WORLD’S FIRST SYMPOSIUM
On
“Role of Meditation In Prevention And Treatment Of Cardiovascular Diseases.”
At
All India Institute Of Medical Sciences, Rishikesh
अखिल भारतीय आयुर्विज्ञान संस्थान, ऋषिकेश
9th - 10th March 2019
Virbhadra Road, Rishikesh, Uttarakhand- 249203, India

Chairman
Steering Committee
H R Nagendra
Organising Committee
Prof. Ravi Kant

Vice Chairman
Steering Committee
Vinay P Sahasrabuddhe
Organising Committee
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Pro VC Patanjali University
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Program Director
Program Director
Dr. Indranill Basu Ray
Co-Program Director
Dr. Bhanu Duggal
Co-Program Director
Dr. Darshan Mehta
Co-Program Director
Dr. Raghavendra Rao
Dear all,

We, the organizing committee members, invite you to the International conference on -

“Role of Meditation in Prevention And Treatment Of Cardiovascular Diseases.”

The biggest and the most comprehensive Yoga and Cardiology meeting in India will be held at Rishikesh, a magnet for spiritual seekers, the “Yoga Capital of the World”, also known as “Dev Bhumi” or the land of the Gods. Located in the foothills of the Himalayas along the banks of the river Ganga, All India Institute of Medical Sciences (AIIMS) Rishikesh is a 1000-bedded advanced medical center.

The Cardiovascular Department of AIIMS, Rishikesh will host this conference to bring about a confluence of the latest in modern medicine and ancient healing techniques for today’s medical practitioners. The occasion will bring together the Himalayan Masters of Meditation and the world’s most famous physician scientists who endeavoured not only to discover the science behind Meditation but to implement it in clinical practice.

The Conference outputs will include a high-level statement including practical guidelines to caregivers of Cardiovascular diseases and how to harness the power of yoga and meditation for rehabilitation and prevention of cardiovascular diseases. This would be a historic addition to the science and understanding of the use of Meditation to decrease the mortality of cardiovascular diseases.

This meditation and science conference will bring together the brightest minds of our day, doing scientific research on yoga and meditation’s effects on cellular regeneration, longevity, consciousness and health. Internationally recognized speakers will describe their own groundbreaking research, demonstrate models that integrate eastern philosophy and western medicine, and provide practical guidance for the use of these techniques in clinical medicine.

Billions of dollars are needed to combat cardiovascular diseases, which is the biggest killer in the world today. Such a symposium will help determine a unique way of combining the best of modern medicine and age-old Hindu practices that is relevant in the scenario.

Organizing Committee

Dr. Indranill Basu Ray  Prof. Ravi Kant
**PLENARY SPEAKER**

**GREGORY L. FRICCHIONE, MD**  
**Topic**: Heart and the Brain—Understanding what meditation does to the heart

**Associate Chief of Psychiatry and Director**  
**Benson-Henry Institute for Mind Body Medicine**

**Gary Gottlieb MD Professor of Global Mental Health and Director**  
**Pierce Division of Global Psychiatry**

**Massachusetts General Hospital**

**Mind Body Medical Professor of Psychiatry**

**Harvard Medical School**

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### OUR EMINENT SPEAKERS

<table>
<thead>
<tr>
<th>Eminent Speakers</th>
<th>Topic</th>
<th>Designation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prof. (Dr.) Indranill Basu Ray</td>
<td>Yoga and Meditation in clinical cardiovascular diseases</td>
<td>Visiting Professor, AIIMS Rishikesh Cardiologist and Electrophysiologist, St. Francis Hospital, Memphis USA</td>
</tr>
<tr>
<td>Prof. (Dr.) Bhanu Duggal</td>
<td>Imaging and the role of using different modalities to guide integrative medicine therapy</td>
<td>H.O.D, Cardiology Department AIIMS Rishikesh</td>
</tr>
<tr>
<td>Dr. Rajesh Kotecha</td>
<td>Ayush and its relevance in Modern Day Non-Communicable Epidemics.</td>
<td>Secretary, Ministry of AYUSH, Former Vice Chancellor of Gujarat Ayurveda University, Jammāgar</td>
</tr>
<tr>
<td>Dr. Darshan Mehta</td>
<td>Meditation and Hypertension-what does decades of research say.</td>
<td>Director of Medical Education, Benson-Henry Institute for Mind Body Medicine Massachusetts General Hospital</td>
</tr>
<tr>
<td>Prof. Subhash Manchanda</td>
<td>Meditation and Prevention of Cardiovascular Disease what does trials say.</td>
<td>Senior consultant, Sir Ganga Ram Hospital, New Delhi. Former Prof and Head, All India Institute of Medical Sciences, New Delhi.</td>
</tr>
<tr>
<td>Prof. C N Manjunath</td>
<td>Meditation and Secondary Prevention of CAD</td>
<td>Professor &amp; HOD of Cardiology, Director, Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bangalore</td>
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<tr>
<td>Dr. Nagrathna</td>
<td>Case presentation in use of meditation for DM/CAD</td>
<td>Director of health services of SVYASA</td>
</tr>
<tr>
<td>Dr. Ishwar Basavreddy</td>
<td>Worldwide Epidemic of Cardiovascular disease</td>
<td>Director Morarji Desai National Institute of Yoga New Delhi</td>
</tr>
<tr>
<td>Prof. Yashwant Pathak</td>
<td>The inhibitory cost of cardiovascular pharmaceutical development. The need for prevention is ever more important than treatment.</td>
<td>Dean School of Pharmacy, University of South Florida, USA</td>
</tr>
<tr>
<td>Prof. (Dr.) Gautam Sharma</td>
<td>The need and methods to incorporate the scientific teaching of Yoga and Meditation in our Medical Syllabus</td>
<td>Professor, Department of Cardiology, Professor in Charge-Centre for Integrative Medicine and Research, All India Institute of Medical Sciences, New Delhi.</td>
</tr>
<tr>
<td>Prof. (Dr.) T.N Sathyaprabha</td>
<td>Yoga and Cardiac Autonomic Functions</td>
<td>Prof. of Neurophysiology, National Institute of Mental Health and Neuro Sciences</td>
</tr>
<tr>
<td>Prof. Shantanu Tripathi</td>
<td>Autonomic Nervous System and Meditation</td>
<td>Prof and Head of Pharmacology and Experimental therapeutic, School of Tropical Medicine, Kolkata, India.</td>
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<tr>
<td>Dr. Shirley Telles</td>
<td>How to do research in Meditation-skill sets and the protocols.</td>
<td>Director, Patanjali Research foundation</td>
</tr>
</tbody>
</table>
CALL FOR ABSTRACTS

Abstracts invited for oral and poster presentations at the conference

Topic: Yoga and Meditation in the Prevention & Treatment Heart Diseases
All researchers are hereby requested to submit their respective abstracts on or before March 3rd, 2019

Best research projects will be awarded as follows:

1st Prize: ₹ 25,000/-
2nd Prize: ₹ 10,000/-
3rd Prize: ₹ 5,000/-

Best posters in Allopathic and Ayush category will be awarded

“Certificates of Meditation Conference has approved MCI CME Points and Conference proceedings will be published by Springer”.

For more details, please visit us:
www.meditationconference.org

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