This session reinforced the therapeutic value of yoga as a preventive and remedial practice for various health concerns.

The conference also fostered collaboration and knowledge exchange through research paper presentations, strengthening the scientific backing of yoga therapy. The panel discussion on "Yoga Therapy vs. Yogopathy" encouraged a deeper understanding of how yoga can be integrated into a holistic healthcare model, paving the way for future research and development in the field.

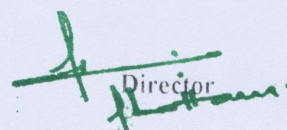
**Feedback & Coordinator Comment:**

The resource people at the 1st Yoga Therapy Research Conference expressed positive feedback regarding the event's organization and the enthusiastic participation of attendees. They appreciated the platform provided for sharing their expertise and engaging in meaningful discussions on the therapeutic potential of yoga. The experts highlighted the value of integrating traditional yogic practices with modern medical knowledge, and many expressed a desire for continued collaboration in future research initiatives. The insightful exchanges between professionals and participants underscored the growing recognition of yoga as a complementary approach to holistic health.

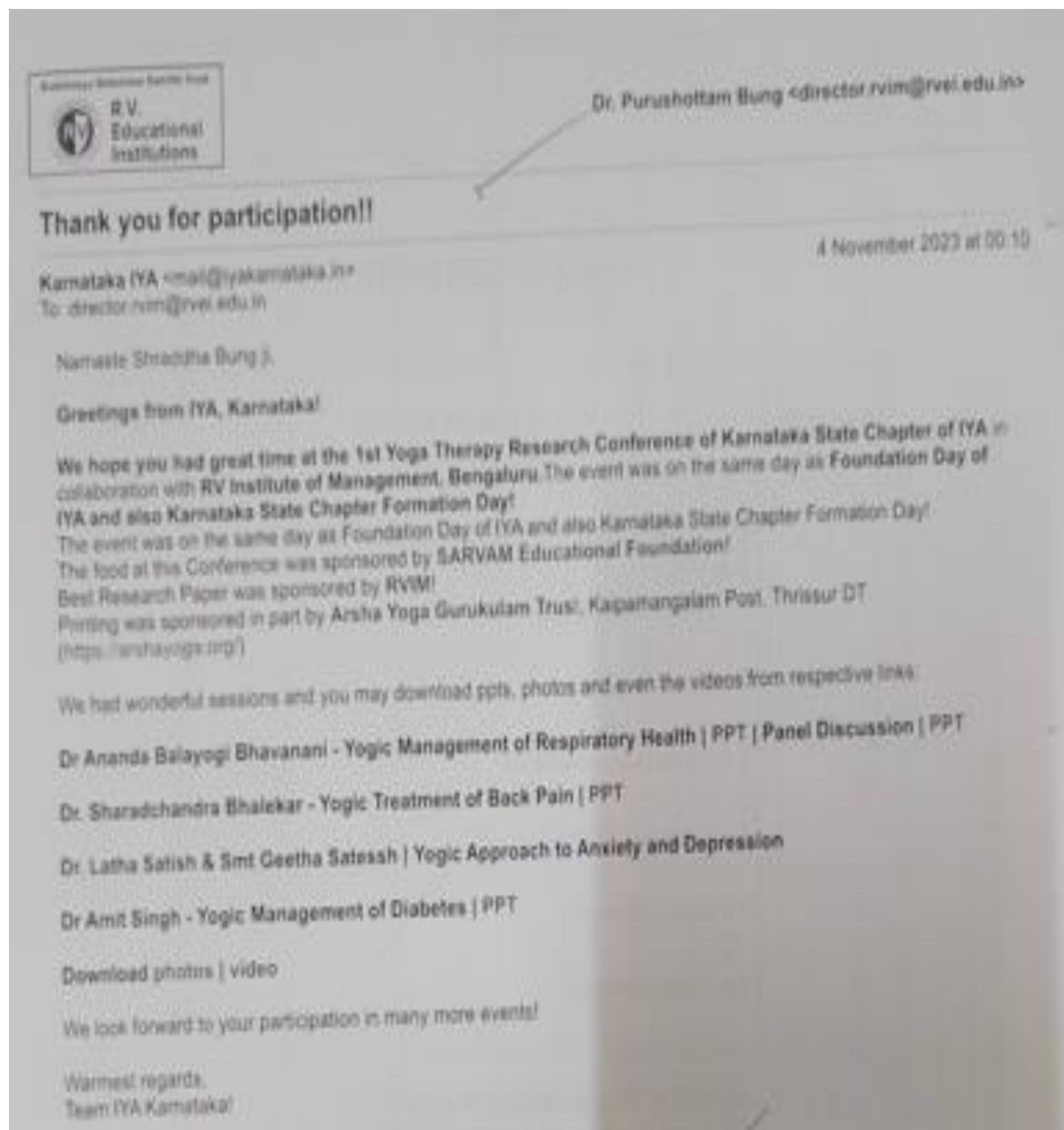
**Event Coordinators**



Prof. Ankita Shrivastava

  
Director

Annexure 1	Mail communication
Annexure 2	Brief profile of the speaker
Annexure 3	Attendees list
Annexure 4	Photo Gallery







# Indian Yoga Association

## CERTIFICATE OF PARTICIPATION

— presented to —

**Deepika Rawal**

for participation as '**Delegate**' at 1st Yoga Therapy Research Conference of  
Karnataka State Chapter of IYA, held on **31<sup>st</sup> October, 2023**

Chairperson, KASCC, IYA

Secretary, KASCC, IYA

## Annexure 2

### Brief Profile of the Resources Team

#### The Resource Team included:

1. **Dr. Ananda Balayogi Bhavanani** - A renowned authority on yoga therapy, specializing in integrative wellness approaches.
2. **Dr. Sharadchandra Bhalekar** - Expert from Kaivalyadham, known for blending traditional yogic wisdom with modern treatment of back pain.
3. **Dr. Latha Sathish** - KYM expert focusing on yogic techniques for managing anxiety and depression.
4. **Ms. Geetha Satheesh** - KYM specialist in mindfulness and therapeutic yoga for mental health.
5. **Dr. Amit Singh** - SVYASA expert in yogic management of diabetes and enhancing metabolic health.

# Annexure 3

## Attendees list

ATTENDANCE SHEET - Please check the spellings as it is required for the certificates & correct if required

Sl. no	NAME	EMAIL ID	CONTACT NUMBER	SIGNATURE
1	Sanjana Prakash Jai	sanjanaprakash_jai@gmail.com	+919880280050	
2	Lipika Talyadar	knipal_dora15@gmail.com	+919953597550	
3	Smriti Patel G. H.	spatelgh@gmail.com	+919035188878	
4	Deepika Rawat	deepikagunee05@gmail.com	+917829120000	
5	RAMADAS RAMASWAMY NABHIN	ramadas_nabhin@gmail.com	+919645071426	
6	Swati Mondria	swatimondria@gmail.com	+918845999335	
7	Sree Kumar Sukumaran	sreeks_sam@gmail.com	+919611543543	
8	Anil Kumar	benikumar@gmail.com	+919741239649	
9	Ashween Bhatgi	ayushashwin@gmail.com	+919886666636	
10	Balchandra Naik	naikbalchandra@gmail.com	+919448872606	
11	Jayant K	jayant3012@gmail.com	+919953760713	
12	Deepali Latha	deepaladha11771@gmail.com	+919423185854	
13	Indhu AJ	indhu_aj@gmail.com	+917624937288	
14	Dr Dhanvanthar wodeyar	dswodeyar.85@gmail.com	+919480616488	
15	Swarna V R / Dr. Swarna V R	avr1616@gmail.com	+919951898693	
16	Madhavaraja Muthuswamy	madhavaraju_fm@gmail.com	+919845348342	
17	DR. Shubha Chetan	drshubhachetan@gmail.com	+919901885037	
18	Vidya Ramani	vidya_ramani01@gmail.com	+919880471637	
19	Dr. Gunaprasad A Bentur	benturguru@gmail.com	9341212334	
20	PUSHPA THANTRY	pthantry@yahoo.com	+919845169488	
21	Dr. T. J. KRISHNAMURTHY	tkrishn@gmail.com	9884370666	
22	Bhavanlal Arya	blarya161969@gmail.com	+919008100882	
23	Shashank Priya Hegde	pnishashank23@gmail.com	8884216911	
24	Jeesh RAZUSH TS	jeeshcher@gmail.com	9345312568	
25	Uday Shankar SG	udayasg@gmail.com	+919740556662	
26	K. Nandakishore	knandakishore1979@gmail.com	7235872222 9731807785	
27	Lakshmi B R	lakshmi.br.ramesh@gmail.com	+919582220103	
28	Vaishnavi Agarwal	vaishnavi.0096@gmail.com	7249971239	
29	DR. SHALINI	drshalini.mba@gmail.com	+917337669452	
30	Mohan Ranganathan	mmohanyogaguru@gmail.com	+919739993237	
31	Anika Yagi	anikatayagi055@gmail.com	9650777481	
32	Rose SCARIA	Rose.scaria@gmail.com	7899809214	
33	Dr. B. Sindu	sindub@gmail.com	9902612875	
34	Devendra Nayak	devendranayakswin@gmail.com	9008100896	

35	Pratap - B. H.	pratap.pratap@gmail	9008100899	PBH
36	Manirathna Manjunath	kali6171@gmail.com	9845782086	
37	Geethashri Bharadwaj		9620466659	Geetha
38	Anituya A			Geetha
39	R. Thejaswi			
40	Chittaranjan (Chit Ranjan)	chittaranjan.kumar@gmail	9019531510	
41	Namish Dayalu	namishdayalu@yahoo.co.uk	8826750666	
42	Ravinder Vats	ravinder.vats@gmail.com	8433306369	
43	Kotturesha B M	kotturesha@gmail.com	9886299027	
44	Baishakhi Banerjee	beingwithbaishakhi@gmail.com	8296217456	
45	Sandya Rayghat prakashan	prakharyogamitra@gmail.com	8105040454	
46	Vasudevan	ramin.vasu@gmail.com	9080796158	

#47 Krishna Murthy Ullasiah - krishnamurthyu@gmail.com  
9019525436

#44 BAISHAKHI BANERJEE - beingwithbaishakhi@gmail.com - 8296217456

#### Annexure 4 Photo Gallery





